

# NEWSLETTER

## OCTOBER 2019



### NEW THIS MONTH

1. Winner and Runner Ups of Design your own leotard
2. Badge weeks – When are they?
3. Moving class
4. New Members
5. Fundraising Information
6. Construction
7. Harlequin Club Championships
8. Advance Rec – Results from their Competition

### Moving class – Current members

We move gymnasts on a regular basis to coincide with their age and ability. If you feel your child is not in the correct class, please speak with your child's coach at collection.

We are happy to answer any questions

### BADGE WEEK

We work on an 8-week rotation plan. Badges are assessed on Week 4 & 8.

**Your child needs to attend these session.**

Week beginning 28<sup>th</sup> October 2019  
IS WEEK 2

### DESIGN YOUR OWN LEOTARD COMPETITION

The winner was announced at the end of September and her leotard is in production.

Well done to Lucie M – age 8 **WINNER**

We also had 6 runner-up's, these were on the board in reception for everyone to see. Also, were posted on our facebook and instagram accounts.

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Christmas is coming and lots of shopping to be done, please think of us.....

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 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 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 the other children.



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## British Gymnastics Insurance Renewal



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

**Your child's British Gymnastics Insurance must be activated by 1<sup>st</sup> October 2019.**

They will NOT be allowed to attend sessions if they are uninsured. Emails will be sent this week to those that have not completed this action. This is for all current members, unless you started in October yours will be current.

Visit: [www.british-gymnastics.org/](http://www.british-gymnastics.org/)

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## 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

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## Are you Ready?

### 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.

### Warm Welcome

We welcome back Libby full time who has taken on the job role of Office Manager.

Libby will also be seen around the gym taking some recreational classes as well. She is also our TeamGym Squad lead coach.

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## SMARTIES CHALLENGE

**Total amount raised is:**  
**£303.50**



## Halloween Disco



Our Halloween disco was held on **Saturday 26<sup>th</sup> October.**

We apologise if some children did not get tickets, it sold out very fast. Over 60 children attended.

They played some spooky games, free play and left with some sweets to say thanks for coming.

**This has raised approx. £300.00 for the refurbishments.**

**Our Squad gymnasts had an early Halloween sleepover on Saturday 26<sup>th</sup> October.**

**This was attended by 24 members.**

**They played some spooky games, hide & seek in the dark, 21 dares, races, obstacle races and then slept in the gym.**

**Raised: £345.00**



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## Harlequin Club Championships Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> December 2019

THESE ARE **PROVISIONAL** TIMES.

(FINAL TIMES FOR EACH GYMNAST WILL BE  
CONFIRMED BY FRI 1<sup>ST</sup> NOV)

Saturday 7<sup>th</sup> December - Super Stars

(Tues & Thurs Advance Rec)

4pm - 7.30pm

Sunday 8<sup>th</sup> December

Development, Advance Juniors & Platinum Stars

8 - 1130am

Bronze & Silver Stars

12 - 3.30pm

Gold Stars

4 - 7.30pm



GOOD LUCK  
EVERYONE



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## Salto Advance Rec Competition Sunday 20<sup>th</sup> October 2019

Harlequin took 22 gymnasts across to Salto in Luton. For some to compete in their first external competition. They held their nerves and produced some amazing routines and walked away with some medals.

We had gymnasts compete across all 4 pieces, Bar, Beam, Floor and Vault and where rewarded with medals for each piece. We also had a few gymnasts who got the highest score of the day and received a gift and certificate. The gymnasts had to make their own number boards with a theme of animals. Those that where chosen as the best received a box of sweets.

All coaches are proud of your achievements and well done to you all. Let's get back in the gym and work on your new routines for the next competition on Saturday 7<sup>th</sup> December.

Please find the scores from the competition on the board in the waiting room. Your gymnast will come out with a copy on their next lesson.





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### 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 basics 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 the British Gymnasts Advance Proficiency badges

Well Done to all gymnasts who have recently passed their badge

Congratulations and keep up the great work



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We are here for gymnasts, parents and coaches. If you need to speak to us, please contact me. I am available up to 9pm everyday via phone, or via email 24/7

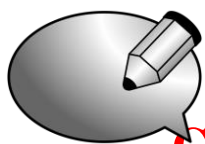


**Harlequin Welfare Officer**



Natalie Stringer  
07852 237966

**Email:** [harlequinwelfareteam@gmail.com](mailto: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, in the box in reception with, your name and contact number, we will answer you personally.



We are amazed that coats, shoes, bags, water bottles 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**