

# **FLAIR GYMNASTICS CLUB**

# **2019-20 ANNUAL REPORT**

**AN OVERVIEW OF THE CLUB AS WE COMPLETE YEAR 5**

# PREVIOUS AGM – 17<sup>TH</sup> SEPT 2019



Last year we held an EGM at Heron Bros. out of the necessity to elect new committee members: **Brian Nicol & Lisa Ness** (Safeguarding) and **Rebecca Heron** (Treasurer). We remained without a Chairperson due to the lack of available volunteers

We had just regained access to our normal venues following 4 months of disruption due to works in Barrhead Foundry causing the relocation of ERCL gym & fitness activity into the sports hall. We spent 2 weeks with no venues, 6 weeks in the gym hall at Carlibar Primary, then the following 8 weeks on a partial timetable once half the hall had been reopened.

Among the developments actioned was a change to our class structure to enable greater numbers of gymnasts to train all four Women's Artistic apparatus, removing the previous Floor & Vault class limitations. We also introduced a new Senior Gym section for gymnasts aged 12+ to get a more varied, less competitive focus to their training to keep up their engagement in the sport.

The committee was formed to help take the club forward and return to normal operations, with the priority being our members' welfare & a positive atmosphere for everyone to return to enjoying their sport after so long restricted & limited in what we could do.

# OCTOBER – DECEMBER 2019

Members: 58 → 87

## REBUILDING THE CLUB

- New class structure implemented for existing groups & new Beginners classes opened up for additional members to join – good uptake & response to adverts
- The club's Floor & Vault competitors came back strong with medals at Allander's Rankin Memorial in December.
- Artistic Squads returned to competition at Level 6 & 5 Teams in October, then at Holly Jolly in December including the next set of Junior Squad members doing their first all-around event.
- Abbie Shenken qualified as a fully-fledged L1 coach after two full years of volunteering – but unfortunately the club said goodbye to Chloe Munro who left to focus on her physiotherapy degree & work experience.
- The club saw the after-effects of its 4-month break from normal training, with several of its competitive gymnasts moving on or stepping away from the sport.



# JANUARY – MARCH 2020

Members: 87 → 112

## DEVELOPING OUR PROSPECTS

- Interest in joining the club remained strong, with our new classes filling up & developing fast. Great atmosphere throughout the gym & lots of progress was made at all levels.
- Senior Gym section was slower to adjust, with less demand for places from this age group leaving the existing gymnasts in quieter classes and not getting the energy & motivation we had hoped for.
- A major highlight was the Competitive Floor & Vault group's performance at Jump GC's competition, where they took home a huge array of medals and personal-best performances.
- Susannah Howard gained her Floor & Vault Judge qualification, giving the club its first available judge in 2 years.
- Artistic Groups prepared to take on their Grades, looking likely to achieve the club's best-ever results on the National pathway.



# APRIL – JUNE 2020

Members: 112 → 105 (???)

## LOCKED DOWN BUT ONLINE

- The club moved onto Zoom for training during lockdown, establishing a programme of 16 hours per week online & focusing on keeping gymnasts both connected & engaged while stuck at home – on average we had 22-25 involved each session.
- The coaching team invested their efforts in learning, planning for the future and proactively leading the club's offering – their response to the shutdown was phenomenal.
- In spite of the situation, we still managed to establish our new Junior Artistic Squad thanks to the progress made by 4-Piece gymnasts prior to & during lockdown – the new group began working together and learning their new routines in preparation for moving up when gymnastics returned.
- Members showed fantastic support for the club financially, enabling us to keep our team together & working to provide the best service we could throughout this period.



**SHUTDOWN  
FOR NOW**



**BACK STRONG  
FOR THE FUTURE**

# JULY – SEPTEMBER 2020

Members: 105 → 96 (???)

## STEPPING FORWARD OUTDOORS

- Restrictions eased to enable us to begin training sessions outdoors from 19<sup>th</sup> July onwards – content & capacity were both controlled to follow Scottish Gymnastics & government guidance.
- Uptake & dedication to returning to training has been fantastic, with regular session numbers of 35-40 gymnasts involved within separate groups.
- Once we had the structure in place, we were able to open up our sessions for new members to come and try training with us – 25 signups followed and we are now looking to add these new gymnasts to our groups once training resumes indoors.
- Competitive gymnasts have begun their phased reintroduction of training workloads to prepare for getting back into a gym within the next 4-6 weeks.



