

THE BASE

GYMNASTICS & FITNESS CENTRE



SEPTEMBER 2021

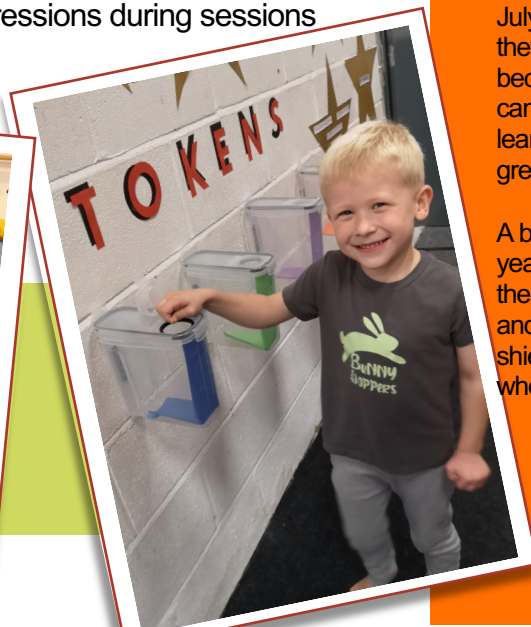
Gymnastics for all

General gymnastics

September has been filled with welcoming back gymnasts from their short summer break and welcoming new faces to our sessions. All gymnasts have been amazing at coming into the gym, remembering their new colours, possible new coach and getting stuck in with the skills and progressions given to them. During rotations gymnasts will be on 3 pieces of apparatus each week and after 2 weeks will have experienced all 4 pieces; bars, beam, vault and floor. This half term has seen a lot of rotation work whether that's spinning backwards and forwards on the bars or doing rolls and cartwheels on the floor and beams. Gymnasts have been practicing their rebounding for the vault as well as getting on and over the vault in multiple different ways. The gymnasts have also been challenged by balancing, this might be on their hands, head or one foot and they've been doing a great job progressing from the floor to the beams.

We are really pleased to announce that we will be re-introducing our parent viewing sessions towards the end of next half term. It's been a while since we have been able to invite parents in to get a glimpse of all the skills the gymnasts have been working hard on, so we look forward to be able to re-introduce these - albeit a more covid safe version! Details will follow soon, but we are hoping these will commence from w/c 29th November and w/c 6th December.

Any questions regarding your child's progressions during sessions please contact classes.lga@gmail.com



NEW RISE AWARD SCHEME

With the phasing out of the old badge award system from British Gymnastics, we are pleased to announce the new Rise Award Scheme will be starting in January. Gymnasts will have lots of levels to progress through with medals and certificates to be achieved throughout.

TOKENS

Gymnasts have also been working hard to collect tokens for their coloured group. They have until July to collect as many tokens as they can through the year to become the winning team. Tokens can be earned through hard work, learning new skills, team spirit, a great attitude and much more.

A big well done to green group last year who won and achieved themselves a medal, certificate and first placing on our new token shield. We are looking forward to who will win it this year!

DIARY DATES

OCTOBER 2021

1st BG membership renewal deadline (direct with BG)

17th Half term break (GFA classes)

19th/21st Half term camp (bookable online through www.lagc.org.uk/book-online)

18th / 22nd Bunny hoppers half term sessions (bookable online)

25th Sessions resume

NOVEMBER 2021

14th Acro national finals/ Artistic competition (selection only)

27th/28th Club champs (competition squads only)

29th GFA classes parent viewings (selected groups)

DECEMBER 2021

6th GFA classes parent viewings (selected groups)

21st Christmas break

JANUARY 2022

4th Term starts

17th Rise assessments (GFA classes)



This first half term our independent pre-schoolers have settled in really well to the new term, and been working very hard on their basic floor, beam, bars and rebound skills. We've covered several exciting themes including: Nursery Rhymes, Pirates and Winnie the Pooh.

Their amazing effort and energy has lead to them all passing their Level 1 Bunny Hoppers award!

We still have some spaces left on our half term sessions running on the 18th and 22nd October 9.30am – 10.10am and 10.30am – 11.10am



USEFUL CONTACTS

For LGA membership enquires including questions about fees/class change/new starters:

contact@loughboroughgymnasticsacademy.co.uk

For LGA progress/coaching specific questions: classes.lga@gmail.com

For all LAGC enquiries: info@lagc.org.uk

For Bunny hoppers enquiries: bunnyhoppersgymnastics@gmail.com

COMPETITION SQUAD

Since coming back after the summer break, our acro competition squads have been working really hard developing new individual and partner skills. With many brand new partnerships, work has now began on routine development ready for the new competition season.

It has been great seeing acro back in full swing in the club.

A special mention to our only pre pandemic partnership, Men's pair Monty and Albert who have successfully qualified for British NDP finals in November.

The artistic competition squads have been working hard getting ready to compete in club and county competitions in November for the first time since the pandemic began. They have all been hard at work learning new skills and brand new floor routines.

The tumblers have had a productive couple of months. After a successful control competition at Loughborough university we have been busy preparing for what we hope will be a full 2022 calendar. Following an update in early 2021 to the competition structure we have been hard at work in their preparation phase and are now starting to put the skills on the tumble track we are looking forward to seeing what we can do in front of a judge again as we build towards club championships.

