

NEWSLETTER

April 1st 2022



2022 Club Championships are here!

It's nearly the weekend and we are so excited! With just a day or two to go until our first annual Club Championships at The Vault, here's what you need to know:



There is a £2 entry fee for each spectator per round. Please bring the correct change. You will also need cash for raffle tickets but can now use a card for purchases over £1 in our café as well as for a Costa from our machine.

The competition is split into 3 rounds. You have been sent an email with a programme showing which round your child is in. Please arrive promptly for your round.

Due to high rates of Covid at the moment, we ask that all spectators bring and wear a face mask when inside The Vault. Gymnasts do not need masks.

All competitors need to bring an A4 sheet of paper or card decorated in an Easter/springtime theme with their name written as large as possible across the front so the judges know who you are. There will be prizes for the best decorated.

Gymnasts need to wear their Vault uniform. If you have ordered a uniform item and are still waiting for it, please get in touch and we will sort something out.

Gymnast's hair needs to be tied up neatly and securely away from the face and eyes, ideally in a neat bun or short plait. It must not be able to reach their eyes.

Please be assured, however nervous they may be, your child is going to have a great day. This is a friendly and fun opportunity to challenge themselves and show what they can do. Our coaches have lots of experience in helping gymnasts overcome nerves.



Nerves

Distinction and Commendation at County Grades

The Vault played host to the Oxfordshire County Grades and Under 8's competition on the 19th March. We welcomed gymnasts from Abingdon, Cherwell, Wantage, Kinetic and Kennylands.



Our girls did us proud, with Anabel competing at Grade 2 and gaining the silver medal overall and achieving a commendation in her grading. Lydia competed at Grade 3, claimed the bronze medal overall and a distinction in her grading. Well done to both of you!



Our youngest Pod Squad gymnasts, aged just 5 and 6 competed for the very first time in the under 8's.



Congratulations girls, you all did really well. Ivy's best piece was bars and Flora, Charlotte and Lila's was floor.



Meet Suzy: Finance Co-ordinator

Suzy has been a vital part of The Vault from the start and we would not be where we are today without her huge reserves of positivity, drive and commitment. She is a legend and here is her story:

“Although I’m not a regular face in The Vault, as part of the management team I work hard behind the scenes to ensure the Vault runs smoothly and our gymnasts have the best experience. I have been part of The

Vault project team since the first meeting in 2017, when a small group of Club parents and volunteers sat in a pub and envisioned how we could create a purpose-built gymnastics centre in Carterton. We had a budget of £0.00 and a motto of ‘if there’s a will, there’s a way’. It seemed like an impossible task, but we believed our community was desperately in need of the facility. Although our team was small, we each brought unique skills and dedication that formed a powerful cohort and our dream finally became reality last year.

I have actually lived away from Carterton since 2019,

although hope to move back permanently at the end of the year. The day we collected the keys for the building and laid the first brick made all of the hard work worth while!”



Fun Fact: In the past 12 months, whilst working for The Vault, Suzy has lived in no less than 3 different counties!

Sandwiches, Toasties, Paninis And Bacon Rolls Coming To The Beam Café This Sunday!



During our club championships this weekend you will be able to buy a selection of hot foods, snacks and homemade cakes and hot and cold drinks. Come and treat yourself and your wonderful gymnasts.

We are also now able to take payment by card and as a special treat you will be able to take food and (covered) drinks from the Beam Café into the main gym seating area, to enjoy whilst watching the competition.

Please though remember to bring cash for the spectator fee and raffle tickets!

Professional Photographer at Club Champs

A professional photography company will be present at the Club Championships on Sunday, giving you the opportunity to see and purchase keepsake photographs of your child’s performance. You will be able to see images displayed in reception on the day and place an order with them if you want to capture that memory forever.

