

NEWSLETTER

April 15th 2022



It's our 1st Birthday!

We can hardly believe it, but The Vault first opened its doors, in the middle of a pandemic, on the 12th April 2021 and we are now celebrating our first birthday! It has been a roller coaster of a ride and we have learned so much. Our Vault family has grown, from 150 gymnasts from the old school hall, to over 600. We have welcomed lots of new staff and volunteers and seen some of our home grown helpers qualify as fully fledged coaches.

We are proud to welcome members of the local community from all backgrounds and abilities and we are thrilled with how many boys we have attending both the mixed and boys classes. We are also delighted to be able to offer gymnastics to those with disabilities, through both our mainstream classes and our dedicated Comets class. Our holiday clubs go from strength to strength and we offer a wide range of complementary classes for children and adults and are always looking to add more.

We are so excited to see what our second year will bring and have lots of plans to keep improving The Vault.

Over the next year we will be looking to:

- Add more men's training aids and a trampoline which will allow us to host BG men's coaching courses
- Add more diverse classes for adults and children
- Build on the success of our Comets class to offer more disability classes
- Continue to increase our café provision
- Host more competitions, training courses and craft classes etc



Our Cheerleading Team Put On A Fabulous Performance

Ten girls from Carterton Cheerleading Team represented the Club at their first cheerleading showcase at Oxford Brookes on the 6th April.

Eight other teams, up to university level, took part and our girls conducted themselves very professionally. Our supporters sat on the front row and were very proud of our cheer team.

We are now planning a second showcase at a festival in Swindon together with our acro dance team. Look out for details shortly.

A big thank you to our cheer coaches Maddy and Sophie. Sophie is now heading off for some adventure with Camp America and we wish her all the very best.

Holiday Fun At Easter Camp

It has been a week buzzing with Easter fun and activities at our camp. Book your place now for the spring bank holiday!



Meet Debbie: Director of The Vault



I'm sure you all know who Debbie is by now, but what about the Debbie outside of The Vault? In this special birthday newsletter, she bravely allowed us to ask some of life's important questions:

If you could be an animal what would you be and why? *"I have always loved elephants. They are gentle and family oriented."*

What was your biggest gymnastics disaster? *"As a young coach I demonstrated a jump for high bar & fell flat on my face!"*

How many times have you been to Disneyworld and how old were you when you first went? *"I first went in 2001, have been about 6 times and can't wait for the next."*

What is the most surprising thing that has happened to you? *"Receiving a British Empire Medal – I had no idea I had been nominated."*

What are you most thankful for? *"My son Daniel."*

What is your favourite cartoon? *"Willo the Wisp."*

Apart from gymnastics, what's your favourite sport? *"Swimming."*

When have you felt your biggest adrenaline rush? *"I don't do big rides at theme parks! My biggest adrenaline rush was doing the log flume at Thorpe Park with Daniel when he was 6."*

What did you want to be when you were 5 years old? *"I wanted to be 6."*

What is your biggest pet peeve? *"People taking me for granted."*

What is the craziest thing you've ever done? *"Sat in a chair with my head in a glass box and scorpions on my head."*

What is your favourite gymnastics apparatus and why? *"The beam. It's the hardest piece but it can look so effortless."*

Where is your favourite place in the entire world? *"My bed!"*

What is one dream you have yet to accomplish? *"Not sure – I haven't dreamt it yet!"*

What is your favourite colour? *"Sparkly."*

If you could tell your 18 year old self one thing right now, what would it be? *"Believe in yourself and it's OK."*

Dogs or cats? *"Cogs/Dats"*

What song makes you happiest? *"It has to be 'Every One of Us', the song that I recorded in 2020 with Rick Astley and the other Unsung Heroes. However, my Granddaughter Harper would say it was Encanto."*



Did we catch you out with our April fools article in the last newsletter? As wonderful as Monty the gym dog is, she is not in fact training for a Pet World Gymnastics Championships in Madrid! If there ever is one though, we think she might do quite well, so watch this space.....



