



Berkhamsted Gymnastics Club
August & September 2021



Newsletter



Welcome back to Gymnastics

We hope everyone had a wonderful summer holiday and ready to return to school!

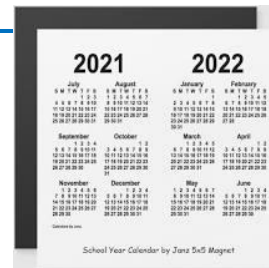
Berkhamsted Gymnastics Club classes start back on Monday 6th September 2021. We have sent out emails regarding your child's class - please ensure that you check the timing of this as there have been some changes depending on your child's age and ability.

DIARY Dates

Re-open Monday 6th September 2021

October half term 26th – 30th October 2021

Christmas closure last day Saturday 18th December 2021



BG MEMBERSHIP

Your British Gymnastics 2021/22 Insurance is due in September.

Every member needs to be Insured.

Please make sure this has been completed as anyone who has not renewed by the 1st October 2021 will not be allowed to take part in their training session.



Preschool is back at Gossoms End, if you would like to sign up, please contact Bridget via email membership@berkhamstedgymnastics.co.uk.

Classes currently run
Monday 9.30am – Independent 3-4 years
Monday 10.30pm – Parent & Toddler 2+

Prices £8



IMPORTANT NOTICE

We have been asked to remind parents, carers, and guardians not to come onto Ashlyn's School site before 3.45pm. This is because there are still some school activities taking place up until this point and in line with duty of care and school guidance, unidentified adults cannot be on site prior to this.

Please ensure that your child is also dressed / ready for gymnastics as we do not have access to any of the school's changing rooms.

Berkhamsted Gym Camps

Summer Gym Camps were a huge success, we thank everyone who attended and hope that you all had a wonderful time.



Look out for the October Holiday camps information that we will be sending out in mid-September.

CONTACT COACHING

During August we sent out an email to all members regarding providing manual support / contact coaching to our gymnasts once more. Up until this point, we have not provided any physical support within skill or training sessions.

Following the information from British Gymnastics we will start to introduce contact coaching slowly.

Please email membership@berkhamstedgymnastics.co.uk if you do NOT wish your child to return to contact coaching.



SAFETY in Gymnastics

Please could we ask that your child attends gymnastics with appropriate attire - shorts, leggings, t-shirt (which can be tucked in) or leotard.

A small reminder that hair must be tied back and out of eyes for both girls and boys. All jewellery must also be removed prior to entering the session. This is to ensure that both gymnasts and our coaches stay safe before, during and after their sessions.

If your child arrives with an injury or tells us that they can not train because of an injury we will ask for you to collect them.

If your child requires an inhaler or Epi-Pen medication, they must bring this with them in a named bag. We require all their medical details kept up to date on their LoveAdmin account