

NEWSLETTER

February 18th 2022



Gymnastics Provides The Best Foundation For Sports

I'm sure you will all have been enjoying watching the winter Olympics and marvelling at what humans can achieve, but were you aware of what a key role gymnastics can play in developing a perfect foundation for all sports?

Gymnastics requires and develops all of the core skills including strength, speed, flexibility, co-ordination, balance and spatial awareness in a way that very few other sports do. It uses just the gymnasts own body weight, which increases strength, but in proportion to body weight. And it isn't just the physical side that is so beneficial. Gymnastics develops courage and discipline, the determination to fall and get back up as many times as it takes and the strength to perform under pressure. Like many athletes, Kaysha Love, of Team USA's Olympic bobsleigh team started her sports career in gymnastics, followed by track before finding her niche in bobsleigh.

The good news is you don't need to be an Olympian to benefit. Whether you go on to play football, do athletics, skiing or swimming, gymnastics is the foundation for multiple sports for both boys and girls, and the balance, strength and co-ordination developed in early life will always be there to call on.

So, whatever your level and aspirations, get out there, push your limits, don't be afraid to fail and get back up over and over until you nail that move, and show the world what you can achieve - who knows where gymnastics will take you.....



This Sunday some of our adult gymnasts will be competing for the first time since the opening of The Vault, in the Portsmouth Gymnastics Club Adult Competition. We would like to wish Colin, Paul, Rebecca, Angela, Hayley, Tessa, George, Laura and Maddy all the very best of luck.

Thank you to the team of supporters going along to cheer them on - Lynn, Gabby, Jade, Gary, Clare & Chloe.

We are sure everyone will have a wonderful day and we will give you an update on how they did next time.

Last Call For Half Term!

Last chance to book a place for our Half Term Holiday Camp. Running Monday 21st to Friday 25th February 9am-12pm, it promises to be a fun and action-packed week!



Thank you Chloe!



You may have noticed we have some new leaflet blocks on the tables in the café area. These were dreamt up by gymnast and junior coach Chloe who also helped to make them. Spot the name of a piece of gymnastics equipment on each one. We think they are absolutely perfect!

Photographer coming to Club Championships

We are very excited to announce that a professional photography company will be coming to our Club Championships on the 3rd April and you will be able to buy professional photos of your gymnast on the day.

We understand some children cannot have photos taken. Please contact Debbie so we can sort out alternative arrangements for you.

Meet Your Coach: Jade

Jade is one of our newest coaches and has settled in really well at The Vault. Here we learn more about her gymnastics journey:

“I started gymnastics at the age of 5 and fell in love with the sport. I began competing at squad level, reaching regional level in the West Midlands. When I was 12 I started helping out with coaching and was able to qualify at level 1 when I was 14 and level 2 at 16. I have coached on and off all my adult life, but also became a primary school teacher, working in special needs for a while. I was lucky enough to coach a Welsh disability gymnast to 5th place in the British Disability Gymnastics Championships in 2017, and I have loved bringing my experience to The Vault to coach the Comets disabled gymnastics classes.

I particularly enjoy seeing children achieve a new move that they have struggled with and I have loved becoming part of the team at The Vault. It's great seeing people at all levels and ages getting so much out of the sport that I love.”



Fun Fact: Jade once almost broke both feet doing a back somersault onto concrete.....Don't try this at home kids!!

DON'T MISS OUT - Book Your Place For Our Club Championships!

Our very first Club Championships will be held here at The Vault on Sunday 3rd April 2022!

CLOSING DATE FOR ENTRIES: 5th March

The Club Championships is a very special day when our gymnasts get to show off their routines to family and friends whilst having lots of fun! It helps build confidence and is a great opportunity to overcome nerves in a supportive environment. They will be performing their gymnastics on 4 pieces of apparatus and this is definitely an event they can ALL do.

The routines have been sent round by email. There won't be time to learn the routines in class so it is very important that gymnasts learn their routines at home (but not the moves). Don't worry if there are any moves in the routine that they can't do, the coaches will be able to change things for them.

We hope as many gymnasts as possible will join in this great opportunity. Entry is via your iClassPro account and costs £15. There is a £2 spectator fee payable on the door, and our café will be open serving lots of delicious goodies. There are also commemorative t-shirts that can be purchased now from our online shop. Timings will be sent out nearer the day when we know how many gymnasts we have taking part.

Uniform Reminder



It is club policy that gymnasts (except adult and pre-school) must wear uniform purchased from The Vault. We are still noticing some gymnasts attending week after week in leotards etc purchased from Amazon and other outlets.

If you haven't yet ordered yours, please go to the online shop on iClassPro. Thank you.

New classes and more coming soon.....

We have a couple of brand new classes to announce:



Circuit Training on Thursdays 7-8pm. £9 per session, no commitment, book up to a week ahead.

For any fitness level. Come and try circuits with a difference.



And Barre Fitness, using elements of ballet and Pilates to a dance beat. No experience necessary. Classes are run by Cotswold Pilates and start on Tuesday 1st March, 6.30 - 7.30pm. Enjoy a half price first class, but do book soon as places are limited.

We also have some more very exciting non-gymnastics classes coming to The Vault soon - watch this space....

Still On The Lookout For Coaches



With all our new classes, we are always keen to hear from anyone with a coaching qualification who would be interested in joining our team.

Could you help us?

We are looking for a couple of wonderful volunteers who would be willing to be part of the organising team for approaching companies for raffle prize donations.

We rely very much on the support and generosity of volunteers and businesses and the raffles that we hold during competitions and events are an important part of our fundraising process.

If you are able to donate some time to help, or know of a company who may be able to donate a prize, please have a chat with Debbie.

Birthday Parties

Would you like to hold your child's birthday party at The Vault?

Contact us to find out how we can make their day the best party ever!

And finally.....

We would just like to wish Barry, one of our directors, a very Happy 50th Birthday from everyone at The Vault.



The Vault

www.cartertongym.co.uk