

# GYMNEWS

## 2017

*VOLUME 43 ISSUE 2 APRIL 2017*

*TERM DATES*

*START OF TERM MONDAY 24<sup>TH</sup> APRIL*

*HALF TERM CLOSURE: FRIDAY 26<sup>TH</sup> MAY – THURSDAY 1<sup>ST</sup> JUNE  
INCLUSIVE*

*LAST DAY OF TERM: MONDAY 24<sup>TH</sup> JULY*

*(TO MAKE UP FOR THE BANK HOLIDAY CLOSURE)*

*FIRST DAY OF WINTER TERM: MONDAY 11<sup>TH</sup> SEPTEMBER*

*All term dates will be on the electronic board in reception which has now  
been moved to a more prominent position above the front door!*

DESPITE THE FACT THAT SURREY AND HAMPSHIRE EDUCATION  
AUTHORITIES FAILED TO CO-ORDINATE THE EASTER BREAK WE  
HOPE THAT ALL OF OUR MEMBERS HAD A GOOD EASTER  
HOLIDAY AND GIVE A WARM WELCOME TO NEW MEMBERS  
JOINING US THIS TERM! HAVE A HAPPY HANDSTAND.

### EASTER CAMP:

As always we had a very busy Easter with the highlight once again falling on Camp where we had over sixty young ladies tumbling and turning their way through the week. Skits night was won by a group from Mansfield narrowly ahead of an excellent showing by the RGA Senior Team. Mansfield have been attending camp for over twenty years and this year also did well in the final prizes of Camper of the week and Gymnast of the week. These are voted on by the coaching staff themselves.

Camper of the week went to Beth Falconer and despite having two of the five nominated gymnasts in Eleanor Cox and Poppy Hanscomb, the RGA girls were narrowly beaten by Asha Scott giving Mansfield a clean sweep.

We are now taking bookings for summer camp which is open to any gymnast training for more than four hours a week.

### GYM GATES. ENTRANCE/EXIT.

Would members please ensure that they enter by the gate closest to the corner and leave by the gate closest to the old folks' home. We have had a couple of close calls with people using the wrong gates. They are clearly marked and for your own safety please enter and leave the car park carefully!

### NEW MEMBERS:

On arrival please place all of your clothes in the cubby holes in the boys' and girls' changing rooms. We have just refurbished these areas at a cost of over £30,000 so that they are fit for purpose in the 21<sup>st</sup> century. Clothes must not be left on the floor in the entrance hall as this constitutes a trip hazard (Health & Safety) which the H & S officer from the Council is not very keen on.

### BANK HOLIDAYS

The Gym will be closed on Bank Holiday Monday 1<sup>st</sup> May so in order for our Monday classes not to miss out we extend the Term by one day finishing on Monday 24<sup>th</sup> July. The second May Bank Holiday takes place during Half-Term so no need to change anything there.

### HALF-TERM DATES

PLEASE NOTE: the Club closes for Half-Term on Friday 26<sup>th</sup> May and re-opens on Friday 2<sup>nd</sup> June. Do make a special note of this.

## SUMMER CAMP

We have already taken bookings for Summer Camp Camp. If you are an RGA gymnast don't leave it till the very last minute to secure your place. Camp is a 'Must Do' for all of our squad gymnasts and is open to anybody training more than four hours a week. We are expecting it to be a sell out once again this year!

We have gymnasts coming from all over the world and we will of course be bringing in extra coaches from outside of the club to give even more depth to our already very experienced coaching staff. **SIGN UP TODAY! RGA MEMBERS RECEIVE A 50% DISCOUNT** from the full price and are non-resident.

## PARENTS VIEWING (For all of our new parents)

We ask all parents who are wishing to stay and watch to please use the Café / Bar areas. If parents are in the gym it is very distracting for the children and hence a safety issue. Very few clubs have a viewing gallery, so please do not abuse this privilege.

