



Lockdown Newsletter JULY 2020

Dear gymnasts and parents,

I hope that you are all staying safe and well as lock down gradually eases off. I'm sure that some of the children have enjoyed being able to return to school even only for a few days a week this half term. Its' been lovely to be able to meet up with friends a bit more over the past month and I'm sure we're all looking forward to having people back in our homes again this month and possibly even getting away on holiday!

Tracey, Amy and Emily have been running some private one to one or small group gymnastics sessions in the park over the past month and have been really enjoying seeing and working with some of our gymnast again. These sessions are getting popular so do get in quickly if you would like to book anything in over the summer holidays, as unfortunately we are unable to run our usual summer camps due to venues remaining closed. Details of times and prices and how to book these sessions with Tracey below ☺

PRIVATE 1-2-1 SESSIONS & SMALL GROUP COACHING NOW AVAILABLE!

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

COACH TRACEY is available to book if you would like some one-to-one coaching or small group coaching sessions. These are happening each week, weather dependent, on:

- TUESDAY AFTERNOONS at Rose Avenue Park, Hazlemere
- WEDNESDAY AFTERNOONS by the Community Centre, Studley Green
- THURSDAYS AFTERNOONS at Riley Park, Marlow
- FRIDAY AFTERNOONS at Crossleys Rec in Chalfont St Giles

Cost for 1-2-1 coaching is £15 per session

£12.50 per child for 2, or £10 per child if 3 or more children

Cash to be paid at the start of the session to Tracey directly.

Contact details are: tracey.mctighe@gmail.com / 07581037372



Please note these are private classes run by Tracey as a freelance coach & not Springbucks Gymnastics Club sessions.

Have you checked out our new Springbucks
Gymnastics Club YouTube Channel yet? Why don't
you subscribe today!

MOST IMPROVED COMPETITION EXTENDED!

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 10th July**. Then keep practicing and improving that skill at home 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 August newsletter and pop some sweets 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?

The safety and wellbeing of our gymnasts, parents and staff is very important to us and we are currently in conversation with each of our host venues to determine when and how we can start back training in a Covid secure environment. We will be following all Government guidelines and advice and working closely with our governing body UK Gymnastics to make sure that we have minimized the risk for all involved.

Hazlemere Youth Centre have confirmed that we will be able to start up our weekly Monday and Thursday sessions there from mid-September. We will email out and pop any latest news up on the website homepage as soon as we know more from other venues. We are aware that the gymnasts have had a very long time away from gymnastics and when we return to training our focus will be refreshing FUNDAMENTALS, rebuilding FRIENDSHIPS and improving FITNESS and FLEXIBILITY.

GETTING IN CONTACT

In terms of getting in touch with us over the summer the Springbucks email and answer phone will be checked once or twice a week so do be patient with us if we take longer than usual to reply.

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 by the 10th July. 😊

All the best, Ruth, Tracey & all the Springbucks Team



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