



Berkhamsted Gymnastics Club
November & December 2021



Newsletter

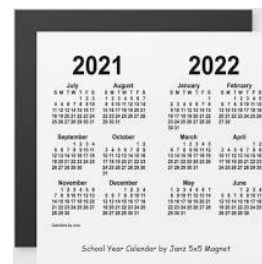
Cold weather

Since half term and entering into November, the weather has drastically changed and become colder! Please make sure that your child has lots of layers / clothes for when they are waiting outside and leaving the gym. We still ask you to take your child's clothing with you as this helps to control the risk of transmission of Covid-19 travelling from home into the gym.

DIARY Dates

Last day of term = SATURDAY 18TH DECEMBER 2021

The club re-opens: MONDAY 3RD JANUARY 2022.



Would you like to join our team?



We are looking to recruit people to support through an apprenticeship or Gymnastics Coaching Qualifications who are passionate and enthusiastic about working with children.

We are looking for the next generation of coaches to come and join our team! Even if you are still a gymnast, we would love to hear from you!

We would love to help you start your coaching journey by starting to assist others!

For more details, contact carina@berkhamstedgymnastics.co.uk



CONTACT COACHING

Since returning to contact coaching, we have seen the gymnast improve on their skill level and progress!

Well done everyone keep up the great work.

BADGES

We want to say a big 'WELL DONE!' to all of the gymnasts who worked through their badges. They have been able to show progression within their skills and ability. Congratulations to the gymnasts who passed their next badge or ticked off further skills on their current badges. Keep up the fantastic work.

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.

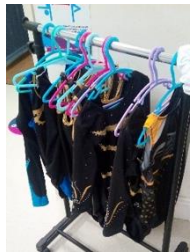
SAFETY in Gymnastics

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



Leotards for SALE

We have several second-hand leotards for sale in our reception area.

If you are interested, please speak to one of our coaches so that they can arrange for you to come in at the end of a session.

All leotards are priced at £10.00.



Berkhamsted Gymnastics Club Leotard

We are in the process of designing a club leotard for all gymnasts to purchase and wear whilst training. Our aim is to make the gymnasts feel part of the club, and having a uniform can help them to work hard to achieve. We will give you further information once this is available, but we hope they will be available to order in the next few weeks.



October Gymnastics Camps

October Half-Term camps were a big success! This was the first time that we ran full day sessions which we will continue to do in the future.



Our holiday camps will next be running in February Half Term (14th – 18th February 2022).

Please note, we are not holding any holiday camps in the Christmas break – however we are having a 'Fun' Christmas themed week starting on the 13th December 2021.