Kensington & Chelsea Gymnastics Newsletter

LONDON, UNITED KINGDOM

OCTOBER 2026

KCGA WINS!

KENSINGTON, CHELSEA & WESTMINSTER BUSINESS AWARDS 2026



KCGA at the 2026 Business Awards presentation, Royal Lancaster London, 22 October. Photo: KCWCC.

Excellence in Customer Service 2026

A landmark achievement for Kensington & Chelsea Gymnastics Academy.

For the second consecutive year, KCGA was recognised at the Kensington, Chelsea & Westminster Business Awards. Following our finalist recognition in 2025, we returned in 2026 and proudly received the award for Excellence in Customer Service.

This achievement celebrates the care, professionalism and personal attention at the heart of our Academy.



01 Essex Invitational 2026

Seven KCGA gymnasts represent the Academy, with Taya winning bronze on Floor.

02 One year of the KCGA Newsletter 2025–2026

Twelve editions documenting our Academy's journey, achievements and community.

• Founder-led coaching • Science-informed • Family focused

WELCOME MESSAGE

A Landmark Month for Our Academy

FROM DR STEFAN KOLIMECHKOV, FOUNDER & DIRECTOR



The KCGA team at the 2026 Business Awards. Photo: KCWCC.

October 2026 will hold a special place in the history of Kensington & Chelsea Gymnastics Academy.

I am delighted to share that KCGA has won Excellence in Customer Service at the Kensington, Chelsea & Westminster Business Awards 2026.

Receiving this recognition is an important milestone for our Academy. It reflects something we have worked to establish from the very beginning: a gymnastics environment where families receive genuine personal attention, children are supported as individuals, and professional standards guide everything we do.

What makes this achievement particularly meaningful is that it follows our recognition as a finalist for New Business of the Year in 2025. One year later, returning to the awards and being announced as a winner is a moment of enormous pride for our entire team.

October also brought another wonderful occasion for KCGA, as seven of our young gymnasts represented the Academy at the Essex Invitational. Congratulations to Jasmine, Gigi, Ginevra, Annabel, Dalia, Leonie and Taya for their dedication and performances, with special recognition to Taya for winning a bronze medal on Floor.

This month also marks the first anniversary of the KCGA Newsletter. Since October 2025, we have published twelve monthly editions, sharing our gymnasts' achievements, coaching insights, scientific knowledge and important milestones in the Academy's development.

Together, these moments remind us that building a respected gymnastics academy is about much more than teaching skills. It is about developing a community founded on trust, consistency, care and a genuine commitment to children's development.

To our gymnasts, parents and coaching team: thank you for being part of this journey. Your support has helped make these achievements possible.

Warmly,
Dr Stefan Kolimechkov
Founder & Director
Kensington & Chelsea Gymnastics Academy Ltd

STUDENT SPOTLIGHT

Seven Gymnasts, One KCGA Team

HIGH10 ESSEX INVITATIONAL 2026 · 4 OCTOBER · ESSEX, ENGLAND



KCGA gymnasts and coaches with the Academy flag at the High10 Essex Invitational 2026.

Jasmine, Gigi, Ginevra, Annabel, Dalia, Leonie and Taya represented Kensington & Chelsea Gymnastics Academy at the High10 Essex Invitational on 4 October 2026.

COMPETITION RESULTS

Taya

Bronze on Floor · 4th overall

Ginevra

5th overall

Gigi

6th overall

The competition gave our gymnasts the opportunity to take their skills beyond their regular training sessions and perform in front of judges and spectators.

The results are a proud achievement for the team. Every KCGA gymnast who took part helped make the day memorable for the Academy.

Competing calls for focus and courage. We are proud of all seven gymnasts for stepping up to represent the Academy. Congratulations, team!



A KCGA gymnast on Floor.



Competition action at Essex.

KCGA FEATURE

A Historic Victory for KCGA

WINNER · EXCELLENCE IN CUSTOMER SERVICE 2026

Kensington, Chelsea & Westminster Business Awards · 22 October 2026 · Royal Lancaster London

KCGA was named winner of Excellence in Customer Service at the 2026 Kensington, Chelsea & Westminster Business Awards. The honour follows our New Business of the Year finalist recognition in 2025.

