



# LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

## Welcome back to all our gymnasts!

The club re-opened on Saturday 25<sup>th</sup> July and it has been lovely to see the gymnasts back, even with the new measures in place to comply with the Covid-19 guidance.

As promised we have undertaken a review of the re-opening timetable and although the government's guidance has not changed, because of the way the gymnasts and coaching team have adapted to the measures in place, we are pleased to announce that from the week commencing Saturday 5<sup>th</sup> September, we are able to increase the training times for all recreational classes by 15 minutes, and squads to as near their usual training hours as is possible with the current restrictions in place. We can do this while still complying with staggering class times to allow for the cleaning that needs to be undertaken between sessions and with the reduced numbers allowed in the gym at any one time. Unfortunately, we are still unable to allow spectators in the gym and all the social distancing and other measures remain in place until such time as the government guidance changes. The new timetable is set out below for your information. All classes/squads are on the same days, but their times will have changed, so please check it carefully. We are handing out slips to gymnasts with their new training times on over the next two weeks.

## New training times from week commencing Saturday 5<sup>th</sup> September

### Monday

4.00 pm to 4.45 pm – Rec 2 Girls  
5.00 pm to 5.45 pm - Rec 3 Girls and Boys  
6.00 pm to 7.15 pm – Academy & Mon Advanced  
7.30 pm to 9.00 pm – Cathedral Advanced & Knights

### Wednesday

4.00 pm to 5.30 pm – Junior Imps and Imps  
5.45 pm to 6.45 pm – Academy  
7.00 pm to 9.00 pm - Barons and Knights

### Friday

4.00 pm to 4.45 pm – Rec 2 Boys and Girls  
5.00 pm to 6.15 pm – Academy  
5.30 pm to 6.15 pm - Rec 3 Girls  
6.30 pm to 8.30 pm – Junior Castle & Knights

### Tuesday

4.00 pm to 4.45 pm – Rec 1  
5.00 pm to 5.45 pm – Rec 2  
6.00 pm to 7.15 pm – Castle & Tues Advanced  
7.30 pm to 9.00 pm – Cath Adv Plus & Barons

### Thursday

4.00 pm to 4.45 pm – Rec 1 Girls  
5.00 pm to 5.45 pm - Rec 2/Rec 3 Girls  
6.00 pm to 7.15 pm – Castle & Thurs Advanced  
7.30 pm to 9.00 pm - Cathedral Adv & Adv Plus

### Saturday

8.30 am to 10.30 am – Academy  
10.45 am to 12.45 pm – Barons & Knights  
1.00 pm to 1.45 pm– Rec 1 Boys & Girls & Rec 2 Girls  
2.00 pm to 4.00 pm – Junior Imps & Imps

We will continue to review the training times monthly as agreed, and as and when there is any change in the government's guidance.

## Subscriptions

Standing orders should have increased to full subscriptions on 1<sup>st</sup> August 2020. Anyone who has not increased, or has cancelled their standing order, has been emailed (if you have cancelled/not increased and not received an email please check your junk folder or email us from your up to date email address to [LCGC-1@outlook.com](mailto:LCGC-1@outlook.com)). If we have not received

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full August subscriptions by Friday 28<sup>th</sup> August 2020, we will have no alternative but to assume that your gymnast no longer requires their place and it will be offered to our considerable waiting list in September.

We are aware some gymnasts are not returning to gym until September, but parents have informed us and paid full subscriptions in August to reserve their places and we are grateful for this.

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### **Lincoln Co-operative Community Champions**

The club was selected to be one of the Community Champions from March to June and received a cheque from the Co-op for £560 in July, that has been placed in our equipment fund towards the purchase of new/additional kit, which will benefit all of our gymnasts.

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### **Squad Leotards**

A polite reminder to those that have received their new squad leotards and not paid in full for them, the first instalment of the monthly payment plan should be made by next weekend at the latest please. Please pay by bank transfer where possible quoting "CS" and gymnasts name as reference or by contactless payment at the club.

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### **Track and Trace Details**

If you have not emailed us with up to date contact details, please do so at [LCGC-1@outlook.com](mailto:LCGC-1@outlook.com) as soon as possible with your gymnasts name, date of birth and up to date emergency contact details.

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### **Pre-School to Rec 1**

All pre-school children that start school in September have been emailed and asked to confirm that they would like a Rec 1 place in September. Most have responded with their 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> preferences of days, but if you have not responded, could we please hear from you as soon as possible, even if you do not want a place, so that we can allocate places through September.

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### **Lockdown Challenges**

In our last newsletter we set out the winners of the lockdown challenges from March to the end of June, set by Melissa and the coaching team through our closure. The medals have been handed out to the winning gymnasts as they have returned, and we set out below the challenge winners from June until we re-opened. Well done to everyone that took part and a big thank you to Melissa and the coaching team for keeping everyone busy in lockdown 😊

#### **5<sup>th</sup> June – Cartwheel Challenge**

- 1<sup>st</sup> Mia Haxby
- 2<sup>nd</sup> April Anderson
- 3<sup>rd</sup> Hanna Klab and Molly Klab

#### **13<sup>th</sup> June – Rolling to Gym Challenge**

- 1<sup>st</sup> Matilda Mullin
- 2<sup>nd</sup> Isabella Naylor
- 3<sup>rd</sup> Daisy Anderson

#### **21<sup>st</sup> June – Father's Day Challenge**

- 1<sup>st</sup> Hanna Klab & Dad
- 2<sup>nd</sup> Alice Blyth & Dad
- =3<sup>rd</sup> Eliza Dodds & Dad  
Chloe Newton & Dad

#### **BG "Do your thing" Challenge**

Isabella & George Naylor (who had a starring role in BG's compilation video)  
Poppy & Lily Overton  
Emily & Poppy Pegg  
Eliza Dodds and Scarlett Melbourne

#### **12<sup>th</sup> July – Final Challenge**

- 1<sup>st</sup> Phoebe Speed
- 2<sup>nd</sup> Mia Haxby
- 3<sup>rd</sup> Katie Johnson and Charlotte Johnson