



Kingston Gymnastics Club

Trustees' Annual Report

August 2023 - July 2024

Charity contact information

Kingston Gymnastics Club

Scottish Charity Number: SC048486

Unit 4

Milnpark Trading Estate

Lambhill Street

Glasgow

G41 1SB

[REDACTED]

[REDACTED]

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<https://twitter.com/KingstonGymnast>

<https://www.facebook.com/kingstongymnastics>

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Introduction

Reflection

This year has been a year of great success for Kingston Gymnastics. The improvements within the club are benefiting all the coaches and gymnasts alike. There has been a few changes within the club which we have adapted quickly and efficiently for. Increasing our numbers for the club continues to be a priority and provide a great gymnastics facility for the Glasgow area for all child ages and abilities.

Financial Highlights

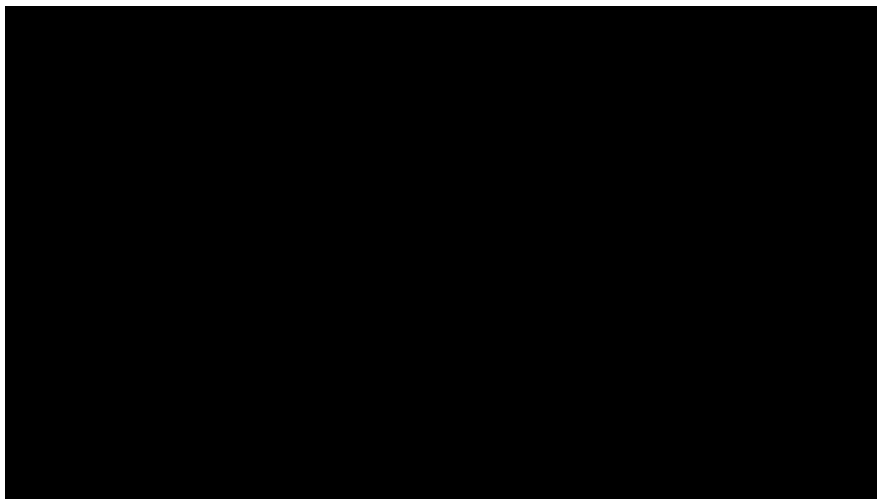
As the financial side of the annual report is fixed to the financial year ending April 2024 see annual report attached. We have had a unexpected expense with severe damage to our roof but seen club members work together to resolve.

Operating Highlights

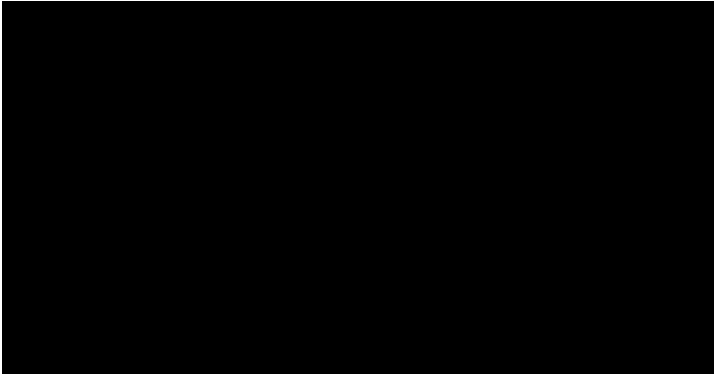
During the year, [REDACTED] returned from Maternity leave and for a short period of time she took on the head coach role. This role was then appointed to [REDACTED]. [REDACTED] made the decision to leave Kingston to further his development with another club.

Looking Ahead

Looking forward to 2024/2025 we are hopeful that we can build upon the current numbers of gymnasts, expand our recreational gymnast numbers. Our SNA classes have been a success and we look forward to building on this.



Charity Trustees



Change of Trustees

Having seven trustees on the board now has allowed meetings to happen with a bit more flexibility, given that the club's governing document requires three trustees to be quorate.

The club would always welcome more members onto the board and appreciates applications from anyone who is keen and interested in helping secure the future of Kingston Gymnastics Club.

The club requires a wide range of skills on the board to help it run efficiently. It would benefit from all the following skill sets:

- Leadership
- HR
- Finance
- Health & Safety
- Communications
- Legal
- Development
- A background in sports clubs

If you are interested in getting involved, please email 

Objectives and activities

Kingston Gymnastics Club was founded to secure the future of a family-friendly, community sports club at the heart of Glasgow. It offers a wide range of gymnastics classes for boys and girls, from preschool right up to adults.

