

NEWSLETTER

May 13th 2022



NEW! Boys Squad at The Vault

We are thrilled that we have so many boys taking part in gymnastics at The Vault. Now we are able to take that provision one step further with the development of our very first boys squad. Five boys who have shown particular potential and attitude in their recreational classes have been invited to join this new squad. They will be training 6 hours a week initially, on a Monday and Wednesday, and will progress to competing in county competitions.

Well done boys and we look forward to seeing how you all get on.



Elsie & Baileigh



Elsie and Baileigh competed at Dynamo Gymnastics Club in Southampton on the 1st May and both came away with commendations at National Grade 4.

Debbie attended as their coach and they had a few supporters who made the trip to cheer them on as well. We are proud of their achievements.

Payment Issues

Many of you will be aware that we have had some issues taking payments this month, and we would like to apologise for the inconvenience this has caused.

There have been changes in how banks verify transactions and this caused issues with iclasspro. We have been working hard with them to address these problems which should be resolved by the next payment date. If you are still struggling to pay, we can take payments at the gym for this month. If you are paying online, please don't click on submit more than once and do scroll down to check for any further messages. Thank you all for your amazing patience and goodwill.



HALF TERM HOLIDAY CAMPS

Last chance to book!

Just £20 per day

Monday 30th May 9am - 12pm
Tuesday 31st May 9am - 12pm
Wednesday 1st June 9am - 12pm

BOOK NOW

to avoid disappointment



Meet The Coach: Rachel

I joined The Vault in January and I can't believe I've already been here 5 months! I've really enjoyed getting to know many of the gymnasts as well as being part of The Vault family. The Club Championships were probably my highlight so far – it was a joy to watch the children having their special moment performing to the audience.

I started my gymnastic journey aged 7 and was instantly hooked. I practised hard on my flexibility and skills and pleaded with my parents to take me to more classes. They kindly obliged and I started training 6 nights a week! My dad built me a bar out of scaffolding poles in the garden and I was lucky enough to have a floor beam from Father Christmas one year - goodness knows how it got down the chimney? Hard work pays off and I was invited to train with the County Squad and represented Norfolk on many occasions. Sadly, an injury stopped me in my tracks but my love of the sport has never faded.

I've been working in a primary school for the past 14 years and started running a gymnastic club for the pupils. I loved sharing my passion for the sport with the children and coaching them was so fulfilling. About four years ago, I started coaching in a gymnastics club for children with additional needs and this made me realise I wanted to give more of my time to coaching. I qualified as a Coach in 2019 and then waited for the right opportunity – and that came in January!

For me, there is nothing better than seeing a child's confidence and character grow through sport and when that sport is my favourite, well, there's a smile on my face from ear to ear!

Fun Fact: Back in the 1980s, Rachel was on a famous primetime Saturday night TV game show doing handstands and cheerleading!



First Adult Competition At The Vault



The Vault will be holding its first adult gymnastics competition on Sunday 3rd July.

The competition is open to men and women of all ages, from 16 to 100, and from novice to more experienced. This will be a relaxed and fun opportunity for gymnasts to showcase their skills.

Our existing adults are training hard, but it's not too late to join in. If you fancy giving gymnastics a try or would like to return to the sport that you love, we run adult classes on Monday, Tuesday and Wednesday evenings as well as one off sessions on a Thursday evening.

Contact us for a chat about whether adult gymnastics could be for you.



YOGA FOR UKRAINE - NEXT FRIDAY

Have you booked your place with Lizzie for her special yoga session at The Vault to raise money for the people of Ukraine? Beginners and experienced welcome.

Friday 20th May 6 - 8pm

www.mmyoga.co.uk

It's free to book, with donations on the day going to the DEC Ukraine Appeal.

Just a reminder.....

The weather is getting warmer and we just want to remind you all to please, please bring a water bottle to the gym with you. Gymnasts can't be at their best if they are dehydrated!



The Vault

www.cartertongym.co.uk