

# NEWSLETTER

June 24th 2022



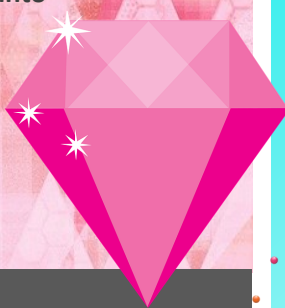
## Cheerleading Team Gets New Name!

We are very excited to announce that our cheerleading team, along with a new coach, Jas, also has a brand new name:

### **The Vault Diamonds!**

Jas will be looking to grow the squad and branch out into different teams and levels, starting with our existing youth level 1 squad, the **Pink Diamonds**. If you would be interested in trying out some cheer, we would love to have you!

Watch this space for our new cheerleading costume.



## Meet the Cheerleading Coach: Jas

"My name is Jas and I'm the new cheerleading coach at The Vault. My background is in gymnastics, where I jumped at the chance to take my coaching qualification. A few years later I started coaching tumbling and gymnastics for Thundercats Cheer and Dance Studios, which gave me the

chance to try out some cheerleading and I absolutely fell in love! My wife and I both joined the senior squad where we competed together in level 2 stunt.

I took a break from cheer when I took my degree in Circus Arts at the National Centre for Circus Arts in London from 2016 to 2019. Lockdown caused a career change to nursing, and whilst studying, I discovered the cheer programme at Oxford Brookes where I have been competing on the level 2 cheer team, Infinity.

I am now super excited to be joining the Vault family and building our very own cheer squad. My hope is that we will be able to start competing and doing community performances in the next year and building a name for ourselves in the cheer community."

## Circus School

We are looking to run circus workshops in the summer holidays. If you are interested please email us at [cartertongymnastics@outlook.com](mailto:cartertongymnastics@outlook.com).

If we have enough interest, we will be in touch with more information shortly.



## Interested In Becoming A

# Junior Coach ?

We are always looking for more keen young people to train up as junior coaches. It is a wonderful volunteering experience that builds confidence and responsibility and provides a great work experience within our supportive team. Full training and support is given and it is the perfect stepping stone to becoming qualified as a gymnastics coach. If you are interested, have a chat with head coach George or email [cartertongymnastics@outlook.com](mailto:cartertongymnastics@outlook.com)



# Thank you!!



We would like to say a very big **THANK YOU** for the kind donation of our new music system. After over a year of struggling with technology that was just not suitable, we are now set up for a professional sound experience!



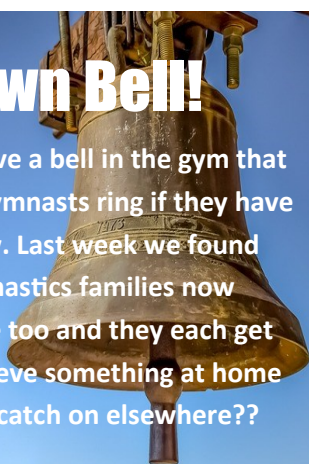
We have listened and taken on board your requests for WiFi access in the café. Following a BT engineer visit last week, we are very happy to announce that you are now able to use our free WiFi provision whilst visiting the Beam Café.

## Freezer Needed!

Do you know anyone who has a small freezer (undercounter size) that they are looking to get rid of? We are after an undercounter frost-free freezer in full working order. Please let us know if you can help. Thank you.

## Ring Your Own Bell!

As you may know we have a bell in the gym that the children and adult gymnasts ring if they have achieved something new. Last week we found out that one of our gymnastics families now have a bell in their home too and they each get to ring it when they achieve something at home ....we wonder if this will catch on elsewhere??



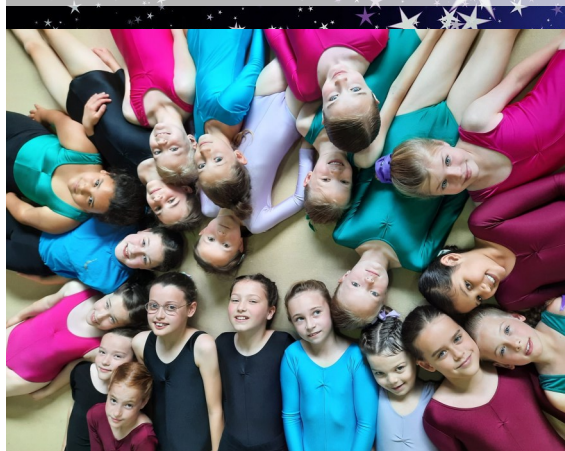
## The Balloon Is Down!

After months of seeing this escaped balloon on the café ceiling it is now down! (but can you spot the new one up there?)



## Great day at Abingdon County Recreational Competition

On the 12th June, 27 young gymnasts from Carterton Gymnastic Club took part in their first county comp for recreational boys & girls. We are very proud how professionally they represented The Vault. Well done to everyone, we hope you enjoyed your day.



## Do you like a challenge?

Could you become our next gymnastics judge? In order for our gymnasts, from recreational to adult and elite, to compete in county, regional and national competitions, we have to supply our own qualified gymnastics judges.

Would you be interested in training to become a British Gymnastics Club Judge? It takes two weekend

# J U D G E

long courses to become qualified and is an incredibly rewarding and role. Expenses for travelling to competitions are usually paid as well as having lunches and snacks provided. To find out more and to chat to one of our current judges, please speak to Debra.



# Martial Arts Instructor Wanted

We are looking for a martial arts instructor to run classes for us at The Vault. We are keen to hear from qualified instructors from any martial art, or mixed. This is a wonderful opportunity to teach your discipline in a top class facility. Please contact The Vault if you are interested.



# Water Bottles

PLEASE remember to bring a full water bottle to every session. It wastes class time if coaches have to help gymnasts to fill bottles. We will soon be selling Vault branded water bottles – so watch this space.....



## Donations & Raffle Prizes

We are always looking for ways to raise much needed funds to keep The Vault running, and one fund raisers we are able to do at competitions and events are raffles. We know times are hard for everyone right now, but we would be grateful for any new gift items or vouchers etc that we could use as prizes. Thank you!

## FOCUS On:



Did you know that we have a thriving Sport Acro team?

You may have seen some of our team demonstrating at our club

competitions. For ages 5 to 16, this is a team gymnastics discipline creating floor routines which can progress to include gymnastics flicks, balances, throws, catches and somersaults, all set to music. It is great fun, creating a close-knit team spirit as each member of the team relies on the rest to achieve a dynamic spectacle. Working in pairs, 3's or the whole team, this sport is open to both boys and girls.

Training on Thursday evenings, 6.30 – 7.30pm they are always keen to welcome new teammates.



## Little Bunnies! THURSDAYS 10.30am

Just a reminder about our new pre-school class, Little Bunnies. This class is for those little ones aged 3 – 4 who do better without a parent/carer in the class (don't worry, you can watch on the screens in the café). This class complements our Ducklings, Bunny Hops and Little Stars classes, with something for every pre-schooler, no matter what age and confidence level.



## Don't Miss Out!

Our summer camps are filling up fast, so if you haven't booked your place yet, don't leave it too late. We now offer individual days at £20 as well as a reduced rate of £85 for booking a full week.

Dates:

- ◆ 25th - 29th July, 9am - 12pm
- ◆ 8th - 12th August, 9am - 12pm
- ◆ 22nd - 26th August, 9am - 12pm



## Just a reminder.....



That all classes will be running as normal throughout the summer holidays.



# The Vault

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