At Kingston we are committed to providing a variety of competitive and recreational programs with a focus on fun, fitness and the fundamentals of gymnastics. All our classes are instructed by highly qualified and ex-competitive gymnasts themselves.

Kingston enjoys a large membership of athletes, coaches, and volunteers who all work together to provide a complete, thorough, and fun training environment for gymnasts ranging from international and national level athletes to children experiencing the joy and challenge of gymnastics for the first time.

Financial Summary

The financial side of the Trustee Annual report covers the financial year ending April 2024.

Statement of Financial Position

Below is a brief summary of the Key Financial points for the financial year ending April 2024.

For the full report, see Appendix 1.

Income

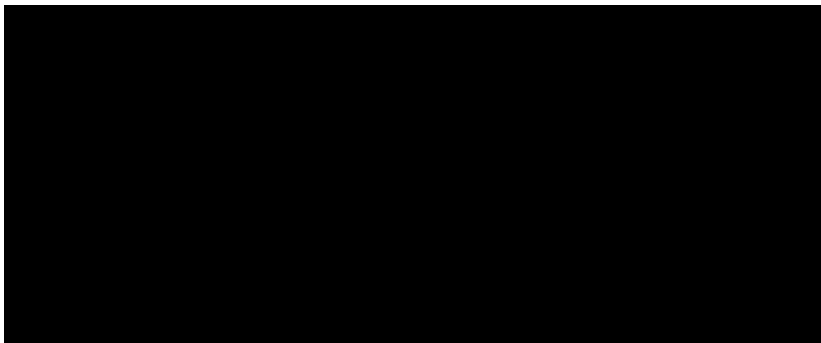
- Income during this financial year has increased as a result of fees and numbers of gymnasts growing in numbers. Our fees from previous year increased from £168 to £228k as our gymnast numbers start to grow.
- Other sources of income included rental fees to total £5,973.
- Grant income and gift aid decreased to circa £5k
- Fundraising from throughout the year increase from £3,193 to £6,098.

Outgoings

- Naturally as income increases our costs throughout the year also increased which was primarily as a result of coaches wages and leases and service charges.

As always, the easiest way for you to help raise funds for the charity is through one of our partnership links.

- Easy fundraising: <https://www.easyfundraising.org.uk/invite/PO46UD/>
- Amazon Smile: <https://smile.amazon.co.uk/ch/SC048486>



Achievements and performance

Below is a report from our Club Head Coach, Carol Monaghan.

Head Coach Report

I Kingston Gymnastics Club, Head Coach – Annual Report 2024

2024 has been a busy and successful year for Kingston. We have four distinct sections within our club which all focus on different disciplines within gymnastics: Recreational, Display, Tumble and Acrobatic (Acro). Tumble and Acro are competitive squads with gymnasts competing at local, national and international level. A number of our gymnasts are members of the National Squad.

Our Acrobatic section is now the largest it has ever been with four different competitive squads, ranging from our youngest Development squad (age 5-7), through to our most senior FIG (Federation International Gymnastique) squad (age 9-18). We are in a position to expand this squad further, restricted only by the size of the gym.

In July the head of our small Tumble section left for a promotion at another club. Some of the Tumble gymnasts decided to make the move with him. This allowed the club to rethink the use of the gym, particularly in the light of the growing numbers of Acro gymnasts.

In September I was appointed as Head Coach. We now have two Level 3 coaches, two Level 2 coaches and seven Level 1 coaches. We have been keen to increase the number of coaches, particularly from our squads of gymnasts and we now have six senior gymnasts volunteering at the club. Three of these gymnasts will undertake their Level 1 qualification in the coming months.

Below is a summary of key events from the past year.

January

Two of our Acro gymnasts were selected to the Scotland Development Squad and attended their first national squad training.

The club was impacted by the storms on the 21st January. Part of the roof was blown off in the gales and damage occurred. The gym was closed whilst repairs were carried out

and gymnasts, preparing for competitions, had to train in alternative venues, at a significant cost to the club.

The Acro gymnasts competed at the Scottish Invitational competition, achieving some great results. Notably, a gold in the Grade 3 mixed pair and a silver in Grade 4 women's pair.

February

The gym reopened after the roof repairs were completed.

A number of our Tumble gymnasts were selected for the Scottish Development Squad.

