



## The Adult British Championships – August 2018

Whilst all the regular classes were enjoying the summer break, our adult trampolinists were gearing up for the British Championships at BG headquarters. What a great weekend we had. Tiff - 1st British champion! Tiff trains and coaches in Harlow but joins our team for the championships. Rachel 7th would have been 1st but missed her Pike front somersault, gutting but sometimes these things happen. Zoe 10th, two clean routines and a big improvement on last year and higher placing. Caitlin 6th, her first time competing at the British championships,

she performed two clean routines against tough competition, and gained a very respectable score. Massive well done all!

Head coach Andrea came away with the Pat English Trophy which is awarded to someone who shows the spirit of the competition and is supportive of others. Andrea didn't only look after the Rib Valley competitors; she also was a borrowed coach for the event to over 20 other competitors who didn't have coaches including the Royal Navy Team!

## Fees for Next Term via GoCardless

Fees for next term will be taken the first week of November. Any problems please get in touch.

## Watching Weeks Gym

**Please note, ALL gymnastics watching weeks are the last session before half term/school holidays.** We keep an 'open gym' policy so although we don't have space for parents to watch every week (and it is not good for the gymnasts to have parents always watching) we are always happy to have the odd parent stay to watch a session. Please check with us first if you wish to watch another time.

## Welcome to New Members!

Monday and Wednesday classes are full. The new Friday sessions have a few spaces in each class but we are gradually filling these in so the classes can settle down. We had our first Acro week on the 19th October which all the gymnasts really enjoyed, most never have worked in partnerships before.

## TERM DATES

(EXCLUSIONS IN RED)

MONDAY 12<sup>TH</sup> NOV–17<sup>TH</sup> DEC TRA (6 WEEKS)

MONDAY 5<sup>TH</sup> NOV TRA NO SESSION

WEDNESDAY 7<sup>TH</sup> NOV–19<sup>TH</sup> DEC GYM (7 WEEKS)

FRIDAY 9<sup>TH</sup> NOV–21<sup>ST</sup> DEC GYM (6 WEEKS)

FRIDAY 7<sup>TH</sup> DEC GYM NO SESSION

CLASSES START BACK THE WEEK BEG. 7<sup>TH</sup> JAN

## Roll of Honour - October

**Monday** - Jessie Cox. **Wednesday** - Florence Bell. Well done girls.

Friday Gymnast of the month will start next term.

## Badge Testing

Well done to everyone who passed badges this term. Too many to list here!

Friday gymnasts will start having badge testing next term. Please let me know if they already have badges from previous clubs.

Gymnastics badges are much quicker to pass than trampoline badges and you only have to pass 7/10 skills, however we try and get them to achieve 8/9 skills. Trampoline badges can take over a year to pass as all skills need to be achieved.

## New POW Academy – in addition to the Gymnastics Proficiency Scheme! Launches this Autumn.

The BG POW! Academy challenges gymnasts to show off their talents and be proud of their achievements focused on linking the skills they have learnt in their gymnastics sessions into creative sequences. Watch this space.

## Club Uniform

Club uniform is not mandatory but available to purchase at a reasonable price. Club leotards (£20), t-shirts (£5) and sweatshirts (£12) are now available to order via our website. We have a few leotards and shorts in stock but will put in another order once these have sold out. T-shirts/Sweatshirts take a couple of weeks from ordering.



## Summer Photo Competition

Congratulations to our winners who each won a gymnastics water bottle. We had a lot of worthy winners it was hard to choose between them all. Prizes went to Jaymee, India & Tia for their matching handstands and to Jasmine, Penny, Alexis and Claudia for the Legoland pyramid which included mum Jo and little brother Cameron!

## End of Term Christmas Displays - Gymnastics

We will have end of term displays in December for our gymnastics classes. Please arrive 15 minutes before the end of your child's class.



## Summer Holiday Camp

Our recent 3 day holiday camp based at Freman College was a great success and booked up really quickly. 75 children came over 3 days and spent the day participating in gymnastics, trampolining, arts/crafts and we had special visitors from The Buntingford School of Dance who ran a session on the Monday and YogaAntics on the Tuesday. Our next holiday camp will be in the February half term for 1 day. Date TBC.

## Upcoming Competitions

Affinity Gymnastics Competition – 16/17<sup>th</sup> March

Apex Trampoline Club Competition 7<sup>th</sup> April

SSAC Tumbling Competition 14<sup>th</sup> April - TBC

Adult British Championships 3<sup>rd</sup>/4<sup>th</sup> August

## Monday 6.30pm Class

Apologies for the coaching changes for this session in Sept/Oct. Our usual coach Scott has not been able to get back from work in time due to being posted a long distance away. This will unfortunately continue for a while and it changes from week to week. But Coach Lucy will step in his absence.

We also have a young leader coming in to help out, Emma Chiappinelli. Emma has been a gymnast at Rib Valley for quite a few years and is currently doing her DoFE so is volunteering as part of this with the idea that she will eventually coach regularly and will undertake the next available proficiency coaching course.

## Coach Lucy – Level 1 Training

Good luck to Lucy who is currently undertaking her level 1 trampoline coaching qualification. Exam is in December! Thank you to Gracie, Katy, Alexis and Rubie for being gymnasts for the training.

## Volunteer Nick

One of our adult trampoline members Nick and his wife are currently going through the adoption process. As part of this Nick has been asked to spend some time working with children. So Nick will occasionally pop down to the earlier Monday classes and help out. Nick has an enhanced DBS.

**Have a lovely half term and we'll see you in November.**

**REMEMBER – NO TRAMPOLINING ON THE 5<sup>TH</sup> NOVEMBER  
AND  
NO GYMNASTICS ON FRIDAY 7<sup>TH</sup> DECEMBER!**

*Andrea, Lucy, Amy, Scott, Erin, Stacey, Gabby, Emma, Leila and Hattie*



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