Kensington & Chelsea Gymnastics Newsletter

LONDON, UNITED KINGDOM

JULY 2026



LONDON COMMUNITY COMPETITION

Four medals for KCGA

Sofia, Pearl, Sophie and Jasmine each brought home a medal on 5 July. Inside: KCGA research in Lausanne, summer coaching insights and what is ahead for families.

Three of KCGA's four medallists with Coach Stefan and the academy flag.

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• Confidence • Gymnastics skills • A lifelong love of movement

KENSINGTON & CHELSEA GYMNASTICS

Welcome to the Academy

FROM DR STEFAN KOLIMECHKOV, FOUNDER & DIRECTOR

Welcome Message

July brought two milestones for Kensington & Chelsea Gymnastics Academy: four medals for our young gymnasts at the London Community Competition and a KCGA research presentation at the European College of Sport Science Congress in Lausanne, Switzerland.

Sofia, Pearl, Sophie and Jasmine each earned a medal in London. Soon afterward, I presented original research in Lausanne and co-chaired two scientific sessions. It was rewarding to see our coaching community represented both on the competition floor and in an international scientific forum.

These moments reflect the two sides of KCGA's work: helping children develop through thoughtful, high-quality coaching and contributing to the evidence that informs physical education and sport.

As the Summer Term ends, thank you to our families for your trust and to our coaches for their dedication throughout the year. I wish every gymnast a happy, healthy and active summer, and look forward to welcoming you back in September.



KCGA gymnasts at the London Community Competition, 5 July 2026.

LONDON COMMUNITY COMPETITION | 5 JULY 2026

Student Spotlight

Four KCGA gymnasts competed in Floor and Vault at the London Community Competition 2026, and each returned with a medal.

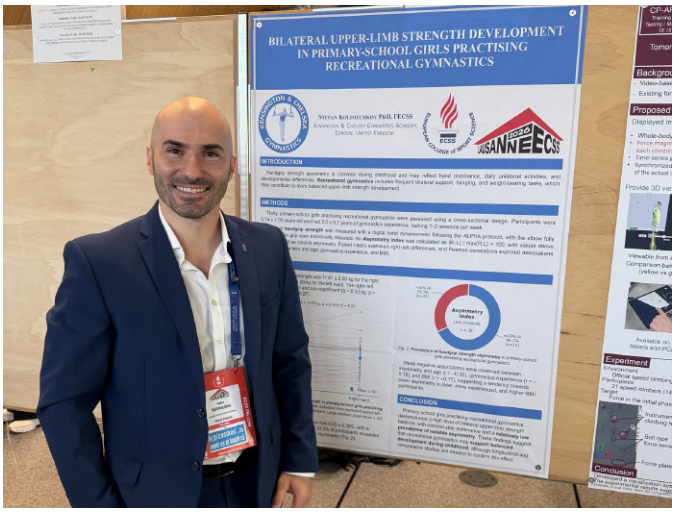
In Level 1, Sofia won gold, Pearl silver and Sophie bronze. Jasmine added a second gold for KCGA in Level 2. Four gymnasts, four medals: two gold, one silver and one bronze.

Their results reflect dedicated preparation, but the confidence, determination and sportsmanship they showed matter just as much. Competition gave them a chance to apply their skills in a new setting and celebrate how far they have come.

Congratulations to Sofia, Pearl, Sophie and Jasmine. We are proud of you all.

INTERNATIONAL SPORT SCIENCE

KCGA at ECSS 2026, Lausanne



Dr Kolimechkov presenting KCGA research at ECSS 2026.



Dr Kolimechkov with Professor Sebastian Ludyga at an ECSS scientific session.

Kensington & Chelsea Gymnastics Academy was represented at the 2026 Annual Congress of the European College of Sport Science in Lausanne, Switzerland. Founder and Director Dr Stefan Kolimechkov presented original research on upper-limb strength in primary-school girls practising recreational gymnastics.

His study, Bilateral Upper-Limb Strength Development in Primary-School Girls Practising Recreational Gymnastics, assessed handgrip strength in 30 girls who trained once or twice a week. Average right- and left-hand strength did not differ significantly, and 20 of the 30 participants had less than 10% asymmetry between hands.

