

# NVRGC Newsletter January 2020



Welcome to a brand-new decade of rhythmic gymnastics! Here's all the latest information from our club.

## Age Groups and Classes

Our recreation and elite classes are split into Beginners (new starters & U8), Espoir (ages U9 – U12), Junior (ages U13, U14, U15) and Senior (15+). Your child's age on 1<sup>st</sup> January determines which age group they are in for the 2020 year. EG if she is 7, she will be U8, if she is 8 she will be U9. Children don't switch age groups during the year.

Coaches continually assess your child to make sure they are in the right class to get the most out of their gymnastics. Your child's class time is printed on your fee letter – please make sure you arrive on time to avoid disrupting the class. Note: Some classes have changed this year so do check your fee letter carefully.

## Uniform and Appearance

A purple club leotard is compulsory for all U12 Gymnasts

Club Racer back vests are required for older gymnasts and girls training more than once a week, worn with club leggings/shorts or plain black leggings/shorts.

Our Lovely New Club Hoodies and club leggings complete our uniform and make our gymnasts look and feel part of our club at training, competitions and events.

The new club T-shirts given to all members at the end of last year are for warm up only and must be worn over your club leotard or club training vest.



Reminder 1 - gymnasts must wear trainers to the gym – not school shoes, boots, sliders or heelies please!

Reminder 2 - hair must be fixed securely in a bun, using pins and a net – no ponytails, bunches or loose hair!

PLEASE USE THE TEAR OFF SLIP AT THE BOTTOM OF THIS NEWSLETTER TO ORDER UNIFORM

\*\*payment is required with order.

## Competitions

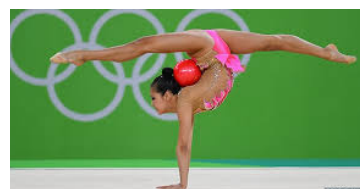
There are 6 levels to give everyone the chance to perform against gymnasts of a similar standard. Beginners and Novices start with Next Steps and Level 1, progressing to Level 2 after five competitions, Level 3 is for County and Regional standard gymnasts, Level 4 for National standard and Level 5 for British/international standard.

Not every child will do competitions, those that do need to have the ability and the desire to perform. Coaches will advise you when your child is ready to begin competing and what apparatus they will need, but if your child does not want to do competitions and just wants to do gymnastics for fun that is perfectly ok too.

Eligible gymnasts will get a letter with competition and entry details. Exact timings for competitions are only made available about a week before the event but generally you can expect your child to be there most of the day.

The club provides qualified judges and coaches for each competition, but parents are always needed as volunteers to help the event run smoothly. All offers of help are welcome!

You are expected to provide apparatus and a competition leotard for your child except where they are in their first year of competition or if they are competing as a group. Please ask advice before purchasing to make sure you meet the regulations as it can be quite expensive.





**Coaching, Judging & Volunteering**

We are delighted to announce our new Level 1 coaches passed their exams at the end of last year. Congratulations to Saffron and Ozleyis who have been recreational gymnasts for many years and are now assisting in our novice and recreation classes.

It's lovely when gymnasts want to give back to our club – but mums and dads make great coaches and judges too, it's a great way to support our club and our sport. Talk to us if you'd like to know more.

**Safeguarding and Protecting Children – Welfare Officer**

Providing a safe environment is vital for your child to enjoy their sport, whatever level they are at. All BG registered clubs need at least one welfare officer, and we are delighted to have 2 parents come forward to take on this role. A big thank you to Vicky and Natasha who will soon be doing Safeguarding training before taking over this role.

Ideally, we would like 1 more person to join them to ensure we have enough cover – Speak to Vicki or Debbie.

**2019 Gymnast Awards**

We are proud of all our gymnasts and their successes, whether it's learning new skill, passing an award, taking part in their first competition, winning medals or learning Left from Right! Each year the coaches award certificates to gymnasts who have demonstrated effort, attitude and progress. This year's winners are:

	<b>Most Improved:</b>	<b>Best Attitude:</b>	<b>Hardest Working:</b>
<b>U8</b>	Emilia	Grace	Naomi
<b>Beginner</b>	Arina	Eva-Rae	Savannah
<b>Novice</b>	Arohi	Sienna	Miley
<b>Elite</b>	Armani	Natalia	Maddie
<b>Elite</b>	Shayna		

**UNIFORM ORDER – TEAR OFF AND RETURN WITH FULL PAYMENT IN A SEALED ENVELOPE PLEASE**

CLUB LEOTARD	£27.50	SIZE 26/28/30/32/34/36/38
NEW STYLE RACER BACK VEST	£15.50	SIZE XS/S/M/L
NEW STYLE CLUB HOODY	£25/£30	SIZE XS/S - M/L
PURPLE SHORTS	£17.50	SIZE XS/S/M/L
CLUB LEGGINGS	£25	SIZE S/M/L
TOE SHOES	£10	

CHILDS NAME: .....

Please remember to indicate sizes

TOTAL ORDER VALUE: .....

PAID BY CASH/CHEQUE/BACS

DATE