Recognition beyond the gym floor

For our families, service is woven into each session: a welcoming start, clear information, thoughtful responses and coaching that recognises every gymnast as an individual.

In our structured group sessions, gymnasts learn alongside others through clear instruction, coaching feedback and suitable progressions.

A shared achievement

This trophy recognises the care and preparation of our coaching and welfare teams, the enthusiasm of our gymnasts, and the trust that families place in the Academy each week.

From finalist in 2025 to winner in 2026, this is a proud milestone—and a responsibility to keep improving. Thank you to everyone who helped make it possible.

WHAT THE AWARD RECOGNISES

Clear communication	Useful answers and practical guidance for families.
Professional care	Prepared coaching and visible welfare responsibility.
Personal attention	Support for each gymnast's starting point and goals.
Consistency	The same care across coaching and administration.

ENGRAVED ON THE TROPHY

Kensington & Chelsea Gymnastics Academy

READ THE FULL AWARD STORY ↗



KCGA's 2026 winner trophy carries the Academy's name and the Excellence in Customer Service award category.

KCGA FEATURE · FIRST ANNIVERSARY

One Year. Twelve Editions. One Growing Community.

Celebrating the first anniversary of the Kensington & Chelsea Gymnastics Newsletter

OCTOBER 2025 – SEPTEMBER 2026

In October 2025, Kensington & Chelsea Gymnastics Academy published the first edition of its monthly newsletter with a simple purpose: to bring our community closer together, celebrate our gymnasts and share the knowledge and values behind our coaching.

Twelve editions later, the newsletter has become a regular record of the Academy's development, capturing the achievements, people and moments that shape KCGA.



EST. OCTOBER 2025 · 12 EDITIONS · ONE YEAR OF KCGA STORIES

A year worth remembering

Our first editions marked KCGA's debut children's gymnastics competition, 2025 Business Awards finalist recognition and Christmas performances. In early 2026, we recorded the Chelsea opening, gymnast success stories and the arrival of Kensington Gymnastics Magazine and the Kensington Gymnastics Podcast.

Spring and summer brought our fourth anniversary, Annual Performance 2026, Sofia's Gymnast of the Year award, four medals at the London Community Competition and KCGA research presented at the European College of Sport Science Congress in Lausanne.

Student Spotlight, Coach's Corner and Science & Health Tip followed the everyday work of building children's strength, coordination, confidence and enjoyment of movement.

More than a monthly publication

Every edition represents another chapter in KCGA's story. Together, they reflect our commitment to professional coaching, evidence-informed education and meaningful communication with families.

As we begin our second year of publication, we look forward to continuing this tradition — documenting our progress, celebrating our community and sharing the knowledge that makes gymnastics such a valuable part of children's lives.

Thank you for reading and being part of our journey.

EXPLORE OUR NEWSLETTER ARCHIVE ↗

COACHING AND HEALTH

Foundations for progress



Coach Silvia guiding a gymnast at KCGA's Annual Performance 2026. Archive photograph.

WITH COACH SILVIA · THE NEXT USEFUL DETAIL

Coach's Corner

A short coaching cue draws attention to one useful detail: hand placement, a steady starting shape or a controlled finish. The gymnast can then try again with a clearer focus.

Coach Silvia's patient teaching and technical knowledge help young gymnasts build strong foundations. A correction points to something the child can try next; it does not diminish the effort already made.

Families can notice a gymnast's willingness to listen, adjust and try again, while leaving the technical details to the coach. Responding to feedback is itself a skill worth celebrating.

A HANDSTAND BEGINS BEFORE THE HANDSTAND

Science & Health Tip

The finished handstand is one moment in a longer learning process. Support, body line, balance and controlled entries and exits all matter.

