

Kensington & Chelsea Gymnastics Newsletter



LONDON, UNITED KINGDOM

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FOUR YEARS, ONE ACADEMY

Annual Performance 2026

A special Annual Performance edition celebrating participation, progress and the community that has shaped KCGA's first four years.

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Celebrating four years of progress, confidence and community.

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• Boutique coaching • Science-informed • Family focused

KENSINGTON & CHELSEA GYMNASTICS

Welcome to the Academy

FROM DR STEFAN KOLIMECHKOV, DIRECTOR

Welcome Message

June brings the most important event in the KCGA calendar: our Annual Performance. Across the Royal Borough of Kensington and Chelsea, gymnasts have the opportunity to share what they have learned and to experience the pride that comes from taking part.

When KCGA was founded in June 2022, the vision was simple: to provide high-quality gymnastics coaching in a supportive, child-centred environment where every participant could thrive. Four years later, it is incredibly rewarding to see that vision continue to grow through the dedication of our gymnasts, coaches and families.

What matters most during performance week is not perfection. It is the courage to participate, the patience behind each progression and the sense of community created when children, families and coaches celebrate together.

This issue also introduces our refreshed newsletter design, created to celebrate KCGA's stories, achievements and community with a stronger visual identity.

Thank you for being part of our journey.



GYMNAST OF THE YEAR 2026

Student Spotlight

We are delighted to announce Sofia as our 2026 KCGA Gymnast of the Year, the highest individual award presented by Kensington & Chelsea Gymnastics Academy.

Since joining KCGA in October 2024, Sofia has shown wonderful commitment, consistency, and love for gymnastics. She became KCGA's first children's medallist, winning silver on Floor at the High 10 Invitational, and has continued to grow in confidence, discipline, and skill.

This award recognises more than performance. It celebrates attitude, effort, resilience, sportsmanship, and personal development - qualities Sofia has shown throughout the year.

Congratulations, Sofia. We are incredibly proud of you.

[Gymnast of the Year](#)

ANNUAL PERFORMANCE 2026

KCGA Feature



Annual Performance 2026 celebrated progress, confidence and community. One of the most anticipated occasions in the academy year, it gave our gymnasts a wonderful opportunity to share everything they have achieved throughout the year.

The celebrations took place across our three magnificent venues: St Philip's Church in Kensington W8, More House School in Knightsbridge SW1X, and Park Walk Primary School in Chelsea SW3. Together, these venues have become home to a growing gymnastics community serving children and adults across the Royal Borough of Kensington and Chelsea in London.

From our youngest participants taking part in their first academy showcase to more experienced gymnasts demonstrating advanced skills, the performances reflected the positive, supportive culture that continues to define KCGA.

The week also included the presentation of Gymnast of the Year 2026, recognising a gymnast whose approach reflects the academy's values. This year's award was presented to Sofia in recognition of her commitment, consistency, resilience and personal development.



COACHING AND SCIENCE

Confidence through participation



WITH COACH VENIA

Coach's Corner

One of the most rewarding moments for any coach is seeing confidence become visible.

Throughout the year, confidence develops quietly. It grows when children try a new skill, overcome a challenge, listen carefully, practise consistently, and gradually begin to trust their own abilities.

Parents often notice this confidence most clearly during events such as the Annual Performance. What may appear to be a single moment on stage is actually the result of months of learning, perseverance, and encouragement.

Confidence does not come from being perfect. It comes from having the courage to participate, learn, and keep improving.

Coach Venia

WHY PERFORMING CAN HELP CHILDREN'S CONFIDENCE

Science & Health Tip

Gymnastics is often discussed for its physical benefits, but appropriate performance opportunities can also support children's wider development. Preparing and taking part gives children a practical setting in which to practise concentration, emotional control, communication and self-confidence.

These experiences are most valuable when adults keep the emphasis on participation and learning rather than a perfect outcome. The aim is not to remove every nervous feeling, but to help children discover that they can prepare, take part and reflect positively afterward.

- Encourage effort rather than perfection.
- Celebrate participation regardless of the outcome.
- Focus on progress rather than comparison.
- Give children time to reflect positively on what they achieved.

Explore more resources on the Academy Hub page.

