

# NEWSLETTER 9

## **WELL DONE BOYS GREAT RESULTS**

Congratulations to Sasha Dobrynin-Lait who came 3rd in the London Region Elite Grade 1 under 8's category and Tycho Collins who came 6th in the London Region Elite Grade 1 under 9's category. Tycho has been selected to compete in the London Team at the National Finals. The boys also took part in the London Open which was great experience for them and they were able to also see the British team compete and Max Whitlock take the overall Gold medal.

### **Girls Artistic Squad**

The girls artistic squad will be doing their first grades in February and have also started working on their competition routines.

### **GOOD LUCK TO THE GOLD SQUAD**

The gold squad will be competing in Milton Keynes on the 4th October with wish them luck. Keep practicing your routines at home.

### **ACRO SQUAD**

Acro squad parents we will be running a brief session for you to come in with the children so we can show you the moves the girls can practice at home and how they should be performed.

### **NEW EQUIPMENT**

Its been amazing having the ropes and rings at the gym and made such a difference to the training. We intend to try and move on with the rest of the renovations as quickly as possible and have a few more key items we need to buy so that the gym is fully equipped. We need some more safety mats and a pommel horse. If anyone knows of a good condition pommel horse which needs a new home please let me know, schools have these and they are not often used.

## **Welcome Back to a new year at the club**

As always its been a busy start to the new academic year and it takes a few weeks to settle in. We have identified a few issues in the first few weeks which we are working to resolve. In particular, the Wednesday crush! Parents we are aware that the foyer area is very busy and we are trying to resolve this and reduce the congestion at change over. Can all the children who are coming in queue up in a line at the top of the spiral staircase and all the parents collecting form a queue along the other wall by the double doors to the gym. Please can parents not to go downstairs, just to hand over to the teacher at the beginning of the session at the top of the stairs. Amanda will bring up the dancers and take down the next group. It would also help if just one adult could bring each child if you have additional people with you it would be great if they could wait outside the building. If you are late, sorry you will not be able to attend the class. If you are early you do need to wait with an adult and be handed over to the teach at the beginning of the class.

### **SIGNING IN AND OUT**

Ok this system just isn't working! We are going to try a different system. A coach will sign the children in and out rather than the parent, we hope this will alleviate the congestion and problems with the sign in sheets and pens going missing!

### **The Staff**

I'm pleased to say that we have an amazing group of staff and volunteers at the club with specialist Women's Artistic, Men's Artistic, Sport Acrobatic and Pre School teachers, also we are delighted to have Amanda back focusing on dance and pre school gymnastics. You may have noticed that we also have a couple of young coaches. Congratulation to Asheka and Charlotte who have been with us as gymnasts for many years, have passed their Level 1 teaching qualification and are now teaching at the cube. We also have a group of young leaders which includes some of our senior sports acro squad who are hoping to take their first level coaching qualification towards the end of 2015. All of these young coaches and volunteers are being mentored by our senior coaching team. you can find out more about the team and organisation structure on the website.

## UPDATE FROM THE DANCE

September has seen a huge increase in the noise level in the Dance Studio - the Tappers are doing their best to bring the roof down! They have made good progress in learning to make the basic actions needed in tapping and are also learning the benefit of persistence and practice - the initial stages are tricky to master, but beyond it lies a lot of fun with music and rhythm.

Likewise the Contemporary and Modern dance are going down a storm. The younger age group are working on a dance based on the song "McCavity" from the musical Cats. This has really caught their imagination and they are developing their dance skills around the requirements of the choreography. The older group are working on their own version of Michael Jackson's "Thriller", starting to learn how to isolate movement in Jazz Dance.

The ballet dancers in Grades 1, 2 and 5 have begun working towards their exam, which we hope will be in the Spring/Summer Session in 2016.

We intend taking class photos again this term, as we did last year, so everyone will need to be in the correct uniform as soon as possible. Ballet shoes and socks can be purchased from these suppliers: Freed's online and Dance Direct. We are still waiting for the last of the leotard order to arrive as Freed's did not have everything we needed in stock at the time. Contemporary & tap dancers - girls will need to wear their leotards with black leggings and bare feet. Boys should wear their leotard and black tracksuit bottoms / leggings with barefoot. All hair must be tied back neatly - for ballet, please put your hair into a bun; for contemporary & tap, please tie it back into a ponytail. Pre-Primary dancers need to wear their leotards and bare feet, hair tied back neatly.

I always send the dancers away from their lessons with something to practice each week. Please ask your child what they are working on and encourage them to practice before their next lesson. Stretching as always is something they can all do daily - a "Pike Fold" - where they sit on the floor and bend forward over their legs and a Japanese Stretch, where they sit with feet wide apart and lean over each leg in turn is also good to do. These stretches were detailed in Newsletter 2 in picture form so the children can remember them.

"Strictly" is back too. Who are you cheering for?

## HELP NEEDED!

We are currently in discussions with Hackney about extending the lease extending the space. A quick shout out I know we have a few Architects among the parents would one of you be able to help us with a couple of drawings for the extension? Please email me if you think you might. Anything to keep the costs down would be greatly appreciated and help everyone at the club.

## IF YOU NEED TO SPEAK TO US!

Please can you use the club email address. This really does make admin much much easier. We have a record and can make sure the information gets to the right person. many of the coaches are getting emails and texts to personal accounts please can you not use these. Some of these emails belong to volunteers, people who no longer work here or young leaders who are not yet 18. The coaches do occasionally give out the mobile numbers when they are at a competition for emergency texts but please can you only use their person numbers for this purpose. I think most people now have email on their phone, an email as it is the fastest and preferred method of getting information to us. Thank you

All the emails are on the website but if you are not sure send to

[members@nelgc.org](mailto:members@nelgc.org)