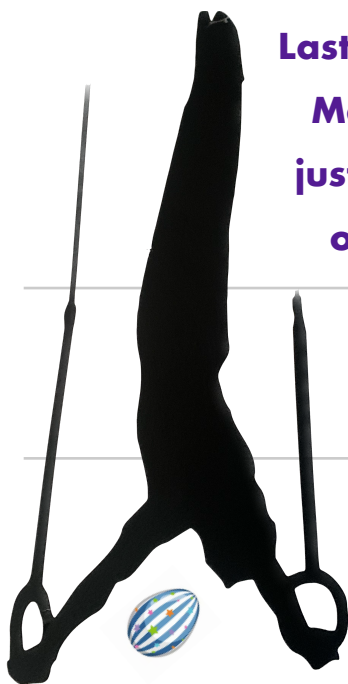


NEWSLETTER

DATES FOR THE DIARY



Last day for classes Thursday 28th March 2024. We are closed for just over two weeks and reopen on Monday 15th April 2024.

20th - 21st April London Zinc WA Squad

27th - 28th April London Region Floor & Vault GFA Squad

Monday 1st - Saturday 6th July Club Grading Event

Saturday 20th July - Last Day of term.

Monday 19th August 2024 New Term Starts.



IMPORTANT DATES

Page 2



EVENTS

Page 2

HAIR

Page 3

PORTAL

Page 4

WORDSEARCH

Page 5

GYM NEWS

Page 5 6

EVENTS



April is a busy competition month with 4 very long days of competitions coming up. We have 60 gymnasts competing across the 4 days of events. Good Luck to everyone taking part we can't wait to hear all about it and celebrate your amazing performances. Coaches are not allowed to video or photograph from the competition floor so please do send us any videos or photo's that you would like us to post on instagram of your child's performance.

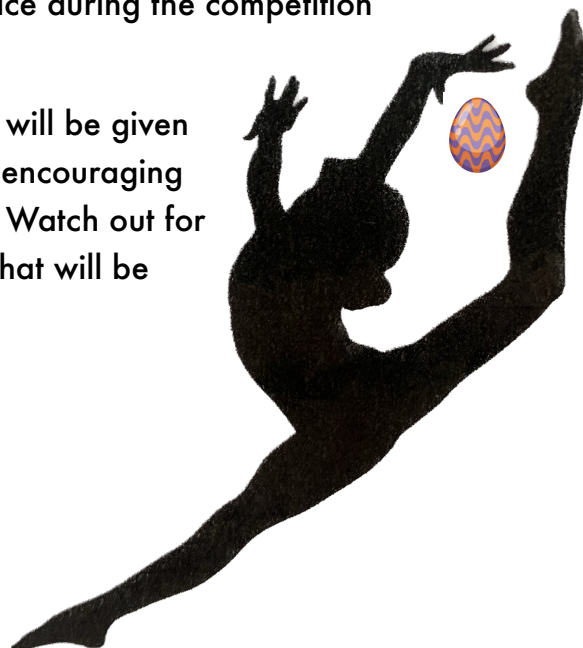
London Zinc WA Squad 20th - 21st April & GFA F&V Regional 27th & 28th, you should have received the running order so you know which round and day you are competing.



ANNUAL CLUB GRADING

The annual club grading event will take place 1st - 6th July 2024. Most gymnasts will take part in this event and regular classes will not take place during the competition event days.

Further information along with your competition time will be given your gymnasts 1 month before the event. We will be encouraging parents to attend the event to support the gymnasts. Watch out for more information on routines and event information that will be coming next term.



GYMNAST'S HAIR!

I'm always getting quite a lot of queries about hair so I thought it might be useful to make sure everyone knew the best options. There is no set style required but loose hair is a problem as it catches when the gymnasts practice so needs to be secured. Long hair out of the way so it doesn't hang down the gymnasts back. A quick search on the internet will give you loads of amazing options.

When choosing a style please consider:

Your gymnast's head will be touching the mat, does the hairstyle accommodate forward or backward rolls? Side bunches or plaits tend to be a better option. Ensure your gymnast's hair is not a distraction. While you're selecting the right style, you should make sure your gymnast can stay focused on what matters most – their gymnastics skills. So choose a style that is comfortable for your gymnast. Check its staying power. Is it securely tightened? Will the hairstyle survive the lesson?

Please do not add any beads, cuffs, buckles, hair sticks or claw clips as these are not suitable for gymnastics. If you are braiding please try and use coloured bands, hair rope or elastics to braid into the hair if possible as these are suitable to keep in during the session.

COMPETITION HAIR!

Let your gymnast practice with her competition day hairstyle a few times to ensure it's the one for her.

