

MK Springers

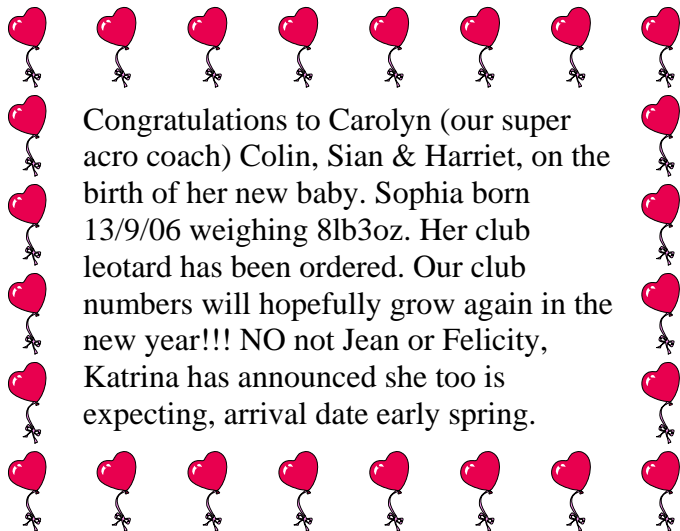


Sept '06

Welcome back to you all, we hope you have had a fun filled restful summer. This term will be tough on us all after such a long break. For the gymnasts who train two or more hours a week we are going to introduce a "Gymnast of the Month Award" the gymnasts will be assessed on attitude to training and trying their best at all sessions. They will be awarded a certificate and a £5.00 gift voucher. So train hard and you might be the first gymnast to receive it.

New Equipment !

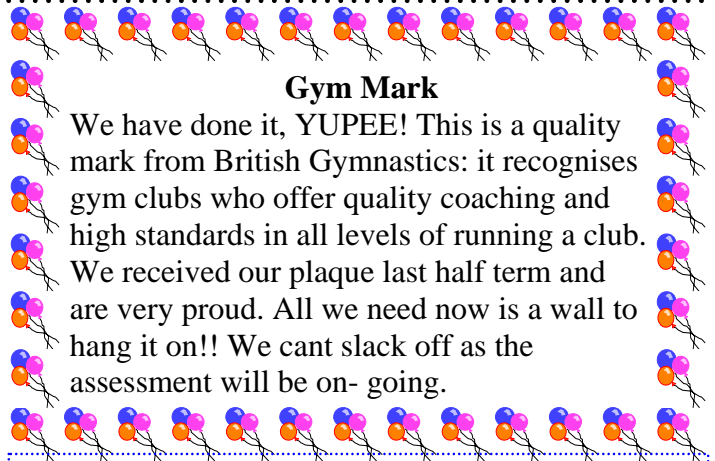
Thanks to a generous grant from Milton Keynes local Network Fund, we have purchased an air track. Those of you who attended the summer courses would have had a go already. An air track, in lay man terms, is a long inflated bouncy castle, it is used as a training aid to develop tumbling moves from forward rolls right up to flicks and summersaults. This track while being portable is quite heavy we will endeavour to move it around all the club sessions as much as physically possible.



Congratulations to Carolyn (our super acro coach) Colin, Sian & Harriet, on the birth of her new baby. Sophia born 13/9/06 weighing 8lb3oz. Her club leotard has been ordered. Our club numbers will hopefully grow again in the new year!!! NO not Jean or Felicity, Katrina has announced she too is expecting, arrival date early spring.

Club Development

Ruth, Jenny & Chris successfully passed their level 1 exam, Katrina & Michaela have successfully passed their level 2 exam, also well done to you all. Chris is being very brave and has started her level two course training good luck to her. Ruth & Jenny need to be a bit older before they start their course.



Gym Mark

We have done it, YUPEE! This is a quality mark from British Gymnastics: it recognises gym clubs who offer quality coaching and high standards in all levels of running a club. We received our plaque last half term and are very proud. All we need now is a wall to hang it on!! We cant slack off as the assessment will be on- going.

Club Leotards & T-Shirts

As you all know we expect all gymnasts who compete for MK Springers to wear our club leotard. only. We try to keep them as cheap as possible, prices range from £18 depending on size. We are aware that some of you have grown and need to buy a larger size. If your old club leotard is still in good condition why not sell it second hand? We have MK Springers T-shirts for sale @ £10.00, please ask for an order form, we will need to order these a few at a time to keep the cost of P&P down.

New Competition Leotard!! One available to view . Please be advised this leotard is for competition wear only not training. A must for Acro gymnasts, once a comp date is available. Gymnasts doing county comps can also purchase the new



Roots & Web Site

As mentioned in our last newsletter, we are still looking for a permanent venue, so keep us posted if you find anywhere suitable. We would also like a club web site, something not too complicated, but where we can show who we are what we do and booking can be made on line!! Can anyone help with this and will it cost

Competitions Dates '06 for your dairy!

Tumbling 15th October, unfortunately this tumbling event has been cancelled. Sorry!
Floor & Vault, 5th November @ Kingston Centre, Milton Keynes. Gymnasts must be 7yrs old and BG registered to enter. We will let you know at a later date who has been selected for the above.