March

Our Acro squad competed at the Scottish Championships with some excellent placings:

Grade 1 Mixed Pair, Gold

Grade 2 Mixed Pair, Silver

Grade 3 Mixed Pair, Silver

Grade 4 Women's Pair, Silver

All of these Acro partnerships qualified to represent Scotland at upcoming events.

Our Display team performed at Gymtastic.

In our Recreational section, we started a class for gymnasts with Additional Support Needs (ASN) which has proved very popular.

We received news that we had been awarded funding from Glasgow Life to provide free classes to local children. This funding has been instrumental in opening up our classes to many more children from areas of deprivation.

Our pre-school recreational gymnasts enjoyed Easter- themed activities in classes.

April

Over the Easter holidays, we held gymnastics camps which were available to book by both members and non-members.

Our Tumble gymnasts participated in a local competition, winning one gold and four silver medals.

April was an important month for our Recreational gymnasts as they were tested for their Rise Awards. This was hugely successful with gymnasts achieving medals and certificates of completion.

A number of the younger Acro gymnasts competed at the West of Scotland Championships with the following results:

Age 5: gold and silver

Age 6: gold and silver

Age 7: bronze

Age 8: bronze

Age 9: gold

Age 10: silver

Beginners' pairs: gold and bronze

Grade 1 Mixed Pair, silver

Grade 2 Mixed Pair, gold

Grade 2 Women's Pair, gold and bronze

May

The junior and senior Display gymnasts were once again in action, this time performing at Gymfest in Edinburgh.

Two of our Acro partnerships (Grade 4 Women's Pair and Grade 3 Mixed Pair) competed for Scotland in Southampton, at the UK regional finals. Both partnerships placed first and were crowned inter-regional champions. These placing contributed to the Scottish Team coming first overall.

Two other Acro partnerships (Grade 1 and Grade 2 Mixed Pairs) competed for Scotland at the British NDP (National Development Plan) Championships. They placed 5th and 6th at this high level.

The Tumble gymnasts were in action at the Scottish Club Grades Open, gaining three golds, two silvers and one bronze medal.

June

In June, our Recreational gymnasts competed at our Recreational Club Championships where medals were awarded across all age groups. Parents were delighted to see the progress the gymnasts had made.

July

Four of our Tumble gymnasts represented Scotland at the Regional Finals in Birmingham.

Two of our Acro coaches (Sophie and Carol) attended a Level 3 coaching course. This was significant as it would allow them to coach more advanced skills and support FIG gymnasts at major competitions.

Summer camps ran throughout school holidays.

Our Head of Tumble coach left Kingston to take up a larger post at another gym. Some of the more senior Tumble gymnasts decided to follow him to the new club which meant we started to consider the reorganisation of the club.

August

We welcomed volunteers from TSB Bank who helped redecorate our public areas. Our local Dulux Decorating Centre donated paint, brushes and other materials to enable this work to go ahead.

At the end of August the club held a fun day with demonstrations, come-and-try sessions, stalls and games. This was a highly successful community event that showcased our club to people in the local community.

September

Our Development Tumble gymnasts attended the East Kilbride invitational, bringing back gold and silver medals.

The Acro Club Championships took place and gave parents the opportunity to see their children's new partnerships and routines.

Some of the younger Acro gymnasts competed at the Scottish NDP and Beginners' tournament, bringing back two gold, four silver and a bronze.

We were delighted to welcome a team of volunteers from Avison Young who carried out a deep clean of our gym and helped with a number of small DIY jobs.

October

We took a team of our senior FIG gymnasts to compete at the South Tyneside International Acro Cup. We brought back gold medals in the Grade 4 Mixed pair and the 11-16 Women's Pair.

Our annual Awards Night took place which was an opportunity to recognise and celebrate gymnasts from every group and squad. This was an event that was very attended and supported by parents.

November

Our senior Acro gymnasts competed at the East Kilbride Invitational competition, with our 11-16 Women's Pair bringing home gold.

Most of our Acro gymnasts competed at the [REDACTED] competition, with great success: 5 golds, 7 silvers and 2 bronze.

