

# NEWSLETTER

October 2nd 2021



## Debra Courtenay-Crane BEM Receives Her Medal

We were all thrilled to learn, back in January, that our Managing Director, Debra had been awarded the British Empire Medal in The Queen's New Years Honours List.

This week Debra finally got to receive the medal when it was presented at a formal ceremony in Oxford. The presentation was made by the Queen's

representative, the Lord Lieutenant of Oxfordshire, Sir Tim Stevenson.

Debra has dedicated over 30 years of her life to gymnastics and Carterton Gymnastic Club and it is wonderful to see her decades of hard work being recognised. We hope you thoroughly enjoyed your special day Debra!



## Are you ready for some spooky fun?

With less than a month to go, the children (and adult gymnasts) are getting excited about their upcoming

### Floor & Vault Competition

If they are taking part, please make sure the children are learning their routines at home so they feel confident on the day. The set routines have been emailed round, but if you can't find the email please get in touch.

On the day, gymnasts need to wear their uniform and have their hair done neatly and securely.

As well as getting to see how your family member has progressed, we have lots of exciting things planned for the day, including demonstrations from some of our classes. The café will also be open selling snacks and drinks (don't forget to bring some cash).

If you've missed the deadline for booking a place, give us a call and



## Meet the Coach: Angela

With her infectious enthusiasm, Angela has been an invaluable part of our coaching team for many years. Here is her story:

"I brought my children to Carterton Gymnastic Club in 2008 and would stay and watch every week. My childhood dream had been to do gymnastics and I was so pleased my children had the opportunity. I started coaching as soon as I could and am a fully qualified Level 2 coach, working towards Level 3.



When Debbie announced she was starting an adult class, I was so excited I was literally jumping up and down saying, "Pick me! Pick me!" I was 36 and out of shape. I could barely climb onto the beam, let alone jump off and land on my feet! But Debbie had faith in us, and we all progressed. In the autumn we competed for the first time at "The British" gymnastics competition. It was so exciting and I was very proud to complete my routines without any falls, and I haven't looked back since.

Gymnastics is an amazing sport where you get to challenge yourself, push your limits and achieve things you only dreamed of. I have gained so much strength & determination through training and I have to thank Debbie and her vision for opening up gymnastics to everyone!"



**Fun Fact:** Angela once almost missed her competition when she left her contacts and bra back in her hotel room .... She had to go back but made it just in time!



## Raffle Prizes

As a not-for-profit organisation we are always looking for ways to raise funds to keep the club running. During our Halloween Floor & Vault Competition we will be holding a raffle and would be extremely grateful if you have anything you could donate as prizes. We are looking for brand new items, from boxes of chocolates, bottles of wine, toys and toiletries to gift vouchers. Maybe you work for a company that could donate something?

If you are unable to donate an item, you can still support us by buying some tickets and hopefully you will strike it lucky!

## Kate's Wordsearch Challenge

Can you find the 10 words hidden in the grid? The words can be horizontal, vertical, backwards or forwards **but not diagonally**.

The hidden words are connected to **GYMNASTICS EQUIPMENT**

Wordsearch created by adult gymnast, coach and judge, Kate.

F	L	R	D	Y	N	U	M	S	G	N	I	R
S	R	A	B	L	E	L	L	A	R	A	P	O
A	S	H	D	C	H	E	P	T	D	F	B	O
S	W	T	H	O	K	S	G	T	S	D	G	L
R	D	L	F	Z	G	R	K	I	V	B	N	F
A	I	U	S	D	F	O	G	L	O	N	G	A
B	E	A	M	P	G	H	I	G	H	B	A	R
N	S	V	D	S	P	L	S	D	G	J	D	L
E	T	U	M	B	L	E	T	R	A	C	K	A
V	G	D	R	S	U	M	D	G	L	O	V	B
E	N	I	L	O	P	M	A	R	T	H	O	F
N	D	K	A	R	F	O	N	I	K	L	U	H
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## Great Neighbours Are Not So Hard To Find



We would like to say a very big THANK YOU to our neighbours, Carterton Plumbing Supplies. Not only did they supply all our sanitaryware at a great rate, they have also helped us out of a couple of tight spots. The latest was helping out with a delivery problem with our new competition chairs. A big thumbs up to Jon and his team.

Please consider them for all your plumbing needs. They are located in Unit 3 to the rear of The Vault.

## NEW! Slow Flow Yoga Class

We would like to welcome Sharon of 'B You Yoga' to the team. Sharon will be running her Slow Flowing Yoga class on Monday evenings 7—8pm from next week.

Sharon qualified with the Contemporary School of Yoga and is accredited with the Yoga Alliance. She wants to make yoga accessible to everyone. Her focus is slow flowing yoga that works for each person individually and her motto is "Progression not perfection". Classes are for mixed ability including beginners.

This new class complements the 'Parent and Child' and 'Fundamentals of Yoga' classes run by Lizzie on a Wednesday 10-11am and Thursday 7.30—8.30pm.

To book any of our exercise classes please visit:

[www.cartertongym.co.uk/exercise](http://www.cartertongym.co.uk/exercise).



## The Vault is growing and we need you!

Are you a qualified level 1 or 2 gymnastics coach with one or more of the following qualifications?

- Mens
- Pre-school
- Special Needs
- Recreational



We are looking for more coaches to join our fantastic team and help to deliver a quality gymnastics experience, in an inspiring environment.

Positions are part-time with hours/days to be discussed. If you are interested and would like to find out more, please email Debra for a confidential discussion on [debra.gym@gmail.com](mailto:debra.gym@gmail.com).

We are also looking for anyone interested in volunteering as a helper coach whilst working towards coaching qualifications.

## Just a reminder.....

To bring a jumper or something warm to put on at the end of your class. It's starting to get chilly out there!!



# The Vault

[www.cartertongym.co.uk](http://www.cartertongym.co.uk)