

GYMNEWS

2018

VOLUME 44 ISSUE 1 JANUARY 2018

TERM DATES

START OF TERM THURSDAY 11TH JANUARY

HALF TERM CLOSURE: MONDAY 12TH-SUNDAY 18TH FEBRUARY

INCLUSIVE

LAST DAY OF TERM: WEDNESDAY 28TH MARCH

FIRST DAY OF SUMMER TERM: MONDAY 16TH APRIL

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 HAPPY FESTIVE SEASON AND GIVE A WARM WELCOME TO NEW MEMBERS JOINING US THIS TERM! WE HOPE THAT YOU HAVE A VERY GOOD 2018. HAVE A HAPPY HANDSTAND.

BRITISH GYMNASTICS MEMBERSHIP - URGENT

Please note that after over forty years of running this club, BG has decided to change the way that our members register with the Governing Body. In the past, Bernie has sent off details of all of our registered members in one list with a cheque for several thousands of pounds.

Apparently (so we are told) due to the changes in the Data Protection Act next May, we are no longer able to forward your child's details to a third party and this must be done by the parents or guardians direct.

IF YOU ARE A NEW MEMBER, ONCE YOU HAVE PAID YOUR FEES AND BG MEMBERSHIP TO US YOU MUST GO ONTO THE BG WEBSITE AND REGISTER WITH THEM DIRECT! WITHOUT TAKING THIS STEP YOUR CHILD REMAINS UNINSURED, SO THIS IS VERY IMPORTANT.

To our current members who tried in vain to register while the BG website crashed (as we told them it would) our humble apologies. However you are all aware that it was nothing to do with the RGA administration team. Bernie has spent hundreds of hours trying to sort out the chaos, so let us all hope that their system now operates as it is supposed to!

END OF TERM TESTING

This did not take place in December as in 2016 a number of people said that their children would be absent due to having to take part in school productions, Christmas parties etc. We did not test for this reason as we are fully aware that our classes run for the last few weeks of the Winter term with much reduced numbers.

This year however we received complaints from people who stated that their children were in attendance and therefore should have been tested regardless. Damned if we do, and damned if we don't! We will give much thought as to what we are going to do about any future testing. We have a new member of staff starting at Easter who will be taking on full responsibility for the Recreational Classes and the Testing, it is likely that she may decide to re-vamp the entire programme. We will keep you informed!

EASTER CAMP:

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, and we have already taken a lot of bookings from abroad, so it looks as if camp is going to be multi-national once again. Indeed Andrea from Barcelona, was so impressed that she decided to come to an English school and join the club full time. Welcome Andrea, and we are delighted that you have settled in so well at both school and club.

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!

GYM GATES. ENTRANCE/EXIT.

The new car park markings have generally been adhered to, leaving our exits available for emergency vehicles, which following the Grenfell Tower fire has

concentrated the minds of all of us. For your peace of mind all of our staff are trained as fire marshals on an annual basis.

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. The same applies to parents. Please do not congregate in the entrance hall or walkway. This is our main designated fire exit and must be kept clear at all times

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 hundred 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 ¾ hour session. 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 Joe Martin has recently joined us on our apprenticeship scheme as a full time member of staff. So welcome Joe to the RGA coaching team. We are very sad however to be losing Joe Alvey who has been a very popular coach during his time with us. We wish him well in his future endeavours.

We are delighted to say that International Performance Coach John Pirrie will be joining us once again for a week in January. John's role will be both to coach the high level gymnasts, but also to provide coach education for our young staff.

THE CLUB WEBSITE

Claire has also now fully 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. All the latest information is displayed here, however if it is just term dates that you are looking for, these are always displayed on the electronic notice board above the entrance in reception.

CALENDAR

JANUARY

11th Term Starts

FEBRUARY

4th Level 1 Compulsory: Lilleshall
9th-11th English Championships: Redbridge
12th-18th Inclusive CLUB HALF-TERM

16th-18th Witch of the West: Wiltshire
24th-25th County Grades 6-1: Dynamo

MARCH

8th-11th British Championships: Liverpool
24th Southern Region Grades Final 6-1: Dynamo
25th Southern Region National and Comp Grades: Dynamo
29th END OF TERM

APRIL

1st - 6th Easter Camp

MAY

12th-13th National Finals Levels 4-2: Stoke
26th-27th National Finals NDP 4-1: Stoke

JUNE

2nd - 3rd British Universities Championships: RGA
17th Summer Sizzler (SEJ 3): Wiltshire
30th-1st SVOD International: Deventer, Holland

JULY

8th County OOA Levels: Dynamo
15th County In-Age Levels & FIG

AUGUST

19th-24th SUMMER CAMP WEEK 1
26th-31st SUMMER CAMP WEEK 2

SEPTEMBER

9th SR In-Age & FIG: Portsmouth
15-16th Adrian Stan Team Championships: Surrey Sports Park

OCTOBER

6th - 7th Compulsory 2 & 1 Qualifier: Lilleshall
13th-14th Quatro Cup: Wiltshire
20th-21st Rushmoor Rose Bowl: RGA

NOVEMBER

3rd-4th British Levels Finals: Guildford Spectrum
9th-11th British Challenge Cup: Surrey Sports Park