Once again we have to ask our parents to please respect this area. We are sure that you would not allow your children to make a mess in your own homes so to those of you whose children drop food on the floor for it to be trodden in to the carpet (we have just spent several hundred pounds having them steam cleaned) please refrain from doing so. If crumbs, crisp packets, cups etc. do fall to the floor we would be grateful if you would pick them up. **WE DO NOT WISH TO CLOSE THIS FACILITY FOR REASONS OF HYGIENE!**

## NATIONAL JUDGING COURSE

We are pleased to say Vicki passed her National Judging Exam with flying

colours. The Code of Points for Gymnastics changes with every Olympic Cycle providing the Coaches and Gymnasts with plenty of challenges every four years.

### COMPETITIONS Report

On the 7<sup>th</sup> – 9<sup>th</sup> April three of our gymnasts competed in the English Championships which was held at Loughborough University. Poppy Hanscomb performed very well to finish in 33<sup>rd</sup> place overall & a very commendable 19<sup>th</sup> on floor. This was the first time Poppy competed with her double back on floor. Sydney Lawler also competed in the Espoir event, excelling on vault. Emily Cantwell competed in the senior event. Emily had a good day on floor & vault, but unfortunately she had to count a few falls on beam. All the girls have improved their difficulty levels recently & this will help them gain valuable experience for the future.

This weekend our senior squad are traveling out to Belgium for the Lucien Mus Cup where we hope to come back with some medals!

Poppy & Sydney will now focus on their national finals for their grade 1 next month. Eleanor Cox will also be competing in her level 2 competition at the end of April.

Good luck to all competing.

### THE FITNESS GYM.

Why spend huge sums of money to join a fitness club when you can work out at the RGA while your child is attending a class and kill two birds with one stone. Those of you who do not yet use the club's FITNESS GYM do check it out. We have totally up-dated the cardio equipment, installed two T.V.s and two fans. We charge parents of our members JUST £4:00 per session to use

this facility. There is NO JOINING FEE so we are the cheapest gym in town.  
WHY NOT GET FIT WHILE YOUR CHILD GETS FIT??????

### TOILET BREAKS

Could parents of our younger members please ensure that they do get to the toilet before commencing their class. It should not be necessary for a child to need to visit the toilet during a  $\frac{3}{4}$  hour class. We did also have a couple of 'accidents' last term that should have been avoidable. Your assistance in this matter would be most appreciated.

### STAFFING

We are delighted to say that having taken on Nigel and Mia last term we are now fully staffed once again. We are still on a quest for a resident choreographer / coach but have been filling in with guest coaches to fulfil our needs in this area.

We are delighted to say that the ever popular Keith Hardy will be coming down to join the coaching staff for another week in June. We are using Keith to not only help coach in all areas, but also to act as a consultant to help with our own coach education. John Pirrie will also be joining us for a week in July. On the Choreography front we have also been bringing in two guest choreographers: Irina Kozyreva and Anett Allsop who have done some wonderful work with the girls for their floor routines on top of the work already being undertaken by Zoe Potter.

Alas we are losing Elena Kolesnikova who has been with the RGA for six years. The Home Office have turned down her application for permanent residency which means unfortunately for her, that she has to return to Russia leaving her daughter and granddaughter in this country.

Needless to say the RGA made strong representations to try to get this decision reversed but sadly to no avail. We wish Elena a very sad goodbye and on behalf of all at the RGA a huge THANK YOU for all of her work over the last few years.

For those doing squad training we have been fortunate enough to have obtained the services of Pavel Todorov every Saturday. Pavel is a BG High Performance Coach so is able to coach (and has) at the very highest International level. We are delighted to welcome him to the team.

### THE NEW RGA AWARD SCHEME:

You will all who were members last term have noticed that we have updated our very own award scheme. This was long overdue but has now been completed. We have now revised the colours on the result sheets and they are now much easier to read. Certificates from last term's testing will be available for the first two weeks of term ONLY. If you wish to purchase a certificate for your child they cost £2 and are available at reception.

Testing takes place during the last three weeks of each Term.

