

## **Success for Perth Gymnastics Club at Scottish Compulsories, National & Club Grades!!**

The weekend of 10<sup>th</sup> & 11<sup>th</sup> March saw Bells sports centre host the Scottish Gymnastics Compulsory Level 5,4,3,2 – National Grades 8,7,6,5 & Club Grade 12, 11,10,9 Competitions. Perth Gymnastics Club had 5 gymnasts competing in all different levels.

Emily Ford was the first of the Perth girls to compete on Saturday 10<sup>th</sup>. National Squad gymnast Emily competed in Compulsory Level 2 which was a control competition for her to practise her routines for the British Compulsory Level 2 held in Ipswich on Sunday 18<sup>th</sup> March. 2012 Espoir Scottish Champion Emily is hoping to pass at this competition in order for her to get direct entry into the British Gymnastics elite pathway. Emily had a good competition but a fall on the beam & a few errors in her Range & Conditioning routine saw her finish in 2<sup>nd</sup> position overall with a score of 42.667. We wish Emily the best of luck for her competition on the 18<sup>th</sup> March!

Next up was Katie-Ann Kettles who was competing in National Grade 8. With 21 gymnasts competing this was a tough category with a lot of good gymnasts. Katie-Ann started off on Range & Conditioning where she had to achieve a score of 9.00 to pass. A clean routine with a small error at the beginning gave her a score of 10.200. Next up was Vault where she performed a good handspring to give her a score of 12.00 meaning she was placed 3<sup>rd</sup> on Vault in her Grade. Bars were next where she put in a good performance giving her a score of 11.657. The most common for falls Beam was next but Katie-Ann was very focused & produced an amazing routine giving her a score of 11.700 the highest beam score in her Grade. Lastly was floor where a clean routine gave her a score of 10.950 placing her 6<sup>th</sup>. Katie-Ann's clean competition without any major errors or falls seen her finish in 5<sup>th</sup> position overall with a score of 56.417 – only 0.6 behind 1<sup>st</sup> place. Scottish Gymnastics also send a team down to represent Scotland at the British National Grade Finals which excluding Range & Conditioning scores as the gymnasts do not compete this at the finals Katie-Ann secured her place in the team with the highest score! Katie-Ann will compete for Scotland on the 14<sup>th</sup> April in Birmingham. We wish her the best of luck for her competition then!

Sunday 11<sup>th</sup> saw the next group of gymnasts compete in front of the judges. Iona Jackson & Ellie Menmuir both competed in Club Grade 12. The girls got off to a good start with nice Vaults & great Bar routines – so nice on Bars that Iona was placed 2<sup>nd</sup> with a score of 11.650 & Ellie in 3<sup>rd</sup> position with a score of 11.500! Beam was a little less successful for the girls with Ellie falling off on her free forward roll scoring 9.150 & Iona forgetting to put her jumps in scoring 8.800. However they carried on & finished off their competition on Floor with two beautiful routines. Iona finished in 6<sup>th</sup> position on floor with a score of 10.900 & Ellie scored 10.500. Both girls passed their Grade 12 with an overall score of 43.500 for Iona which placed her in 8<sup>th</sup> position overall & 42.950 for Ellie which placed her in 13<sup>th</sup> position overall out of a massive 88 competitors. A huge well done to the girls!

Last to perform was Emma Nardone in Club Grade 11. Emma started her competition on Beam – the most nerve racking piece of apparatus but put in an amazing performance giving her 12.150 which was the highest Beam score in her Grade! She then moved to Floor again putting in an excellent performance to score 10.350 which put her into 2<sup>nd</sup> position on this piece. Next was vault where Emma performed a good handspring Vault scoring 11.650. Lastly was Bars which again Emma competed well on to score 11.400 placing 3<sup>rd</sup> on Bars. Emma finished with a total score of 45.550 giving her distinction and winning 1<sup>st</sup> place with a gold medal! A massive well done to Emma!

Perth Gymnastics Club currently train in Bells Sports Centre - Perth - 3 nights a week. The elite gymnasts will be moving to a new purpose built gymnastics facility in Dundee at the end of the year which will be a great move in the right direction for their development with other classes still running in Bells Sports Centre. Perth Gymnastics Club are always looking for sponsors, new coaches & welcome new members of all ages so for more information please visit our website [www.perth-gymnastics-club.co.uk](http://www.perth-gymnastics-club.co.uk) or get in touch with our Head Coach – Isabel Walton on 07908768601. You can also now like us on Facebook & follow us on Twitter.