

NEWSLETTER

July 9th 2021



Assessments and certificates

Now that the children are settled in their classes and our assessment system is up and running, we are starting to assess children for their British Gymnastics awards.

Gymnasts will be assessed on a couple of things each session, although they will be working on lots of other skills that aren't being assessed as well.

You will be able to follow your child's progress on their portal, and when they pass a certificate it will be emailed through to you.

Although these are British Gymnastics awards, we have designed our own certificates as we don't feel you should have to spend any more money on certificates.

Job opportunities @ The Vault



We are currently looking for an experienced Level 2 gymnastics coach to join our growing team, initially for 18 hours a week.

The Vault is an inspiring place to work, with a friendly, family feel. If you are interested in joining our wonderful team, please call or email for a job description and further information.

01993 870778,
cartertongymnastics@outlook.com

Closing Date: July 31st 2021

Pre-school classes, which should I choose?

To give more flexibility with choice of classes, we have now introduced a new pre-school class called...Ducklings! This is for 18 months to 3 years and is free-play but with coaching. This replaces our youngest Bunnyhops class.



Classes available:

Tumblers: Age under 5's. Free-play one off sessions supervised by a coach. Book weekly (Currently on offer at £6 per session)

Ducklings: age 18m to 3yrs. Free-play but with coached elements.

Bunnyhops: 3 to 5 yrs. Fully coached session with parents.

Little Stars: 4 to 5 yrs. Fully coached, no parents.

If you are still not sure which class would be best, please get in touch and we will be happy to help.

Meet the Coach: George

Most of you will have seen our superstar Head Coach George around and about, coaching gymnasts of all levels and ages. Here she tells us about her own gymnastics journey:

"I started gymnastics when I was two and a half years old and went to a pre-school class where I met Debra. When I was five, I then started at Carterton Gymnastic Club and fell in love with the sport. After competing at National and Regional level, I decided to coach to share my love for gymnastics and develop gymnasts to the best of their ability.

I have coached for the last twelve years and worked with such a variety of gymnasts who have been so inspirational. I love seeing gymnasts enjoying the sport and receiving a sense of achievement when they have worked so hard. The sport has taught me many life lessons, way beyond what I could have imagined and has helped me be the person I am today. It's been such a big part of my life, and I am incredibly lucky to now be a part of it all the time!"



Fun Fact: Despite being a fit and fab gymnast, George is rather partial to a nice slice of cake (always worth knowing if you want to get on her good side!!)

Friday night fun with the adults

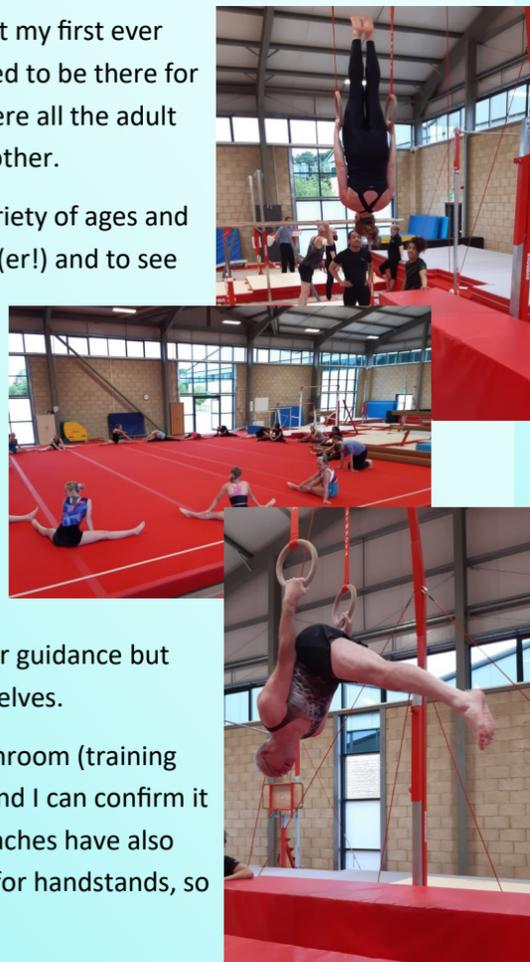
Paul's journey into gymnastics continues...

So, having had such a blast at my first ever gymnastics class, I was thrilled to be there for a special one-off session where all the adult gymnasts got to meet each other.

It was great to see such a variety of ages and abilities, both young and old(er!) and to see so many smiling and enthusiastic faces. There clearly is something about doing gymnastics as an adult that just takes you back to the fun and freedom of childhood.

Lots of the coaches were on hand to keep it safe and offer guidance but also joining in the fun themselves.

I had my first go on the mushroom (training for the pommel) this week and I can confirm it is as hard as it looks! The coaches have also started me on preparations for handstands, so watch this space!



Dance Acro—what is it and why should I give it a try?

Dance Acro is an exciting class combining both dance and gymnastics moves. Working towards combining flicks and other gymnastics with lyrical movement to music, Dance Acro is more of an art form.

With no need for any previous gymnastics experience, this is a perfect way to have fun and keep fit and flexible.



Classes are available on a **Wednesday** with our wonderful coach Molly.

Up to 10 yrs 5.30 to 6.30pm

10 yrs and over 6.30 to 7.30pm

Just a reminder.....

For safety reasons, all gymnasts need to have hair tied back securely away from their faces, and ponytails etc must not be able to reach their eyes. This applies to boys too please. Believe us when we say it's no fun at all getting your hair caught under a hand or foot!



The Vault

www.cartertongym.co.uk