



Lockdown Newsletter JUNE 2020

Dear gymnasts and parents,

A big hello from all of us at Springbucks Gymnastics Club! We hope you are staying well and surviving lockdown and home schooling. Our coaches have been missing coaching and all the gymnasts and so we have put together a video of a few of us sending our best wishes to you all which you can find [here](#) and also on our new **Springbucks Gymnastics Club** YouTube Channel! Why don't you [subscribe](#) today? 😊

1-2-1 & ZOOM COACHING NOW AVAILABLE!

With the slight lifting in restrictions you are now able to attend socially distanced one-to-one gymnastics coaching in your local park 😊

COACH TRACEY is available to book if you would like some one-to-one coaching or if you are interested in joining in with some Zoom skills specific workshops. Cost for 1-2-1s is £15 per session paid to Tracey direct. Contact details for these are: tracey.mctighe@gmail.com / 07581037372



Check out www.getset.co.uk for lots of Olympic based sports resources to help you stay active

The weather has been fantastic which has been great for practicing your gymnastics skills in the garden. Do check out Maddie's warm up video that you can do before working on any of your skills and some of our other coaches have made some skills specific videos to help you practice during all your time off which are all up on YouTube. Always make sure you have adult supervision when you train at home, with enough space to practice your skills and nothing that you can trip over or bump into. Teach your parents how to support you as your temporary coach and why not enter our ['Most Improved' Competition](#) over the summer?



MOST IMPROVED COMPETITION

Throughout June and July we will be running a 'Most Improved' competition to help motivate you all to work on your gymnastics skills during lockdown. Simply decide which skill you would like to work on and email us a video of your current attempt at that move by the 1st July. Then keep practicing and improving that skill at home with Mum or Dads help, and send us a second video of your best attempt at the skill after all your practice by 9am on 29th July.

We will then post the results out in our next newsletter and pop some sweeties and medals round to the winners 😊 **Parents entries also welcome!**

Categories you can enter are: forwards roll, headstand, handstand, handstand full turn, cartwheel, 1 handed cartwheel, round off, forwards or backwards walkover, aerial cartwheel

STARTING BACK?

We are all keen to start back as soon as possible as I am sure you can imagine! We will be following all Government guidelines and advice and working closely with our governing body UK Gymnastics and with each school or host venue to determine when and how it is safe for us to resume training. We are currently not expecting to be back before September, and we may then have a staggered start back as it will depend on the arrangements that we are able to put into place with each host venue. There is a very small possibility that we may be able to offer some holiday camp days later in August so watch this space! We will email out and pop any latest news up on the website homepage as soon as we know more.

GETTING IN CONTACT

In terms of getting in touch with us during lockdown the Springbucks office will be open and email and answer phone will be checked the final week of each month.

If you are interested in any of the one to one coaching sessions or Zoom skills specific workshops that Tracey is offering then please contact Tracey directly using her personal contact details given on page 1, do not contact the Springbucks office about these sessions as your emails or calls will not be picked up until we reopen at the end of June.

In the meantime, stay safe and keep on practicing your skills! We look forward to seeing all your video entries for the Most Improved Competition so get busy making and sending those in. 😊

All the best,

Ruth, Tracey & all the Springbucks Team



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