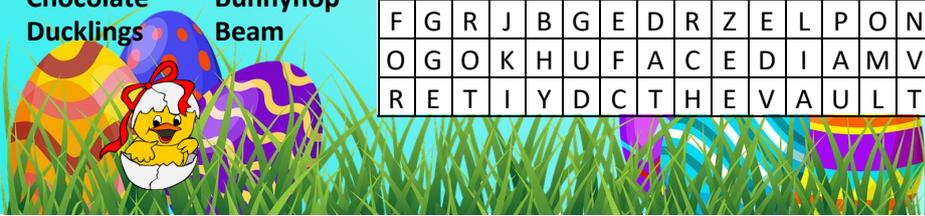


Can You Solve Our Fun Easter Wordsearch?

See if you can find all the easter and gymnastics related words below in the wordsearch grid. Words can be found horizontally, vertically or diagonally.

B	E	A	M	Z	S	A	U	C	B	H	T	F	C	X
U	D	W	A	U	R	P	N	D	A	F	C	R	H	A
N	O	C	E	L	E	B	R	A	T	E	U	K	I	D
N	L	V	B	G	Q	A	N	I	Z	E	G	N	C	U
Y	L	C	K	K	J	S	E	O	N	T	L	P	K	C
H	Y	S	H	V	R	K	P	G	U	G	A	N	S	K
O	R	C	U	O	B	E	S	T	G	E	M	I	L	L
P	O	I	N	T	C	T	A	F	O	S	B	M	E	I
O	L	W	T	E	M	O	B	H	E	G	S	E	V	N
S	L	C	Q	C	H	O	L	C	A	T	H	J	U	G
D	E	A	S	T	E	R	V	A	U	W	I	X	D	S
U	P	R	E	P	O	C	W	X	T	K	F	I	L	Y
F	G	R	J	B	G	E	D	R	Z	E	L	P	O	N
O	G	O	K	H	U	F	A	C	E	D	I	A	M	V
R	E	T	I	Y	D	C	T	H	E	V	A	U	L	T

Celebrate Eggs
Lambs Easter
Spring Carrot
Cartwheel Basket
Chicks The Vault
Jump Fun
Dolly roll Hunt
Chocolate Bunnyhop
Ducklings Beam



Book Individual Days For Easter Holiday Camp



We have been listening to your feedback and are very pleased to now be able to offer individual days on our Easter Holiday Camp.

If you haven't booked your place yet then what are you waiting for!

Running Monday 11th to Friday 15th April, 9am to 12pm and costing £20 per day or £75 for the full week.

It promises to be a week packed with Easter fun and activities so don't miss out!

Help us spot the Easter characters

It's almost Easter and The Vault has some very special fluffy visitors hiding around the gym. See if you can spot all the chicks and lambs hiding in The Vault. Maybe you could point them out to your coach or your friends.....

We have also hidden six cheery little chicks in this newsletter - can you spot all six?



Can you help.....?

Oxfordshire County Council are looking for feedback from children and young people in Oxfordshire about how supported they feel by the services they use. If you can help, please fill in the questionnaire online by the 24th April. <https://letstalk.oxfordshire.gov.uk/Be-Supported-2022>

Cheerleading

Our talented Allstar Heroes cheerleading team is off to do their first public display at Oxford Brookes this Wednesday 6th April. Good luck team - we're sure you'll wow them all.

Cheerleading is a high energy, team-based sport incorporating gymnastics, acrobatics and dance and is one of the fastest growing sports in the country. Routines include jumps, standing and running tumbling, stunting, pyramids and dance. It is accessible to all, from complete beginners to experienced athletes for ages 5 and above.

PLEASE NOTE: Our cheerleading class has a new day and time. Due to staff availability our cheer team is moving from Sunday to Wednesday at 4 - 5.30pm from the 13th April. So the last Sunday class is the 10th April.

Please contact Debra if you need to discuss this.



Monty's Gymnastics Career Takes Off!

We are very excited to announce that our very own Monty, the gym dog, has been selected to compete in the World Pet Gymnastics Championships in Madrid in July!

Monty is very excited to be representing The Vault and is training hard. She loves the beam and is particularly fond of rolling on the floor. When asked to comment, Monty said "Woof, woof!" We wish her all the very best of luck and can't wait to see how she gets on.....



The Vault

www.cartertongym.co.uk