

# NEWSLETTER 10

I can't believe its already the start of November, we seem to be racing through the term. Included in this Newsletter is information on the last week of term please read this to make sure you know when to turn up. Thank you to everyone (especially Wednesday groups) the new sign in system is working much better. Just to confirm the coaches will sign in and out for all groups at the start and end of each class.

## WELL DONE GOLD SQUAD

Congratulations to the Gold Squad who took part in the UKG championships in Milton Keynes. All the girls did a great job. Well done to Mya Palmer who received a silver medal for vault and Grace Ogunkolade who received a bronze medal for her floor routine and a silver medal for vault. The girls will be taking part in their first Team gym competition on 22nd November - good luck girls!

## FESTIVAL DEL SOLE

The gold squad and the some of the Sports Acro squad are heading to Riccione, Italy in July next year. Most of this group of girls have been training at the Cube since we opened in 2010, this is the first festival the girls will be doing abroad and they are all very excited! The girls will be organising fundraising at The Cube over the next few months for costumes and entry for the festival, please do help them raise some money to help cover the teams £500 entry fees.

### **Parents/Ex Gymnasts**

**We are hosting a Level 1 British Gymnastics coaching course at The Cube starting in December. The course is 3 days and participants have to be 17 years old or older. If you have a background in teaching or gymnastics or just really want to get involved in coaching please let me know by Monday 2nd November 2015.**

### **Xmas Presents**

**If anyone wants to buy any gymnastics clothing or equipment for Xmas please do let us know as quickly as possible. We have club hoodies, bags and a few leotards in stock but only in limited numbers so please email any orders through as quickly as possible. All the codes for all the gymnastics leotards are also on the website so please check that you have the correct number if you order directly from the Zone. It is a good idea to have at least two if you are in more than once a week.**

### **THANK YOU**

**Thank you to the parents who responded to my request for help, we are now in the process of getting some plans drawn up.**

### **MORE HELP NEEDED**

**Lots of parents have very kindly offered to help with running events, maintenance, admin, marketing etc. We would love to take you up on these offers and get as many people involved in the club as possible. We will be hosting a volunteers event in the very near future to find out the best way to get you all involved.**

## End of Term

Very soon we will be working towards the end of term show. Because of the restricted viewing in the gym and the volume of people who wanted to spectate last year we will be doing a different format this year.

We will run shorter displays but more of them so we can ensure that everyone who wants to can come and watch.

Parents will have an opportunity to pay and reserve tickets in advance to watch the display. Details of how to do this will be in the next Newsletter along with information on the dance show.

## GYMNASTICS SHOW TIMES

### 16th December

4.20 - 4.40 Wednesday Badge 5 & 4 and Fast Track 5 & 4

5.10 - 5.30 Wednesday Badge 3

6.00 - 6.20 Wednesday Badge 2

6.50 - 7.10 Wednesday Badge 1

7.40 - 8.00 Wednesday Bronze Squad

### 18th December

4.20 - 4.40 Friday Badge 5 & 4 and Fast Track 5 & 4

5.10 - 5.30 Friday Badge 3

6.00 - 6.20 Friday Badge 2

6.50 - 7.10 Friday Badge 1

7.40 - 8.00 Friday Bronze Squad

### 21st December

4.20 Monday Badge 5 & 4 and Development Boys, Silver Monday Girls

**For 4 weeks from the 18th November the viewing gallery will be completely closed whilst the gymnasts are preparing for the show. There will be no spectating for any of the classes from and including the 18th November, so you will need to drop the gymnasts and go for all the after school classes for the 1 month leading up to the performance. Daytime classes will continue as normal.**

**Squad groups not listed will be allocated their performance time by their coach.**