

## Welcome Back and Welcome to Our New Members

Our first 6 weeks back in the gym have flown by and now we are moving into our summer term which will be 7 weeks up to Friday 23<sup>rd</sup> July which will be our last session. We managed to cover over 99% of badge testing with only a few gymnasts still needing a bit more practice on certain skills. Amazing how they have all bounced back and are achieving skills like they have not been away.

Please remember your £3 and slip for a badge if you have not brought it back yet. I fill out the certificates at home and bring back the next week, otherwise it takes away my coaching time during the sessions.

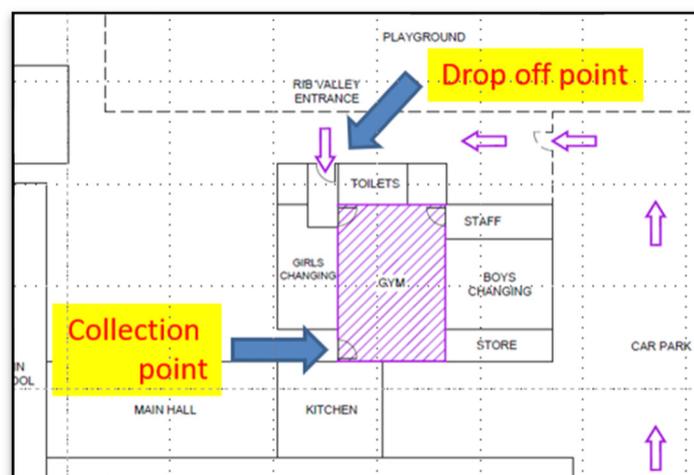
## Update on Restrictions & Guidance

We should be able to go back to 'normal' pre-covid classes after the 21<sup>st</sup> June, however I will be watching the guidance closely from British Gymnastics. We will notify parents of any changes to the way we coach, as in supporting gymnasts in skills. It will be fantastic to be able to run our Acro sessions again. But we will carry on as we have been until we have the official go ahead and will inform you of any updates.

## Session Times Adjustment & Collection Point

Our wonderful coaches Lucy and Stacey both have full time jobs and are struggling with the 8pm finish, Lucy starts work at 5am some mornings! They have asked if we can bring the classes forward slightly so they can get home earlier. At the moment we have 15 minutes between each class which was set up at our return last September, however we have a slick system in place now and feel that having 5 minutes between each class and a different drop off/collection point will work safely and efficiently.

As it is the summer months and light in the evening later, we will revert back to pick up at the other end of the gymnasium like we did last year. Please see map for details. Hand sanitising stations will be at the entrance and exit and I will purchase additional crates for personal items so we can have the exiting gymnasts take their crate to the end of the gym to put on shoes etc while the newly arriving gymnasts will have fresh crates to come in and put their personal items in. A coach will be at each entrance/exit.



I am hoping these small changes in times will work for you all, but please let me know if this is an issue for you and we will try and accommodate. I am sure some of you in the later class will find this better so you can get your children to bed earlier. I am also truly grateful for Lucy and Stacey as I am sure you will agree, they give 100% to Rib Valley so I want to support them as much as I can.

New class times Wednesday and Friday will be **4:15pm – 5.15pm – no change**  
**5.20pm – 6.20pm**  
**6.25pm – 7.25pm**

## Fees & Membership

Due to the changing nature of everything at the moment, I am setting up fees on a month-to-month basis. For June it will be 4 weeks (£28) and 3 weeks for July (£21). I am hoping that from September we can return to the original monthly fee of £24 every month as before. This covers all school holiday and is an automatic set up through LoveAdmin (London & Zurich) at the start of every month. Any cancelled sessions during a month will be taken off the next month's fees.

## Provisional Dates for our Holiday Club

Our popular holiday club is provisionally set for Tuesday – Thursday 27-29<sup>th</sup> July. I am just waiting for approval from the school and I will then send out full details. It will be based at Edwinstree School and run from 9.30-3.30.



**Holiday**  
**Club**

## Leadership Academy at Rib Valley



I have run the leadership academy at SSAC for a few years and have set up one for Rib Valley. Izzy Hatfield has been volunteering for us at RV for a while now and is an amazing asset to us. She helps to set up the equipment and assists in the first class with the younger gymnasts, helping with badges, warm ups and generally working alongside the coaches who are mentoring her in the process. We also have set up volunteering at cool events like the World Cup of Gymnastics and Gymfusion events, working alongside British Gymnastics staff and also meeting some of the top gymnasts! We also set up regional days to meet up with other academies around the region, learn new leadership and coaching, judging skills and have fun!

The leadership academy is similar to the Duke of Edinburgh scheme where you have different targets to achieve. Amelia Lee will be starting to help after half term in another class and we have a couple of other young leaders joining. It is a great way for gymnasts over 11 to get involved in the sport they love. It is free to join too. Ask me for more details. For more information check out the links below:

[Leadership Academies - British Gymnastics \(british-gymnastics.org\)](https://www.british-gymnastics.org)

[MY Leadership programme - British Gymnastics \(british-gymnastics.org\)](https://www.british-gymnastics.org)

### Club Uniform

I am still taking orders for sweatshirts and t-shirts via the website:

<https://www.ribvalleytc.co.uk/uniform-leotards>

We now have the option for sparkle lettering for the names on the back. £3 for name on the back. Please note – age 9-11 is out of stock in sweatshirts until July at the earliest.

Club leotards and shorts can be ordered direct from The Zone, from £20:

Short sleeved: <https://www.the-zone.co.uk/girls-womens-c304/motif-gymnastics-leotards-c309/tiara-c404/tiara-crystal-motif-sleeveless-gymnastics-leotard-p2077>

Long Sleeved: <https://www.the-zone.co.uk/girls-womens-c304/motif-gymnastics-leotards-c309/tiara-crystal-motif-long-sleeved-gymnastics-leotard-p1520>



## Hydrate!!

*Please remember to bring a water bottle to gymnastics*



Have a wonderful half term and look forward to seeing you back next week!

Kind Regards *Andrea, Lucy, Stacey and Izzy* (young leader)

Telephone: 07989 980038 Email: Website: [www.ribvalleytc.co.uk](http://www.ribvalleytc.co.uk)  
BG Registration No: 86720

