

NEWSLETTER

September 4th 2021



BOOK NOW for our Autumn Holiday Camp

Following the huge success of our spring and summer holiday camps, we are delighted to announce that booking is now open for our autumn holiday camp. Running from Monday 25th Oct to Friday 29th Oct, 9am to 12pm and costing just £70 for the week, holiday camps are open to members and non-members and are a fun mix of gymnastics, games, treasure hunts, table tennis and many other activities.



Please wear a mask in our facility

In accordance with gov.uk, we are still required to make adjustments with regard to Covid in order to keep our staff and customers safe. We therefore request that you wear a mask when entering and moving around the building, have your temperature taken on entry and use the hand gel provided. Once seated in the café, masks can be removed. We thank you for your support in keeping everyone safe and the facility open.

First Aid Course well received

We would like to say a big thank you to our fabulous coach, paramedic and first aid trainer, Pooh, for putting on a first aid course for parents/carers. We have had some lovely feedback and will be putting on more courses in the future. If you are interested, please email us and we will keep you informed.



Summer Camp number two is just as fun!

It has been a summer of fun for participants at our action packed summer camps, and we would like to say a massive thank you to our wonderful coaches and helpers for making them such a success. Thanks go to Vicky, Moo, Jenny, Jake, Lola, Allie and Eden, you are all superstars, and we couldn't do it without you! See opposite for details of our next camp.



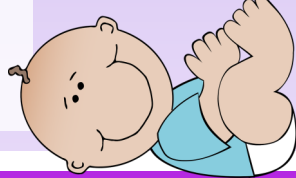
Meet the Coach: Pooh

Another of our coaches who has been with us for longer than we care to remember is Pooh, our awesome Level 2 and pre-school coach, paramedic, first aid trainer and all round amazing person.

Here is her story:

"I started at gym when I was 8 years old (I was there before Debra joined!). I left when I was 17 to join the Royal Navy and returned to Carterton when I started a family. My daughters joined the gym in 2012 and I decided to coach as I absolutely love the sport and stayed to watch them anyway. Within a year, I had joined the adults gymnastic team and won a silver medal in tumbling at the Adult Gymnastics British Championships in Lilleshall."

Fun Fact: As a paramedic, Pooh has delivered no less than 7 healthy bouncing babies!



The secret of Colin's success—Shhhh!

Those of you who have spent the last few weeks in blissful ignorance about Colin's magnificent Iron Cross may want to look away now....



Well, no-one could accuse Debbie of being unsupportive!

All the fun of the fair.....

We had a wonderful time at Carterton Carnival last Saturday and the Bampton Donkey Derby on Bank Holiday Monday. It was lovely to meet so many new people and see lots of our members out having fun.

Our beam was popular with the younger visitors, and our paralettes challenge (to perform a straddle hold) foiled many of our teenage and adult visitors, although we did have some great attempts and quite a number of successes from the youngsters.

It was great to get the chance to raise awareness of The Vault and all the new classes we offer whilst having fun in our local communities.



New to gymnastics at 48? We catch up with Paul and his bid to do a handstand.

"Well, I am now 2 months in to my gymnastics journey and it's time for an update. After some hard work, great coaching and achy muscles, I am thrilled to report that I managed my first proper handstand last week! As a complete beginner this was my initial aim but I have also managed a handstand flatback, dive forward roll and circle ups on the bar. Debbie still despairs of my (not so) pointed toes though!

It is so much fun and if you are an adult who has ever thought about giving it a try, I would say 'what are you waiting for?' The coaches are so supportive and the environment is inspiring and non-judgemental in equal measures.

On the 17th September we are getting an extra 'Blast' session for all the adult gymnasts to train and socialise together. Should be fun!"



Halloween: floor and vault competition

Over the next 2 months children will be working towards competing in our club floor and vault competition, which is provisionally booked for the 31st October. This is not compulsory and will not affect the training of those who do not want to compete, but provides a great opportunity for your gymnasts to perform and showcase what they can do. They will be competing against themselves to win Bronze, Silver or Gold medals for reaching certain levels. Watch this space for more details.



Just a reminder.....

Keep better track of your membership account and payments by downloading the iClassPro app from either the Google Play Store or the Apple Store. Once installed you will need to search for our username: Cartertongym



The Vault

www.cartertongym.co.uk