



# LINCOLN GYMNASTICS CLUB NEWSLETTER

OCTOBER 2019

## BULK KIT ORDER

The next bulk kit order is open from 28<sup>th</sup> October to 10<sup>th</sup> November. In order to take advantage of this discounted offer period please visit [www.yourclubshop.co.uk](http://www.yourclubshop.co.uk) to make your purchase. The login is LINGGYM1670

All orders will be delivered to the gym in time for Christmas.

## CLUB COMPETITION

Well done to all the gymnasts who took part in the Club competition in July. Congratulations to all those who earned medals for their performances and those who tried something new that day. You all performed brilliantly and did yourselves and your coaches proud.

Provisional Date for the next Club Competition in July 2020 is now out. See noticeboard for details.

## FAMILY EVENTS

Following the success of this year's Water Park event the Friends Committee are planning further events in the coming year. Currently we have plans for hiring Jump Inc in January/February and also another trip to the water park towards the summer. If there are any events you would like to see organised please let a member of the Friends Committee know.

## CHRISTMAS PARTY

This year we are holding a Christmas Party at Fun Farm on Sunday 1<sup>st</sup> December 5.30-7.30. There will be a disco and all children will receive an age appropriate Christmas Gift.

The price is £3 per child and in order to book your place(s) please complete a slip located in reception and place in the box accompanied with the required payment. Please note all children must be accompanied by a responsible adult.

The venue will have the café open should you wish to purchase refreshments.

## GYM REVAMP – PHASE 2

I am sure we will all agree the Phase 1 equipment upgrade looks spectacular! **Phase 2** is still on schedule for the end of this year and will include a new Tumble Track and Fast Track.

We still need your support in raising funds towards this phase. Friends will be holding a Christmas raffle and fayre. If you have any suggestions or donations you can provide for these events please let us know.

## MEMBERSHIP AND BG INSURANCE

You should have all received an email regarding renewing your annual club membership, due by the end of September. Thank you to all those who have paid promptly. Any outstanding payments are required as soon as possible please. Please pay the club electronically using your child's BG number as the reference.

British Gymnastics annual insurance is due for renewal in October. You will receive an email directly from BG confirming details of how to renew. The club will be made aware once you have renewed however please be aware the transaction is between yourself and BG. If you have any questions regarding the above please speak to reception or email [info@lincolngymnastics.club](mailto:info@lincolngymnastics.club)

## ECO-FRIENDLY CLUB

As a club we are trying to lower our environmental impact. In the coming months we will be starting to introduce recycling and new bins will be placed upstairs to separate the recycling from the general waste. Signage will be displayed to show clearly what is allowed in each bin.

In addition, new cups and lids will be used for the coffee machine which are biodegradable.

As a club we will also be introducing Fairtrade products where possible.

We believe as a club we have a responsibility to educate our youngsters on protecting our planet.

## CHRISTMAS FAYRE

This year's Christmas Fayre will take place upstairs at the Gym on Saturday 30<sup>th</sup> November 10am-3pm.

Stall confirmed so far are Zone Leotards, Burrs Bubbles and Tropic Skincare as well as some fun and games from guess the cake weight and who's doors wins. If you would like a stall please let a member of the Friends Committee know.

Come along and purchase some early Christmas gifts, we hope to see you there.

## 2018/19 TERM DATES

### Fit Kids and Mixed Recreational

Term 1	9 <sup>th</sup> Sept – 18 <sup>th</sup> Oct
Term 2	4 <sup>th</sup> Nov – 13 <sup>th</sup> Dec
Term 3	6 <sup>th</sup> Jan – 14 <sup>th</sup> Feb
Term 4	24 <sup>th</sup> Feb – 3 <sup>rd</sup> Apr
Term 5	20 <sup>th</sup> Apr – 22 <sup>nd</sup> May
Term 6	1 <sup>st</sup> June – 10 <sup>th</sup> July

Please see membership board/booklet for payment due dates and fee amounts



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## Squad Competitions

### BOYS

#### MAY

*County Team Floor & Vault 2019 - Lincoln*  
Junior Team – Gold & Silver  
Senior Team - Gold

#### JULY

*Boys County Grades – Lincoln*

Lincoln were the only club taking part in this competition, well done to all the boys that competed, and also all that won medals.

#### SEP

*Boys Regional Grades – Leicester*  
Level 1 Club – Gold & Bronze  
Level 2 Club – Gold  
Level 4 Club – Bronze

Well done to all the boys that competed in Leicester. 6 Boys have qualified to represent East Midlands at the National Grades competition in Birmingham early November. We will let you know in the next newsletter how they got on.

### GIRLS

#### MAY

*County Championships Level 6 and 7*  
Level 6 - 8 yr. old - Silver  
Level 7 - 8 yr. old - Bronze

#### JUNE

*Regional Team – Leicester*  
Senior Team – Silver

*County Championships Level 5*

10 yr. old – Silver  
11 yr. old – Bronze  
13 yr. old – Gold

*County Championships Level 4, 3 and 2*

Level 4  
12/13 yr. olds – Silver and Bronze  
Overall  
Vault – Bronze  
Floor – 2 x Bronze

Level 3

11/12 yr. olds - Bronze  
13/14 yr. olds – Silver and Bronze  
15 yr. olds and over – Gold

Overall

Floor – Gold, Silver and Bronze

*County Championships Level 4, 3 and 2*  
*Level 3 Overall Cont.*

Vault - Silver and Bronze  
Beam – Bronze

Level 2  
Challenge – Silver

#### SEPTEMBER

*County Club Team Championships*

Level 5 – 5<sup>th</sup> & 7<sup>th</sup>  
Level 4 – Gold  
Level 3 – Silver  
Challenge – Gold

*Regional Level 3 and 2 – Leicester*  
Level 2 Overall 14+ Champion

Level 2  
Gold on Beam and Bars  
Silver on Beam and Vault  
Bronze on Floor

Level 3  
Gold on Floor  
Silver on Beam  
Bronze on Floor