# WHAT'S NEXT?



## RETURNING TO GYMNASTICS

- At present we still don't have a date available for getting back into our previous venues and resuming 'normal' training – estimates are mid-to-late October for the beginning of restricted access to our indoor facilities, assuming there are no further setbacks along the way.
- We are accelerating our dedicated facility project to give the club the opportunity to control its own destiny – and establish the foundations for us to grow & develop further too – and are working hard to have an update on this prior to the return of local authority venues.
- Our new committee will be taking on the job of completing the club's transition to SCIO status; this will not only support our facility ambitions, but also provide the club with a legal structure & funding opportunities that are incredibly valuable for us to achieve all of our goals.
- The top priority is to get our members back involved in gymnastics and loving the sport.

# COACHING TEAM

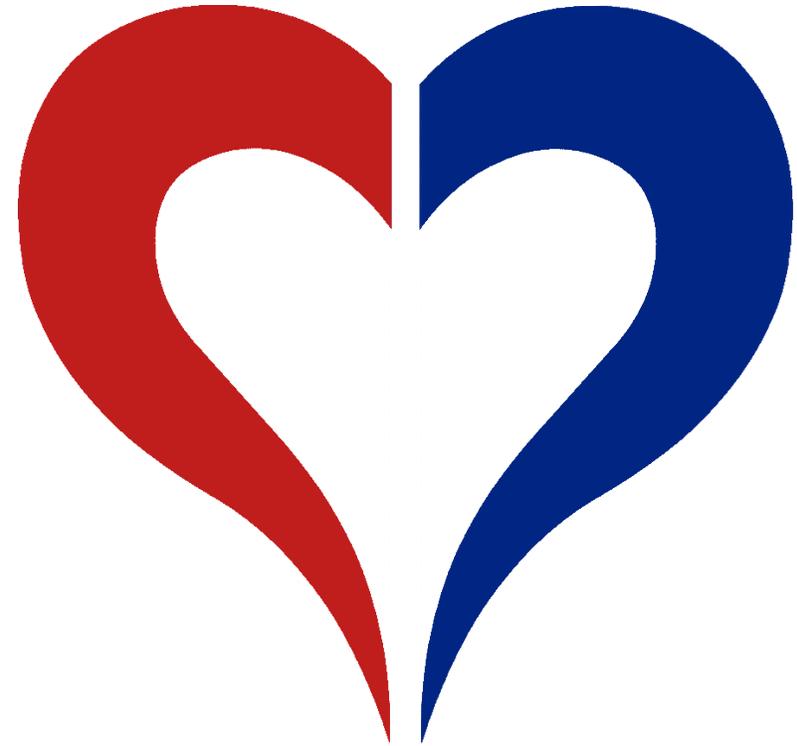
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Special recognition has to be given to the extraordinary job our coaching team have done over the past year, and especially the past 6 months under lockdown.

Each and every member of the team has contributed selflessly and tirelessly to delivering a first-class experience for every club member while facing challenges no one could have imagined would be in store.

The club is hugely grateful for all their efforts & excited to get back into the gym to see what we can achieve together now after developing so much during this period.

A key focus of the club's future will continue to be investing in training & developing people to match the high standards that have been set by this generation of coaches & volunteers.



# FINANCIAL SUMMARY

## 18<sup>th</sup> Sept 2020 Balance - £23,860.75

Thanks to our members' support during the Coronavirus shutdown & funding received from Barrhead Housing Association, we managed to protect our reserves and maintain the surplus we had built during the first half of the year through increased club capacity.

Our biggest expense was coach wages, which reflects the increased hours in our timetable during normal operations and then the reduction in other expenses such as venue hire, competitions & equipment purchases, which we have been unable to pursue during the past 6 months.

Projected end-of-year outcome based on committed expenses & invoices due will be in the region of a £7,800 surplus for this period.

## 2019-20 Expenditure £49,912.22

Wages – 71%  
Venue Hire – 14%  
BG Membership – 4%  
Competitions – 4%  
Kit – 3%  
Training & Education – 3%

## 2019-20 Income £61,274.19

Training Fees – 84%  
Funding – 8%  
Club Membership – 4%  
Competition Fees – 3%