Charisma Gymnastics Club Goes To Paris!

This year Gina and Guy took a group of gymnasts aged between 12 and 18 to Paris to train and compete against S.O.Rosny Gymnastics club. With sightseeing opportunities, training in a purpose built facility and a trip to Disney Land Paris it is fair to say the girls took part in a trip that they will remember for a lifetime, and here is what they did ….

Day 1 – 29th October 2012

The gymnast and their coaches arrived at Charisma Gymnastics Club at 4:30 am. Despite the early start there were smiles all round and excitement in the air. When we finally arrived in Paris we went straight to the hotel so the girls could unpack, followed by a quick meeting and then off to se S.O.Rosny gymnastics club for the first time! The Charisma girls joined in with the French warm-up and started talking and chatting to the French gymnasts, (well as much as they could when you take into consideration the language barrier). By the end of the session the girls had gotten used to their surroundings and had learnt the French names for all the common moves.

Day 2 – 30th October 2012

Day 2 and the girls woke up at 9:30 ready for a 10:30 start. After breakfast in the hotel we departed for our coach, which was taking us on a sight seeing tour around the center of Paris. The girls enjoyed this trip a lot as for many for them this was the first time they had been to the city. To say we saw a lot would be an understatement and of course there were many gymnastic inspired photo opportunities. In the evening the girls returned to the gym for another 4 hour training session. With the competition looming the girls were mainly going through their competition routines making sure they were perfect. Having a full size sprung floor helped a lot, as the girls were able to properly perform their floor routines. After training we remained behind and had a lovely meal and meet and great provided by the gymnasts and coaching of S.O.Rosny. Of course being the gymnasts the girls also played classic gymnastics games such as the shape game; handstand competitions and the full turn jump game. During this time the girls became much closer with the French gymnasts and this felt like the begging of friendships that would last a lifetime.

Day 3 – 31st October

After a late evening of fun and games at the gym, a tired group of girls woke up and went to breakfast. They woke up in a instant when they were told that today they were going outlet shopping followed by a competition against the French gymnasts. Many of the girls had a lot of success when shopping coming home with bargin designer handbags and t-shirts. The girls ate at the mall and then returned to the hotel to get ready for the competition. They all looked wonderful in their competition leotards and custom made T-shirts specifically for this trip. At the start of the Competition Guy made a speech thanking the French gymnasts and coaches for their kindness and hospitality whilst we have been staying with them, which was beautifully translated by ex charisma gymnasts turned coach Emily Cook. Bethan Evans, ex-international gymnasts and 2010 national beam silver medalist, started the competition off by a brilliant beam display, showing off her beautiful split leaps, elegant acro series and stunning round off straight dismount. Then the competition was underway. Despite the competitive nature of the gymnasts competing each team was equally supportive for their friends from both nations. The competition was an all around success! After the medals ceremony we went for a special dinner to celebrate all of the girls’ achievements. Gina and Guy also took this time to say an official good bye to Emily Cook and Georgia Llewellyn. These two girls started gymnastics at charisma together at the age of 4. Emily trained at Charisma until the age of 14 and for Georgia this was to be her last Competition. Both of these girls has been an asset to charisma and we wish the all the luck in the world when they go to university.

Day 4 – 1st September 2012

After an exhausting but fun day yesterday the girls woke up with bundles of excitement as today Gina and Guy were taking us to Disney Land Paris for the day! This was a perfect end of the trip for the girls as they were able to relax and fun in with their friends and for the older gymnasts they got to pretend they were children again for 12 hours. With tickets for both the Universal Park and the Disney Park there was more than enough for the girls to do with their time. We all met up at the end of the day to watch a fabulous fireworks display, displayed onto the Disney princess castle, it was truly a magical moment. The girls then returned to the coach with smiles from ear to ear and memories they will never forget.

Day 5 – 2nd September 2012

The girls woke up and finished off the last bit of packing they had left then jumped in the coach ready to return back to London. Once we had returned to Charisma the girls said tearful good byes to one another and then ran into parent’s arms to tell them all the stories about their trip.

From all the gymnasts and coaches that went on this amazing trip to Paris we would like to thank Gina and Guy for the perfect planning and execution of this trip. The girls had a fabulous time and this trip will never be forgotten!

Photo Album Paris 2012