

Balwearie



SPRING NEWSLETTER 2009

Here we are again into March, a lot has happened since the last newsletter as well as many forthcoming events:

Annual Club Championships

There are 3 competitions this year. Class coaches will ensure gymnasts receive information about which competition they should be entered for.

The first competition is on Saturday 14th March 2009, this is for gymnasts in all recreational and boys development classes - the closing date for this competition has now passed. Gymnasts entered into this competition will receive a letter this weekend informing them of the time they will be required to arrive for this competition.

The girls development group competition is on Friday 20th March 2009 at 5.15pm and the girls schools group competition is on the Saturday 9th May 2009 at 12noon - the entry forms for this competition will be handed out shortly.

Unfortunately we cannot accept late entries - this is because the pools for each set of apparatus are made up in advance and is extremely difficult to change.

Please ensure when you arrive with your child for any of the competitions that you register them and at the end you sign your child back out as you do at weekly classes.

Spectators are encouraged so come along and support your child at their competition, entry fee for adults is £2, children are free.

There will be tracksuits, leotards, gym slippers etc for sale at the start and end of each competition.

Please be advised classes will be cancelled on Saturday 14th March until Mrs Blanchard's 2pm class. There will be no 5.15pm class on Friday 20th March and all classes from 12noon on Saturday 9th May will be cancelled. These cancellations will allow us to run our annual championships.

We would appreciate anyone who has a trophy awarded to them at last years competitions, please can you return them this week to your class coach. We need to ensure they are engraved and in good repair so they can be awarded to this year's champions.

Tesco Vouchers

Tesco are giving away vouchers for schools and clubs – we have registered for this scheme and are keen to receive any vouchers you may collect. We will exchange them for small

items of equipment for our gymnasts to use in class. Please hand into class coaches or pop in the box we will have on display at the sign in / out desk.

Club Dress Code

Again we have been asked to bring to everyone's attention that strappy tops, football tops, midriff tops and socks must never be worn in class. All girls must wear a leotard and all boys unitards. If a gymnast does bar work then hand guards must be worn or they cannot participate in that discipline.

Coach Education

A UKCC General Level 1 coaching course is being held at Balwearie in June 2009. A few of our young assistant coaches will be doing this course along with a couple of adult volunteers. This course has been organised by our club - it will give us more assistant coaches available to help with classes after the summer.

We also have a number of coaches undergoing their mentored hours for examinations they are undertaking in either pre-school, general and / or sports acrobatics disciplines.

Doris Ferguson is renewing her National Judging qualification at Lillieshaw in the coming weeks.

We also have 13 coaches/assistant coaches attending an emergency first aid course at Balwearie High School during the Easter holidays.

Christmas Party

The annual Christmas party seemed to be a great success. The Rugby Club was a good venue and the staff were great in helping us set up the hall. We would like to thank you all for your support again with attending the party, helping out and supplying raffle prizes. The party raised almost £800 for club funds.

GymMark

GymMark is a UK-wide quality assurance kite-mark for gymnastics clubs. We have been chosen to undertake this award and are currently working very hard to complete the work required for it.

Kirkcaldy Annual Sports Awards

Hannah Leigh was nominated by the club for the award in the junior section. She attended the awards evening with her parents and her coach, Norrie Ferguson, at the Adam Smith College. Hannah was the runner up in the junior section - Well done Hannah - she received a glass trophy which we hope we can display for all to see at the annual club display.

End of Term

Classes will finish on Sunday 5th April 2009 and will recommence on Tuesday 22nd April 2009.

All that remains is to wish all gymnasts competing in the club competitions good luck and have a good Easter break.

Committee and coaches, Balwearie Gymnastics Club