

# KCGA Newsletter

Kensington & Chelsea Gymnastics Academy Ltd, London, UK 



## WELCOME MESSAGE

From Stefan Kolimechkov, Founder & Director

As we come to the close of another remarkable year, it's a natural moment to pause and reflect on our gymnastics journey at Kensington & Chelsea Gymnastics Academy.

Christmas in Britain is a time rooted in tradition, reflection, and community — values that align deeply with the ethos of KCGA. Throughout this term, our gymnasts have demonstrated discipline, resilience, and joy in their training, while our coaching team has continued to deliver sessions guided by the highest professional and safeguarding standards.



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## OUR GYMNASTS ON STAGE — CHRISTMAS PERFORMANCES

This month's Student Spotlight celebrates all of our KCGA gymnasts who took part in the Christmas performances at our Kensington and Knightsbridge venues.



Performing in front of an audience requires confidence, focus, and courage — and every gymnast rose to the occasion. From controlled basics to expressive movement and confident routines, the performances reflected months of dedication and steady progress.

We are incredibly proud of how our gymnasts represented themselves and the values of KCGA.

## 🏆 COACH'S CORNER

with Coach Venia — KCGA Coach of the Year 2025



We are delighted to announce that Coach Venia has been awarded KCGA Coach of the Year 2025, presented during our Christmas performances.

This recognition reflects her exceptional professionalism, consistency, and dedication to children's development. Coach Venia's calm leadership, attention to detail, and supportive coaching have made a lasting impact on gymnasts and families across the academy.



Congratulations to Coach Venia on this well-deserved award.

## COMMUNITY & WELFARE

### Welfare Officer Recognition — Mary-Anne



During our Christmas celebrations, we were proud to recognise Mary-Anne, KCGA's Welfare Officer, for her outstanding contribution to the academy.

Her work ensures that safeguarding, wellbeing, and child-centred practice remain at the core of everything we do. This recognition reflects KCGA's commitment to creating a safe, supportive, and inclusive environment for every gymnast.

## PROFESSIONAL STANDARDS & PARTNERSHIPS

### CIMSPA Visit — KCGA Knightsbridge

In December, we were honoured to welcome Minal Hawkins, Workforce Development Manager at CIMSPA — The Chartered Institute for the Management of Sport and Physical Activity, to our Knightsbridge location at More House School.

As KCGA's employer partner, CIMSPA plays a vital role in raising professional standards across the UK sport and physical activity sector.

Minal spoke with parents about CIMSPA's mission, professional accreditation, safeguarding, and the importance of quality coaching in children's sport.

This visit reinforced KCGA's alignment with nationally recognised standards of excellence, professionalism, and care.



## KCGA ON THE INTERNATIONAL SCIENTIFIC STAGE

### Research Presented from Our Academy

In November, Kensington & Chelsea Gymnastics Academy was represented at the ICASS Congress 2025, an international sport and health science conference held in Sofia, Bulgaria.

KCGA Founder Dr Stefan Kolimechkov presented original research based on children training at KCGA in London, examining how 1–2 hours per week of recreational gymnastics affects children's health and physical development.

The findings showed that even modest weekly participation can lead to measurable improvements in strength, fitness, and overall physical health, providing strong scientific support for recreational gymnastics as a foundation for healthy, active childhoods.



This achievement positions KCGA as a science-led, evidence-based academy, actively contributing to international research in children's health and wellbeing.

## SCIENCE & HEALTH TIP

### Winter Balance & Wellbeing

During the winter months, maintaining a balance between activity, recovery, and routine is essential for children's health.

Gymnastics supports this balance by developing strength, flexibility, coordination, and body awareness in a structured and safe environment. Consistent movement, combined with adequate rest and gentle stretching, helps children stay physically confident and mentally resilient throughout the colder season.



## ANNOUNCEMENTS & NEWS

📣 Adult Gymnastics — Spaces Available

📍 Kensington | Tuesdays, 7:30–8:20 pm



Our adult class currently has availability and welcomes beginners and returning gymnasts alike. Sessions focus on strength, mobility, and controlled movement in a supportive environment.

### 🚀 New KCGA Location Opening — January 2026

We are excited to announce the opening of a new KCGA location at Park Walk School, just off King's Road (SW3).

Classes will run on Mondays and Thursdays, with bookings now open. This expansion allows us to welcome more families while maintaining our boutique, small-group approach.





## CLOSING MESSAGE

As the year comes to a close, we are proud of the progress our gymnasts have made and the community we continue to build together. KCGA remains committed to excellence, professionalism, and child-centred coaching as we look ahead to an exciting 2026.

Wishing all KCGA families a peaceful Christmas and a healthy New Year.

— coach Stefan & The KCGA Team



## STAY CONNECTED WITH KCGA

Kensington & Chelsea Gymnastics Academy shares updates, performances, insights, and science-led content throughout the year.

If you'd like to stay connected between newsletters, you can follow us here:

**Instagram** — training moments, performances & academy life

**Facebook** — academy updates, events & parent announcements

**LinkedIn** — professional standards, research & academy milestones

👉 Search: Kensington & Chelsea Gymnastics Academy

**Our next newsletter will be released in January 2026.**