

FALCON SPARTAK GYMNASTICS CLUB

SUMMER NEWSLETTER 2009

July Fees

Unfortunately some of the July fees are overdue. Can these be paid as soon as possible please.

October Fees

The October fees are usually very expensive for everyone as it is the time to renew the British Gymnastics insurance for every gymnast. There has been a change to the fee structure this year and these are now as follows:

Competitive gymnasts	£36.00
General gymnasts	£15.00

In addition to this all gymnasts are affiliated to the London Gymnastics Federation and this affiliation fee is: **£3.00.**

In order to make payment easier for everyone the insurance due and the £3.00 affiliation can be paid at any time. All current gymnasts should have their insurance paid BEFORE 30th September 2009.

Activity Weeks

The two activity weeks commence on Monday 17th August and Monday 24th August 2009. These run from 10.0 a.m. to 12 noon Monday to Friday for the two weeks and have always been very successful. Children do not have to attend every day and per session the charge will be £5.00. We look forward to seeing as many as possible joining us.

Please remember that during the summer holidays the club remains open and a gymnast can come in for any session.

Trampoline

Many of you will not know that one of our gymnasts, Alexander Clifford entered the 1st GMPD Trampoline British Championships in July and was placed 3rd. Well done Alex.

Our trampoline session is usually on a Thursday evening from 6.30 p.m. to 8.30 p.m. and all are welcome. If we have sufficient interest we will increase the number of sessions available.

Display

A notice was put on the notice board some weeks ago inviting gymnasts to take part in a display on the 12th and 13th September 2009 in The Priory Gardens, Orpington. The response has been very poor and currently we only have about 9 girls prepared to take part. Displays are great fun and are a form of advertising for the club and help to encourage new members.

We still have a few weeks to work on a display routine with more gymnasts and if others are interested they can take part but it is important they give their names in BEFORE the end of August. Everyone taking part will need to be in club kit, for girls this means the new leotard.

The Orpington Rotary Club have sponsored the club in the past and we would like to give them a brilliant display routine so they think of us again, so **PLEASE** help us. The club needs to replace some mats and we need to get some funding to help with this.

International Training Camp, Berlin

Five of our gymnasts have been selected to represent Great Britain at an International Training Camp being held at Keinbaum, Berlin in November. The gymnasts are:

Alexander Clifford, Sarah Dugdale, Rowena Francis, Michelle Hon, Hannah Westerman and Rebecca Cooper has been named as a reserve should anyone be unable to attend.

Well done to everyone.

August 2009