Plenty of hair gel or hair spray is needed for competition! Make sure the hair is well secured away from the gymnasts face. Long plaits, long pony tails and similar hairstyles are not permitted. Ponytails need to be looped up or put into buns so they do not drop onto the shoulders or below the neck. There are lots of choose from on the internet but please remember that if you child need to roll in their routine the bun is not a good option.



TUMBLING STARS GYMNASTS

It was lovely to welcome the parents into the gym last week for viewing and certificate presentation. All the gymnastics progressed on several apparatus and 130 gymnasts passed a Tumbling Stars Level this term. We are looking forward to sharing more fun times and success with you next term, We will be keeping parents informed with updated progress reports and messages in the club portal.

We will be opening up the gym again for the next viewing week in May, please do check the messages on your Think Smart Portal for the times and dates. If you have notifications active you will also receive an alert when there is a new message.

THINKSMART PORTAL

A few new features

We're pleased to let you know that we are trialling a brand new feature in our app - the 'Running Late Notification'!

You should be seeing a few new features popping up over the next few months on the Think Smart App.

Messages - This is where you will find most group notifications and messages. We will use this app to notify you of viewing weeks, events, term dates, changes to classes so please do let us know if you are not able to access your account.

Additional Items - We will also be adding additional items to the app so you can hire competition leotards or purchase other items from the club through the app. We hope to have this up and running in the next couple of months.

What our club uniform represents

I wanted to highlight how arriving in our club uniform benefits both our gymnasts and their parents. For our gymnasts, it encourages a sense of identity and belonging to a team. Leotards are designed for optimal performance so, not only do our gymnasts look great, but they can also tumble and leap without any wardrobe worries. For parents, one outfit, durable materials and preloved options, means costs are kept to a minimum.

Arriving in club kit means its easier for everyone to keep track of their stuff, no tripping over bags and less hassle with belongings. We also save a heap of time not having to change at the venue and this means gymnasts have more lesson time to train. We can dive straight into warming up and get more practise in. All of this gives us more time to focus on training.

A big thank you to everyone for taking this onboard, it honestly makes a huge difference!

Remember, it's about making things easier for us all as we move towards the summer gymnasts can turn up in leotards with the club shorts and t-shirt, they just need to bring water and hand chalk and as it gets warmer you will not need to bring the Onesie.



Strength & Flexibility



C	A	T	E	R	P	I	L	L	A	R	P
J	H	A	L	F	L	E	V	E	R	N	R
S	P	L	I	T	S	Y	D	Q	U	D	E
O	H	B	F	B	A	L	A	N	C	E	S
P	I	K	E	F	O	L	D	W	U	W	S
Q	E	B	R	I	D	G	E	R	O	L	U
L	E	G	L	I	F	T	V	S	I	T	P
P	L	A	N	K	J	A	P	A	N	A	K

Find the following words in the puzzle.
Words are hidden → and ↓ .

BALANCE
BRIDGE
CATERPILLAR
HALF-LEVER
JAPANA

LEG-LIFT
PIKE-FOLD
PLANK
PRESS-UP
SPLITS

V-SIT



Over the break practise the moves you have been learning or need to improve. When holding a stretch, such as **japana** and **pike fold**, stretch until it feels a bit uncomfortable in your muscles then hold it and count to 10. Try to repeat the stretch 5 times. **Can you stretch a little bit further each time?**

Make sure there is an adult to supervise you and don't try anything unsafe.



GYM NEWS

TRAINEE PROGRAM

At the gym we run a Trainee Program which is a way our gymnasts can move from participating to coaching.

If your gymnast is 13 years old or older and they are interested in transitioning into coaching they can speak to their coach for more information.

As well as learning the basics of coaching, the program also develops the participants confidence, team working skills and communication skills to name but a few. We also are able to mentor trainees through their first coaching qualification which can be taken when they turn 16. This can be a useful qualification to have if they are considering university or as a first step on your coaching journey.

The program runs on a Saturday morning with 'hands on' coaching and dedicated training sessions related to the role.

We are looking to start our next intake in August/September so do have a chat to your coach.



Congratulations

To Ava, Eva and Klaudia who have been training in our trainee program and have all completed their first coaching qualification. We are delighted they are now British Gymnastics Level 1 coaches.

THANK YOU & ALL THE BEST

We recently said goodbye to Tycho who is taking a break from coaching and Safiya who is moving on to pastures new. We wish them all the best in their future endeavours. We are delighted to welcome back Keisha and Natasha who have stepped in to cover for a couple of months whilst Kate is away.



We're all going on an Egg Hunt!

Have you spotted all of the eggs that are hiding in the newsletter? How many did you count?