

NEWSLETTER

November 26th 2021



Well Done Girls!

Squad Gymnast's Medal Haul at The Vault

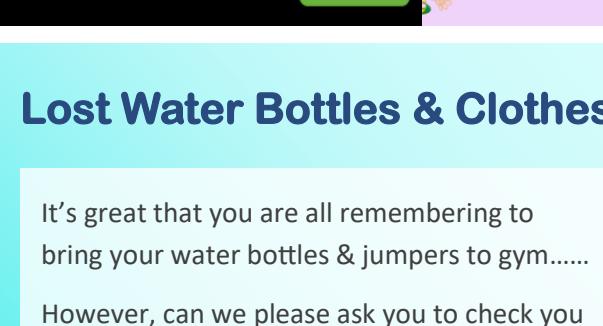
The 14th November saw The Vault host its very first county level gymnastics competition and after two years without competing, our squad gymnasts really did us proud. Carterton was represented by Juliet, Baileigh, Anabel and Lydia at Copper level and Jessica, Chloe, Martha, Nia, Lily and Lola at Zinc Lite level. They competed against gymnasts from Abingdon, Wantage, Kennylands, Vision, Cherwell and Grove & Didcot gymnastics clubs and finished the day with a total of 12 medals, with Chloe gaining a hat-trick of golds on floor, bars and vault.

Director Debra says "It has been an amazing journey, not only building a superb facility for everyone to enjoy but working with our squad gymnasts preparing for this competition. They could not train for over a year, so they have only been back in a gym for 8 months."

One parent said "It was such a joy to be part of the first County competition held at The Vault, such a poignant day for Carterton Gymnastic Club. It felt emotional to see the gymnasts all trying so hard and enjoying their first gymnastics event since pre-covid. We were so excited to see what they have been working towards and how much their hard work and dedication is paying off. The smiles all round said it all. Thank you so much to all of the team at The Vault, Lola is still beaming!"

It was a momentous day for The Vault and we want to say a very big thank you to all the volunteers, coaches, judges and staff who ensured the day ran smoothly.

Uniform Compulsory For Gymnasts



We would like to remind parents/carers that it is compulsory for gymnasts to wear the correct uniform, purchased from our online shop. We have kept prices to an absolute minimum, and gymnasts can choose their favourite colour of t-shirt/leotard from our range.

We have experienced a few delays with our supplier, and appreciate the patience of those who have had a longer wait. This is now improving and your uniform should be available for collection from the gym within a couple of weeks.

Gymnasts new to the club may wear a suitable alternative until their order arrives. It is also vital for safety that all gymnasts have hair tied back away from their eyes.

Uniform can be found here:

<https://app.iiclasspro.com/portal/cartertongym/products>



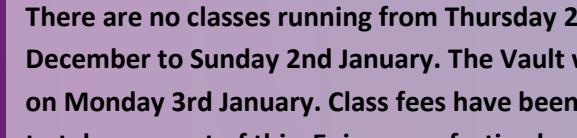
Top marks for Beam Café

We are pleased to announce that our first food hygiene inspection for the Beam Café resulted in us being awarded the top mark of 5!



Lost Water Bottles & Clothes

It's great that you are all remembering to bring your water bottles & jumpers to gym..... However, can we please ask you to check you have yours before you leave. We have a growing collection of lost water bottles and clothes which, if not claimed by Christmas, will unfortunately be disposed of.



Can You Spot The Elves?

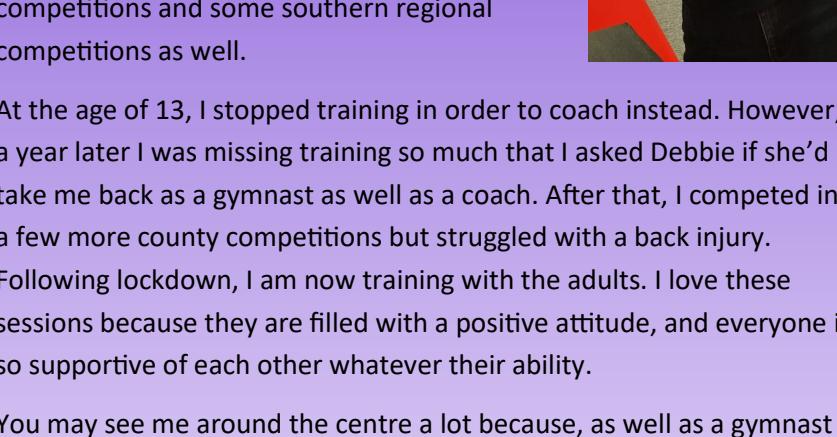
It's only 29 days to Christmas, but in between making toys and helping Santa, his elves have been having a bit of fun. There are 5 of them hiding somewhere on this page. Can you spot them all?

Thank you for being a special part of our first year at The Vault!

We were given the keys to two empty warehouses on the 4th December 2020, and look how far we've come!!

Due to the increase in Covid cases, we can't hold our Christmas Festival on the 4th, but as a thank you to all our members for being a part of this incredible journey, the last two weeks before Christmas will be Festive Fun Fortnight! Gymnasts can come in non-uniform or festive fancy dress and one parent/carer per session can come and watch their child in the main gym (parents/carers MUST wear a mask in the gym or cafe). We have to limit this to one spectator per session due to Covid but hope being spread over two weeks will give the opportunity for both parents/carers to see their child.

Please no face paint/makeup, hair must still be tied back safely and no zips/buckles that can catch on the kit. Your gymnasts still need to be able to perform for you!



