



GENERAL SECTION

Fees for Next Term via GoCardless

Fees are for 5 weeks TRA & 6 weeks GYM and will be taken the first week of April. Any problems please get in touch.

Closed Facebook Group & Photography Policy

We really want to show you progress and new skills during sessions using our closed Facebook Group.



Please ask to join: 'Rib Valley Gymnastics & Trampolining'

You can also post on the group should you need to get a message across (illness, holiday etc.) and share your own video's (as we know all gymnasts don't just stop in the gym, throwing a handstand at the beach! Or going to the trampoline park).

As part of our photography policy (in our H&S Welfare document), Parents of gymnasts accept that their child may be videoed or photographed by their coach for the purposes of training or publicity only. Photograph/video may be used on the club website unless they inform us otherwise. We also have a public page, so only photos will be shared on here with your permission. **Please email: ribvalleytc@live.co.uk to give your preference on use of photos/videos.**



TextLocal SMS Service

Rib Valley has signed up to a new text/SMS service which will allow us to contact parents quickly and securely should a class be cancelled at late notice or in case of emergency.

Uniform

T-shirts £5 Available in Purple or Navy. Sizes 5/6 7/8 9/11 12/13 14/15 S M L. These take a few weeks from ordering due to the logo embroidery.

The new sweatshirts are proving very popular.

Club sweatshirts are available to order at £12 child sizes and £16 adult sizes. They incorporate our round logo design (shown on the right) printed on the front in white. Available in Purple or Navy. These take a week from ordering. **Hoodies should not be worn! BG Rules.**

Leotards are available to order direct from the Zone with free postage:

Long sleeved. [https://www.the-zone.co.uk/girls-womens-c304/long-sleeve-gymnastics-leotards-c311/tiara-crystal-motif-long-sleeved-gymnastics-leotard-p1520?attribute\[16\]=984](https://www.the-zone.co.uk/girls-womens-c304/long-sleeve-gymnastics-leotards-c311/tiara-crystal-motif-long-sleeved-gymnastics-leotard-p1520?attribute[16]=984)

Short sleeved. <https://www.the-zone.co.uk/girls-womens-c304/sleeveless-gymnastics-leotards-c312/fanfare-crystal-motif-smooth-velour-leotard-p1515>

They are all lovely, a good price, quality and comfortable to wear.

Trampoline Shoes available from Milano: <https://www.milano-pro-sport.com/shop/womens/trampoline-shoe/>



TERM DATES (EXCLUSIONS IN RED)
 19TH FEB – 30TH MAR (6 WEEKS)
 EASTER 2ND – 13TH APRIL
 16TH APR – 25TH MAY (6 WKS GYM 5 WKS TRA)
 7TH MAY NO TRA SESSION – MAY DAY
 WHITSUN WEEK 28TH MAY – 1ST JUNE
 4TH JUN – 20TH JULY (7 WKS GYM 6 WKS TRA)
 25TH JUNE NO TRA SESSION – LATE BANK HOLIDAY



HOLIDAY FUN GYMNASTICS & TRAMPOLINE DAY CAMP

We are planning to hold the first holiday club during Whitsun week. It will be based at Freman college subject to availability (final details tbc) and will be for one day (testing the water!) And will be a mixture of gymnastics and trampolining with a bit of art & craft, team games thrown in and badge testing for gymnastics. If you are interested in this please let me know so I can get organising providing we have enough interest. Sessions would be from around 9am – 3pm. A packed lunch and plenty to drink will need to be brought along as catering facilities are not available.

TRAMPOLINING

Apex TC Harlow Annual Club Competition – Sunday 13th May – This competition is for all ages and abilities including beginners and is a local friendly competition. Information has been emailed out. Entry is £15, all entrants receive a medal and 1st, 2nd and 3rd receive a trophy. **Closing date for entries Friday 20th April.** Late entries not accepted.

Long Hair

If your child has very long hair I would suggest you put it in a bun or fold the plait/ponytail in half. This is to avoid it getting caught in the springs should they happen to bounce near the edge which does sometimes happen. Even though the springs are covered by pads, the long hair can slip down when the bed is depressed.

ROLL OF HONOUR

Roll of honour – Gymnast of the month for March is Sebastian Timbers nominated by coach Amy who has seen a massive improvement in his skills and coordination. Congratulations to people passing badges – Chloe, Daizee-Mai, Jaycee, Oliver, Hester, Frankie, William & Sam.



GYMNASTICS

Badge Testing

Every gymnast has been tested on their badges and all of you recently starting gymnastics have passed badge 8, Well done! Others with more experience have passed the badge they have been working on with only a couple still to achieve a couple of skills to pass their current badge. (they get harder!) If you haven't received your badge yet please let me know as a couple have been off sick. Badges and certificates cost £3.

Congratulations to Amelia L, Annie S and Lexi B for passing badge 1. They also received a British Gymnastics medal and now can move on to the advanced badges.

Upcoming Competitions

Stevenage Sports Acrobatic Club (SSAC) Club Competition Sunday 20th May

Tumbling competition – Invite only. Full details and invites will be by email.

SSAC Leadership Academy Tumbling Competition - Sunday 24th June.

This is a friendly competition for beginners. But they must be able to perform forward & backward rolls and cartwheels to quite a good standard. Details to follow.



Conditioning Group

Some of the more experienced gymnasts (& siblings) have been invited to do an extra 15 minutes conditioning at either the start of the 4.15pm or end of the 5.15pm session. We do have limited spaces so if you are interested please let me know. This session is free but is only for gymnasts that want to do it and if they do not work hard they will be asked to leave. It is to improve their strength especially core and arm strength.

Acro Weeks

Every few weeks during our term we have a group session working on Acro skills. The gymnasts really enjoy these sessions. Here are a few snaps from the last session and the names of the balances.

Alex Zetter

We have been very grateful to have Alex helping in the classes since January. She was only meant to stay for two weeks when the classes first started, but loved helping so has stayed! Due to work commitments she is leaving at Easter.

Thank you Alex. Please check out her website: <https://www.mummy-sos.com/> Alex is very experienced in nanny services and event planning/children's parties etc for busy parents.

Emma Mason, a parent and ex gymnast will be coming in to help after Easter. Welcome Emma! 😊

Andrea, Lucy, Amy, Scott, Erin, Stacey, Jess, Alex and Hattie



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