



# LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

## June Newsletter

Welcome to our new gymnasts who have recently joined us and also our existing members.

## Summer Closing

Classes run through the school summer holidays, apart from the two weeks we are closed. Please make a note that we are closed on **Monday 26<sup>th</sup> July for a week, re-opening on Monday 3<sup>rd</sup> August**. Classes then continue through the school holidays until the **Bank Holiday on Monday 30<sup>th</sup> August for a week, re-opening on Monday 6<sup>th</sup> September**. Classes then continue right through to Christmas.

## Annual Summer Competition

**Recreational & Floor & Vault Squads Sunday 25<sup>th</sup> July and WA Squads Sunday 29<sup>th</sup> August**

The committee have agreed that to recognise and reward our gymnasts in these challenging times, we will be holding our annual summer competition, which is open to all gymnasts, from our youngest Rec 1's through to our squads.

Usually it's held over one full weekend, but because of the restrictions in place, and as there are new rules for our women's artistic squads meaning new routines have to be devised, the committee have decided to hold the competition as follows:

- **Recreational gymnasts and the floor & vault squads on Sunday 25<sup>th</sup> July** (and then we close for a week as per our summer closing above).
- **Women's artistic squads on Sunday 29<sup>th</sup> August** (after which we again close for the second week of our summer closing).

We will shortly be emailing you an entry letter which explains all about the competitions and includes an entry form. We hope as many gymnasts will enter as possible. It is a fun day for all the gymnasts whatever their age and ability, with lots of medals on offer. Everyone who enters will get a participation medal in recognition of their efforts. Unfortunately, because of the social distancing measures in place, British Gymnastics will not allow us to have spectators at competitions, so it will be a closed competition as per the competition last Christmas, but the coaches and committee will make sure that it is as enjoyable for the gymnasts as our Christmas closed competition, when we had parents collecting smiling, happy gymnasts with medals jangling 😊

## Welcome to our new coach, Shannon

We will be welcoming Shannon Black, a new level 2 coach, to the club's coaching team from 1<sup>st</sup> July. Shannon is an experienced coach who has just graduated from Lincoln University and has chosen to stay in Lincoln to coach rather than returning to her native Newcastle. She will be a real asset to our coaching team and will be coaching both recreational classes and squads. We are sure everyone will make her feel welcome and she will be a great addition to our friendly club.

## Reminder - British Gymnastics Registration and Insurance

All new gymnasts must be registered and insured with British Gymnastics at least 14 days after joining the club. If you have not registered your gymnast, can you please ensure this is done as soon as possible, as without this, gymnasts are not allowed to train. This can be done by going onto the British Gymnastics home page and then clicking on "membership", which takes you straight to the page to register your gymnast. Currently, because it is for a reduced length of time (as the insurance is renewed annually on 1<sup>st</sup> October) the fee is discounted for the part-year to £13. If you have any difficulties with this, please email us on [LCGC-1@outlook.com](mailto:LCGC-1@outlook.com) and we will try to help.