Kensington & Chelsea Gymnastics Newsletter

LONDON, UNITED KINGDOM

SEPTEMBER 2026



KCGA gymnasts and coaches at Annual Performance 2026. Archive photograph.

AUTUMN TERM · SEPTEMBER 2026

A new term together

The autumn term begins on 14 September, with KCGA gymnasts returning to training and a group looking ahead to the High10 Essex Invitational.

Inside this newsletter

A new magazine, coaching ideas, health guidance and family dates.

Welcome Message
The autumn term begins, with the Essex Invitational ahead.

Student Spotlight
The KCGA group preparing for the High10 Essex Invitational.

Coach's Corner
Coach Venia on finding new ways through familiar movements.

Science & Health Tip
A simple evening routine for active weeks.

Kensington Gymnastics Magazine
Explore the new September magazine.

Upcoming Events
Key dates in Essex, London and the Gold Coast.

• Boutique coaching • Science-informed • Family focused

KENSINGTON & CHELSEA GYMNASTICS

Welcome to the Academy

FROM DR STEFAN KOLIMECHKOV, FOUNDER & DIRECTOR

Welcome Message

The autumn term begins on 14 September, and our calendar already gives us something to look towards: the High10 Essex Invitational on 4 October.

This month's Student Spotlight recognises the KCGA gymnasts preparing for Essex as a group. We wish them a rewarding experience and look forward to sharing their story after the event.

You will also find Coach Venia's ideas about exploring familiar movements, a practical sleep tip for term-time weeks, the September Kensington Gymnastics Magazine and the dates ahead. Thank you for being part of KCGA.



KCGA gymnasts at Annual Performance 2026. Archive photograph.

THE KCGA GROUP HEADING TO ESSEX

Student Spotlight

One year after KCGA's first children's competition at Essex, a group of our gymnasts is preparing for the High10 Essex Invitational on 4 October. September's spotlight is for them together.

Each gymnast will take part with their own skills and aims. They also share the chance to represent KCGA alongside other children from the academy. That shared club identity is part of the experience, even when every routine is individual.

We wish the group a rewarding day in Essex. Their results belong to October; September is the moment to recognise their preparation and the team they form.

COACHING AND HEALTH

Learning and wellbeing



Coach Venia leads a movement exercise at KCGA Annual Performance 2026.

WITH COACH VENIA · A FRESH WAY TO MOVE

Coach's Corner

A gymnast can know a balance and still find something new in how they reach it. Changing the approach — perhaps with a step, turn or pause — makes a familiar shape a fresh challenge. Leaving it with control matters just as much as holding it.

That mix of purpose and imagination suits Coach Venia. Her background in dance and other movement disciplines brings creative ideas to carefully structured learning at KCGA. The aim is to explore movement while keeping the skill goal clear.

This September, try asking your child which movement felt different in class and what helped them adjust. The answer may reveal a detail that is easy to miss when we look only at the finished skill.

A CALM EVENING ROUTINE DURING TERM

Science & Health Tip

As school and activities fill the week, a familiar evening routine can make bedtime more predictable. NHS guidance recommends a calm, consistent routine and time to wind down. Families can adapt the steps to their child's age and needs.

The routine can be simple: a few repeatable activities such as washing, changing and reading or quiet conversation. If sleep remains difficult, families can seek advice from an appropriate health professional.

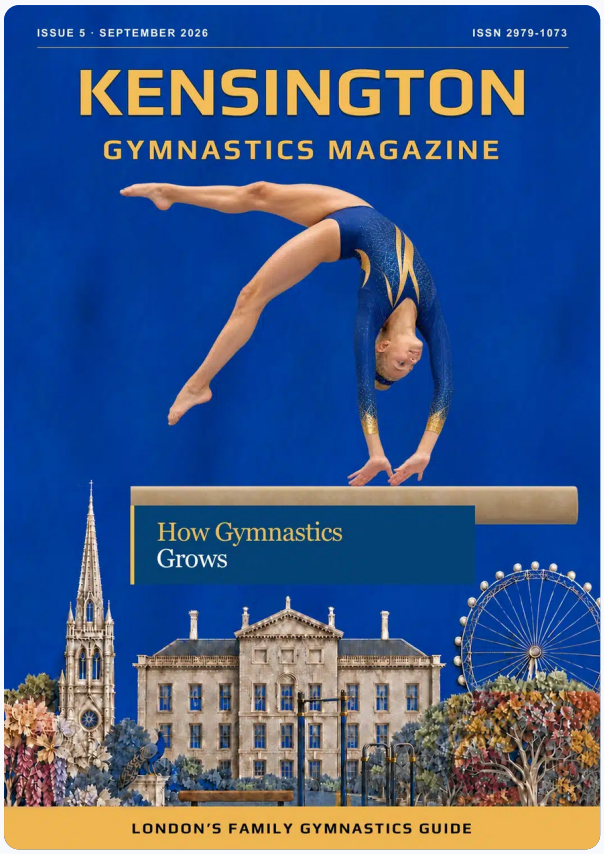
- Allow some quiet time before bed.
- Keep the order of evening steps familiar.
- Choose a routine that works for your child and household.

Read guidance from Chelsea and Westminster Hospital NHS Foundation Trust:

Explore NHS sleep support

READ, EXPLORE AND PLAN

For families this month



Kensington Gymnastics Magazine, September 2026: How Gymnastics Grows.

ISSUE 5 · SEPTEMBER 2026

Kensington Gymnastics Magazine

The September edition, How Gymnastics Grows, explores how progress takes shape through research, growing bodies, connected skills, new competition pathways and movement across a lifetime.

For families beginning a new term, "Moving Groups and Starting a New Term" speaks to readiness, friendships and settling into a changed group. "How Skills Connect" explains why a familiar exercise may be a foundation for something new, while "Growing Bodies, Changing Recovery" considers how growth and daily life can change a gymnast's experience.

Read the chapters online or open the complete magazine as a PDF. Start with the question that matters most to your family.

Explore the September edition

LOOKING AHEAD FROM SEPTEMBER

Upcoming Events

Looking ahead, our calendar includes a competition in Essex, a business awards ceremony in London and the Pan Pacific Masters Games in Australia.

4 OCTOBER 2026

High10 Essex Invitational

KCGA gymnasts are preparing to represent the academy. Participating families should follow their individual event details.

22 OCTOBER 2026

Kensington, Chelsea & Westminster Business Awards

KCGA is an Excellence in Customer Service finalist. Winners will be announced at the Royal Lancaster London ceremony.

6–15 NOVEMBER 2026

Pan Pacific Masters Games · Gold Coast, Australia

More than 16,000 athletes are expected across 41 sports. Dr Stefan will compete in gymnastics and athletics (5 km road race).

AUTUMN TERM 2026

Announcements & News

The autumn term begins on 14 September 2026. We look forward to welcoming our gymnasts and families for a new term of learning together.

COMMUNITY

Thank you for being part of KCGA

PARENT GOOGLE REVIEW · CHELSEA

Community Testimonial

At the beginning of a new term, this parent's reflection on three years of gymnastics says something important about wanting to keep coming back.

★★★★★

> This is the only club that she has not given up on. ... my daughter looks forward to gymnastics every week.
>
> Tajinder Virdee

FROM KCGA

Closing Message

Thank you to every gymnast and family who makes KCGA part of their week. We look forward to the learning, encouragement and shared moments ahead.

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: October 2026