



NEWSLETTER MAY 2008

East Clevedon Hall, 137 Old Street, Clevedon, North Somerset, BS21 6BH
Tel: 01275 342068 Email: admin@cglc.co.uk

Welcome to the first edition of the Club Newsletter. Through this we hope to keep you up to date with competitions, training and other important information.

As I am sure many of you will know Mrs. Pittard has decided that she would like a little more free time and has therefore decided to pass on ownership of the gym. I am delighted to say she will continue to be a very important part of the team continuing to coach the senior gymnasts, supporting the club at competitions in her role as Area Judge and give me invaluable guidance and friendship as I take on the role of owner. I would also like to take this opportunity to thank all the coaches, gymnasts and parents for their good wishes and support. I hope that we can continue to produce the excellent level of gymnastics Mrs. Pittard has achieved over the many years that she has been coaching.

Competition Results

Well done to all those gymnasts who took part in the recent Club Competition at Fromeside. A full list of results can be found on the notice board in the entrance porch.

6 gymnasts recently took part in the Somerset County Championships for Floor and Vault at Baskervilles Gym Club in Bath. Four gymnasts were taking part in County competitions for the first time and they are to be congratulated on their results. In the Under 11 Intermediate group Kirsty Allen finished in 6th place and Ellys Jackson finished 8th. Kerri Attride finished 4th in the Under 14 Intermediate Group, Chloe Hopwood finished 5th in the Over 14 Intermediate Group. Two old hands at County Championships showed that they still have what it takes with Vicky Ashworth winning the under 14 Advanced Championship and the Over 14 Advanced Championship was awarded to Samantha Quantrill. Congratulations to all of them.

Emergency Contact Details

We recently sent out record update forms with the gymnasts and we would ask that these are completed and returned as soon as possible. If you do not recall having had one then please ask and we will provide one.

Future Events and Important Dates

Displays – we have been invited to give a display at various events and we will give more information via the notice board. It is anticipated that we will invite any gymnasts who are available and can complete certain moves to be part of the displays. We will be doing a small amount of rehearsal beforehand and gymnasts would also need to be available for that.

Holiday training – There will be holiday training during the summer holidays and we hope to give the dates for this very soon. Details of the holiday training in May have already been given to gymnasts but please speak to any of the coaches if you would like further information.

Beginners Competition – This competition is to be held on the 7th June 2008 in the Club premises. All children who are considered by their coaches to have reached a level where they are able to compete will be invited to participate. It is not compulsory and we do not want any of the gymnasts feeling pressured into taking part.

4 piece County Championship – This is to be held on 28th June 2008 in Bath and we will be inviting those gymnasts who are able to perform at the level required for this Championship in to the gym to work with the Coaches to ensure they are ready to participate.

Clothing

It is important that the gymnasts are dressed appropriately for gymnastics; leotard for girls and shorts and t-shirt for the boys are the preferred clothing. Hooded tops, jeans and clothing

with toggles, zips, ties and buttons on the outside are not appropriate. Long hair must always be tied back tight against the head.

Club leotards, training leotards, sweatshirts, tracksuits and hand guards can be purchased through the club.

Fees

Fees are due on **12th May 2008** and are for a 10 week session (excluding holidays) up to, and including, Saturday 26th July 2008. If you are paying by cheque please make the cheque payable to Clevedon Gymnastics and Leisure Club (or CGLC) and please write your gymnast's name on the back of the cheque. The fee scale is as follows:

1 hour per week	£35.00
2 hours per week	£70.00
3 hours per week	£96.00
4 hours per week	£102.00
5 hours per week	£110.00
6 hours per week	£114.00
7 hours per week	£117.60
8 hours per week	£120.00

Due to the increase in the coaching hours within the gym we have spaces available for additional training. If your gymnast would like to increase their hours, or change the day on which they train, please speak to me and we will do our best to meet any requests.

Pre-school Classes

We will be starting pre-school classes from Monday 2nd June 2008 and every Monday morning during school term times thereafter. If you would like further information please speak to Maxine, Lisa or Maria.

Maxine Quantrill