Meet Your Coach & Beam Café Staff Member: Evie

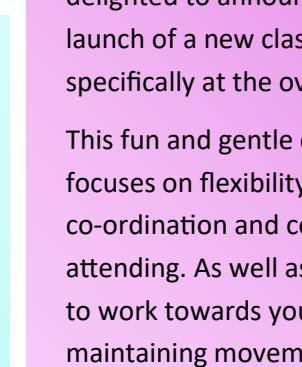
Evie is another of our home-grown coaches and has experienced Carterton Gymnastic Club at all levels. She brings so much positivity and enthusiasm to whatever she does. Here is her story:

"At the age of 4, I started in recreational classes. When I was 8, Debbie invited me into the squad where I developed my skills and knowledge in gymnastics. I competed in many county competitions and some southern regional competitions as well.



At the age of 13, I stopped training in order to coach instead. However, a year later I was missing training so much that I asked Debbie if she'd take me back as a gymnast as well as a coach. After that, I competed in a few more county competitions but struggled with a back injury. Following lockdown, I am now training with the adults. I love these sessions because they are filled with a positive attitude, and everyone is so supportive of each other whatever their ability.

You may see me around the centre a lot because, as well as a gymnast and coach, I also work in the Beam Café. I am currently completing my level 1 women's artistic coaching qualification and should be qualified by the end of January 2022. I enjoy coaching because I can use my knowledge and enthusiasm of the sport and pass it down to the younger gymnasts. I have a tremendous passion for coaching and I enjoy seeing the gymnast's pride and confidence within themselves when they accomplish a new skill."



Fun Fact: Evie once went on holiday as a child and ate nothing but spaghetti bolognese!

Farewell and Good Luck to Jade and Jenny

Sometimes life gets in the way of coaching, and we are very sad to be saying goodbye to not one, but two of our wonderful coaches.

Jade and her family are moving out of the area, and Jenny is starting a new career path that will work better around childcare needs. They both very quickly became part of the Carterton Gymnastic Club family and have been such a valuable part of the growth of the company. They brought their own wonderful personalities and energy to the role of coach and I'm sure the children will all miss them as much as we will.

Thank you for all your hard work Jade and Jenny and we wish you every success on your new journeys. Please don't be strangers, come back and visit us regularly!

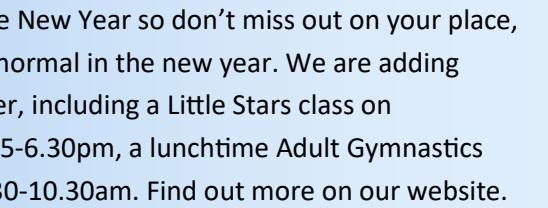
GOODBYE

On that note we are, as ever, on the lookout for qualified coaches, and also volunteers who are interested in becoming qualified. Please contact Debra for a confidential chat by email: debra.gym@gmail.com or ring 01993 870778.

Brand new class for the over 50's

Wednesdays 9.30—10.30 am

The Vault has always prided itself on offering something to all members of the community, and so we are delighted to announce the launch of a new class aimed specifically at the over 50's.



This fun and gentle class focuses on flexibility, balance, co-ordination and core strength and is tailored to the abilities of those attending. As well as general exercises, you will be given the opportunity to work towards your own goals, be that increasing flexibility or maintaining movement and balance.

The class is run by our lovely, experienced coach, Pooh, who is also a paramedic and first aid trainer. She will guide you to achieve a fitter, stronger and more flexible you.

Stay for a coffee and a chat in our café area afterwards.

Christmas Holiday Camp

It's not too late to book a place on our fun and festive Christmas Holiday Camp. Keep the kids entertained while you finish your Christmas preparations. Running Monday 20th to Thursday 23rd December, 9am to 12pm and open to both members and non-members aged 5 - 16 years. Cost is £60 for the 4 days.

Come and enjoy fun-packed mornings of gymnastics on superb equipment, games, treasure hunts, table tennis and more, run by our experienced and fun loving coaches.

The Vault

www.cartertongym.co.uk

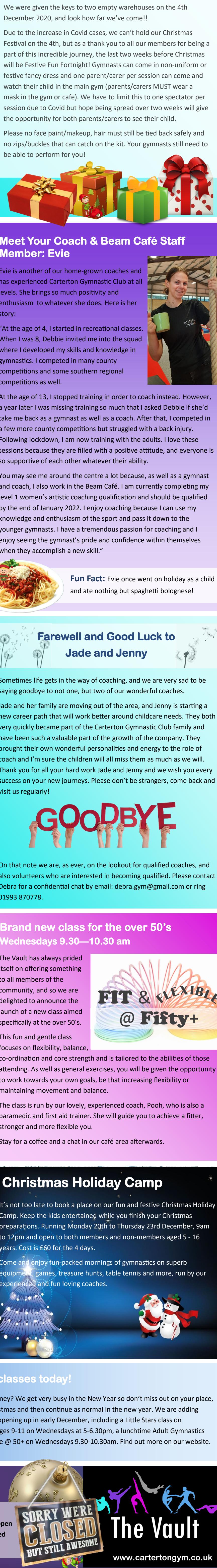
Just a reminder.....

There are no classes running from Thursday 24th

December to Sunday 2nd January. The Vault will re-open

on Monday 3rd January. Class fees have been adjusted

to take account of this. Enjoy your festive break!



Don't miss out, join one of our classes today!

Thinking of waiting until January to start your gym journey? We get very busy in the New Year so don't miss out on your place,

start now, enjoy a break when we are closed over Christmas and then continue as normal in the new year. We are adding

classes all the time and have a number of new classes opening up in early December, including a Little Stars class on

Wednesdays at 4—5pm, Recreational Gymnastics for ages 9-11 on Wednesdays at 5-6.30pm, a lunchtime Adult Gymnastics class on Mondays 11.30am—12.30pm and Fit & Flexible @ 50+ on Wednesdays 9.30-10.30am. Find out more on our website.