

NEWSLETTER

August 14th 2021



to our new staff!

We are very excited to welcome onboard two new coaches, Jenny and Jade. They bring with them a wealth of coaching experience as well as a real enthusiasm for gymnastics and the future of The Vault. We hope you will all be very welcoming as they find their feet.

We also welcome 5 new part-time café staff, Evie, Finley, Megan, Francesca and Coen. You will probably already have seen their smiling faces as you buy your coffee and snacks in the Beam Café.

If you haven't tried the café yet, please do pop in and say hello. We serve hot and cold drinks, snacks and ice-creams. It's open:

Monday to Thursday 3.30—6.30pm

Saturday mornings

Special Educational Needs Class Introduced

This class for under 16's will run on Saturdays from 11.30 to 12.30. Participants should attend with a parent/supporter to assist. Please email us at cartertongymnastics@outlook.com for

more information and to discuss your specific needs.



Find out what really happened in Colin's photo in the next newsletter.....!



Are you looking for a place to teach Yoga or Pilates?

We are looking for more instructors to provide classes at The Vault.

Please get in touch by email to cartertongymnastics@outlook.com to discuss opportunities.



It's all praise from British Gymnastics!

The Vault was thrilled to be able to host Alastair Marks, the CEO of British Gymnastics last week, along with their Participation Director David Marshall, when they were finally able to come and see our brand new venue and all the hard work that has gone into creating it.

It was a wonderful visit and Monty, our resident 4 legged mascot, was a

big hit! The feedback we received was incredibly positive and BG have chosen to use The Vault as a best practice case study on expansion and disability and described the club as ambassadors for the sport of gymnastics.

During the visit they sought lots of opinions on subjects such as membership, award schemes and courses, to help inform future support for clubs and as a sounding board to gauge issues clubs may be having.

We look forward to inviting them back again in the future.



Two new classes launched at The Vault



We are offering **FREE** introductory workshops for our brand new classes in Cheerleading and TeamGym.

We are thrilled to be able to offer the opportunity for 5 to 16 year olds to get involved in these exciting and dynamic sports, which can lead to competitions and travel opportunities.

ALLSTAR HEROES CHEERLEADING

Free introductory workshop on Sunday 22nd August 10am—12. Parents also welcome to come along and find out more.

Classes start Sunday 12th September.

TEAMGYM

Free introductory workshop on Thursday 19th August 7—8.30pm Parents also welcome to come along and find out more.

Classes start Thursday 26th August.

Find out more and book your free workshop place on our booking portal: <https://app.iclasspro.com/portal/cartertongym/camps/6>

Holiday Camp Fun.....

I don't know who had more fun, the kids or the coaches! Here are a few pics and a reminder our last Holiday Camp of the summer runs 23rd to 27th August.



Just a reminder....

Uniforms—we are still seeing lots of gymnasts without the correct leotards and t-shirts/shorts. If you haven't already done so, please go to the ProShop section of the booking portal where you can order your favourite colour from the selection.

Uniform is only optional for adults and pre-school gymnasts.