### THE CLUB WEBSITE

Claire has also now full taken over the webmaster role for the club site on [www.rushgym.co.uk](http://www.rushgym.co.uk) bringing us firmly into the 21<sup>st</sup> Century. We are hoping that the new site meets all of your needs and that it is a much more attractive site to visit.

However if it is just term dates that you are looking for, these are always displayed on the electronic notice board in reception.

### EAT TO WIN:

The second of our informative talks for parents took place at the end of last term when Ivan Lawler D.O. MBE very kindly agreed once again to come and talk to parents about the needs and requirements of fuelling the competitive gymnast.

Ivan gave a fascinating insight into nutrition for sport (He is a triple Olympian himself) and this was followed by some lively questions and discussion from

the audience. It was a great pity that more parents did not avail themselves of this unique opportunity!

A huge thank you to Ivan who very kindly donated his fee to Help For Heroes.

### THE WAY AHEAD:

The third and final talk in the series will be taking place later this term the date to be advised and will highlight the requirements demanded by British Gymnastics along with what you need as parents to support your competitive child. This talk will be led by Colin with input by Vicki.

We will charge a nominal £2 and once again all proceeds will be going to H 4 H. If you want to know exactly what direction we are moving in you need to be there.

### DATES FOR CAMPS

SUMMER CAMP FIRST WEEK: 13<sup>TH</sup> - 18<sup>TH</sup> AUGUST

SUMMER CAMP SECOND WEEK: 20<sup>TH</sup> - 25<sup>TH</sup> AUGUST

PLEASE MAKE A NOTE OF THESE DATES NOW!

### CALENDAR

#### APRIL

29<sup>th</sup> - 30<sup>th</sup> National Compulsory Grades: Fenton Manor

#### MAY

1<sup>st</sup> BANK HOLIDAY. GYM CLOSED

14<sup>th</sup> In-House Competition RGA

20<sup>th</sup> - 21<sup>st</sup> NDP 4,3,2,1 Finals: Fenton Manor

26<sup>th</sup> England Squad Training: RGA

26<sup>th</sup> - 3<sup>rd</sup> JUNE INCLUSIVE: GYM HALF-TERM

#### JUNE

5<sup>th</sup> - 11<sup>th</sup> Keith Hardy to work with Coaches and Squads

## JULY

2 <sup>nd</sup>	S. Region Teams/Bill McLoughlin Qualifier: Abingdon
3 <sup>rd</sup> – 6 <sup>th</sup>	John Pirrie to work with Squads and Coaches
7 <sup>TH</sup> – 9 <sup>TH</sup>	England Squad Training: RGA (provisional)
9 <sup>th</sup>	Hants OOA Levels: Dynamo
16 <sup>th</sup>	Hants IA Levels, FIG & Challenge: Dynamo
25 <sup>th</sup> – 28 <sup>th</sup>	Maintenance Week: RGA
31 <sup>st</sup> <u>JULY</u> – 4 <sup>th</sup> <u>AUG</u>	Holiday Badge Courses

## AUGUST

13 <sup>th</sup> – 18 <sup>th</sup>	Summer Camp Week 1
20 <sup>th</sup> – 25 <sup>th</sup>	Summer Camp Week 2

## SEPTEMBER

1 <sup>st</sup> – 3 <sup>rd</sup>	England Squad Training: RGA (provisional)
10 <sup>th</sup>	Levels and FIG & Challenge: Portsmouth
15 <sup>th</sup> – 17 <sup>th</sup>	Adrian Stan Team Championships: Guildford
30 <sup>th</sup> – 1 <sup>st</sup>	National Compulsory Levels 2 & 1 Qualifier: Lilleshall

## OCTOBER

7 <sup>th</sup> – 8 <sup>th</sup>	Quatro Cup: Wiltshire
13 <sup>th</sup> – 15 <sup>th</sup>	Bill McLoughlin National Apparatus Championships & Challenge Cup
21 <sup>st</sup> – 22 <sup>nd</sup>	RUSHMOOR ROSE BOWL

## NOVEMBER

4 <sup>th</sup> – 5 <sup>th</sup>	National Voluntary Levels 4,3 & 2: Guildford
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