



SEPTEMBER & OCTOBER 2018



HARLEQUIN

School of Gymnastics

Welcome back ...

We welcome everyone back after the school holidays, it seems such a long time ago.

There are several important items that we do need to remind Parents and gymnasts, so please read carefully.

URGENT Insurance is due



At the beginning of October, the new Insurance year starts, you will receive an email from BG asking you to login via the British Gymnastics website and Check & Renew your personnel information. It is important that you complete this as soon as the email arrives (check Spam) as **we can not allow your child into their class until the system tells us that this has been completed.**

Autumn GYM CAMP

Dates will be available on the website by Friday 28th September to book your child's place for our Autumn Gym Camp.

Tuesday 23rd October am, pm or all day
Wednesday 24th October, pm
Friday 26th October am, pm or all day

If you are a Harlequin member or have booked a gym camp session before, you can book via the Payscale login account which you have set up for your child's class (there is no need to create a new account, just use your existing one)

Non-members need to book via our website.

BRITISH TUMBLING CHAMPION Elliott Browne

Over the weekend our very own coach Elliott Browne competed in the British Championships in Birmingham. It was a very exciting competition which was spread over the weekend and viewed on BBC sport. Many of our young gymnasts travelled up to watch and support him. They were not disappointed as Elliott produced 4 excellent tumble runs, which placed him top of the score board.

Elliott Browne received **GOLD** and became the British Champion 2018.



New starters and BG insurance

PaySubsOnline.com

Manage members, fundraising and payments online

Once your child has attended their trial session, an email will be sent with a link to our Paysubsonline, please check your spam box if you cannot see it in your inbox. If you do not receive an email, please contact us before their next session as the email address may have been entered incorrectly. **IMPORTANT** the setup of both the Paysubsonline and British Gymnastics, must be done before their next session, we cannot allow them in if this is not done. Any problems please contact us, and we will be happy to help you.

Ready for Gym

Please can we ask that child arrive at their class in appropriate attire. We do not insist that they wear a leotard, but we do ask that they wear shorts/leggings and a t-shirt. **No** floating tops, jeans, anything with buckles or belts.

HAIR – if long please tie it up, many children are turning up to class with their hair down.

TOILET – many children need to go while in their class, when one goes it has a domino effect and then half the class wish to go. Please can I ask that all children especially the younger years go before coming into class. This also disturbs the class.

Respect

We try to create a safe and warm atmosphere here at Harlequin making it as pleasant as we possibly can for parents to watch and children to learn.

Last week we came across a very unpleasant sight where something was left behind the toilet. As staff we find this disrespectful that somebody fills it is okay to do this. We have a bin in each toilet where items can be disposed of.

SAFETY

we have removed all air-fresheners from the toilets as someone sprayed the room, this created a slippery floor, a young child slipped over hitting their head. Can I please ask deodorant is also not sprayed

TIDYING UP

We understand that many classes fall between snack times for siblings, please could we ask that if they have a spillage, either drink or food that you ask for a cloth or brush to clear it up.

PARKING

We have unfortunately had our neighbour Denvor Carpets, complain that cars are being parked outside her building to drop of children into their class. We have use of the shared car park which is to the left of our building, parking is difficult, and we can only apologise. We do have a few spaces directly outside our building for your use and a night when all other units have closed the possibility of parking outside I am sure will be fine. We do ask you to please respect our neighbour by NOT parking in front of Denvor Carpets as she will clamp your car.

CANCELLATION

If you wish to cancel your child from their class please inform us via email between the **1st - 7th of each month**. If you inform us after this date the following month fee will be requested as your month notice.

If you cancel your pre-authorisation via the bank, we will take this as your child has cancelled and remove them from the register.

Once you have set up your account it must remain set up for the duration of their gymnastics or trampoline time at Harlequin.



We are amazed that coats, shoes, bags are left after classes.

Please Check – if your child has arrived home missing something, it could be in our lost property.

At the end of each evening anything which is left will be collected and placed into the Black bin, which is situated in the Changing room. At the end of each school term we will take everything to the charity shops.

ARRIVING on TIME

If your child arrives later than 15mins after the class has start, I am afraid they will not be allowed in.

The most important part in any sport is the warm up, if they arrive late we will not have a coach available to do a 1 to 1 warm up, this also disturbs all the other children.



INJURIES



If your child has sustained an injury outside Harlequin with either their foot/ankle, hand/wrist, back or neck, **PLEASE** do not send them in. This is because more damage can be done.

Gymnastics uses all parts of the body, if they come in complaining that they have an injury we will call you to collect or sit them out of the activities.

CAR PARK



Please keep hold of young children as they cross the car park as we have had a report that young children are running around the cars.

PLEASE support if you can ...

We have been asked by two families whose children attend Harlequin to share their facebook page. Both have two different stories but equally have a very tough journey ahead. All we ask is that you visit and read their stories and if possible help or donate in any way you can. We thank you for your time.

www.gofundme.com/zy6gfn-vbt-surgery-for-phe

We are raising money for life changing scoliosis vbt surgery in Germany

Phe is a very active 9yr old that loves gymnastics.... Dance....

Theatre....swimming and riding her bike. Due to her scoliosis, the increasing deformities and medical issues it is causing, these activities are becoming harder for her to do. Scoliosis has been an invisible illness for Phe until recently.



Now... since may 2018 Phe spine and rotation has increased at an alarming rate. The NHS can offer metal rods meaning a lengthy operation and recovery. VBT can only be done on a curve that is not too large. We are now getting near that range so don't have long to raise the money for Phe to go to Germany for surgery. Of course, we would prefer not to be in this position but as we are we feel that as parents we need to provide Phe with a surgery that offers her the best childhood and future.



<https://www.facebook.com/DanChangChedd>

Daniel has been diagnosed with Burkitt's Lymphoma it's a rare and aggressive form of non-Hodgkin's lymphoma, a type of cancer that attacks the lymphatic system, which helps the body fight infections. Burkitt's Lymphoma is recognised as the fastest-growing human tumour - a tumour can double in size in only 18 hours - and is so rare that hospitals in the UK see only a handful of cases each year.

Dan, who is only 11, started chemotherapy last week and is expected to remain in Oxford's John Radcliffe Hospital for the six months of his treatment. Daniel is a member at Harlequin Gym club and have known him for many years. He is an incredible young gymnast, he always enjoys the session and has a laugh with the other gymnasts within his class. The news has come as a great shock to the staff and the children, we wish him all the very best and hope to see him back very soon. If you would like to help support the family please visit their facebook page.

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We are here for gymnasts, parents and coaches. If you need to speak to us please contact either..



Harlequin Welfare Officers



Kelly Billington
07854 375577

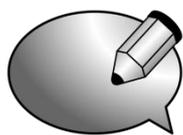


Dawn Thurgood
07815 542069



Natalie Stringer
07852 237966

Email: harlequinwelfareteam@gmail.com



COMMENTS

At Harlequin we are always planning to achieve the best for our gymnasts by supporting progressions with new ideas to reach the final skills.

We welcome feedback by gymnasts and parents. If you would like to have a say please leave a comment, with your name and contact number, we will answer you personally.



We post updates daily so for the latest club info please go to our Facebook page.

BADGE Classes



Gymnasts work really hard in all our recreational classes from

Pre-school Mini who work theme badges

Junior classes which work the Pre-school 1st, 2nd and 3rd Badges

Bronze, Silver & Gold classes work very hard to complete their Badges 8 down to 1.

We now have gymnasts who moved onto Bronze Fitness.

Keep up the great work

Congratulations

