



# Lockdown Newsletter August 2020

Dear gymnasts and parents,

I hope you have all enjoyed the summer holidays and the break from home-schooling! It feels good to finally be preparing to get back to club and we are working hard to ensure that we return to training in a Covid secure environment that minimizes the risk for all. As we liaise with each venue and work towards opening we will gradually be putting our Covid risk assessments up on each Venues page on our website – our HYC risk assessment can be **viewed here** for any who are interested. We will also be emailing out details of what will be required of parents, gymnasts and coaches at drop off and pick up and during the sessions to help keep us all safe. We are aware that the children 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.

Tracey will continue running the same days and locations for her private one to one or small group gymnastics sessions in the park and in gymnasts gardens until Friday 18<sup>th</sup> September, after which she will just be running sessions on a Wednesday afternoon in Marlow and a Friday afternoon in Chalfont St Giles until half term. Details of times and prices and how to book these sessions with Tracey below 😊

## PRIVATE 1-2-1 SESSIONS & SMALL GROUP COACHING STILL AVAILABLE!

**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](mailto: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 Springbucks Gymnastics Club**

**YouTube Channel yet?**

## **MOST IMPROVED COMPETITION RESULTS!**

Throughout June and July we ran a 'Most Improved' competition to help motivate you all to work on your gymnastics skills during lockdown. I am pleased to announce the following winners of the competition are:

**FIRST PLACE – Francesca Guidi for her headstand**

**SECOND PLACE – Georgia King for her forwards walkover**

**THIRD PLACE – Freya Thordikson for her improved flexibility**

**The winner of the parents most improved competition was Massi Guidi with a fantastic handstand!**

**A BIG WELL DONE TO ALL! KEEP YOUR EYE OUT FOR YOUR PRIZE IN THE POST!**



## **STARTING BACK**

**Hazlemere Youth Centre** - HYC have confirmed that we will be able to start up our weekly Monday and Thursday sessions there from Monday 21<sup>st</sup> September. Due to drastically reduced class sizes and classes needing to be spaced out with 15 mins between each session we do not have space for all our returning members in their usual classes. We will be running extra weekend sessions on a Saturday and Sunday afternoon at HYC until things return to normal and we will need at least half of our gymnasts to move across to these new sessions so that we are able to give everyone a place. We appreciate your help with this, please email asap if you are able to move across and we will try our best to fit everyone in. Details of new class times etc have been emailed out separately to all affected by these changes.

**High March** – We will be returning to training at High March School on Monday 7<sup>th</sup> September 2020.

All other venues will be returning gradually over the next few months – Hughenden from October, Spinfield, Burford and Stokenchurch from November and Chalfont St Giles from January. For those gymnasts who would like to train from late September please let us know and we will fit you into the classes running on Saturdays and Sundays at HYC. We are doubtful that Spinfield and Burford Schools will allow children to train with us who do not attend those schools when we initially return so I would advise those gymnasts to take up a weekend place at Hazlemere Youth Centre for now until things get back to normal.

We are so excited to finally be getting back into the gym and are looking forward to seeing you all soon!

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



**Springbucks Gymnastics Club Ltd**

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