

KCGA Newsletter

Kensington & Chelsea Gymnastics Academy Ltd, London, UK 🇬🇧



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WELCOME MESSAGE

March brings a different kind of progress: stronger habits. After the January reset and February consistency, we now see children benefiting from steady attendance, familiar routines, and coaching cues they can trust — the foundations that make gymnastics feel safe, enjoyable, and confidence-building.

Warmly,

Dr Stefan Kolimechkov, Founder & Director



UPCOMING EVENTS

Easter week at KCGA



ANNOUNCEMENTS & NEWS

Our magazine received ISSN



COMMUNITY TESTIMONIAL

✨ STUDENT SPOTLIGHT



Gigi (Kensington) — confidence built over time

Gigi joined KCGA in January 2023 at St Philip's Church in Kensington, and her journey is a brilliant example of what steady training can create: energy guided by structure, teamwork, and a calm environment where confidence grows naturally.

What stands out most is not just skill progress, but the mindset behind it — more patience, focus, and resilience over time. And in October 2025, Gigi represented KCGA at the High 10 Invitational in Essex, achieving an impressive 5th place Overall



[Read Gigi's story](#)

🧐 COACH'S CORNER

With Coach Venia — “Rhythm makes progress automatic.”



To keep sessions calm and effective, Coach Venia has been focusing on rhythm — the idea that children improve faster when training feels predictable, repeatable, and success-driven.

Rather than chasing “bigger” skills, we’re building high-quality repetitions through simple structure.

Three themes we’ve emphasised across classes:

- Stations with purpose — short circuits where each station has one clear goal
- Self-check cues — simple reminders children can remember (e.g., arms by ears, tight body, stick the landing)
- Small wins, repeated — progress that feels achievable every lesson

Coach Venia’s line of the month: “When training has rhythm, confidence follows.”

DIRECTOR'S COMPETITION DIARY

I withdrew from the London Regional Gymnastics Championships (15 February 2026) due to a short acute illness, prioritising recovery and long-term training.

Next competition: 2026 Masters Gymnastics Individual World Cup

My focus now shifts to the 2026 Masters Gymnastics Individual World Cup in Cambridge, Massachusetts (USA) on 3 May 2026 — a special return to the same international Masters stage where I competed in 2024 at MIT (Cambridge, MA), representing the GB Masters Team and gaining invaluable competition experience that continues to shape how I train and coach.



Personal archive, Stefan representing KCGA at the 2024 Masters World Cup in the USA.

 [2024 World Cup recap](#)

SCIENCE & HEALTH TIP

Home practice: what helps — and what to avoid



Many parents ask how they can support progress outside of class. The key is not to replicate full gymnastics training at home — but to reinforce the foundations that make children safer and more confident in class.

Safe at-home focus:

- Balance + control (single-leg stands, slow lunges)
- Core strength (planks, hollow holds)
- Shoulder strength (incline push-ups)
- Handstand preparation against a wall with supervision

Not recommended at home: advanced tumbling (back handsprings, aerial skills), bar skills without proper equipment, or complex combinations.

A simple rule works well: 5–10 minutes, 2–3 times per week — with calm, high-quality movements.

 [Parent guide](#)

INSIDE KCGA - MONTHLY VIDEO UPDATE



Prefer a quick catch-up? Our monthly video update shares a short, visual snapshot of academy life across Kensington, Chelsea, and Knightsbridge.

February highlights:

- Progress becomes visible through repetition, calm routines, and strong basics
- Three new KCGA Academy guides: safe home practice, one-to-one coaching fit, and why personalised coaching can help when done well
- A new KCGA Story: Leonie's journey — confidence built over time
- Long-form resources: the February Newsletter is live, Magazine Issue 1 is available, Issue 2 is coming in March, and the Magazine now carries ISSN 2979-1073



Watch the update

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UPCOMING EVENTS

Easter Week at KCGA — our Spring highlight (23-28 March 2026)

One of the most memorable moments in our Spring term each year is our KCGA Easter Week — a special week of themed sessions designed to bring our community together and celebrate children's progress in a joyful, structured way.

✔ Important: Easter sessions will take place during your child's normal class time, so families don't need to book an extra event — just attend as usual.

Our Easter sessions are about far more than performance. They are carefully planned to support physical literacy, confidence, focus, teamwork, and enjoyment of sport — helping children build strong foundations for long-term participation in physical activity.

What children can expect:

- Fun seasonal challenges built into their class programme
- A supportive “celebration feel” while staying structured and safe
- Progress moments for every level — from beginners to intermediate

To mark the occasion, every child will receive:



A personalised KCGA digital certificate



A gymnastics medal celebrating effort and progress

We can't wait to celebrate with you — and to finish the Spring term with the energy, confidence, and community spirit that makes KCGA special.

📢 ANNOUNCEMENTS & NEWS

KCGA Magazine now has an official ISSN

We're pleased to share that Kensington Gymnastics Magazine has now been assigned its official serial identification number by ISSN-UK:

ISSN 2979-1073

From this issue onward, we will display the ISSN consistently across all magazine releases and include it in relevant promotional and descriptive materials.

Trials, places & boutique class sizes

Many of our classes remain at or near capacity because we protect quality through small groups and strong coach-gymnast ratios.

If you're considering:

- Chelsea (Park Walk) — places are moving quickly
- Private 1:1 / 1:2 coaching — technique, confidence, faster progress

...please message early and we'll guide you to the best option.

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Email (secondary):
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❤️ COMMUNITY TESTIMONIAL

— *Cristina Malaspina, Parent (Google Review)*



“Our daughter absolutely loves attending KCGA, and we’re excited to continue with the classes. We highly recommend it to others. Stefan brings an inspiring combination of passion, professionalism, and expertise — his enthusiasm is contagious and clearly resonates with the children.”

KENSINGTON GYMNASTICS MAGAZINE

Kensington Gymnastics Magazine is our bi-monthly educational publication for London families — designed to make gymnastics clearer, calmer, and more understandable through coaching insight and evidence-informed guidance.



Featured now: Issue 1 (January 2026)

Issue 1 explores children's movement in the context of modern city life — written in London, for London families. It brings together scientific research, coaching experience, and

cultural context to explain gymnastics calmly, clearly, and responsibly.

Inside Issue 1, families can explore gymnastics as movement education (not just skills), with chapters covering:

- children's health-related physical fitness
- anatomy and the body behind movement
- nutrition: food, growth, and balance for growing bodies
- gymnastics for life: why movement doesn't end with childhood
- gymnastics in London and the wider world
- clear explanations of gymnastics language, myths, and common questions

You can either download the full PDF or read each chapter online.



[Read Issue 1](#)

Next: Issue 2 (coming in March 2026)

Issue 2 is already in progress and will be released in March 2026 — continuing our mission to build the #1 trusted gymnastics education hub for London families.

CLOSING MESSAGE

Thank you for being part of the KCGA community. We're proud to coach with care, precision, and high standards — and we're excited for what your children will build next as the term continues.

See you in the gym,

— Dr Stefan Kolimechkov



STAY CONNECTED WITH KCGA

Follow us between newsletters:

Instagram — training moments, performances & academy life

Facebook — academy updates, events & parent announcements

LinkedIn — professional standards, research & academy milestones

 Search: Kensington & Chelsea Gymnastics Academy

Next step (quick & easy): To secure a place, book a trial, or enquire about private coaching, message us on **WhatsApp: 07 999 578 700** or email **dr.kolimechkov@icloud.com**

Our next newsletter will be released in April 2026.