

March & April 2019



HARLEQUIN

School of Gymnastics



Important Information to read in this month's Newsletter

1. Cancelling Pre-authorisation
2. Attendance
3. Half Term Camp
4. Silent Auction TBC
5. JustGiving & Easy Fundraising
6. Gymnast of the Month
7. Lost Property



May Half Term Gym Camp

Tues 28th May – Wednesday 29th
May & Friday 31st May 2019

Dates are available to book your child(ren) onto our May Half term Gym Camp.

Please book via your **LoveAdmin** account. In the top left-hand corner is events, please follow instructions.

If you have any friends who wish to book their child, they can do this by logging into our website and clicking Gym camp.



SILENT AUCTION

AMAZING PRIZES TO BE AUCTIONED

PLEASE LOOK OUT FOR
FURTHER DETAILS

Silent Auction
Stay Tuned for Updates

LOST PROPERTY

We have a nice selection of clothes, coats, shoes and school bags in our lost property bin in the changing rooms. Please check if you have lost anything.

We do have several small items handed in and are normally collected, we have had a pair of glasses which we would like to hand back if the below item is yours please come and collect



Parents cancelling Pre-authorisation

Our system notifies us when pre-authorized payments have been cancelled, once we are informed, we will take this as you no longer require your child's gymnastics or trampolining lessons. They will be removed and will no longer be able to attend.

As there is now no cancellation notice the place will be offered out to someone on the waiting list.

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



We need your help! If you shop online, please could you sign up to easyfundraising to support Harlequin Gym Club - Leighton Buzzard?

It's a really easy way to raise money for us - you just use the easyfundraising site to shop online with more than 3,600 well known online stores like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S and when you make a purchase, the retailer sends us a free donation, at no extra cost to you.

We want to raise as much as possible, so please visit our new easyfundraising page at <https://www.easyfundraising.org.uk/causes/harlequingleighton/> and click 'support us'.

(Basically people visit easy funding using our support page and then buy online through easy funding. So if they use amazon a lot then they can do it through this and we make money)

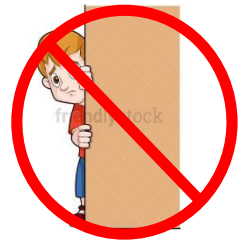
LATE TO PICK UP?



If you are late to collect your child, please check with the receptionist, they will collect your child from the gym.

DO NOT OPEN THE DOOR AND PUSH YOUR CHILD THROUGH

PLEASE GO TO RECEPTION IF YOUR CHILD IS LATE FOR A CLASS



Is it busy? Do you think the coach saw you?

What age is your child?

Are they going to be safe – once you push them in?

Please take them to Reception

THINK BEFORE PUSHING YOUR CHILD THROUGH THIS DOOR?

No accidents by following the correct procedure

Is your child scared or nervous?

We have a duty of care to mark every child in. Remember Health and Safety

Does your child know their class?

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.



EARRINGS – Please make sure these are removed. For safety reason children must not train with earrings



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.



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.

ARRIVING on TIME

If your child arrives later than **15mins** after the class has started, 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.



New starters and BG insurance

Once your child has attended their trial session, you have 48hrs to decline the space, after this time we will send an email outlining the process to set up your account using our system LoveAdmin

If you accept the space you must setup both the Loveadmin and British Gymnastics before their next session, we cannot allow them in if this has not been completed. Please go to reception on your second session to check everything has been completed correctly.

Any problems please contact us, and we will be happy to help you.

GYMNAST of the Month

Apart from their Proficiency Badge scheme we also want to recognise gymnasts who show determination, commitment, dedication, progression and team work.

Congratulations to all the nominations and keep working hard to every gymnast within Harlequin, you could be next.

March

Preschool



Recreational



April

Preschool



Recreational



Advanced



BADGE Classes



Gymnastics is Sport which focuses on Strength, Flexibility, Confidence, Co-ordination, Concentration and trust. From this we can support and guide children through the beginning levels of gymnastics right through to Advanced and if selected for Squad. These skills are taught from the age of 3 years old. Encouragement and self-belief is supported by qualified coaches at Harlequin. Our aim is to teach them low level, gradually increasing as they progress with skills, moving into the next age bracket.



As the gymnasts work through an 8-week session plan, they will learn the basic skills looked for in gymnastics and these are outlined in the Proficiency badges. We test gymnasts every 4 weeks in our plan, checking these skills and seeing if they have retained and remember the skill and if they can perform it correctly, only then do they receive a tick and move onto the next skill or badge.

Gymnastics is a very specialized sport and it can take some time to perform well, moving them on too quickly or when the skill is not correct can discourage them, each child progresses at their own speed.

We would like to congratulate all the gymnasts who worked really hard this month. 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.

Trampoline classes work through badges 1 to 12

We also have gymnasts who have completed their Proficiency awards and have moved onto Bronze Fitness Badges.

To all gymnasts who have recently passed their badge

Congratulations and keep up the great work



March & April 2019

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

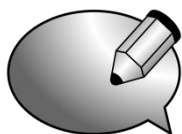


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COMMENTS

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 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.

If you would like to follow any of our Squad gymnasts, please visit our Instagram



@harlequingymsquad
@harlequinacro
@harlequintumblers

Find us on
Facebook

@harlequingymclub