



Lockdown Newsletter FEB 2021

Dear gymnasts and parents,

A big hello from all of us at Springbucks Gymnastics Club! We hope you are staying well and surviving lockdown 3 and home schooling. I don't think any of us ever expected things to go on this long when we first locked down in March last year! I hope you are all keeping your spirits up and looking forward to being able to get back to school and club and back to something that resembles normal sometime soon 😊 At least with the vaccination programme well in hand it looks like there is light at the end of the tunnel!

FREE ZOOM COACHING SESSIONS!

If your child is really missing gymnastics and would like to do some zoom sessions with Tracey we would like to offer parents the chance to book in for free online sessions to make up for the club sessions they missed due to lockdown 2 in November 😊

If you would like to take up that option, rather than keeping the sessions in credit for when we return, please contact Tracey directly on 07581037372

The zoom sessions will be the standard 40 mins and so your credit will be assigned as follows:

Gymnasts Usual Session Length	Number of Sessions Missed in November / December	Number of free Zoom make up sessions you can book
45 mins	4	4
1 hr	4	6
1 hr 15 mins	4	7
1 hr	5 (Sunday gymnasts only)	7
1 hr 15 mins	5 (Sunday gymnasts only)	9



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

To be able to access these zoom sessions you will need at least 1.5m by 2m clear space for the gymnast to work in, and a slightly padded floor such as a home gymnastics or pilates mat or similar, and they will need adult supervision for safety reasons – although this can be keeping an eye on them train while you get on with your work at the kitchen table etc!

The typical format of these zoom sessions will be a quick hello and safety check of the gymnasts environment followed by a full gymnastics warm up and stretch, then a skills section for younger gymnasts or a skills conditioning section for older or more advanced gymnasts, finishing with a cool down at the end of the session. They may be 1-2-1 sessions or with up to 2 other gymnasts of a similar age and ability level.

Timings and days are flexible, you could opt for 1 or 2 sessions a week, or do an intensive block with one session per day through half term etc. Just get in touch with Tracey asap if you would like to book in 😊



'What I love best about gymnastics' COMPETITION

Throughout February and March we will be running a creative competition entitled 'What I love Most About Gymnastics'. We would like to you either:

- 1) Draw or print out and colour a picture or
- 2) Make a collage / scrapbook page

showing what you love best about gymnastics. Then either you (or your parents for younger ones) need to write a short paragraph saying what you love best about gymnastics and why.

Make sure you put your name on the front, along with your age and what Springbucks venue you usually train at then **send it in to Ruth Middleton, 11 The Croft, Maidenhead, Berkshire, SL6 4BA by 20th March 2021**

The entries will go up in the Springbucks office and will also be displayed when we return to training and winners will be selected for each age group and prizes given out by the end of March/early April.

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 announcements and will email out and pop any latest news up on the website homepage as soon as we know more. If the schools reopen on 8th March then we may be able to open up at HYC and High March again then too and we are hoping to reopen other venues come summer term so watch this space!

GETTING IN CONTACT

In terms of getting in touch with us during lockdown we will check the club email and phone once every 2 weeks. If you are interested in any of the Zoom coaching sessions 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.

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

All the best, Ruth & Tracey

