

NEWSLETTER

SEPTEMBER 2019



NEW THIS MONTH

1. Back to School
2. Design your own leotard – Competition
3. Moving class
4. New Members
5. Insurance and Membership Renewal season
6. Gymnast of the Month
7. Smarties Challenge
8. We say a sad farewell to Dawn (Our head of Pre-School) and 3 coaches who head of to University
9. Construction
10. Recreational competition to raise more funds for the gym and for the gymnasts to show off their skills



We hope that everyone had has an amazing summer and are ready to return to gymnastics and school.

Moving class – Current members

Over the next few weeks, some children will come out with a slip to move up to the next class.

Please come to Reception and arrange a new class as soon as possible.

If you have a change of circumstances and need to move your child's gym class, please ask as soon as possible as we are filling the classes up with New Members and spaces will be filled.

Thanks

DESIGN YOUR OWN LEOTARD COMPETITION

Reminder if you wish to be entered into, our competition,
Deadline is 29th September 2019



them crayons, felt tips and that glitter to make as crazy as possible.

£3 to enter at Reception

NEWSLETTER

SEPTEMBER 2019



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

It's a really easy way to raise money for us - you just use the easy fundraising 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 easy fundraising page at <https://www.easyfundraising.org.uk/causes/harlequingcleighton/> 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)

WAITING LISTS - NEW MEMBERS

We have now offered spaces out to over 100 children on our waiting lists and will be introducing them to gymnastics over the coming months



CONSTRUCTION

Over the next few months we will be amending some of our facilities to enable us with a large viewing area and a café, please be patient with us while this work continues.

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 warmup, if they arrive late, we will not have a coach available to do a 1 to 1 warm up, this also disturbs all the oth children.



NEWSLETTER SEPTEMBER 2019

Harlequin Membership & British Gymnastics Insurance Renewal



**PAYMENT IS MADE TO
HARLEQUIN VIA
LOVEADMIN**

**ACTIVATION IS VIA
BRITISH GYMNASTICS,
UPON RECEIPT OF EMAIL
from BG WITH DETAILS**



As the current membership and insurance year draws to a close on the 30th September 2019, we are notifying you of the costs for the new gymnastics' year.

You will be required to pay for the new annual membership and insurance year that begins on **1st October 2019**. You will receive an email at the beginning of September, reminding you that payment will be requested via LoveAdmin for both the Harlequin Membership and British Gymnastics Insurance on **Friday 6th September, to be debited Monday 9th September**.

The new cost for British Gymnastics is as follows please read carefully:

Pre-School (any gymnast under the age of 5 by the 30th September 2020) - £13

Bronze membership (Recreational gymnasts over 5 years old and squad gymnasts not competition in any National event) - £19

Silver Membership - (for all other squad gymnasts across all disciplines) - £43

The Harlequin Membership will also be increasing this year, to assist with the improvements & changes to our facility. The figure has not increased for many years, **the new cost of your membership for 2019/20 is £20**.

Many thanks for your continued support and we look forward to teaching your children for another year.

To be completed by 1st Oct 2019

NEWSLETTER

SEPTEMBER 2019

Please adhere to our policies



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



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.

CANCELLATION POLICY

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

NEWSLETTER

SEPTEMBER 2019

Are 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.

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.

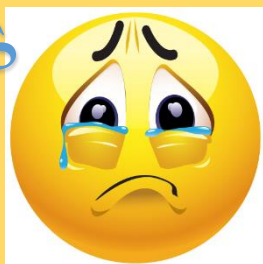
Gymnastics uses all parts of the body, if they come in complaining that they have an injury we will call you to collect or sit them out of the activities.

GOODBYE'S

We said a sad farewell to Dawn on Sunday 1st September. Dawn has been part of Harlequin for 12 years, has taken the decision to take some time out and be with her family. We wish her all the best she will be missed by all staff and I am sure the children will miss her too.

We also say goodbye to 3 young coaches leaving us to pastures new. Amy T is off to Plymouth University, Jade L is off to University and Mollie is off to a Dance scholarship that she has worked tremendously hard to audition for. We wish them all the best and hope to see them during the school breaks.

Best Wishes



SMARTIES CHALLENGE

**You have helped raise an amazing
amount of
£243.25**



NEWSLETTER

SEPTEMBER 2019

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.

July

Preschool



Trampolining



Advanced



NEWSLETTER

SEPTEMBER 2019

Harlequin Club Championships

Sunday 8th December 2019

Harlequin is holding its first club competition for gymnasts of all levels and abilities, to have opportunity to compete in front of professional judges and showcase the skills they are learning within their lessons. Gymnasts can wear a leotard of their choice and spectators can photograph their child competing.

Date: Sunday 8th December 2019

Time: TBC

Entry Fee: £20 - this includes a competition t-shirt for all who enter as well as top 3 medals being awarded on individual pieces. This needs to be paid to reception by Sunday 29th September on a first come first serve basis as we are limited on space. There will be a £2 charge for late entries.

Spectator tickets will be available to purchase from November.

There will be a SPECIAL GUEST attending and displays from our British teamgym and tumble squads. So, enter your gymnast now before spaces run out!



**GOOD LUCK
EVERYONE**



NEWSLETTER

SEPTEMBER 2019

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



NEWSLETTER

SEPTEMBER 2019

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



Harlequin Welfare Officers

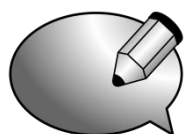


Dawn Thurgood
07815 542069

Email: harlequinwelfareteam@gmail.com



Natalie Stringer
07852 237966



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