

## **Organisation report for Excelsior Athletic Development Club**

I hope to attend the meeting on the 9<sup>th</sup> March but here is the written report for the website.

Excelsior Athletic Development Club has continued to balance helping young children improve their physical literacy as well as having competition success.

Our gymnastics sessions in the village hall and our 'fit for sport' sessions offer young children a safe and constructive learning environment. Our emphasis continues to be on developing them physically and socially: they make new friends and work together in small groups.

Several of our older members have competed in either athletics or weightlifting competitions (or both).

Two members have won the weightlifting British Championships at their age and weight: James Marshall in Bangor at Men 50/81kg and Gabby Sully-Dunbar in Leeds at Women's under-23 59kg. We currently have 5 lifters ranked in the top 5 in Great Britain.

We would like to have more boys participate in gymnastics as they enjoy the tumbling and vaulting. We are looking for funding and sponsorship to help pay for more equipment as well as travel expenses to the competitions. We have received £500 from British Weightlifting to help those from low-income households and students pay for clothing and entry fees.