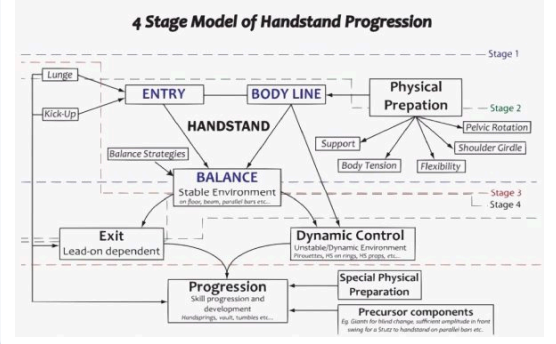
Gymnastics coach Valentin Uzunov's four-stage model moves from foundations to static control, dynamic control and integration into more complex skills. The stages overlap; they are not a fixed timetable for every child.

- Notice controlled starts and exits.
- Value balance and shape alongside hold time.
- Let qualified coaches choose the next challenge.

KCGA's Gymnastics Guide presents the original model with research and safety context. It is for understanding the skill, not for unsupervised practice.

Four-stage model: Valentin Uzunov (2008) · Presented in KCGA's Gymnastics Guides.

Explore the KCGA handstand guide



Original four-stage model by Valentin Uzunov (2008). See the full diagram in KCGA's guide.

UPDATES AND USEFUL DATES

For families this month

QUEEN'S GATE SCHOOL · SW7

Academy Updates

A New Home for Gymnastics in South Kensington

KCGA has extended its gymnastics provision into South Kensington through a new collaboration with Queen's Gate School. We now deliver weekly sessions for pupils at the school, bringing structured coaching and movement education to another setting in the Royal Borough.

Families in the wider community can also enquire about separate public Monday classes. South Kensington joins our established Kensington, Knightsbridge and Chelsea locations, giving more families a local way to explore gymnastics with KCGA.

Elsewhere across the Academy, October also included special Halloween sessions within our regular classes.

Explore gymnastics in South Kensington

LOOKING AHEAD FROM OCTOBER

Upcoming Events

Dr Stefan is looking ahead to the Pan Pacific Masters Games in Australia, while KCGA families can look forward to festive sessions before the Autumn Term ends.

6–15 NOVEMBER 2026

Pan Pacific Masters Games · Gold Coast

Dr Stefan plans to compete in gymnastics and athletics (5 km road race).

FINAL WEEKS OF THE AUTUMN TERM

KCGA Christmas Sessions 2026

Festive gymnastics challenges and a chance to celebrate progress during children's regular classes. No additional booking is required.

SATURDAY, 5 DECEMBER 2026

Autumn Term concludes

We look forward to finishing the term together after another season of learning.

SOUTH KENSINGTON · QUEEN'S GATE SCHOOL

Announcements & News

KCGA's public Monday classes at Queen's Gate School welcome enquiries for ages 4–6 (5:40–6:20 pm) and ages 7–11 (6:30–7:20 pm).

Parents use the Queensberry Mews West entrance. Please arrange a suitable trial with KCGA before attending.

View classes



2026 BUSINESS AWARDS
Winner
Excellence in Customer Service

COMMUNITY

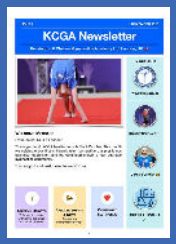
Thank you for being part of our story

OUR FIRST YEAR IN PRINT

Twelve editions, one shared journey

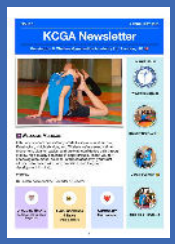
OCTOBER 2025 – SEPTEMBER 2026

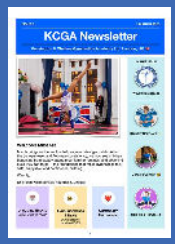

Oct 2025


Nov 2025


Dec 2025


Jan 2026


Feb 2026


Mar 2026


Apr 2026


May 2026


Jun 2026


Jul 2026


Aug 2026


Sept 2026

FROM KCGA

Closing Message

October brought much to celebrate: seven gymnasts representing KCGA in Essex, Taya's Floor bronze and our Excellence in Customer Service award. Our first year of newsletters has recorded the people and moments behind each milestone.

Thank you to our gymnasts, coaches and families for making that journey possible. We look forward to the next chapter together.

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: November 2026