



WINTER NEWSLETTER



Here we are again, four weeks to Christmas and almost the end of another term. Again it has been a busy time. Most of the gymnasts have been working towards the British Gymnastics Proficiency Awards; we have also had some of the gymnasts competing in Fife Schools Championships and others in Gymfest Perth.

Club Rules

Again we have to write about club rules:

- Leotards/unitards must be worn at all classes-if not worn cannot participate in class
- Hoodies cannot be worn in class-the danger is the hood catching on a piece of equipment or on a coach if supporting.
- Strappy tops are not allowed.
- Jewellery of any description cannot be worn-if earrings cannot be removed because the ears have just been pierced then they must be taped.
- Mobile phones must not be used in class and must be switched off before entering the class.
- Can parents please make sure that their child has gone to the toilet prior to the start of class, when child goes to the toilet in class it takes away a coach from the class and this can impact on coach/gymnast ratio.
- Please do not bring a child who is ill to class.
- As the halls tend to be cold during the winter months it would be appreciated by the coaches if your child comes in clothes (tracksuit) that they can put on until they are warmed up-not jeans.
- When leaving clothes in the corridor at the Assembly Hall – please leave the glass corridors clear. These doors are our fire exits.

These rules are there for your child's safety, not because we want to be awkward.

Fife Schools Floor and Vault Competition

This took place at Cowdenbeath Leisure Centre on the 18th November 2009. Some of the gymnasts from Balwearie Gymnastics competed for their school. Balwearie High School, Kirkcaldy West Primary School, Mountfleurie Primary School, Falkland Primary School and Dunnikier Primary School all entered. Balwearie came first in Level 1 Secondary section and Mountfleurie came first in Level 1 Primary section. Both teams go forward to the Scottish Schools Floor and Vault finals at Bells Sport Centre in Perth on the 22nd March 2010. Well done to everyone who took part.

UKCC Level 1

Classes were cancelled on Saturday due to six of our gymnasts/parents sitting their UKCC level 1 coaching exam, and the club is delighted to report that they all passed! So well done coaches! The coaches along with their mentors and gymnasts have all worked hard to achieve this. This will give us more coaches in classes after the Christmas holidays.

Ballistix-Display Team

Our display team performed their first display at Gymfest Perth on Sunday 15th November at Bells Sports Centre in Perth. It was great to see the gymnasts perform so well and thanks to all of the parents and siblings who supported the event.

Ballistix' next event is at Dalgety Bay on 5th December then they travel to Glasgow on 19th December.

Some parents have expressed an idea of organising a bus to travel to Glasgow on the 19th December to keep individual cost down. Unfortunately until we have numbers we will not know the cost of this. Can you please contact Lorraine on 0845 438 1768 if you would like to travel by bus.

If you are interested in supporting the gymnasts in the team please do not hesitate to contact Jennifer who will be able to supply more information.

Christmas Parties

The Christmas parties will be held in Kirkcaldy Rugby Club on the 14th December 2009. The first party for ages 3-7 years will be from 5.30pm-7pm, there will be the usual visit from Santa. The second party will be from 7 years upwards, there will be a raffle. The theme is Xmas fancy dress which is optional, we know a lot of the kids like to wear their Christmas party clothes and that is fine too.

The cost per child for both parties is £3 children can bring their friends along too. There will be a tuck shop.

All children attending who do not attend school must have a parent with them for the duration of the party.

Any donations for the raffle would be very much appreciated, either bring them along on the night or give them to a committee member or coach in class.

Christmas Holidays

All classes finish week ending 13th December 2009 and recommence week beginning 4th January 2010.

*The committee and coaches would like to
wish you all a Merry Christmas
and a Happy New Year.*

