

## ***Welcome back to Total Gymnastics Academies!***

We hope you all had a fantastic Easter Holiday and are ready to return for the final 13 weeks in the run up to the summer holidays! The re-build of the academies in South Liverpool is now complete, which now gives us a much clearer development pathway within our academies to allow our gymnasts to progress at a pace suitable to them, and to allow them more variety in the skills they are being taught. Thank you to all our customers and coaches for their patience and support throughout this period of change.

## ***Beth on Celebs on Ice!***

Beth is currently touring with Celebrities on Ice and her skating partner, Dan Whiston. After an excellent opening weekend in Birmingham, she is off to Cardiff this weekend for week 2 of the tour! The tour unfortunately does not come to Liverpool, however they are coming to Event City in Manchester on the 17<sup>th</sup> – 19<sup>th</sup> May with tickets still available to purchase online at <https://www.theticketfactory.com/coi/online/>. When she finishes the tour, we will be running in house event days to allow our gymnasts to meet Beth and be coached by her, wear her Olympic medal and check out her Dancing on Ice trophy! The events will be available to book online so make sure you keep an eye on your emails and our social media and website for more information as it arises!



## ***Kit order***

Our next kit order for the red Total Gymnastics kit will be placed on Friday 3<sup>rd</sup> May 2013. All prices include postage and packaging.

- Hoodie - £23.00
- T-shirt - £13.00
- Hoodie and t-shirt - £34.50 – includes a **FREE** kit bag and drinks bottle

All orders are taken over the phone on 0844 357 9653 and must be placed before the 2<sup>nd</sup> May 2013. Orders take around 2 weeks from the 3<sup>rd</sup> May 2013 to be despatched. Sizes are aged 5-6, 7-8, 9-11 and 12-13.

## ***European Championships 2013***



Team GB are back to the grindstone of international competition and have just competed in Russia in the European Championships 2013. The championships were individual and apparatus finals with some successful results from the gymnasts! Ruby Harrod from The Academy GC in Portlashed made history placing 8<sup>th</sup> All Around; the highest a GB female has ever placed in these championships. She also made bars and beam final placing 8<sup>th</sup> and 6<sup>th</sup> respectively. Rebecca Downie from Notts GC qualified for bars final in 1<sup>st</sup>, but unfortunately suffered a mishap in finals placing her 7<sup>th</sup> with Olympic Champion Aliya Mustifina taking the title. Newly crowned British Champion Gabrielle Jupp was storming the competition in qualification, but suffered a knee injury on her beam dismount and therefore did not complete the competition and was unfortunately flown home for treatment. We wish her the best of luck with her recovery! Youngster Charlie Fellows finished 18<sup>th</sup> in the All Around in her first European Championships. The men came home with a haul of medals with Max Whitlock taking silver in the All Around, Gold on floor and bronze on pommel horse to match his Olympic Bronze on this apparatus. Dan Keatings who missed out on a place in the 2012 Olympic Team stormed the pommel horse final taking gold, beating the current Olympic Champion Kristian Berki! Sam Oldham rounded up the medals with a silver medal on High Bar!



## ***Total Swimming and Total Gymnastics Academies***

Book onto a Total Swimming course and receive 5% off both off your gymnastics and swimming bookings! Visit [www.totalswimming.co.uk](http://www.totalswimming.co.uk) for more information!