

NEWSLETTER

March 4th 2022



FINAL CALL for gymnasts!

It's just one month to our annual club championships and if you haven't already booked your place, this weekend is the deadline.



You should all have received an email with the routines on it. Please **DO NOT** worry if your child cannot do

one or more of the skills in the routines, their coach will make sure they have something they can do to show you on the day and will make it a fun and enjoyable experience for them.

It's a great opportunity to learn how to cope with and overcome nerves with the help of our lovely, experienced coaches. Book now on iClassPro.

Book some Easter fun!

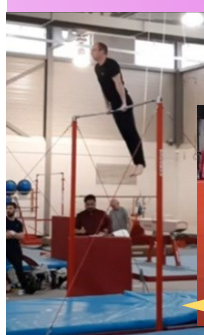
It seems that spring is almost here (and I've eaten plenty of mini eggs already!) so it must be time to think about the upcoming Easter holiday.

If you're looking for childcare in the school holidays that will have your youngsters jumping for joy, then look no further than our Easter Holiday Camp. Running 9am - 12pm Monday 11th to Friday 15th April and costing just £75 for the week.

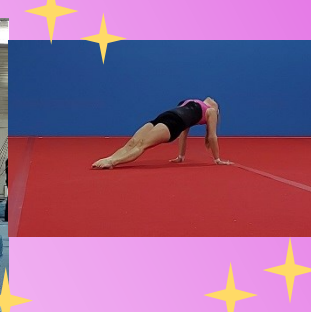
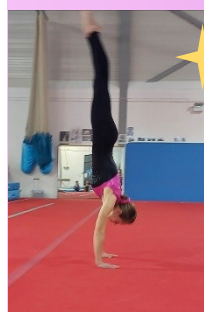
Come and enjoy fun packed mornings of gymnastics, games, treasure hunts, table tennis and more, run by qualified and fun loving coaches. **BOOK YOUR PLACE NOW!**

Congratulations!

On the 20th February eight of our adult gymnasts took part in the Portsmouth Gymnastics Club Adult Competition. For some this was their first ever gymnastics competition, for others it was their first competition since covid.



Angela, Rebecca, Maddy, Hayley, Tessa & Laura all competed on the four women's pieces and Colin and Paul competed on all six men's pieces. They all performed really well and were wonderful ambassadors for Carterton Gymnastic Club. We are very proud of you all!



Colin took home joint Gold in the Men's Novice 30+ category and Angela took home bronze in the Women's Novice 30+ category. Congratulations!



Meet Clare: Marketing & Facilities Co-ordinator

"Having loved gymnastics as a child, I seem to have become even more involved as an adult! (although more behind the scenes....). After my daughter became involved in the club as a squad gymnast 5 years ago, I volunteered to train to become a judge. Although I no longer judge at county level you will still see me judging at our club competitions.



Debbie's dream was always to develop a purpose-built gymnastics facility to meet the high demand in the area. Along with a small team of incredible volunteers, I was able to offer my skills to help get the project off the ground. I designed and helped to build the space that is now The Vault and love seeing the wonderful facility we have created. I love the challenge of taking the smallest of budgets and making it a bright welcoming place for our members.

Now the building work is mostly done, I work part-time providing the marketing for The Vault including the newsletter and website, and also look after the facility. You may well have seen me wandering about with a drill or a paintbrush!

Now it's up and running, it's easy to forget all the times we thought we might not succeed with building The Vault. It still gives me a buzz every time I come in and see all the smiling gymnasts and the impact it has had on individuals and the community. It is an inspiring place to work!"



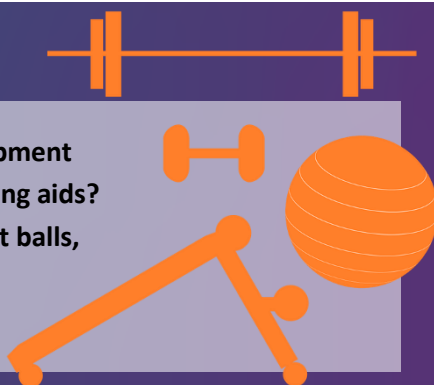
Fun Fact: Clare once had to dance in a Chief's Palace in Ghana, during the Yam Festival, in front of the Chief and all the villagers!

Electronic check-in coming to The Vault

To make the check-in process quicker at the start of classes, you will shortly see a screen in the reception area where you can check in for classes using either a QR code generated in our iClassPro app, or by entering a telephone number linked to your account. You can download the iClassPro app from your chosen app store.

Can you help.....?

Do you have any unused home fitness equipment that you could donate for us to use as training aids? We are looking for dumbbells, yoga mats, fit balls, elastics, steps, ankle weights etc etc. Thank you!



Become a British Gymnastics qualified judge

- Do you love watching gymnastics?
- Are you a parent, gymnast or coach?
- Do you like a challenge?

Without our wonderful volunteer judges, our gymnasts would not be able to take part in competitions. We are always in need of judges, so if you are looking for a new challenge, becoming an Artistic Gymnastics Club Judge could be your next achievement. Competitions are held throughout the southern region on a few weekends a year. You would be paid a fuel allowance for travel and judges are very well looked after and appreciated! It is definitely a very rewarding and satisfying role. Please have a chat with us if you are interested.

County Competition at The Vault, 19th March

Our Squad gymnasts have been working hard ready for their next county competition, being held at The Vault on the 19th March.

Competing for their grades will be Anabel and Lydia from the County Squad and in their first ever competition we have Ivy, Lila, Charlotte & Flora from the Pod Squad in the under 8's competition. We wish them all the best of luck.



The Vault

www.cartertongym.co.uk