



LINCOLN CITY GYMNASTICS CLUB NEWSLETTER

Christmas and New Year Closing

We will close for Christmas after training on Saturday 18th December 2021 and will re-open in the New Year on Tuesday 4th January 2022.

Christmas Challenge Competition – Saturday 27th November & Sunday 28th November

As you are aware, we are holding our annual Christmas competition for all recreational gymnasts and the floor & vault squad on Saturday 27th November (usual training is cancelled on that Saturday to allow for the competition), and on Sunday 28th November for the Imps, Barons & Knights squads. The competition is open to every gymnast in the club, no matter how young or how new, everyone is welcome to enter. The gymnasts are all busy learning their routines in their training sessions. Everyone who enters will get a special Christmas themed participation medal and there are medals to be won on all pieces in all classes/age groups (depending on numbers). **The closing date for entries is Saturday 30th October 2021** - entry slips and the entry fee of £10 must be received by then. We regret we cannot accept entries after the date due to producing the programme, ordering medals and t-shirts as mentioned below. If you have not received a competition letter and your gymnast would like to enter, please either email us at LCGC-1@outlook.com, or ask one of the coaches for an entry letter.

We are also having special commemorative t-shirts produced for the competition, which have a special design and the club logo on the front, and the names of all the gymnasts' who enter on the back. These are £10 for children's sizes and £12 for adult sizes and should be available on the day of the competitions. If you would like to order a t-shirt, please complete the order slip at the bottom of the entry letter and return to the club by Saturday 30th October with your payment. A timetable for the competition will be produced as soon as possible after the closing date. We are hopeful that we will be able to allow one adult spectator per gymnast at the competition, if things remain as they are, but spectators will be asked to wear a mask for the safety of them and our coaches, volunteers and gymnasts.

Raffle Appeal

The club hasn't been able to do any fundraising for a considerable time now due to Covid-19, but we are hoping to hold a raffle at our Christmas competition, hopefully in the form of Christmas hampers. If you can please donate towards the raffle: bottles of wine, chocolates, gifts or any Christmas treats, we would be extremely grateful. There will be a box just inside the gym entrance door for anyone to place any donations in. Thank you.

Covid-19 Update

As cases are still high in Lincolnshire, the committee has taken the decision to continue to follow British Gymnastics guidance and keep the safety measures in place. We will continue with staggered sessions, cleaning between sessions, a separate entrance and exit for gymnasts, coaches wearing masks when supporting where appropriate and no spectators in the gym during training. We hope that you will understand that this decision is for the safety of our gymnasts and coaches, who are our paramount concern.

British Gymnastics Registration and Insurance 2021/2022

Thank you to everyone that has either registered new members or renewed their registration and insurance. There are still a few that have not renewed or registered as new members and we remind you that this must be done by **Saturday 30th October 2021**. Any gymnast not registered and insured after that date will not be able to train in accordance with club rules. For anyone that has not registered or renewed, please go to British Gymnastics website homepage and follow the links. The annual fee is £19 for recreational and squad gymnasts and £13 for pre-school gymnasts. You will pay this direct to British Gymnastics when you complete the renewal/registration. Please ensure for new members that you link to Lincoln City Gym Club. British Gymnastics will inform us when your renewal/registration has been completed. Thank you.

Congratulations to Katie On Her Level 1 Coaching Award 🎉

Our wonderful gymnast and volunteer coach Katie Johnson has qualified as a Level 1 coach!! Katie undertook her coaching course in December 2019. She completed all mentoring and the log book, and was due to take her exam the weekend we went into the first lockdown in March 2020, but of course it was cancelled at the very last minute and she has had to patiently wait 18 months to take her exam, which she has now done and passed. Congratulations Katie on both your coaching award and your patience.

Hoodies and Leggings

Just a reminder that we have navy club hoodies (overhead and zip) embroidered with the club logo on the front and gymnast's names on the back available to order for £18 in children's sizes. They would make a lovely Christmas present and can be ordered up to 27th November for delivery for Christmas. Order forms are available at the club, so please ask one of the coaches if you would like to order.

We also have navy leggings with LCGC in diamante on one leg in stock at the club in all sizes for £15, which go with the hoodies to make a matching outfit. Again, please ask one of the coaches if you would like to purchase the leggings.

Safeguarding Message

Can we please remind you that parents must come to the exit door to collect their gymnasts at the end of their session. With the night's drawing in and for safety reasons, the coaches will not let gymnasts out until their parent/guardian comes to the door to collect them. It isn't safe for gymnasts to be wandering around the car park, especially with the amount of traffic coming in and out. Thank you.

Pre-school Classes

Our pre-school classes resume after half-term. If anyone has siblings or relatives/friends that would like a space (3 to 4 year olds who are not at school), please email the club at LCGC-1@outlook.com.

Please call **01522 262022** or use our **Facebook** page to advise if your child is unable to attend a session - we may not reply, but are grateful to know.
www.lincolncitygymclub.org