

Virtual Gymnastics Competition

We have been setting a new trend and held our first virtual gymnastics competition at the weekend, between Rib Valley and SSAC. With over 60 entrants and 3 adults entering we have raised a fantastic £500 for the East & North Herts Hospitals Charity. We also ran a number card competition. A massive well done to everyone who entered. You all did brilliantly. It certainly made me smile watching everyone's videos. Thank you to Gabby, Lucy, Lisa, Jenna & Sarah for Judging. Results below:

- Elysia Riris 3rd Lillie Skye Foulger 2nd Olive Waller 2nd
- Annie McPherson 1st Jemima Hunter 3rd Tegan Hall 3rd
- Jessica Radcliffe 2nd
- Harriet Cowey 3rd
- Florence Bell 1st
- Sam - Wilson 3rd
- Lene Stebbing 1st
- Sophie Jelley 3rd
- Zara Hampton 1st
- Esme Taylor 3rd
- Kassia Allen 2nd
- Florence Hatfield 1st



And the number card winners were:
 Evie Rudd, Florence Hatfield and Esme Taylor

If you wish to donate, the link is here:
<https://www.enhhcharity.org.uk/donate/rib-valleyssac-virtual-gymnastics-competition/5>

And a fantastic range of sports clothing is available to purchase from:
<https://concord-trophies-sportswear.myshopify.com/collections/east-and-north-hertfordshire-hospitals-charity-clothing>

33% of your purchase goes direct to the charity



East & North
 Hertfordshire
 Hospitals'
 Charity



Zoom Gymnastics Classes

We still do not know when we will be able to return to regular classes at the school so in the meantime, we are running regular weekly sessions on zoom. Monday/Wednesday/Friday.

These are currently free but we welcome any donations.

Thank you for those who have kindly donated. If you wish to make a donation, this can be done via the LoveGymnastics App, or by bank transfer, please ask for details.

Trampolinists please join in with these classes, everyone can have a go!
(As I can't teach virtual Trampoline Classes!)



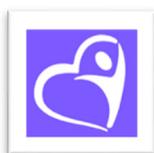
Home Gymnastics Scheme

The home gymnastics badge scheme is still up and running and again is free to use.

Congratulations to Elysia Riris (picture above) who is steaming through the badges passing 3 levels, and also to Poppy and Olive Waller who have passed two levels in the scheme.

You can download the app here:

https://play.google.com/store/apps/details?id=com.lovegymnasticsmobileapp&hl=en_GB



LoveGymnastics

The skills defined in the app are from the basic British Gymnastics 8-1 Award scheme.



Parents/Gymnasts please note: Do not attempt skills that are beyond your capability and make sure you have a clear space and a suitable safety mat/gymnastics mat. These home classes are followed at your own risk. Please do not leave children unsupervised during the session. If you have any questions please drop me an email.

Fees

Please note that no fees will be set up until you have confirmed if you wish to continue the regular classes at the schools when it is safe for us to return. When that time comes you will be emailed. I am hoping this will be in September.

Rib Valley Zoom Class Timetable

MONDAY 5pm Gymnastics Core skills, basics, BG badge skills & flexibility	WEDNESDAY 4.15pm Yoga-nastics Yoga for gymnastics. So many skills in yoga that are the same as gymnastics also for flexibility and strength
WEDNESDAY 5pm Acrobatics Working on skills from pairs Grade 1 & 2 (and some 3) You will need a partner that is from your home.	FRIDAY 5pm Fitness Conditioning is essential to keep up your strength and flexibility for when we are back in the gym

 <https://zoom.us/join>
Meeting ID: 713 0150 1427
Meeting Password: gymnast

Rib Valley
GYMNASTICS & TRAMPOLINING
Reach for the Stars

New Challenge – Fundraiser

I am in the process of putting the final details for a new challenge for you all as a few of you have asked. Something to keep you all busy doing gymnastics!

Not quite a virtual competition as before but for entrants to design a gymnastics floor routine of 1-minute duration. This will be set to the **Dua Lipa** track 'Don't start Now' just make the dance up to around a minute of the track, it doesn't have to stop dead on 1 minute as I don't want you to worry about cutting music.

You will have to make up your own routine including linking elements with a bit of dance in between (i.e a cat leap, run, kicks, flowing movements). You can also do this in a small space if you don't have much room, be creative!

5 Gymnastics skills are required in the routine, this can be anything

(as long as it is safe to do so and you know how to do the skill).

Forward rolls, cartwheels, back support, shoulder stand, arabesque, handstand, tuck jump, japana, dish & arch, anything. If you are unsure of what to pick, just ask me.

This can be very simple so everyone can enter. You will be judged on the *artistic* flow of the routine and will not be deducted on technical elements. We want this to be fun and get you dancing with some gymnastics elements included.

Videos can be sent to me on WhatsApp as that is what worked better last time and I will upload to my drop box account which will be view only for parents.

This competition will just be for Rib Valley this time and the money raised will go to the East & North Herts Hospitals Charity as before.

There will be a few prizes including a free leotard for the winner (example picture).

The competition will close on 1st July and the winners will be announced on the 8th July.

The entry fee will be £5 minimum donation direct to the charity as before.

<https://www.enhcharity.org.uk/donate/rib-valleyssac-virtual-gymnastics-competition/5>

In the meantime, please let me know if your gymnast is interested in entering.

Entries Open Now



I have not heard from some of you at all since lockdown, it would be lovely to hear from you all, so please drop me an email just so I know you are ok.

Andrea

Telephone: 07989 980038 Email: Website: www.ribvalleytc.co.uk

BG Registration No: 86720

