

NEWSLETTER

October 29th 2021

Halloween Special



An active week for our Holiday Camp gang

With obstacle courses, games and lots of fun activities to do, our Holiday Camp participants have certainly been keeping busy. They still had time to get our coaches all wrapped up for Halloween though. Well done to Lynn's team for winning the toilet roll mummy competition!



Pre-school Halloween Fun



There have been bats and pumpkins appearing all round The Vault and this week our pre-schoolers have been getting into the Halloween spirit with some fun themed classes.



57 days until Christmas..... Wow, that IS scary!

Just a few reminders of what's coming up at The Vault.

Christmas festival

Saturday 4th December will be a fun and festive celebration of the club, with games, performances and demonstrations. More details soon.

Christmas Holiday Camp

Places are now available to book on our Christmas Holiday Camp 20th to 23rd December.

Christmas opening times

Please be aware, we are closed from the 24th Dec to the 2nd Jan inclusive. Payments will be adjusted in December to take account of this.

A brain-twisting wordsearch from Kate

We all know how scary the BEAM can be, but can you take on our giant wordsearch challenge? All but one of these gymnastics skills used on the BEAM are hidden in the grid. Can you discover the missing word? Words can be found horizontally, vertically or diagonally, forwards or backwards.

Wordsearch created by adult gymnast, coach and judge, Kate.



Back flip
Dismount
Double Spin
Free Cartwheel
Free Walkover
Front Somersault
Full Twist
Gainer

Johnson Leap
Korbut Flip
Layout
Mount
Planche
Ring Leap
Round Off
Side Somersault

Sissone
Split Change
Split Jump
Split Leap
Wolf Turn

S	O	M	I	T	E	F	H	R	E	V	O	K	L	A	W	E	E	R	F
P	I	N	Y	N	D	A	T	H	M	I	D	S	W	F	N	A	D	A	G
L	A	Y	O	U	T	R	D	S	S	P	L	I	T	J	U	M	P	N	K
I	M	U	R	O	H	G	I	N	H	D	E	S	E	G	H	T	I	O	L
T	L	O	T	M	D	D	V	F	R	D	E	S	D	F	L	B	I	M	S
C	E	S	R	I	N	G	L	E	A	P	H	E	F	U	P	N	M	I	Y
H	C	F	G	N	I	R	O	T	F	L	W	O	A	N	R	T	S	L	K
N	A	S	T	P	A	V	P	D	C	T	S	I	A	L	S	H	O	O	
N	O	T	J	N	S	W	A	H	I	S	R	K	I	N	O	K	U	I	R
G	H	S	N	O	E	E	N	J	S	E	A	O	H	N	N	L	I	M	B
E	D	I	U	H	L	C	K	O	M	A	C	I	E	T	S	A	P	N	U
S	I	W	V	T	B	I	N	O	O	Z	E	C	V	E	M	F	I	A	B
L	L	T	I	M	U	E	S	E	U	N	E	C	N	E	F	P	E	U	F
W	F	L	T	Y	O	E	R	N	N	O	R	S	S	N	O	I	L	S	L
Y	P	L	E	G	D	E	N	I	T	A	F	R	E	G	D	L	N	T	I
S	I	U	P	I	H	L	T	D	S	P	U	T	J	U	N	P	O	I	P
S	R	F	S	C	S	O	O	L	B	H	J	G	E	N	U	S	S	K	J
N	G	K	N	A	T	O	B	A	C	K	F	L	I	P	O	B	N	P	U
L	O	A	G	W	R	U	T	G	N	A	I	K	T	H	R	O	H	I	L
T	L	U	A	S	R	E	M	O	S	T	N	O	R	F	J	U	O	M	K
P	W	A	M	O	S	R	E	N	I	A	G	E	D	P	M	A	J	L	P

All The Ingredients For A Fabulous Halloween Floor And Vault Competition

With just a day or two to go until our first ever club competition at The Vault, here are the important things to remember:



Clocks

Just a reminder that the clocks go back on Saturday night, so don't forget to change those alarms!



Cash

There is a £2 entry fee for each spectator. Please bring the correct change. You will also need cash for refreshments in our café, but if using the Costa machine, please note it is card only.



Name

All competitors need to bring an A4 sheet of paper or card with their name written as large as possible on it so the judges know who you are. They can be decorated in a spooky way and there will be a prize for the best.



Masks

All spectators will need to bring and wear a face mask at all times when moving about the building. Masks may be removed when seated. Unfortunately we will not be able to admit any spectator who doesn't have a mask. Gymnasts do not need masks.



Uniform

Gymnasts need to wear their Vault uniform. If you have ordered a uniform item and are still waiting for it, we may have second hand items that we can lend you.



Hair

Gymnast's hair needs to be tied up neatly and securely away from the face and eyes, ideally in a neat bun or short plaits. It must not be able to reach their eyes.



Session

The competition is split into 3 sessions. You have been sent an email with a programme that shows which session your child is competing in. Please arrive promptly for your session.



Nerves

It is very normal to feel nervous, especially if it is the gymnast's first competition. Please help your gymnast to understand that this is a friendly and fun opportunity to challenge themselves and show their adults just what they can do. And between you and me, the judges are

not half as scary as they look.....!

Coaches will be there to guide them on the day and we know from experience how much the gymnasts love these events.



Meet the Coach: Jade

Jade is another of our relatively new coaches, who has brought a wealth of experience and knowledge to The Vault. The children love her and we do too! Here is her story.....

"I became a gymnastics coach after my eldest daughter started the sport, and have been coaching for 3 years. I have fallen in love with the sport, and my 20 years of ballet and dance experience has been invaluable. I enjoy coaching all ages, and having worked with children in various roles, I can safely say that coaching is my absolute favourite!

I love coming into The Vault, surrounded by such a wonderfully warm team. I have been welcomed in so quickly and Debra and George are so generous with their time and expertise."



Fun Fact:

Jade is a massive Harry Potter fan. She even has a Harry Potter tattoo!

We also heard a rumour that Jade can put her whole fist in her mouth, but we're sure that can't be true, can it?!

Costa Coffee is coming to The Vault!

We are very excited to announce that our brand new Costa Coffee machine is being installed this week, and you will soon be able to help yourself to a delicious Costa coffee, tea or hot chocolate at any time from our self service machine. Please note, the payment system is card only.



Just a reminder.....

Please make sure your gymnasts are bringing something warm to put on after their gym sessions. It's getting chilly out there!



The Vault

www.cartertongym.co.uk