

# NEWSLETTER 7

## Bookings for next term

### Gymnastics Bookings

Thank you to everyone for bearing with us as we change the booking system, I know a few people had problems but I hope as we go through the year we will see the benefits.

The vast majority of the bookings are now complete. We intend to give out any remaining places to children who wanted to change class or children on the waiting list as of the 1st July. If you do want to book and haven't please book now! If you are not sure if you have booked, what you have booked for, if you have paid etc you can now check this yourself. Go back to your online booking and click PAYMENT then click PAID you will then see a list of any classes that you have booked. I have also been through the system and linked all the siblings so you should now be able to see all of your children who are members through the one log in. If yours haven't been linked please let me know and I can do this for you.

You should all have set up a Pre authorisation so that your next payment will come out on the 15th August 2015. You can cancel the pre authorisation at any time if you wish to stop classes by logging in and cancelling this on your booking page. However, if you cancel your pre authorisation your payment will not be taken, we will assume that you no longer want your place and it will be offered to someone from the waiting list. If you have accidentally cancelled this you can go back into the system and authorise this before the next payment is due to ensure that you do not lose your place.

### Pre School Bookings

If you have siblings or friends wanting to book pre school classes these can be done directly from the website and are bookable on a first come first served basis. Please check the timetable on the website to make sure you book the correct age group.

### Dance Bookings

For children who are not paid up gymnastics members please book directly through the website, classes are bookable on a first come first served basis. Make sure you check that the class is the right one for you before you book by emailing [dance@nelgc.org](mailto:dance@nelgc.org).

### The Office Is Shut!

The office will be shut 22nd July - 24th August - I'm on holiday! If you need me please email before the 22nd July or wait until after the 24th August. Thank you

### Holidays

Term finishes on 25th July 2015. We have a holiday scheme running 27th - 30th July 2015. We re-open on the 24th August 2015.

**CELEBRATING ACHIEVEMENTS STARS OF THE WEEK**

**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 May & June**

**Congratulations Everyone!**

**MAY WINNERS**

Betty Douglas, Libby Whiteside, Lexi Theodorou, Olivia Swinhoe, Milly Dodson, Orla Sweetnam, Roberta Centi, Romola Schofield, Maia Layton Hay, Miyono Verhagen, Ned Norton, Taluleh Bamforth, Tara Sweetnam, Ned Naylor, Olive Ashman, Paris Page, Marc Camara, Hugh Tingay, Grace Nash, Julia Bielecka, Elsa Downie, Dylan Ingram, Solomon Rigg, Charlotte Whiteside, Esther Crasnow Dodd, Rachel Armes, Zoe Crabb, Roman Morgan, Abigail Jones, Adam Robbins, Madeleine Kowal, Fabienne Weston, Lalita Piperger, Marina Camara, Roshelle Njenga, Loraine Louvakamba, Laura Stephens, Lyla delguidice, Sam Strachan, Lucy Chandan, Sorcha Bing, Sophie Chandan, Willow Wilson, Pearl Thode, Ella Claisse, Cosima Bartleet, Raia Gordon, Seren Millar, Flora Gaete, Loulou Paker, Hristina Stoyanova, Tess Peake, Isadora Bartleet, Lilia Bentley, Sinai Reid, Willo Ramlal

**JUNE WINNERS**

Bonnie Bellhouse, Daisy Nissen, Gabriella Nowak, Cecily Hayward, Charlie Nissen, Marnie Moore, Melita Rochman, Kitty Hitchens, Anthony Ellington, Dylan Shah, Adam Nkosa, Bethany Suett, Dmitri Prokofiev, Evan Chadbourn, Toby Howard, Hermione Holloway, Sophia Sapians Clark, Chloe Robb, Alice Astle, Esther Chadbourn, Lutia Prokofiev, Miriam Davis, Lara Guselli, Alice Coles, Israar Clarke, Anna Saacke, Lukas Persson, Ava Persson, Phoebe Walkington, Sonny Rayner, Anoushka Minale, Irina Skeaping, Sebastian Perko Fabris, Luke Westgate, Petra Norman, Dylan Jackson, Louis Smith, Joe Smith, Enes Curtis, Fred Owen, Alice Chambers, Isla Kallow, Jolanda Dittrich, Nico Dietz, Milla Dietz, Juliette Plaice, Suzanna Meyer Gilgil, Isabella Jenner, Sandra Anguita Kiss, Julianna Chakarova, Michaela Chakarova, Greta Leonard, Daphne Hosie, Lili Holloway, Georgia Turner, Molly Bo Heaphy, Astrid Brodie, Taleyah Denis, Summer Lily Carrera Curtis, Phoebe Hosie, Isadora Bartleet, Millie Fairs, Nora Levy, Daniela Reyes Patino, Willow Beddard, Poppy Downie.

**SQUADS**

Olivia Roberts, Sasha Dobrynin-Lait, Tess Jackson, Destiny Acheampong-Lutin, Anna Lewis, Rudi Reid, Ruby Sayer, Faye Winter Hart, Lyla Bowers, Edie Cartmel, Ammarah Akontoh, Marie Girardet.

**A Spot Light on Sports Acro - Written By The Acro Team**

in the acro squad we learn how to create paired and trio balances, linking them together in an artistic, intricate fashion. We do acro training twice a week for a total of 5 hours and are always looking to accomplish new individual and group balances.

We were recently entered into an acro competition so we thought that we would share some of our thoughts...

One of the most enjoyable things in acro in my opinion is that when you go onto the competition floor you always have someone with you, meaning that you are less scared and feel more confident. Also you learn how to collaborate as a team and since your outcome depends on other people in your group as well as you, there is something pushing you to perform to your best.

In acro we learn many skills and by partaking in the acro squad I aim to accomplish new skills and develop them to higher levels, working with other people both as a pair and as a trio. For example, to be able to do a straddle lever on hands standing up as well as on the floor.

Acro has played a large part in improving my individual skills as, since I am a top, once I do a skill on one of my bases it makes it much easier to transfer the move to the ground and vice versa.

I competed in the last competition in January. The experience made me want to compete again as some of our moves were not perfected and I felt as if I could of done better and competing again meant that I had another chance to improve those skills and practice performing under pressure from the audience and the judges.

When we first entered the competition floor, we saw many of amazing gymnasts demonstrating amazing skills. "I thought that the skills being performed were amazing and I hope that I will be able to do those kind of high level moves one day."

**Competition Results**

Well done to Marie Girardet, Edie Cartmel, Lyla Bower - Gold Medal Grade 2 Trio

Well done to Keisha Walters, Rosie Neaman, Aisha Manning, Martha Cheek, Ruby Sayer, Beatrice Hails Smith, Grace Ogunkolade, Ammarah Akontoh who all competed in the Grade 3 event. They narrowly missed out on medals after a few unexpected falls and time faults but are determined to perfect these moves, improve their scores and gain medals at the next competition.