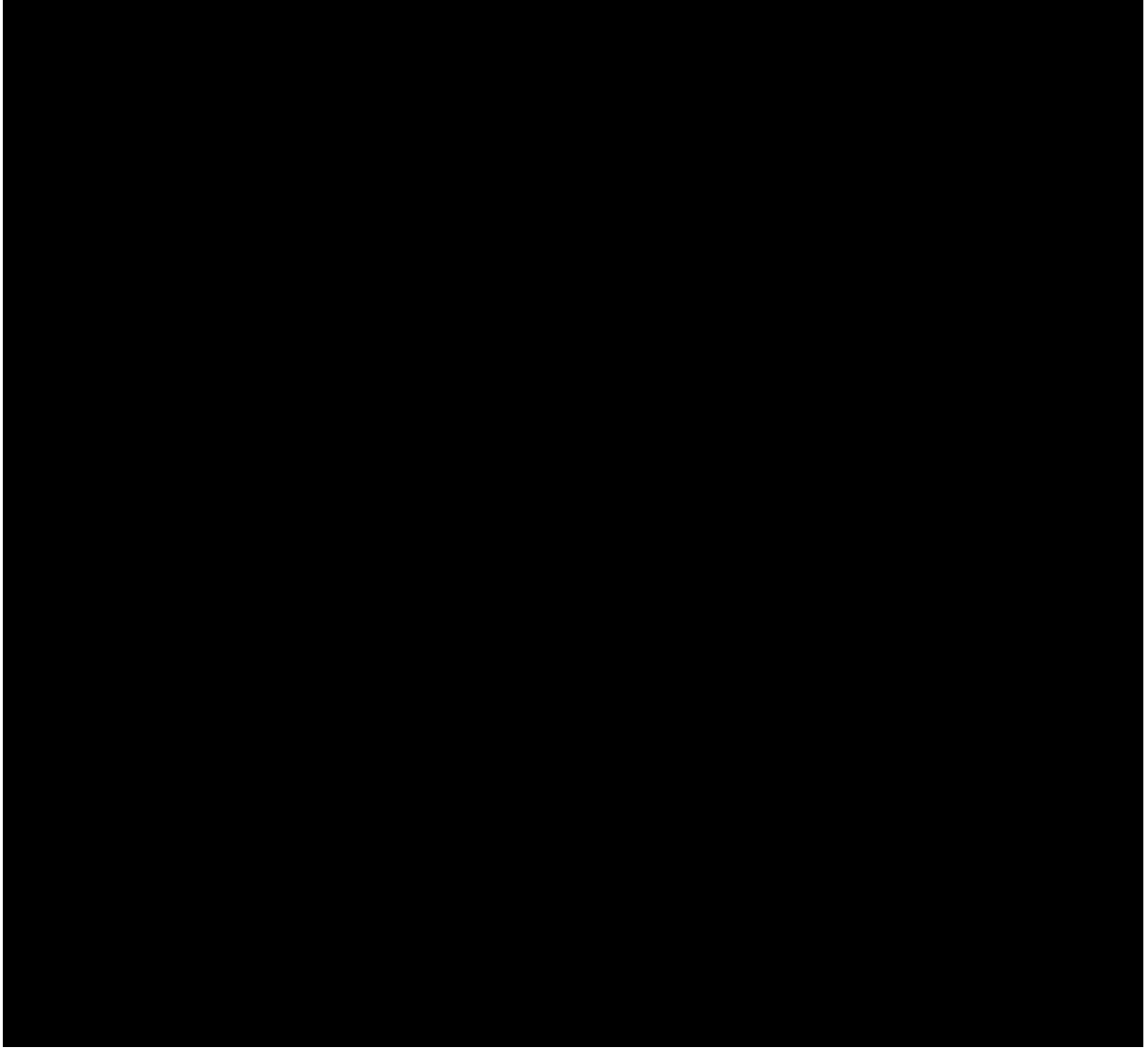
At the end of the month, our coaches Sophie and Carol completed their practical assessment for their Level 3 award. Both coaches passed which is a huge boost to the coaching team at Kingston.

December

We held our Christmas Display at the start of the month. This event was supported by a large group of parent helpers. Every gymnast at the club had the opportunity to perform over the two shows. The event was sold out, and parents, friends and families were delighted to see the variety of performances across our four sections.

Our final event of 2024 was a Movie Night in the gym with a Christmas movie shown. This was a lovely end to the year with gymnasts relaxing with their friends.





