

NEWSLETTER

August 21st 2021



The Vault to host it's first County Competition

We are delighted to announce that The Vault will be hosting it's first ever County gymnastics competition in November, so it won't be long now till the squad gymnasts are back competing.

County level competitions have generally been held at Abingdon in the past and we are pleased to be able to share the load with them, although we have a lot to live up to!

The Oxfordshire Gymnastics Association have very generously agreed to provide a grant of £1000 towards the cost of seating for events such as this and we would like to say a very big thank you to the committee for this award.

Don't worry if you are not in the squad, we are in the process of organising a floor and vault competition for the whole club at Halloween, and will also be holding a big celebration at Christmas. Details to follow...



Happy Birthday Isabelle!

The Vault hosted our first birthday party last weekend for the wonderful Isabelle and her friends. They all had lots of fun in the gym followed by birthday pizza and cake in the café.

Everyone at The Vault would like to wish you a very happy birthday Isabelle!

If you would like to hold your birthday party at The Vault, please email us for more information.

cartertongymnastics@outlook.com



... Keeping you guessing...

So what is Sport Acro?

Anyone that follows CBBC's Gymstars will be familiar with the Sport Acro gymnasts, such as Finn and Kirsten, training and competing in small teams of 2, 3 or 4.

The teams of gymnasts work together on the floor to perform acrobatic moves in combination with dance moves performed to background music. Advanced routines can involve throws,

catches, twists and somersaults, testing strength, flexibility and balance and above all, teamwork.

We currently have a couple of teams at The Vault, but are always looking for more individuals to join them.

This exciting class runs on **Thursdays from 6:30 - 7:30pm.**

To book go to: <https://app.iclasspro.com/portal/cartertongym/classes>

Ducklings!

Ok so it's a gratuitously cute picture of some ducklings, but we just wanted to remind you about our lovely class for our littlest gymnasts. Ducklings is for ages 18 months to 3 years with some coached elements and some free-play.

Mondays, 10.30 - 11.30am & 11.30 - 12.30

Wednesdays, 10.30 - 11.30am



Meet the Coach: Maddy (otherwise known as Moo)

Maddy is another of our wonderful home-grown coaches, she's a real character with a great sense of humour. Here is her story.

"I started gymnastics when I was 7 years old, after being told I was too boisterous for ballet and should give gymnastics a go! Debbie has coached me from the beginning, taking me to competitions all over the country and to Austria twice. I've competed at regional, national and friendly international levels.

Gymnastics has been a big part of my life, and with Carterton Gymnastic Club as my second family it was only natural that I took that passion into coaching. I love giving back to the club what it gave to me and I have so much fun and enjoyment seeing the club continuing to be a part of other children's (and adults) lives."



Fun Fact: Maddy spent 2 weeks in Romania helping in an orphanage and can say 'how are you?', 'come here' and 'you're welcome' in Romanian. If you catch her on a quiet day she might teach you too!

You can now enjoy our café on a Sunday morning as well



Now that we are offering classes on a Sunday morning, we are delighted to announce that the café will also be open from 9.30 to 11.30.

Pop in to see us and relax with a drink and a Sunday morning treat while your child enjoys their class.

Just a reminder.....

We are having lots of gymnasts turning up with lovely long plaits and ponytails. Can you please ensure that these are tied up so that they can't reach the gymnasts eyes. An eyeful of plait can be very painful and dangerous too! Thank you.



The Vault

www.cartertongym.co.uk