Thank you!

To Our Amazing Volunteers

Our volunteers are the backbone of our club, and we want to take this opportunity to say a HUGE thank you for the hundreds of hours you have put into The Vault over the last year.

From our volunteer coaches who turn up week in, week out and provide an incredibly professional service, to our back office volunteers, ordering kit and making sure things run smoothly and to the big teams of volunteers who are essential for putting on competitions and events. From pot washers to judges, coaches to raffle ticket sellers, we really couldn't do it without you.

We have built up a wonderful team of junior coaches who just love what they do. It is rewarding to see their confidence grow, along with their sense of responsibility, coaching skills and problem solving. We hope many of them will be inspired to continue and become qualified coaches of the future.

Thank you all for your massive contribution during our first year at The Vault.



NEW! Pilates Mat Class

MONDAYS 5.30-6.30pm

Audri is an experienced Pilates instructor and in this class she teaches the key principles of movement to put you back in the driving seat on your journey out of pain and towards enjoying everyday activities.

Audri is offering a **FREE** taster session on either 25th April or 2nd May, so come and see if this class is right for you.

To book, contact Audri on 07741 182858
info@BirchTreeMassageAndMovement.co.uk



2022 Club Championships

Sunday 3rd April was our first ever club championships at The Vault. This was a chance for our gymnasts to showcase to family and friends what they could do. It was a wonderful day with almost 200 gymnasts taking part. Some bravely overcame nerves to perform, others relished the chance to shine. They showed how hard they had worked learning their routines and did themselves and the club proud.

Our spectators supported and encouraged all the gymnasts and created a wonderful atmosphere. Thank you for supporting your club by buying raffle tickets as well as delicious bacon rolls, toasties, paninis and cakes provided by our incredible crew in the cafe.



Ordering From Our Shop



When ordering uniform from us, please be aware of the following:

Please don't order several sizes to see which fits. There is a size guide in the ProShop and we can re-order in the rare situation that your item doesn't fit. We don't hold stock of items and they are made to order for us which can take a week or two.

Please try to access the ProShop on iClassPro through your account so we can match you up with your order more easily.

If you missed the chance to order one of our commemorative 2022 Club Championship t-shirts, it's not too late, but get your order in soon!



For those who missed it, there were a couple of visits by a rather special funky chicken and between rounds the audience were entertained with demonstrations by our Allstars cheerleading group, our acro dance team and our sport acro team.

At the end of the day, four new annual trophies were awarded. Amelie received the Mills Award for Team Spirit, Gary gained the Marshman Award for Perseverance and Elsie S took home the Courtenay Award for Excellence on The Beam.

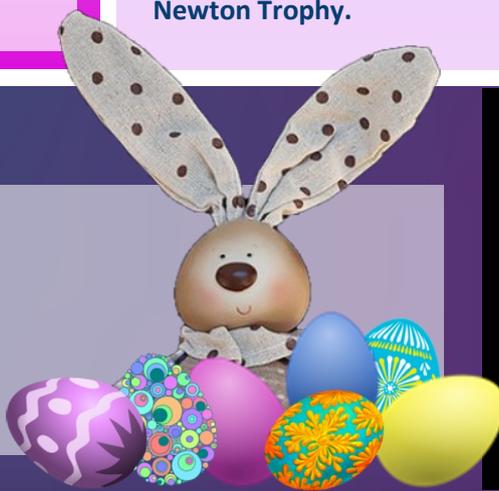


In addition, three gymnasts, Elsie L, Chloe & Evie have been named as Ambassadors of The Vault for being role models and working hard to make The Vault a great place to be. They all received the Christopher Newton Trophy.



Just a reminder.....

To have a really lovely Easter weekend. We hope the Easter Bunny brings you lots of goodies, and if you get too many, we are always happy to help you out with them here at The Vault.....!



The Vault

www.cartertongym.co.uk