

NEWSLETTER

October 29th 2021

Halloween Special



An active week for our Holiday Camp gang

With obstacle courses, games and lots of fun activities to do, our Holiday Camp participants have certainly been keeping busy. They still had time to get our coaches all wrapped up for Halloween though. Well done to Lynn's team for winning the toilet roll mummy competition!



Pre-school Halloween



There have been bats and pumpkins appearing all round The Vault and this week our pre-schoolers have been getting into the Halloween spirit with some fun themed classes.

All The Ingredients For A Fabulous Halloween Floor And Vault Competition

With just a day or two to go until our first ever club competition at The Vault, here are the important things to remember:



Clocks

Just a reminder that the clocks go back on Saturday night, so don't forget to change those alarms!



Cash

There is a £2 entry fee for each spectator. Please bring the correct change. You will also need cash for refreshments in our café, but if using the Costa machine, please note it is card only.



Name

All competitors need to bring an A4 sheet of paper or card with their name written as large as possible on it so the judges know who you are. They can be decorated in a spooky way and there will be a prize for the best.



Masks

All spectators will need to bring and wear a face mask at all times when moving about the building. Masks may be removed when seated. Unfortunately we will not be able to admit any spectator who doesn't have a mask. Gymnasts do not need masks.



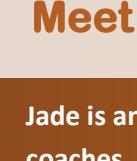
Uniform

Gymnasts need to wear their Vault uniform. If you have ordered a uniform item and are still waiting for it, we may have second hand items that we can lend you.



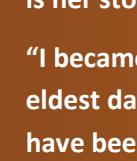
Hair

Gymnast's hair needs to be tied up neatly and securely away from the face and eyes, ideally in a neat bun or short plaits. It must not be able to reach their eyes.



Session

The competition is split into 3 sessions. You have been sent an email with a programme that shows which session your child is competing in. Please arrive promptly for your session.



Nerves

It is very normal to feel nervous, especially if it is the gymnast's first competition. Please help your gymnast to understand that this is a friendly and fun opportunity to challenge themselves and show their adults just what they can do. And between you and me, the not half as scary as they look.....! Coaches will be there to guide them on the day and we know from experience how much the gymnasts love these events.

