

September 2023

240th Edition



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

Welcome Back!

Welcome back after the summer break to all members and a warm welcome to our new members. Classes continue now through October half-term until we close for our Christmas & New Year break (dates to be announced in the next newsletter).

British Gymnastics Membership & Insurance

British Gymnastics membership and insurance is due for renewal on 1st October 2023. All new starters over the summer who are not yet registered and insured with British Gymnastics need to do this now please, in accordance with our club rules and British Gymnastics. Any gymnasts not insured by 7th October 2023 will not be allowed to train until their insurance is in place. The annual renewal runs from 1st October 2023 to 30th September 2024 and new members who register now will automatically be renewed through to 30th September 2024. You can register by going to the British Gymnastics website and clicking on the link for "membership". Please ensure you select Lincoln **City** Gymnastics Club as your club, as there is also a Lincoln Gym Club. Thank you to our existing members who have already renewed after receiving a reminder email from British Gymnastics. For those who have not yet renewed, please ensure it is done by 1st October as your insurance expires on 30th September 2023. Thank you.

New Equipment

The gym has now been fitted out with the new kit ordered for the first phase of our expansion, with a tumble track, a new set of asymmetric bars and bespoke matting for the bar area, and new vault matting, for all gymnasts to benefit from and enjoy.

Cash for Kids Sports Challenge

We have successfully applied for the Cash for Kids Sports Challenge, which runs from 16th September 2023 to 16th October 2023. There are grants of £5,000, £2,500 and £1,500 available to be won for the top three fundraising clubs, provided they match these amounts. If you would like to sponsor us, you can access the LCGC Cash for Kids Sports Challenge fundraising page via this link: [Lincoln City Gymnastics Club | Sports Challenge East Yorkshire, Yorkshire Coast & Lincolnshire 2023 | Viking FM, Lincs FM and Greatest Hits Radio Cash for Kids - Cash for Kids \(cashforkidsgive.co.uk\)](#). Please share with family, friends, and businesses!

Remember to tick the Gift Aid box, so that for every £1 donated, an additional 25p will be added. All gift aid will go to help disadvantaged children throughout Lincolnshire, so two good causes for the price of one! The money we raise through donations/sponsorship and fund raising, we will get back, plus hopefully one of the grants, which will allow us to complete the next phase of our expansion for another competition beam and integrated safety and landing matting to create a bespoke beam area in the gym. Please get involved in the fundraising below to help us reach our goals:

Decorate a Breeze Block (it's our gymnasts that make our gym not the blocks) - £10 to decorate a block. Paint, brushes and stencils are provided. The gym is already starting to look very bright and colourful after the first weekend! We are doing it again on Saturday 30th September from 1 pm to 2 pm, so please sign up on the sheets at gym and don't miss out on the opportunity to be a lasting part of the club.

Smarties Challenge – every gymnast will be given a tube of smarties to enjoy on us and asked to bring it back filled with 20p's (or the odd £1 coin). Everyone who brings their tube back filled by Thursday 12th October will be given a ticket for our prize draw to win two special prizes. The draw will take place on Monday 16th October.

Lincoln Golf Club – Voucher for a free round of golf for four people (worth over £250). Lincoln Golf Club have very kindly donated this voucher for us to raffle with all the proceeds going to the club. Tickets are £5 each. To enter, please email our committee member Amy Rayney, at amyamy2610@hotmail.co.uk, with your chosen numbers between 1 to 50 and send payment via PayPal to her email address.

Personalised Backpacks and Water Bottles - Club backpacks (£15) and water bottles (£5) are now available to order. They can be personalised with your gymnast's name and have the club logo on. Orders need to be placed by Saturday 30th September 2023. Please bring an envelope into the club with payment in (or confirmation of payment by BACS), stating the items you are ordering, your gymnast's name in block capitals, and their class/squad. Delivery is 6-8 weeks. If wanted as a Christmas/birthday gift, please write on envelope so they can be given out discretely.

Raffle for £20 Club Shop Voucher - We are holding a raffle to win a £20 club voucher that can be used towards a leotard, leggings, bar grips etc., or anything in the club shop, for £1 a strip. Tickets on sale at the club.

Please see our Facebook and Instagram pages, and posters at the club, for other fundraisers being organised over the next few weeks before the challenge finishes.

Tesco Grant Scheme

We have also successfully applied for Tesco's blue token grant scheme to win a grant of £1,500, £1,000 or £500, depending on the number of blue tokens we receive in our box. This runs from 1st October to mid-January, and is available in most Tesco's in Lincoln. We please ask that you (and family and friends) ask for tokens when shopping in Tesco's and put them in our box. Thank you!

Annual Christmas Competition

We can now confirm that we will be holding our annual Christmas competition over the weekend of **Saturday 9th & Sunday 10th December**. The competition is open to all recreational and squad gymnasts. An entry letter with full details will be sent towards the end of October.

Club Shop

Just a reminder that we hold a stock of recreational and squad leotards, leggings, bar grips, and wristbands at the club, and have personalised hoodies to order. Order slips for the hoodies, either zip up or overhead, with the club logo on the front and gymnast's name embroidered on the back, are available at the club. If you would like to order a hoodie, please ask a coach or committee member for a form.