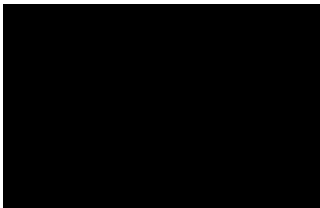
Future plans

Moving forward into the 2024/2025 season we look forward to having gymnasts in both disciplines competing at Scottish and British Gymnastics competitions throughout the year, expanding our recreational and preschool offering and also growing our display teams. Most of all, we welcome the opportunity to host further events at the gym and working closer with the local community offering a fully inclusive environment for all to enjoy our sport. We are striving to be one of the most successful gymnastic clubs in Scotland, increasing our number of gymnasts in Recreational and Acro discipline and to raise our profile within Scotland, UK and international gymnastics circle.

Declaration

Signed on behalf of the charity trustees:

Print name



Date

21st Dec 2024

Appendix 1: Audited Accounts

Kingston Gymnastics Club

Year Ended 31/03/2023

Income & Expenditure Statement

Income

Fees	£168,553	
Covid Grants	£0	
Rental Income	£9,442	
Grant Income	£2,100	
Gift Aid	£14,358	
Donations	£426	
Fund Raising	£3,193	
Sundry Income	£0	£198,072

Expenditure

Wages	£97,836	
Tutor Fees	£36,124	
Gym Rental	£2,440	
Travel & Accommodation	£2,224	
Utilities	£11,843	
Repairs	£3,001	
Postage, Stationery & Office Costs	£1,187	
Competitions & Displays	£5,429	
Equipment Hire & Maintenance	£5,020	
Lease & Service Charges	£39,430	
Accounts	£550	
Professional Fees	£367	
Advertising	£1,078	
Card Processing & Software Fees	£730	
Bank Charges	£688	
Presentations	£1,876	
Janitorial Supplies	£1,166	
Course Fees	£727	
Fundraising	£1,193	
Others	£71	
Merchandise	£7,352	
Website & Internet	£274	
Depreciation	£5,596	£226,202

Surplus for the period -£28,130

Kingston Gymnastics Club

Year Ended 31/03/2023

Balance Sheet as at 31.03.23

Assets:	
Equipment	£15,477
Liabilities:	
Creditors	£0
Reserves:	
Current Account	£4,607
Total	<u>£20,084</u>

The above statement of Income & Expenditure for the period to 31st March 2023 has been prepared from the records provided and has been found to be in order.



Kingston Gymnastics Club

Year Ended 31/03/2024

Income & Expenditure Statement

Income

Fees	£228,723	
Covid Grants	£0	
Rental Income	£5,550	
Grant Income	£5,240	
Gift Aid	£0	
Donations	£423	
Fund Raising	£6,098	
Sundry Income	£4	£246,038

Expenditure

Wages	£82,289	
Tutor Fees	£45,607	
Gym Rental	£2,576	
Travel & Accommodation	£1,576	
Utilities	£11,425	
Repairs	£7,423	
Postage, Stationery & Office Costs	£2,461	
Competitions & Displays	£15,110	
Equipment Hire & Maintenance	£340	
Lease & Service Charges	£47,314	
Accounts	£550	
Professional Fees	£2,225	
Advertising	£1,252	
Card Processing & Software Fees	£2,282	
Bank Charges	£778	
Presentations	£1,619	
Janitorial Supplies	£1,402	
Course Fees	£300	
Fundraising	£956	
Others	£378	
Merchandise	£6,395	
Website & Internet	£178	
Depreciation	£5,596	£240,032

Surplus for the period £6,006

Kingston Gymnastics Club

Year Ended 31/03/2024

Balance Sheet as at 31.03.24

Assets:	
Equipment	£13,000
Liabilities:	
Creditors	£0
Reserves:	
Current Account	£5,046
Deposit Account	£8,044
Total	<u>£26,090</u>

The above statement of Income & Expenditure for the period to 31st March 2024 has been prepared from the records provided and has been found to be in order.



APPENDIX 3



Report to the trustees/members of

Registered charity number

On the accounts of the charity for the period

Set out on pages

Respective responsibilities of trustees and examiner

Basis of independent examiner's statement

Independent examiner's statement

Signed:

Name:

Relevant professional qualification(s) or body (if any):

Address:

Independent examiner's report on the accounts

v2

Charity name

Kingston Gymnastic Club

SC048486

Period start date

Day

Month

Year

01

04

2023

to

Period end date

Day

Month

Year

31

03

2024

(remember to include the page numbers of additional sheets)

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the accounts.

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations

Date:

7th June 2024

APPENDIX 3

Disclosure section

Only complete if the examiner needs to highlight material problems.

Give here brief details of
any items that the
examiner wishes to
disclose