
NEWSLETTER 5

Welcome back to the Cube everyone and a particular welcome to all of our new joiners!

LATEST NEWS AT THE CUBE

HALF TERM CHANGES

HALF TERM DATES - **MONDAY 25TH MAY - SUNDAY 31ST MAY** - NORMAL CLASSES **WILL NOT BE RUNNING.**

Classes will be as follows for week 25th May - 31st May 2015.

Monday Closed

Tuesday 2.15 - 3.00 - Pre school without parent class as normal

Tuesday 1.15 - 2.00 - Pre school with parent (any of the usual Tuesday, Wednesday or Thursday classes can attend)

STRICTLY NO OLDER SIBLINGS ALLOWED IN THIS CLASS.

Tuesday - Squad after-school classes normal times

Wednesday Closed -

Thursday - Bronze Squad 1.30 - 3.30

Boys, girls and acro squad after-school classes normal times

Friday - Closed

Saturday -

BADGES 5&4 - Saturday 30th May - 9:30-10:25

BADGE 3 - Saturday 30th May - 10:30-11:55

BADGE 2&1 - Saturday 30th May - 12:00- 1:25

PRESCHOOL WITH PARENT - Saturday 30th May - 2:00-2:55

NEW SUNDAY PARTICIPANTS -

Welcome to The Cube! As you are booked in for a 6 week slot your last session will be on Sunday 24th May there will be no session on the 31st May.

BADGE FLOOR SKILLS

UPCOMING EVENTS

We have our badge presentations coming up this term. For the past two terms gymnasts have been working on the skills for their badges, the aim is that all gymnasts will have achieved over 60% on their badges to have passed.

We have listed the floor skills needed for the badges, so your child can practice at home.

The presentation will be held at the end of the classes during the week
Monday 13th July - Saturday 18th July.

Badge 5 Floor skills

Floor Strength - Shapes - Stretch, tuck, star, pike, straddle, front support, back support, dish & arch.

Floor Flexibility - Flex Feet - trying to squeeze the heels off of the floor

Floor Balance - Bunny hop hold

Floor Rotation - Rock back

Badge 4 Floor skills

Floor Strength - Dish rocks & Arch rocks

Floor Flexibility - V-sit

Floor Balance - Shoulder stand

Floor Rotation - Rock back to stand

Badge 3 Floor skills

Floor Strength - Press ups

Floor Flexibility - Pike fold

Floor Balance - Supported handstand

Floor Rotation - Forward roll

Badge 2 Floor skills

Floor Strength - Dish, arch, dish, V-sit

Floor Flexibility - Japana

Floor Balance - Handstand

Floor Rotation - Cartwheel

Badge 1 Floor skills

Floor Strength - Tucked planche

Floor Flexibility - Bridge

Floor Balance - Handstand hold

Floor Rotation - Backward roll with straight arms to front support

PLEASE NOTE THE CUBE WILL BE CLOSED ON THESE DATES-

MONDAY 4TH MAY - BANK HOLIDAY

MONDAY 25TH MAY - BANK HOLIDAY

SUMMER TERM ENDS SUNDAY 26TH JULY - THEN WE WILL BE RUNNING OUR

SUMMER CAMP MONDAY 27TH JULY - THURSDAY 30TH JULY - SPACES ARE RUNNING LOW SO IF YOU HAVEN'T YET BOOKED ON PLEASE DO! GYMNASTS MUST BE 8 YEARS AND ABOVE. YOU CAN BOOK THIS THROUGH THE WEBSITE.

CELEBRATING ACHIEVEMENT

In each lesson each week, the coaches are looking for someone in their group who has worked hard, has made an excellent effort or improved in some way. Their achievement is celebrated through the Star of the Week Award. Here are the winners for March/April!

End of March

Dimitrius Monastiriotis , Juliette Walters, Milly Daldry, Lana Richards Gallagher , Xzenecia Kenneally - Miller, Maya Anthony , Sienna Chalmers, Maddie Hodge , Sophia Sapians Clark , Toby Howard , Dimitri Prokofiev, Amour Wilson , Rosie Lewis , Lyla Delguidice , Lucy Chandan , Sorcha Bing, Hannah Shammai , Ijaz Manning , Tara Sweetnam , Betty Douglas , Solomon Rigg , Cecily Hayward , Loulou Paker, Dylan Jackson, Thalia Lyngnes, Luc Tisne , Freya Lyngnes.

Beginning of April

Juliette Walters, Marley Mc Cartney , Martha Newman , Adam Nkoso, Hermione Holloway, Marc Camara , Miriam Davis , Lukas Persson , Isla Williamson , Matilda Suett , Riley William , Lola Deufemia Alice Chambers , Isla Kallow , Loraine Louvakamba , Ella Stern , Martha Robbins, Alexandra Numo Seren Beechey , Livia Morgan.

Congratulations everyone!

FEES

Squad fees are due 28th May, all payments must be made online.

Please keep checking the noticeboard for information as we update this regularly.

We also have a new website which is also updated regularly. Please check the new website if you have not yet. www.nelgc.org