



Coach of the Month
GEORGE JOHNSON

REGIONAL CHAMPS!

Held at Pipers Vale in Ipswich, the Eastern Counties Regional Championships see some of the most talented gymnasts from top clubs compete head to head. Starting the morning off was the Sapphire "in age" gymnasts, all of whom are turning 9 this year. With tough competition, Sadie McKenna Placed silver with a dynamic handspring vault. In the FIG Junior levels, Alyieana Rahim of Sapphire took the top spot with Gypsy Squires just behind in second. Ondine Achampong took the silver medal in the FIG Espoir level, Medalling on all four apparatus. Building on the successes the girls are now focusing on the Hertfordshire championships and the Quatro cup, both held in October.

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Start of the new school year also brings with it the start of the gymnastics competitive season. With our youngest competitors up first, the Hertfordshire level 6 & 5 championships were held on the 10th of September. These events help build the foundation of skills for these gymnasts, helping create the next generation of big name talents. Sapphire Gymnastics had many stand out performers and even some age group champions from Agnes Hinde, Olivia Kilby and Kristina Ball. Lauren Gawronski, Isobel Davies, Matilda Price, Alyssa Krausz, Emilie Turnock, Rose Johnson and Maddison Dixon also put in fantastic performances and some really stand out routines to make their coaches proud. The girls will now be looking forward to test their abilities against the rest of the East region in October.

