

GYMNEWS

2018

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TERM DATES

START OF TERM MONDAY 16TH APRIL

WE ARE OPEN FOR CLASSES BUT CLOSED FOR PLAYGYM ON BANK

HOLIDAY MONDAY 7TH MAY

HALF TERM CLOSURE: MONDAY 28TH MAY-SUNDAY 3RD JUNE INCLUSIVE

LAST DAY OF TERM SUNDAY 22ND JULY

FIRST DAY OF WINTER TERM: MONDAY 10TH SEPTEMBER

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 EASTER AND GIVE A WARM WELCOME TO NEW MEMBERS JOINING US THIS TERM! HAVE A HAPPY HANDSTAND!

THE ANNUAL GENERAL MEETING WILL TAKE PLACE ON TUESDAY 15TH MAY AT 8:15

All parents are encouraged to attend. Find out where your money is spent (we are a Registered Charity) and what our plans are for the future. The AGM is followed by an informal cheese and wine reception where you will have an opportunity to meet with the coaches and committee.

BRITISH GYMNASTICS MEMBERSHIP - URGENT

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

Most (but not all) of our current members have now completed this task. If you are one of the few that have failed to register with B.G, please do so immediately!



NEW STAFF MEMBER

We are delighted to announce that after ten years on loan to the World famous Cirque du Soleil, Claire Wright is returning to her roots, to once again join the RGA as a full time staff member.

For those of you who are new to the club, Claire was an eight times (in a row) Senior British Trampoline Champion, a Beijing Olympian and World Number One three times individually and eleven times in synchro.

Claire who has a BSc (Hons) in Sports & Physical Education is a Level 3 coach in Women's Artistic Gymnastics and also a Level 2 in Trampoline.

She also has a great deal of experience in dance and choreography.

Claire's initial responsibility will be to oversee all of our general classes, which she will be in charge of from the start of the summer term.

We are extremely fortunate to have someone of such experience to join us, and trust that her years with us will prove to be very beneficial to all of our members. Welcome home!

ADULT GYMNASTICS

One of the immediate results of Claire joining us is the return of our Adults Classes. If you wish to be coached by an Olympian do sign up today!

END OF TERM TESTING

This did not take place in December or March as we were waiting for Claire to arrive and re-vamp the testing procedures. While we have had differing reports from parents, some of whom wish testing to take place and some who do not wish it to happen, overall the majority are very keen to have some feedback as to their child's progress.

We will resume the testing programme which will take place again at the end of the summer term. Please note that if your child is absent during the testing period we are unable to test them individually at other times.

EASTER CAMP:

We are now taking bookings for Summer 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 a multi-national affair once again. **BOOK TODAY!**

THE FITNESS GYM

Claire's first job (before she even started work) was to re-decorate the fitness gym. This is a great opportunity for those of you who are dropping off your children for a class and could use the time to get fit.

After 18 years of running this facility on an ad hoc basis, we are now offering it as a pay as you play for just £4:00 per session. But for those of you who are coming to the gym more than once a week at a price of £20 per month. We hope that this will encourage even more parents to take advantage of this facility while their children are training.

DATES FOR SUMMER CAMPS 2018

SUMMER CAMP FIRST WEEK: 19TH - 24TH AUGUST

SUMMER CAMP SECOND WEEK: 26TH - 31ST AUGUST

PLEASE MAKE A NOTE OF THESE DATES NOW!

NEW MEMBERS:

On arrival please place 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

NEW EQUIPMENT

We are always replacing equipment and have recently had a delivery of new pre-school apparatus, plus some new foam wedges for our general classes to learn to back flip. However, we have recently applied for a grant from Sport England to replace both of our floor areas. It has been club policy to replace one floor every five years, with a working life of ten years for each floor area. However a move by the International Federation two years ago, to change the specification from foam to steel springs now means that our two floors are now out of date for International Competitions.

As we host the 'Rushmoor Rose Bowl' each October, Britain's longest running and most prestigious Invitational we have to replace both floors together.

The club had put aside £30,000 to replace one floor this summer, but now we need to find £70,000 for two new floors. We have applied for a grant of £30,000 from Sport England so let us all keep our fingers crossed!

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!

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.

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.

BANK HOLIDAYS

Please note that classes will run as normal on Bank Holiday Monday 7th May. Playgym will be closed.

CALENDAR

MAY

3 rd - 7 th	International: Portugal
26 th -27 th	National Finals NDP 4-1: Stoke
28 th -3 rd June	Club Half-Term (inclusive)

JUNE

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

JULY

8th County OOA Levels: Dynamo
15th County In-Age Levels & FIG
22nd End of Term
23rd-27th Gym closed: Routine maintenance

AUGUST

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

SEPTEMBER

2nd Southern Region Training
9th SR In-Age & FIG: Portsmouth
15-16th Adrian Stan British Team Championships: Surrey Sports
Park
23rd Southern Region OOA Levels: Dynamo

OCTOBER

7th Compulsory 2 & 1 Qualifier: Lilleshall
12th-14th Quatro Cup: Wiltshire
20th-21st Rushmoor Rose Bowl: RGA
28th Southern Region Training

NOVEMBER

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

DECEMBER

7th-9th Christmas Cup: Luxembourg