

*share the passion*



## *Kestrel Gymnastics Group*

Kestrel Gymnastics will be 25 years old in 2012.

We worked out of St. Augustine's small gym for many years and had very successful gymnasts, especially in the boys section – Adam Cox who has represented Britain many times and was also in the Manchester Commonwealth Games – to name but one. It was a very large group back then and also had a Rhythmic Sport of Gymnastics section running parallel in Forrester gym. Kestrel trained every day of the week in St, Augustine's except a Thursday when the boys went to Meadowbank for training. The school roll increased so much that we decided to move premises when the Drumbrae Leisure Centre opened.

Our main gymnasts train on Olympic Apparatus at Drumbrae Leisure Centre on a Tuesday and Wednesday evening. At the Forrester/St Augustine's Community Sports Hub on a Sunday morning we have an invited group of girls in a Development class from 9.30 – 12.30 which is followed by a Foundation class for 4+ years and a group of Development boys.

Our boys group are working towards becoming Teamgym competitors, which can be mixed as well and will have them learn to tumble, vault (with a trampette) and work a group floor routine to music. This is a relatively new sport and there are not very many male groups working in Scotland at present, with even less in the mixed team area.

We are working at full capacity at present and are looking to develop more coaches and increase our training time, in order to develop the club. Everyone in Kestrel works on a voluntary basis as we are not a business but an Amateur Gymnastics Group with some competitive gymnasts working within their level of ability and trying to increase their skill base to become better.

Vivien Gourlay  
Senior Coach

Kestrel Gymnastics Group are currently delivering an extra curricular club for S1-3 pupils at Forrester High School on a Friday afternoon. Although there is a lot of gymnastics in the area, there has never been provision as part of the extra curricular programme and this club has been very successful in its first term.

There are about 12-15 girls attending each week, varying from beginners to club gymnasts, with the coaches from Kestrel Gymnastics working with them to develop new skills, refine those they can already have and put them into routines for festivals, competitions and shows. The girls' first outing was to the Edinburgh Gym Fest, a schools participation festival held at Broughton HS in December, with the girls coming away with most enthusiastic performance.

The Club is also supporting a PS talent identification club at the CSH. This club is for pupils participating in primary school gymnastics and who have shown a particular talent. The main aim is to encourage young gymnasts, engage them further in the sport and support them into a community club in the local area, making participation in gymnastics as easy as possible for them.

These clubs are specifically for pupils from Forrester HS and the local feeder primary schools. However, Kestrel also provides a range of opportunities for children from other schools and communities to try gymnastics with their classes on a Sunday afternoon.

A session specifically for children from 6-10 years of age with Down's Syndrome will also start on Sunday 5<sup>th</sup> February, from 2-3pm. This session is in partnership with Down's Syndrome Scotland and Scottish Disability Sport and aims to provide opportunities for children with additional needs to participate in quality sport and physical activity in a safe and controlled environment.

If you are interested in finding out more information about the HS or PS clubs, please contact Gael Logan, Senior Coordinator, at [Gael.Logan@ea.edin.sch.uk](mailto:Gael.Logan@ea.edin.sch.uk).

If you would like to find out more information about Kestrel Gymnastics Club or the associated pre-school or Down's classes, please contact Vivien Gourlay at [mgourlay@blueyonder.co.uk](mailto:mgourlay@blueyonder.co.uk).