

NEWSLETTER

July 24th 2021



COVID still keeping you safe as we move forward

With the recent relaxing of government Covid rules, we are aware that it can be a confusing and worrying time for some people. We wanted to reassure you that we always take your safety very seriously and as such will be continuing with our Covid safety procedures, such as taking temperatures, cleaning of equipment, hand sanitising, encouraging hand-washing and as much social distancing as possible.

However, we are pleased to announce that after finalising plans and assessing risks for inviting parents into our café area, we will be in a position to open our doors to you on the 31st July. Please bear with us as we make our final preparations.

On that note, we are still desperately in need of a lovely volunteer on a Tuesday and/or Wednesday from 3.30 to 6.30pm to help with our Covid safety measures as we open the café to parents.

Gold Fever!



We hope you all got chance to watch the Tokyo 2021 opening ceremony yesterday. We can't contain our excitement as the men kick off their Olympic bid for medals, with the qualifiers today and the women tomorrow.

With Max Whitlock, Joe Fraser, James Hall and Giarnni Regini-Moran representing the men and Amelie Morgan, Alice Kinsella and Jessica and Jennifer Gadirova for the women, it's going to be a thrilling ride. We will also be cheering on Rhys McClenaghan representing Ireland.

Good luck to all the Olympic athletes—medals or not, we're right behind you. It's been a tough couple of years and you have worked so hard for this. Enjoy every second.

For more information about the games visit www.british-gymnastics.org/olympics/tokyo-2020-home

Meet the Coach: Colin

Colin is one of the long standing stars of Carterton Gymnastic Club and I'm sure that even if he doesn't coach you, you will have seen him around practicing on the bars or rings. This is his story:

"I started taking my three daughters to the club in 2006/7 and began as an assistant coach in 2009.

I qualified as a Level 1 coach in 2010 and then Level 2 the year after in 2011. I love seeing all the gymnasts having fun while I'm coaching them.

I started with the adult squad in 2013 and since 2014 have competed in the Adult Gymnastics British Championships for over 50's, picking up 6 gold and 2 silver medals along the way. I'm hoping we will take a big adult squad to the 2022 Adult Gymnastics British Championships with all the new adults that have started at The Vault."

Colin also proved his worth this year, helping almost every weekend with the building work to get The Vault up and running—thank you.



Fun Fact: Despite his gymnastics ability, don't ever ask Colin to do a straddle jump—he will fall flat on his face!



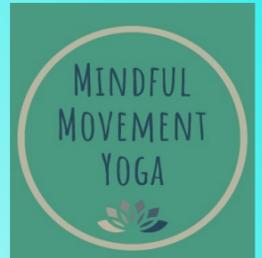
We're adding more spaces to our summer camps

Our summer camps have proved so popular that we are now adding more places. If you were unable to book a place previously, please contact us as we now have more availability.



Spotlight on....Yoga with Lizzie

Lizzie of Mindful Movement Yoga is passionate about teaching movement that is functional and improves quality of life.



She currently runs a couple of classes at The Vault and is looking to add more classes very soon.

Lizzie runs supportive parent and child yoga classes which give you the opportunity to relax and take time for yourself while your child plays happily nearby. Classes can be booked now to start back in September.

Lizzie also runs 8 week Cherish Yourself courses that can introduce you to the joys and benefits of yoga in a supportive and welcoming atmosphere.

Find out more about what Lizzie offers on our website www.cartertongym.co.uk/exercise

A fun day as The Vault hosts its first event

Having spent years generously hosting us at county competitions, it was an honour last Sunday to be able to welcome the gymnasts, parents and our close colleagues from Abingdon Gymnastics Club to The Vault for their annual club championship.

The event was a big success with the gymnasts enjoying the chance to showcase their skills and parents having an opportunity to watch after such a long time away.

Our Beam Café got its first use serving hot and cold drinks and snacks, and we would like to say a big thank you to our volunteers for doing such a good job running it.

We look forward to hosting many more events in the future.



More classes opening up soon

We are very pleased to announce that we will be opening up more classes in August, including classes on a Sunday morning.

Have a look at the new timetable on our website and don't forget; you can book more than one class per week.



Boys Brigade Donate Safety Mats

A big thank you to 1st Witney Boys Brigade who have generously donated their safety mats to The vault.



They will be put to good use for years to come.

Interesting fact:

14 years ago, when running out of the school hall at Carterton Community College, Carterton Gymnastic Club lost all our kit and months of training when the hall was flooded.

Just look how far we've come in that time....It's been quite a journey!

Just a reminder....

We would just like to remind all gymnasts that they must bring a bottle of water with them for their session. It is very important to stay hydrated whilst exercising.



The Vault

www.cartertongym.co.uk