



New Year, New Classes!

Happy New Year and Welcome to all our new members.
(Seems ages since Christmas!!)

January has gone flying by especially with the start of our gymnastics classes. These are now settling down nicely.

In light of these new classes our newsletter has got very complicated! So there are 3 sections now; - General – applying to everyone, Trampoline News and Gymnastics News. That way hopefully you will be able to find the relevant information for your class.

GENERAL SECTION

Closed Facebook Group & Photography Policy

Please ask to join our closed Facebook group where we can share videos and pictures of your gymnasts during the session safely and securely. Also important information and updates will be shared here.

Sometimes a skill is achieved after a great deal of practice and it is great to share with parents.

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.

Club T-shirts/Sweatshirts/Leotards

T-shirts – The cost of club t-shirts has gone up considerably since I started the club 5 years ago so I have had to make the decision not to provide these free anymore but charge £5 which is at a reduced rate cheaper than the cost of the t-shirt. 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.

Sweatshirts

New 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

Apex TC Harlow Annual Club Competition – Sunday 13th May – watch this space, entry forms will be given out very soon. This competition is for all ages and abilities including beginners and is a local friendly competition.

Roll of Honour

Roll of honour – Gymnast of the month for January is Hester Peart. Hester comes along to every session and works really hard on all her skills, is very neat and is flying through her badges. Congratulations to people passing badges – Freya, Sebastian, Alexis, Jess, Katherine, Bethany, Jack, Alfie, Lily-May, apologies if I have missed anyone out.

Trampoline Shoes

I have a pair of second hand trampoline shoes that have been worn twice. If anyone is interested they are £7.50 (as new) & are size 32.

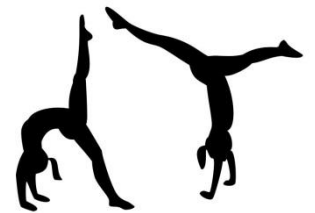
Trampoline Fees for Next Term via GoCardless
Fees are for 6 weeks and will be taken after half term around the 12th February.
Any problems please let me know.

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



Gymnastics

Wow, what a great first term of gymnastics. The first five weeks have flown by. And now onto our second term. Lots to look forward to. And all the gymnasts have been fantastic! Fitting in everything in an hour can be a challenge and strength and flexibility needs working on so if you would like a conditioning sheet to take home please ask. The exercises can be done in ten minutes at home and will really benefit your child's progress.



Watching Weeks

Our first watching week will be on Wednesday 28th March (last session before Easter) Come and see their progress and look at their elements books.

Badge Testing After Half Term

We will start badge testing after half term. PLEASE can you let me know what badges/certificates your child already has so we don't double up. Also, some gymnasts may be re-tested on badges they have already done but this is just for our benefit to assess their skill ability. You will not be asked to purchase a new badge if you already have it.

Holiday clubs

I have been asked if I would run a holiday class. If you are interested in this please let me know so I can get organising providing we have enough interest. I have already emailed Edwinstree to see if I will be able to hire the school during holidays. Sessions would be from around 9am – 3pm, once during half term and a couple of times during longer holidays. It would involve Gymnastics, Creating a Group Routine (performed to parents at the end of the day) badge testing, plus arts & crafts. It would be for maximum 25 children & cost around £20-25. If you have any suggestions please let me know.

Gymnastics Term Fees to Easter via GoCardless

I set up an end of the month payment for the first term for gymnastics classes seeing as membership and fees had to be paid especially straight after Christmas. So it would be unfair for me to charge you again for this term only a couple of weeks after the first payment came out, so the payment for 6 weeks up to Easter will be taken out at the end of February which hopefully will be more convenient for you. The next terms fees for after Easter will be taken out at the end of March and will then match the Trampoline payment times. Please let me know if you have any queries regarding payment. Please check the term dates on the first page. (For newly joined members, I will email you separately about fee payments).

Upcoming Competitions

Stevenage Sports Acrobatic Club (SSAC) Club Competition – Sunday 20th May – This is the other club I coach at. We may have a few of our more experienced gymnasts that might be able to enter the tumbling competition. They will need to be 7 years or older in 2018 and be able to perform the elements listed below to a good standard.

There will also hopefully be another low level tumbling competition at SSAC. Date to be confirmed. This will be for gymnasts that are new to competitions and is a friendly comp run by the SSAC leadership academy. Watch this space!

NDP Club Level 1						
Age Groups	Run 1		Run 2		Run 3	
7 – 8, 9 - 10, 11 – 12, 13+	1	Forward Roll	1	Chasse	1	Cartwheel
	2	Stretch Jump	2	Cartwheel	2	Cartwheel ¼ in
	3	Forward Roll	3	Chasse	3	Backward Roll
	4	Jump (TUCK)	4	Cartwheel	4	Jump ½ Turn
	5	Forward Roll	5	Chasse	5	Forward Roll
	6	Jump Full Turn	6	Cartwheel to land side on	6	Jump (1/2 TURN)

NDP Club Level 2						
Age Groups	Run 1		Run 2		Run 3	
7 – 8, 9 - 10, 11 – 12, 13+	1	Round Off	1	Cartwheel	1	CARTWHEEL
	2	Jump ½ Turn walkout	2	Chasse	2	R OFF
	3	Cartwheel	3	Cartwheel	3	½ TURN WO
	4	Cartwheel	4	Round Off	4	Cartwheel
	5	Round Off	5	Stretch Jump	5	Round Off
	6	Rebound Jump	6	Backward Roll	6	Jump ½ Turn

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

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