[Academy Hub](#)

COMPETITION AND LEARNING

Practice, Performance and Education



2026 ADULT GYMNASTICS BRITISH CHAMPIONSHIPS

Director's Competition Diary

This month, I represented Kensington & Chelsea Gymnastics Academy at the 2026 Adult Gymnastics British Championships at Lilleshall National Sports Centre.

It marked my fourth consecutive appearance at the event, following 2023, 2024 and 2025, and another opportunity to be part of an inspiring community of adult gymnasts from across the United Kingdom. Competing in the MAG Pro 30+ category, I was delighted to win the silver medal in the all-around competition, reflecting months of preparation, discipline and perseverance.

I hope our younger gymnasts can see from events like this that gymnastics is a lifelong journey, bringing challenge, friendship, physical activity and personal achievement well beyond childhood.

MAG PRO 30+ ALL-AROUND



Thomas Warwick
Tolworth Gym Club

45.050



Stefan Kolimechkov
Kensington & Chelsea Gymnastics Academy

44.600



Suryava Bhattacharya
Basingstoke Gym Club

41.250

ISSUE 3 NOW AVAILABLE

Kensington Gymnastics Magazine

Issue 3 of Kensington Gymnastics Magazine is now available on the KCGA website.

Created for families, coaches and anyone interested in children's physical development, the magazine continues KCGA's mission of sharing evidence-informed guidance beyond weekly gymnastics classes.

Through coaching insight, scientific research and practical advice, each issue helps parents understand how gymnastics supports confidence, movement, health and lifelong participation in physical activity.

Issue 3 explores topics linked to children's development and the wider world of gymnastics, continuing to build a growing educational resource for families across Kensington, Chelsea, Knightsbridge and London.

[Read Issue 3](#)

UPDATES AND USEFUL DATES

For families this month



INSIDE KENSINGTON GYMNASTICS

Monthly Video Update

Our latest monthly video update reflects on a significant May for KCGA, including continued progress across Kensington, Chelsea, and Knightsbridge, representation at the 2026 Masters Gymnastics World Cup and ACSM Annual Meeting in the USA, and preparations for our Annual Performance, 4th anniversary celebrations, and the 2026 Gymnast of the Year Award.

[Watch the update](#)

DATES FOR FAMILIES

Upcoming Events

Confirmed July dates for KCGA competition and research activity.

5 JULY 2026

London Community Competition 2026

Four KCGA gymnasts will represent the academy.

7-10 JULY 2026

ECSS Annual Congress, Lausanne

Dr Stefan will represent KCGA, chair scientific sessions and present research on handgrip strength in primary school girls engaged in recreational gymnastics.

AVAILABILITY AND REMINDERS

Announcements
& News

The Summer Term concludes on 11 July 2026, marking the end of another wonderful year of gymnastics across Kensington, Chelsea and Knightsbridge.

Autumn Term 2026 planning is underway, with bookings opening from July. Families wishing to continue over the summer can also enquire about private coaching with Coach Stefan at The Kensington Studio for confidence building and focused skill progression.

[Contact KCGA](#)



COMMUNITY

Thank you for being part of KCGA

PARENT GOOGLE REVIEW

Community Testimonial



Coach Stefan is very precise in his instruction, very good technically! He made my daughter feel comfortable and supported even with tricky and very difficult instructions for specific positions of hands, feet, joints, muscles. He has a way with children!! My daughter is competing at Level 4 and he has been very kind to support her training, running up to the competition in such a friendly, inclusive and supportive manner - giving her all opportunities he can to better her performance.

Suchika Gupta

FROM KCGA

Closing Message

Thank you to every gymnast, family, coach and venue partner who contributes to KCGA's community. Annual Performance week gives us a valuable opportunity to recognise how much can grow from patient work, shared encouragement and the willingness to take part.

Our next newsletter will be released in July 2026.

BETWEEN NEWSLETTERS

Stay Connected with KCGA

Follow KCGA for training moments, academy updates, research and professional milestones.



For a trial or private coaching enquiry, contact KCGA by WhatsApp on 07 999 578 700 or email dr.kolimechkov@icloud.com.

[Visit the KCGA website](#)

Next issue: July 2026