

## Fromeside – Floor, Vault & Trampoline Invitational 2016

### Competition Report

It's been another very successful weekend for Cotswold at the floor, vault and trampoline invitational 2016 at Fromeside! Coaches Helen, Charlotte, Claire, Jess, Drew and Liam took over 20 gymnasts and we came away with multiple gold, silver and bronze medals over the 2 day competition.

On Saturday our squad girls represented the club with confidence and professionalism. Laura Hallett, one of our most experienced competitors, came away with 3<sup>rd</sup> on floor, which was repeated by Niamh Wheeler. Charlotte Hawksbee performed with grace showing of her flexibility and was awarded 2<sup>nd</sup> on floor as well as 2<sup>nd</sup> overall! Jessica Grindle performed her floor skills effortlessly and with great technical accuracy, she placed 2<sup>nd</sup> on floor also. Lara Oodian performed her new floor routine beautifully and Amy Vizor secured a difficult pike front half twisting somersault on trampoline. Sophie Gadd also stood out on trampoline scoring the highest mark for Cotswold on this piece of apparatus.

Sunday followed on the success of Saturday with all of our gymnasts in the first round bringing home a medal! As this was most of the gymnasts first ever competition, the girls and boys made the team very proud. Maud Armshaw stood out on floor and took the gold medal, with Clara Gray close behind in silver. Margot Shetliffe competed her first ever flick on floor and took the bronze medal, which she repeated on trampoline taking another bronze and finally secured herself second place overall! Lily-Anna Hughes executed a beautifully powerful vault, as well as Ben Gray who thrived under pressure and performed a great handspring flat back and was awarded a well deserved bronze medal. Benedict Garlick displayed excellent consistency over all 3 apparatus and came 3<sup>rd</sup> overall and Clara Gray became the overall 2016 champion! Amber Sumpter competed in the higher age group and completed a well controlled

and composed floor routine, finishing her competition with multiple medals.

We took 6 gymnasts into round 2, the majority of whom had never competed before. Emma Prosser performed a solid trampette and proved to be a true team player throughout the session. Flora Kenning also shone on trampette with a super extended straddle jump and a “stick it” landing. Millie Sumpter executed an impressive round off flick in her first ever floor routine, followed by Ruby Humphries who demonstrated beautiful poise and extension in her stretching during her routine. Kacey Connolly flew over the vault in her explosive and very technically correct handspring flat back, grabbing herself a bronze medal. Last but not at all least, Annabel Skinner took to the floor with confidence beyond her years, performing a flawless routine which along with consistency on the other 2 pieces, ensured her a silver on floor and an overall bronze medal!

The final round of the day saw 3 of our squad boys competing against some tough competition! Although this did not phase them as they competed with passion and focus. Max Savage powered down the vault run way using his speed and strength to perform an excellent handspring. Hayden Peck took the day in his stride, smiling throughout and finishing a difficulty packed floor routine as well as difficult trampette skills. Finally, Joe Gray, an experienced all round performer, made sure to capture the judges attention with a polished floor routine showing off his power and flexibility with style. Joe finished 2<sup>nd</sup> on all 3 apparatus and took home the all around silver medal!

Well done to all who competed!

Reporter: Jessica Marriott