

GYMNEWS

2017

VOLUME 43 ISSUE 3 SEPTEMBER 2017

TERM DATES

START OF TERM MONDAY 11TH SEPTEMBER

HALF TERM CLOSURE: FRIDAY 20TH - THURSDAY 26TH OCTOBER

INCLUSIVE

LAST DAY OF TERM: SUNDAY 17TH DECEMBER

FIRST DAY OF SPRING TERM: THURSDAY 11TH JANUARY

All term dates will be on the electronic board in reception which has now been moved to a more prominent position above the front door!

WE HOPE THAT ALL OF OUR MEMBERS HAD A GOOD SUMMER HOLIDAY AND GIVE A WARM WELCOME TO NEW MEMBERS JOINING US THIS TERM! HAVE A HAPPY HANDSTAND.

SUMMER CAMP:

As always we had a very busy summer with the highlight once again falling on Camp where on an extremely busy first week we had over seventy young ladies and eleven boys tumbling and turning their way through the week. Week two was a little quieter with just under sixty girls in attendance.

Gymnasts came from an amazing 10 different countries, with the furthest arriving all the way from Abu Dhabi!

The ever popular Skits Night was won by Mansfield on week one, and by our own team on week two. Well done ladies!

We are now taking bookings for Easter Camp which is open to any gymnast training for more than four hours a week. We urge our own gymnasts to book early to avoid disappointment. Camp seems to be increasingly popular we have had some excellent feedback and requests to run camps during the other holiday periods too!

GYM GATES. ENTRANCE/EXIT.

You will have noticed that the car park has been treated to some markings during the summer recess. Yellow markings have been added to leave space for emergency access. A stop sign in front of the Exit gate has also been added. Would members please ensure that they enter by the gate

closest to the corner and leave by the gate closest to the old folks' home. We have had a couple of close calls with people using the wrong gates. They are clearly marked and for your own safety please enter and leave the car park carefully!

NEW MEMBERS:

On arrival please place all of your clothes in the cubby holes in the boys' and girls' changing rooms. We have just refurbished these areas at a cost of over £30,000 so that they are fit for purpose in the 21st century. Clothes must not be left on the floor in the entrance hall as this constitutes a trip hazard (Health & Safety) which the H & S officer from the Council is not very keen on.

HALF-TERM DATES

PLEASE NOTE: the Club will be closed for Half-Term on Friday 20th October and re-opens on Friday 27th October to accommodate our preparations for the Rushmoor Rose Bowl. Do make a special note of this.

EXAM SUCCESS

We are delighted to congratulate two of our members, who following excellent exam results are off to university. Emily Cantwell our Senior Team Captain will be going to St Mary's University College Twickenham (Colin and Bernie's Alma Mater) to study Sports Science, while Danielle Summersby will be going to Manchester to study for a degree in nursing. Well done ladies on your excellent results!

PARENTS VIEWING (For all of our new parents)

We ask all parents who are wishing to stay and watch to please use the Café / Bar areas. If parents are in the gym it is very distracting for the children and hence a safety issue. Very few clubs have a viewing gallery, so please do not abuse this privilege.

Once again we have to ask our parents to please respect this area. We are sure that you would not allow your children to make a mess in your own homes so to those of you whose children drop food on the floor for it to be trodden in to the carpet (we have just spent several hundreds of pounds having them steam cleaned) please refrain from doing so. If crumbs, crisp packets, cups etc. do fall to the floor we would be grateful if you would pick them up. **WE DO NOT WISH TO CLOSE THIS FACILITY FOR REASONS OF HYGIENE!**

THE FITNESS GYM.

Why spend huge sums of money to join a fitness club when you can work out at the RGA while your child is attending a class and kill two birds with one stone. Those of you who do not yet use the club's FITNESS GYM do check it out. We have totally up-dated the cardio equipment, installed two T.V.s and two fans. We charge parents of our members JUST £4:00 per session to use this facility. There is NO JOINING FEE so we are the cheapest gym in town. WHY NOT GET FIT WHILE YOUR CHILD GETS FIT????

TOILET BREAKS

Could parents of our younger members please ensure that they do get to the toilet before commencing their class. It should not be necessary for a child to need to visit the toilet during a $\frac{3}{4}$ hour class. We did also have a couple of 'accidents' last term that should have been avoidable. Your assistance in this matter would be most appreciated.

STAFFING

We are delighted to say that Sebastian Smalley has now joined us as a full time member of Staff. Sebastian signed on to the Apprenticeship Scheme during Summer Camp. We are as always on a quest for a good coaches and will continue to fill in with guest coaches to fulfil our needs in this area.

We are delighted to say that John Pirrie will be joining us once again for a week in January.

THE NEW RGA AWARD SCHEME:

You will all who were members last term have noticed that we have updated our very own award scheme. This was long overdue but has now been completed. We have now revised the colours on the result sheets and they are now much easier to read. Certificates from last term's testing will be available for the first two weeks of term ONLY. If you wish to purchase a certificate for your child they cost £2 and are available at reception. Testing takes place during the last three weeks of each Term.

THE CLUB WEBSITE

Claire has also now full taken over the webmaster role for the club site on www.rushgym.co.uk bringing us firmly into the 21st Century. We are

hoping that the new site meets all of your needs and that it is a much more attractive site to visit.

However if it is just term dates that you are looking for, these are always displayed on the electronic notice board in reception.

THE WAY AHEAD:

We unfortunately had to cancel this talk due to lack of interest. If you wish to find out about progression through the BG system all of the details can be found on the BG website.

DATES FOR CAMPS 2018

EASTER CAMP 1ST - 6TH APRIL

SUMMER CAMP FIRST WEEK: 19TH - 24TH AUGUST

SUMMER CAMP SECOND WEEK: 26TH - 31ST AUGUST

PLEASE MAKE A NOTE OF THESE DATES NOW!

CALENDAR

SEPTEMBER

1st - 3rd

England Squad Training: RGA

3rd

Regional Squad: Poppy, Eleanor

10th

Regional in age and FIG Championships: Portsmouth

11th

Term Starts

15th - 17th

Adrian Stan Team Championships: Guildford

OCTOBER

6th - 8th

Challenge Cup: Guildford

15th

Out of Age Regional Championships: Dynamo

20th - 26th Inclusive CLUB HALF-TERM

21st - 22nd

RUSHMOOR ROSE BOWL

27th - 29th

Spooky Spectacular: Newcastle

NOVEMBER

4th - 5th

British Age Group Championships: Guildford Spectrum

2nd - 3rd

Espoir British: Surrey Sports Park, Guildford

9th

Christmas Cup: Luxembourg

DECEMBER

17th

END OF TERM

JANUARY

7th - 11th

John Pirrie to work with Squad Gymnasts

11th

APRIL

1st - 6th

JUNE

2nd - 3rd

TERM STARTS

Easter Camp

British Universities Championships: RGA