

# HARLEQUIN GYMNASTICS

## Squad Newsletter

### BULLETIN BOARD



#### SUMMER HOLIDAYS

Please make sure you have informed your child's coach of any planned holidays during the 6 week break. This allows us to plan sessions accordingly and make sure staff holidays are covered where needed.

#### COMPETITION KIT

All gymnasts in a squad group must have full competition kit. This is the squad leotard, t-shirt, tracksuit top, leggings for girls and tracksuit bottoms for boys and the rucksack. This is all purchased via your LoveAdmin account

#### GYM CAMPS

Our summer holiday camps are now open for bookings via LoveAdmin. These run Tuesday-Friday throughout the summer holidays. Please note any squad specific camps will be run separate to our main holiday camps and will be arranged by the coaches

#### NAMES IN KIT

Please make sure you are naming all of your child's kit as we are getting kit mixed up and lost. Please make sure it is named to ensure they come home with the correct kit!

## SUMMER IS COMING!

With the warm weather finally upon us, we know that gymnasts will be getting hotter than usual so as a reminder please see our summer training rules below:

**Water bottles** - Gymnasts must bring a water bottle with them that can be refilled if need be. It is important that they stay hydrated! These MUST be named. Any un-named water bottles will be thrown away at the end of each week. Please make sure it is only water in their bottles, as juice spills in the gym can stain the mats and carpets.

**Leotards/Crop tops** - Please avoid long sleeve leotards as much as possible as these will make them a few degrees hotter than necessary! Gymnasts can wear crop tops but only when absolutely necessary and must be of an appropriate length/style. Loose clothing is great for keeping cool, but not so great for gymnastics so please avoid wearing any baggy t-shirts/vests as these can ride up and be a health and safety hazard.

**Outside conditioning** - In the past we have taken gymnasts to Astral Park for some outside conditioning. This will be pre-arranged with parents and consent forms need to be signed. If your gymnast is heading outside during a training session, please make sure they have appropriate trainers, water, a hat and sun-cream if necessary. Crop tops for outside sessions are not allowed.

## DANCE STUDIO BOOKINGS

Our upstairs dance studio is now open again for bookings. This can be hired for fitness classes, martial arts sessions, personal training sessions and more. All information is on the flyer attached to the email with this newsletter on.



# COMPETITION ROUND UP - April & May

## English Silver Tumbling Qualifiers



Congratulations to all the tumblers who competed at the English Silver tumbling qualifiers at Salto. All gymnasts performed outstandingly and we are proud to say that we have 14 gymnasts through to the English Silver finals taking place in Telford on the 10th & 11th June.

## General Levels 1,2 & 3 Individual Apparatus Finals



A big well done to our General gymnasts who took part in the Levels 1,2 & 3 individual apparatus finals at Pipers Vale in Ipswich. Fantastic performances all round!



**General Counties Levels 1,2 & 3**  
Congratulations to our general gymnasts who competed at the county finals. Great performances, proud coaches and some medals to show off!



## Grades Regional Finals

Congratulations to Emily White & Sophie Plona who competed at the East Region Grades Finals at Pipers Vale. Both put out very solid routines and a shout out to Sophie who placed 1st on bars!



## Bury Spectrum Novice Competition

A big well done to our development gymnasts who competed at their first external competition at Bury Spectrum. They all held their nerve and performed their socks off! Well done girls!