

# Sandbach Gymnastics Newsletter

FEBRUARY 2013

*Please Support the Gym That Supports Your Child*

## Competition Success

### Kingsway Competition

Sandbach Gymnasts had a fantastic day again at the annual Kingsway comp held in Widnes. We entered 45 gymnasts and came home with 38 medals. This was our highest medal achievement at a single competition. All the gymnasts worked extremely hard and made their coaches very proud showing outstanding performances. The routines were clean and well executed making the Sandbach gymnasts stand out from the rest. May I also add that we were congratulated on a number of occasions on the good behaviour of our gymnasts, which was a pleasure to hear. Well Done to all our gymnasts!!!



### **Cheerleading**



The club now has its own cheerleading squad. Cheerleading has become increasingly popular in the UK over the last few years and has now become a competitive sport. We currently have around 20 cheerleaders who will compete later in 2013.

The girls ages range from 8 - 20 years. If you are interested in joining the group please speak to reception.

Gymnasts must be able to flip un-aided to be considered for this group.

# General Events and Activities

**GRANTS** - We have successfully been awarded a grant of £1,000 from **The Co-operative**. This was used towards the extension of the gym, the new podium area for beam, the new crash mats and soft play apparatus. Thank You to the **Co-op**

**PRIVATE LESSONS** - Is there a skill you really want to learn but need a more assistance or time in the gym? We are now pleased to offer private tuition classes. The class can be booked for 1 hour on a one to one basis. The cost is £30.00. If you feel your child may benefit from this please contact reception for booking information. Classes are available for everyone.

**SPONSORED ROLL** - The sponsored event is an annual event we run which usually raises between £1,500 - £2,000. We thank you for your support over the years and hope you can support the equipment fund raising side again this year.

This year's event will take place in March, details to follow soon. Thank you.

**GYMNAST OF THE QUARTER** - Every quarter we intend to do an update newsletter, keeping you informed of current activities. Each quarter the coaches of the club will discuss how the gymnasts of each group have trained, worked, most improved etc. We will then present the selected gymnasts with a certificate to reward their individual efforts.

## CONGRATULATIONS TO OUR GYMNAST QUARTERLEY WINNERS!!!

### General Classes

Sat 9 - 10 am	<b>Olivia Almond</b>
Sat 10 - 11 am	<b>Abbie Ryan</b>
Sat 11 - 12 am	<b>Evie Bostock</b>
Sat 12 - 1 pm	<b>Alice Muirhead</b>
Mon 4 - 5 pm	<b>Emily Proudlove</b>
Mon 5-6 pm	<b>Amelia Higginson</b>
Tue 4 - 5 pm	<b>Hannah Glendenning</b>
Tue 5 - 6 pm	<b>Alex Talbot</b>
Thu 4 - 5 pm	<b>Sophie McGowan</b>
Thu 5 - 6 pm	<b>Teegan Green</b>

*Fund Raising and Parent Support*

*Please contact Tracy Cooper on 01270 767491*

*If you can help or support the development of the club in anyway.*

*Thank you for your support*

*Visit [sandbachgymnastics.com](http://sandbachgymnastics.com)*

**TODDLERS** - The toddler time classes run on Tuesday mornings from 9.30 - 10.30 am and Friday afternoons from 12.30 - 1.30. You supervise your own child and enjoy the fun time with your child in the gymnastics hall. The class costs £1 per head and is available to any pre-school children only. There is no need to book.

### GYMNAST INSURANCE

**Sandbach Gymnastics is a registered club with both British Gymnastics and UK Gymnastics. Please ensure that your insurance membership is up to date. You child need to affiliate to one of the organisations. Reception will advise you.**

**PRE-SCHOOL** - These classes are available Friday mornings and Monday and Wednesday afternoons. The classes are 45 minutes long and are run by qualified coaches.

**BAG PACKS** - The club regularly takes part in bag packs. We have found this is the best way to fundraise for the club with all of the money raised going back to the club for new equipment. If you can spare an hour to assist in these please let Danni know as every bit of help no matter how small makes a huge difference

**RECREATIONAL CLASSES** - All classes are FULL !!. Please ensure that your course fees are paid on the due dates to reserve your child's place. There have been a couple of occasions where fees have not been paid and we have no choice but to allocate the place to somebody else. We now operate a waiting list system for all classes, this has 100 children on it. Unsecured places are offered to new members on the waiting list.

### Intermediate Classes

Mon 6-8 Cheer pm	<b>Emily Savage</b>	Thu 6 - 8pm	<b>Leah Wallace</b>
Tue 6 - 8 pm	<b>India Barratt</b>	Fri 4 - 6	<b>India Myles</b>
Wed 4 - 6pm	<b>Olivia Pearsall</b>	Sat 1 - 3pm	<b>Imogen Miller</b>
Wed 6 - 8pm	<b>Sofia Tottman</b>	Sat 3 - 5pm	<b>Charlotte Wint</b>

### Advanced Classes - WA Groups

WA Squad - Tracy	<b>Alisha Evanson</b>
WA Squad - Danni	<b>India Williams</b>
WA Squad - Julia	<b>Elizabeth Wassall</b>

**THANK YOU FOR SUPPORTING SANDBACH GYMNASTICS**