

Clerk

To: James Marshall
Subject: RE: Annual Parish Meeting 13 March 2025 - Invitation to submit a report for your organisation

Report from Excelsior Athletic Development Club.

"In a year where a commercial gymnastics club opened down the road, we re-focused on our core principles of putting the children first, rather than massaging parents' egos. We did this by training additional volunteers, including a new welfare officer and two Duke of Edinburgh award scheme candidates. We ran a popular gymnastics display at Christmas, for the first time since the Covid-Lockdowns, and will do more this year.

We had 6 of our members become qualified weightlifting technical officials, one of whom (aged 17) refereed at both the English and British Championships in Birmingham!

We were successful in our funding application to Grassroots Grants to train one of our female members as a licensed weightlifting coach (she has passed her level 1 and has started her level 2). The funding also allowed us to run two blocks of four free training sessions to women wanting to start the sport. The February block was fully booked within 24 hours.

Our small athletics group has its best year, with two of our athletes representing the club at the South-West Championships: one in 100m sprint, the other in triple jump.

We continue to look to improve what we do, and welcome new members who want to learn skills, get fit and make friends.!

James Marshall
