

REBOUND GYMNASTICS CLUB

NEWSLETTER

Issue No 3

SPRING 2005

WEBSITE

Great News!! Our website is now up and running at www.reboundgym.co.uk

The site contains lots of useful information, including club policies, competition results etc. and will continue to be developed over the coming months.

There is a "Members Only" section for coaches, gymnasts, parents and officials, which can only be accessed via a login and password. This facility will be activated over the next couple of days. The Members page will contain details of competition requirements, including a guide to the competition system and will also contain information on club uniform and term dates.

Feedback on the website is welcome.

We would like to take this opportunity to thank Richard Arney and his company Briefclick (www.briefclick.com) for assisting us in setting up the website.

DISPLAY EVENING – 29 APRIL



We decided to postpone our display evening until after the Grades competitions and have now set a date of Friday 29 April – see posters in the gym. All Main Class gymnasts are invited to take part in event. The programme will include tumbling, trampette work and group floor routines to music.

Entry will be by ticket only. It should be an entertaining evening so book your seats early to avoid disappointment!

GRADES COMPETITIONS

A lot of the girls are now busy preparing for their Grades competitions which are taking place on 20 March (Grades 3, 2 & 1 and Voluntary 1) at Lilleshall National Sports Centre and on 2 and 3 April (Grades 6, 5 & 4) at Birmingham Sports Centre.

Gymnasts not competing are more than welcome to come along and support their friends and the Club.

COMPETITION - PHOTOGRAPHY

If you wish to take photographs or video your child at the competition, please remember you will need to obtain a Photo Pass in the name of the person who will use the equipment. Forms were sent out at the start of term, but if you need a replacement form – please see Erin as soon as possible.

METROPOLITAN COUNTY SQUAD

Last year we were successful in gaining three places in the County Squad – Hannah Askill, Gabbie Cook and Rebecca Cook. Based on their competition performances over the past 12 months and their regular attendance at training sessions during the year, they retained their places.

On 23 January we took another three of our gymnasts to the County Trial held at the Munrow Centre – Caroline Curry, Jessica Wevill and Hannah Bond. After an hour's warm-up and agilities, testing on all apparatus, including range and conditioning, and a further 2 hours training, we were told they had all secured a place – well done girls!

JOHN REEVES COMPETITION

Gabbie and Rebecca Cook were selected as team reserves for the John Reeves Competition held last December. This is an inter-County competition (open to County Squad Members only) - both the Metropolitan County Level 3 and Level 2 teams came first and as reserves Gabbie and Rebecca were awarded a gold medal each.

EQUIPMENT

As a result of funding raising initiatives last term the Club has been able to put in an order for a new set of fully adjustable bars and appropriate matting. We hope to receive the new equipment by mid-March.

In addition, the Club received a £500 donation from Flybe and Oliver Bond raised £60 as a result of a sponsored event at his school. The extra monies, together with club reserves, have meant that we have been able to increase our order to include a full sized floor beam, a foam springboard (for float upstarts), a cylindrical module to assist with handsprings and walkovers and a new trampette.

USE OF CAMERA/VIDEO EQUIPMENT IN THE GYM

From time to time we will use video equipment during training sessions to demonstrate where a gymnast is likely to lose marks in competition. If you would prefer us not to record your child, can you please send a signed note to your child's coach.

We may also take individual/group pictures for display in the gym or the private "Members Only" pages of our website. Again, if you would prefer your child was not involved, please advise us in writing.

WELFARE OFFICER

Lin Buchanan is the Club Welfare Officer and is usually in the gym at the start of a session. Gymnasts / parents can approach her about any worries or concerns relating to their / their child's gymnastics.

If parents have a concern about a coaching aspect, then they should approach their child's coach in the first instance or they can speak to Erin. It would be appreciated if coaches were approached at end of a session (or at the start if necessary).

DROPPING OFF AND COLLECTING FROM THE GYM

It has been brought to our attention recently that several parents/guardians have dropped children off in the car park outside the gym when no coach has been present. We cannot stress enough the importance of ensuring that children are not left at the gym until a qualified coach is present. Other parents are not responsible for your child.

We would also ask that parents arrive to collect their child at least 5 minutes before the end of the session.

HELP WITH EQUIPMENT

We would again like to thank all those parents who regularly assist us in setting up and putting away the equipment. The more help we get, the quicker the job gets done and the more time can be spent on coaching - so please lend a hand!

COACHING

If any gymnast/parent/sister/brother would like to know more about coaching, please come and have a chat with us. The Club pays for all tuition fees and offers support and guidance to anyone who wishes to get involved - it is a very rewarding role and the Club would greatly appreciate the extra help.

RECREATIONAL CLASS - FLOOR & VAULT COMPETITION

The competition took place on Saturday 12 February - there were approximately 80 girls competing ranging in age from 5 up to 14 - the girls performed well and a good time was had by all.

A full set of results, together with photographs of the medal winners, will be on display in the gym.

QUALITY AWARD

The Club is aiming to apply for the Gym Mark in April. A full set of club policies, codes of practice etc. is available in the Information Book in the gym and on the website.

CONDITIONING

If a gymnast wants to progress it is important that she does some conditioning at home. For those doing Grades 6, 5 and 4 it is vital that they practice splits, bridges, perch balance and straddle lever every day.

We will be testing the girls over the next couple of weeks in preparation for their Grades competition - so keep practising!

*Mark and Erin Simpson
February 2005*