The findings describe this group at one point in time. They do not establish that gymnastics caused the observed balance; further comparative and longitudinal research would be needed. For families, the work adds to discussion of how children's physical development can be assessed in recreational sport.

Dr Kolimechkov also co-chaired the Adolescents/Children II podium session with Professor Sebastian Ludyga of the University of Basel, and the Health and Fitness / Ageing II poster session with Mikio Hiura of Aomori University. These roles helped facilitate presentations and discussion among international researchers.

Sharing KCGA research at ECSS connects the academy's coaching practice with the wider sport science community.



Research discussions in the ECSS 2026 poster hall.

COACHING AND SCIENCE

Beyond the medals



Coach Stefan supports a gymnast on the bars at KCGA.

WITH COACH STEFAN

Coach's Corner

Competition can be a valuable learning experience for young gymnasts, whatever their final placing. Preparing for an event encourages children to practise with purpose, remember routines and manage the excitement of performing.

On the day, they also learn to celebrate teammates, respond to challenges and recognise their own progress. A difficult moment can become a useful lesson when children feel supported enough to try again.

At KCGA, we want gymnasts to enjoy competing while keeping confidence in their individual development. Medals deserve celebration, but effort, teamwork and resilience are achievements too.

> A medal marks one moment. The confidence built through preparation, participation and perseverance can stay with a child much longer.
>
> Coach Stefan

STAYING ACTIVE DURING THE SUMMER HOLIDAYS

Science & Health Tip

The summer holidays give children more ways to be active beyond their usual weekly classes. Walking, swimming, cycling, playground games and outdoor play all offer opportunities to move and explore.

Variety helps children practise different movement skills, from balance and coordination to strength and endurance. For young gymnasts, a change from structured training can also provide recovery while keeping activity enjoyable.

There is no need to recreate a gymnastics lesson every day. The aim is regular, age-appropriate movement that children enjoy and can make part of family life.

- Mix familiar activities with something new.
- Let children help choose how the family gets moving.
- Make room for rest alongside active days.

Explore KCGA's guide to sports and activities for children.

Explore the guide

UPDATES AND USEFUL DATES

For families this month



INSIDE KENSINGTON GYMNASTICS

Monthly Video Update

June's video update looks back at KCGA's fourth anniversary and Annual Performance across Kensington, Knightsbridge and Chelsea. It celebrates Sofia as Gymnast of the Year 2026 and Dr Stefan's all-around silver medal at the Adult Gymnastics British Championships, with a reflection on confidence through participation.

Watch the June update

DATES FOR FAMILIES

Upcoming Events

Looking ahead to the Autumn Term and KCGA's next competition.

14 SEPTEMBER 2026

Autumn Term 2026 begins

Classes begin during the week commencing 14 September.

4 OCTOBER 2026

High10 Essex Invitational

Ten KCGA gymnasts are expected to represent the academy.

AVAILABILITY AND REMINDERS

Announcements & News

Families interested in Autumn Term classes across Kensington, Knightsbridge and Chelsea are welcome to enquire. KCGA's small groups and strong coach-gymnast ratio help give children individual attention throughout each session.

Summer private coaching with Dr Stefan Kolimechkov is available by enquiry at The Kensington Studio. Sessions can focus on skills, confidence, strength and flexibility within KCGA's welfare and safeguarding standards.

Contact KCGA

COMMUNITY

Thank you for being part of KCGA

PARENT GOOGLE REVIEW

Community Testimonial

★★★★★

> Their approach combines the best of teaching and demanding to a very high standard with the fun and playfulness that makes children enjoy the work...
>
> Christina Nesheva

FROM KCGA

Closing Message

July gave us much to celebrate: four young gymnasts won medals in London, and KCGA presented research at ECSS 2026 in Lausanne. Behind these moments are the everyday efforts of our gymnasts, coaches and families.

Thank you for helping us build an academy where children can develop in a supportive, professional environment. We wish you a wonderful summer and look forward to welcoming you back in September.

Dr Stefan Kolimechkov and the KCGA Team

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 newsletter

Next newsletter: August 2026