



♥ The newsletter is back!



Monthly Newsletter



Welcome back to the club newsletter!

We are pleased to announce that we are reinstating the club newsletter! Here we will share all our exciting news from the last month. Including all competitions, exciting news from all our classes, upcoming events, big achievements from our gymnasts and sessions that we think you'll really love!

Men's South West Squad

The boys had a fantastic time training at South West Squad! They went to Falcons Gymnastics Club in Barnstaple. Where they trained with the top men's gymnasts in the South West region. This is a great achievement.

Lots of improvements were made, ready for their upcoming competitions. Great work boys!



Above - Yestin Ollie, Archie, Santi, Morven, Jowan



Above - Piper, Hetty, Lola, Zofia and Kiara

Women's Cornwall County Squad



Huge congratulations to these 5 gymnasts on being selected for the 2026 Cornwall Squad. Their hard work and dedication has truly paid off, such a fantastic achievement! Since joining the Squad they have been to their first training session alongside other gymnasts from clubs across the county. They worked really hard and showed some of their best skills! Amazing job girls!

If you have any questions or feedback,
we'd be happy to hear from you.

MAG Cornwall Championships 2026

A massive congratulations to all the boys that competed at Cornwall Championships. We are so proud of the hard work they have all put in! The boys performed on all 6 mens apparatus and showed some brilliant routines! A special mention to all our champions Jago, Marlon, Rory, Harvey, Freddie, Sonny, Albert, Yestin, Morven, Jowan, Frank, Archie. Congratulations boys!



Above - MAG Team, MAG Intermediate and MAG Novice groups



Fragas and Simms day!



Our girls had the best time training with ex Olympic gymnast Claudia Fragapane and Commonwealth gymnast Kelly Simm! Such an incredible opportunity to learn from two of the best, refining technique and developing artistry on floor and beam. To top it all off, the girls got to ask questions, chat, and even have their t-shirts and bags signed!



Above - WAG Gymnasts with Claudia Fragapane and Kelly Simms

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we'd be happy to hear from you.

English Under 12 Championships

These 4 boys along with Dawson and Yestin competed at the English Under 12 years Championships! It was amazing opportunity for all of them and we are so pleased with how well they competed! All the boys showed off their best routines and really gave it their all! We couldn't be more proud of their efforts and achievements! Congratulations boys!



Above - Jowan, Morven, Alex, Ollie, Yestin and Dawson



Upcoming Events



Next month our May Half Term classes will be up and running we are going to be running recreational activity days where children ages 5+ can come and spend a 4 hour session with us to learn gymnastics skills and play lots of games! We will also be running our Open Gym session, these are open to any child 3+ a great chance to burn off some holiday energy and play! Suitable for beginners to advanced gymnasts! We are also excited to see our WAG and WAG Novice gymnasts take to the competition floor at the NGA Coastal Classic competition! We can't wait! where we are hosting a full weekend of competition.

If you have any questions or feedback, we'd be happy to hear from you.