

Newsletter

Welcome to Our Summer Newsletter

It has been a busy few months at Rib Valley with badge testing for everyone, two display events and a tumbling competition.

Display Squad Success

Our team of 16 have been busy training ready for two display events in July. The first one was in Ilford, London at the ImaGYMnation festival and the second event at Ware Gymnastics Summer Show. The girls put out a fantastic performance at both events and had a great time. We now put the routine on hold until October where they will be performing at Gymfusion in Aylesbury. In the meantime they will be working on upgrading their floor skills, tumbling and acro balances.



HoriZen Tumbling Competition

Last week saw a team of over 20 gymnasts competing at HoriZen Academy of Gymnastics at Freman College. For some of these gymnasts it was their first ever competition. We walked away with an array of medals and some really close scores. We were incredibly proud of everyone who took part. Special mention to Chloe and Poppy for performing a round off flic unsupported for the first time in competition. For some it was competing at a higher level for the first time. Thank you to Stacey and Ella for volunteering and for Kyra for judging.



Holiday Camps

We held a successful holiday camp in May half term. Next week we are running 3 days. Monday and Wednesday are fully booked and only 2 spaces are left on Tuesday. Please get in touch if you would like to book as I have closed booking now.

Young Leaders and Helper Coaches

Esme is the newest recruit to our young leaders who come and volunteer in classes. We also have newly qualified helper coaches Kyra and Maisy. Well done girls.



JustGo Software

Thank you to everyone for their patience with the new JustGo system for payments. I know for some it has been a frustrating process. Going forward things should be easier with the British gymnastics membership & Rib Valley fees all in one place. Rib Valley are in the pilot scheme with JustGo/BG & the team at JustGo have been really appreciative of us working with them during this testing & development phase. They are making constant improvements to the system regularly & find our feedback very helpful. It certainly has been a trying process at times. They have promised to make the mobile phone functionality better, but currently it works better on a laptop/pc with a bigger screen.

Term Dates & Fees

Summer Holiday Camp – 28/29/30th July – Mon Full Tues 2 spaces Wed Full

Tumbling Camp – Saturday 16th August 9:30-12:30pm

Classes return on Wednesday 10th September 2025

Half term 27th – 31st October

October Holiday Camp date tbc

End of term Friday 19th December

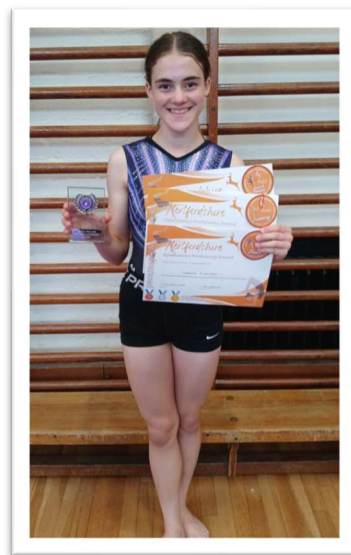
Good News! Fees and membership remain the same for next year. Classes will stay at £28 a month. For the majority of members your BG membership will need renewing in September. Please keep an eye out on emails and junk folders.

Rib Valley Anniversary

12 years ago, on the 2nd July was when I first set up the club (had the idea). I had a meeting with the head teacher at Freman College about starting trampoline classes at the school. Since our actual opening in the November, we have grown from strength to strength and have over 100 members come through the doors each week. Sad that we no longer are able to offer trampoline classes, but happy that we continue to offer recreational gymnastics classes to the local community. We have a waiting list of 200 people wanting to join and many of our members stay with us for years, even those who also train at SSAC and Horizen competitively, so it goes to show how great our club is. A little family 😊.

Hertfordshire Gymnastics Proficiency Achievement Award

One of our gymnasts Jessica recently finished our whole badge proficiency scheme. That's a whopping 23 Badges passed. She is the first gymnast to pass all of them, so we rewarded her with a special glass award to keep. Some of our advanced gymnasts are now also quite close to achieving all their badges which is a great achievement showing dedication and hard work. Well done Jessica!



Tumbling Camp



We still have a few spaces on our Tumbling Camp on Saturday 16th August 9:30am-12:30pm (£20). This is for any gymnast who can perform a roundoff and cartwheel. We will be working with World Silver Cheerleading medallist Hattie Fancy. The aim of the morning is to break down skills and work on progressions towards achieving handsprings, flics and ariels.

Adult British

Head Coach Andrea is off to Lilleshall Hall in Shropshire next weekend to coach at the Adult British Championships. In the past we have taken a team from Rib Valley, but this year she has been asked by adult gymnasts from other clubs to be on hand as their temporary coach in trampolining and acro. She will be supporting over 30 gymnasts over two days. It will be a busy couple of days. If ever you fancy having a go at Adult gymnastics; Marriotts gymnastics club in Stevenage run adult gymnastics classes on a Wednesday night. They are great fun. At the Adult British you get people entered who are in their 60s and 70s. It is an amazing atmosphere. Next year we have a couple of Rib Valley coaches who are looking to enter. Rib Valley has already got 3 Adult British Champions in Trampolining! Andrea Allen, Michelle Castle and Alex Gibson.

Junk Mail

It is frustrating that a lot of emails are going into junk mail folders for both ours and your emails, so please have a regular check of your junk mail folders so you don't miss out on important information. Please make ribvalleytc@live.co.uk one of your safe senders.

And Finally....

If your gymnast has made the decision to give up gymnastics and not return in September, please can you let us know as soon as possible, so we can offer the place to someone on the waiting list ready to start the new term. We will be sad to see them go but wish them well for the future.

Have a lovely summer break.

Kind Regards

Andrea and the team at Rib Valley

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Why Walk
WHEN
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Cartwheel

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British
Gymnastics