

# NEWSLETTER

October 16th 2021



## Halloween Floor and Vault Competition

If you are taking part in our floor and vault competition on the 31st October, you will need to create an A4 name sheet with your first name and surname written as large as possible on it (just like Jack O' Lantern has above). This is to show to the judges before your routine so they know who to give all the marks to! There will be a prize on the day for the best decorated and most spooky name sheet.

You should all have received an email with the competition programme for the day. Please note there is a £2 fee per spectator, payable in cash on the day. You are welcome to bring several spectators to watch. The café will be open selling delicious cakes and hot and cold drinks, so bring some cash!

We are still in need of raffle prizes for the day, so if you are able to donate an item or know a company who would, please let us know. All proceeds from the day go back into the club to run future events and complete the work on The Vault.

We are so excited to welcome you all in. It's going to be a wonderful day!



## Hands Up For Half Term Fun!

We have just a few places left on our action packed, Halloween Half-Term Holiday Camp.

Running Monday 25th to Friday 29th October, 9am to 12pm daily.

Fully coached with lots of different activities, as well as plenty of gymnastics.

£70 for the week. BOOK NOW!

## Christmas Stocking filler

Looking for a special stocking filler for the gymnast in your life? We have these lovely gymnastics charm keyrings for sale in our café.



## More Wordsearch Fun From Kate

Find all the words connected to the FLOOR then use the remaining letters to discover the names of two gymnasts hidden in the grid (spelt out left to right). The words can be horizontal, vertical, backwards or forwards but not diagonally

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

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | E | G | N | A | H | C | T | I | L | P | S | T |
| P | U | N | C | H | F | R | O | N | T | D | E | U |
| R | O | U | N | D | O | F | F | T | N | O | C | O |
| G | K | K | Y | O | A | N | D | S | I | U | E | K |
| N | C | N | B | U | P | L | L | I | P | B | P | C |
| I | A | R | A | B | I | A | N | W | S | L | A | A |
| R | B | U | C | L | H | E | I | T | E | E | E | B |
| P | E | T | K | E | W | R | C | E | L | F | L | N |
| S | L | F | F | T | E | I | I | L | P | R | G | I |
| D | B | L | L | W | D | A | S | P | I | O | N | L |
| N | U | O | I | I | O | L | U | I | R | N | I | L |
| A | O | W | P | S | W | N | M | R | T | T | R | U |
| H | D | I | E | T | S | I | W | T | L | L | U | F |

- Aerial
- Arabian
- Backflip
- Double back
- Double front
- Double twist
- Full in back out
- Full twist Handspring
- Music
- Punchfront
- Ring leap
- Round off
- Split change
- Triple spin
- Triple twist
- Whip
- Wolf turn

Gymnast 1: \_\_\_\_\_  
Gymnast 2: \_\_\_\_\_

The Vault is recruiting! We now have waiting lists for a number of our classes and are keen to appoint more qualified coaches and support staff. We have the following vacancies:



## Level 1 or 2 Gymnastics

We are looking for friendly, professional coaches with one or more of the following qualifications: Men's, Pre-school, Special Needs, Recreational. Positions are part-time with hours/days to be discussed.

## Part-time Administrator/ Receptionist

To cover the following hours: Mon -Thurs 4.15-6.45pm, Sat 8.15 – 11.00am, Sun 9.15 – 10.45am

This ideally will be a job share with one other.

The role will involve covering the reception desk, checking gymnasts in and out, answering queries, both face to face and on the telephone, replying to emails and other administrative tasks. Salary from minimum wage to £10 per hour depending on experience.

## Cleaner

Required for 10 hours per week, times to be discussed. Salary £10 per hour.

If you are interested in any of these roles, please email Debra for a confidential discussion on [debra.gym@gmail.com](mailto:debra.gym@gmail.com) or ring 01993 870778.

## Meet the Coach: Jenny

Although Jenny has not been with us long, she has had a big impact on the children she is coaching and we love seeing her smiling face at The Vault. Here is her story.....

"I began gymnastics as a toddler and progressed to the Artistic squad, where I became County Champion. I then moved on to tumbling, placing third at the National Finals, following which I competed in TeamGym, representing Great Britain at The European Championships in 2012.

I began coaching when I was 14 years old and have been coaching full time since I graduated from University. I love working with children and helping give them self confidence and vital life skills like perseverance, plus kids are great fun!

Gymnastics is such a great sport, giving a firm foundation for all other sports and a healthy lifestyle."



**Fun Fact:** Jenny and her husband met whilst volunteering at the London 2012 Olympic games!

## 69 days until Christmas.....!

Sorry..... we know it's not even Halloween yet, so why are we talking about Christmas already?

Well, apart from the fact Debbie would have the tree up tomorrow if we let her, there are just a few things we need to let you know about:



### Christmas festival

It's been a tough year for everyone, but we are immensely proud of what we have achieved during our first year in The Vault, so on the afternoon of Saturday 4th December, we will be having a fun and festive celebration of the club, with games, performances and demonstrations. Put it in your diary and watch this space.....

### Christmas Holiday Camp

Need a bit of time to get organised before the big day? Let us entertain the kids at our exciting Christmas Holiday Camp. Running 9am to 12pm from Monday 20th to Thursday 23rd December inclusive, for just £60. There will be festive games and activities along with a healthy dose of gymnastics with our lovely coaches. Book early as we expect this to be very popular.

### Christmas opening times

Classes will run as normal until Christmas Eve. We will then be closed on the 24th December to the 2nd January, re-opening as normal on Monday 3rd January. Invoices for December will be automatically amended to take this into account. We hope everyone will have a good relaxing break and come back refreshed and ready for some wonderful gymnastics in January.



## Lost and Found

We have a growing collection of items at The Vault that have been left behind. These include lots of water bottles, some items of clothing and these two lovely pairs of earrings that we are sure someone must be missing.

Please have a look at your kit and if you think you are missing something, we can have a look through our collection! Any items left unclaimed by the 30th October will be disposed of.



## Important reminder.....



Can you please check that you have renewed your BG insurance. This runs from the 1st October every year and you will not be able to train without it. [www.british-gymnastics.org/memberships](http://www.british-gymnastics.org/memberships)



# The Vault

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