



Horsham Gymnastics Centre

Newsletter December 2010



HGC would like to wish you all a very Happy Christmas & Prosperous New Year.
Classes finish on Saturday 18th December at 4pm, and restart on Tuesday 4th January 2011 at 9.30pm

Parent/Toddler & Preschool places now available for the under 5's call the Gym Office for availability.



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www.hgc.org.uk

We would like to congratulate the following coaches in passing their Level 1 Coaching Award—Rosanna French, Alice Gilmartin, Lauren Chapman & Amy Zimmermann.

Commonwealth Games 2010 in New Delhi, India

We would like to congratulate Jocelyn Hunt on winning team SILVER for ENGLAND at this year's Commonwealth Games held in Delhi. In the all around competition England chased the Aussies hard with Jocelyn placed 5th overall. Jocelyn and her parents would like to say a big thank you for all the support given to Jocelyn, including the good luck wishes and congratulations cards and gifts, they were all very much appreciated.

The HGC Annual Club Championships 2010

This years competition took place on Sunday 14th November where many of our recreational children took part. The competition was a great success with many gymnasts winning medals, every gymnast received a participation certificate, This year there was an added bonus where many children took the opportunity to have their photo taken with our very own commonwealth games silver medallist Jocelyn Hunt. De Photos were also in attendance and if you wish to view or purchase any photos from the day please contact the gym office to gain access to the DE Photo website.

Competition Updates

The South East Women's Artistic Regional Championships took place in September, many of the Horsham squad gymnasts achieved a top 20 place in their respective age groups and levels. With a special mention to Iona Theobald & Sian Harris in being crowned Regional Champions. The Annual Sussex Championships took place in October and across all disciplines Horsham gymnasts won over 30 medals and many gymnasts became Sussex Champions. Successes continued last weekend at the 2010 Acrobatics British Tournament in Stoke with excellent performances from the whole team resulting in one pair, Georgina Vinton & Ella Courten, finishing in 7th Place and one trio Beth Cash, Kayleigh Pearce & Josie Wood finishing 4th a fantastic result against very stiff competition. Full reports and photos regarding all this year's competitions can be viewed via our new website www.hgc.org.uk

Diary Dates

The National Tumbling Qualifier will take place on Sunday 13th February 2011 at K2 in Crawley
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The General Sussex Floor & Vault Championships will take place on Sunday 6th February at the Olympus LC in Burges Hill
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The South East Women's Artistic Grades will take place over the weekend 12th/13th March 2011 at the Guildford Spectrum.
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Home Counties event the English Championships will take place over the weekend 25th-27th February 2011 in Leicester.
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Acro regional champs at Sittingbourne 5th Dec.



Are you looking for an idea for a child's Birthday Party ? The main gym is available for private hire for boys and girls of all ages. You provide the food and drink, and we provide the fun! You'll have the gym all to yourself under the supervision of professional, adult staff. We play games, experience the range of apparatus, jump on the trampoline and, of course, play in the pit. It's great fun for all and no gymnastics experience is necessary.

To book a party or to check availability and times, please call the main HGC office on (01403) 756699

Reminders

Toilet Trips

Please ensure that your child has been to the toilet prior to the start of their class, especially the pre-school classes. If your child is not old enough to go to the toilet unaided please ensure that a suitable person is present at all times throughout the class to take them. This rule is aimed to limit disruption to classes and to ensure your child has an enjoyable time without little accidents. To comply with child welfare procedures WE CANNOT TAKE YOUR CHILD, so please do not place staff in an awkward situation.

Food & Drink

Please help us keep the gym and gallery area clean and tidy. NO food and drinks are allowed within the main gym. Drinks & light snacks if needed are allowed within the upstairs gallery but please ensure that the chairs are free to be used for sitting not cluttered with possessions and cups and plates are NOT placed under chairs and are returned to the CAFÉ.

Hair, Hair, Hair!

Have you ever tried a handstand or forward roll with loose hair? Please remember to tie back your child's hair before classes and also ensure all jewellery is removed before the start of the class.

Payments

Please ensure that any fee's or payments made to HGC are clearly marked with your child's name on the reverse of the cheque or if paying by cash in a suitable envelope with your child's name clearly indicated. All fee payments should be paid in full by end of each month.

VAT Changes for 2011

Please be aware that changes to the standard rate of vat come into force as from 1st Jan 2011 with the rate increasing from 17.5% to 20%

We thank you for you cooperation in these matters.