

Printing kindly sponsored by Gary Martin, Financial Adviser with Glenaber Financial Planning Consultants, tel 07903 258707

Welcome to the summer edition of the club newsletter. 2011/2012 has been another busy year and I'd like to thank the gymnasts and coaches for their continued hard work throughout the year. Four of our older gymnasts, Charlie, Katie Jenny & Sophie recently completed a Learn- to- Coach Course and are now enjoying helping the coaching team. We have four parents keen to take on the challenge of coaching & judging and hopefully they will be enrolled onto a course in the very near future. If you are interested in helping out at the club either through coaching or judging please contact the secretary for further details.

Health & Safety Reminders:

Personal Items

Please only take a small training bag, water bottle and shoes into the coaching hall and place carefully so as not to obstruct equipment, doorways or walkway for other sports centre users. Lockers, situated in the changing rooms and require a £1 coin, should be used to store other personal items.

Jewellery

Please remember to remove **all** jewellery, including any body piercing, while in the gym. This is in accordance to Scottish Gymnastics Health and Safety Policy.

If you notice a gymnast or coach who has forgotten to remove their jewellery please remind them.

Thank you!

Drop off/Collection of All Children

Please note coaches cannot be responsible for any child allowed to enter the centre unsupervised. If you are late for class please accompany your child into the hall. At the end of class no primary aged child will be allowed to leave the gym until they are collected. In case of an emergency you can contact a coach on the following number:

07539973951.

Please note this number is for emergency contact only and not for general enquiries.

Coach Contact

Head coach, Isabel Walton is available most weeks at gym and class coaches are also available at the **end** of each session to answer any questions. **Any issues should be brought to the immediate attention of your child's coach so they can be addressed and resolved promptly.** Written queries can be made via email to: perthgymnasticsclub@hotmail.co.uk

Please Support Scott!

On Sunday 2nd September 2012, in an effort to raise funds for the club, Scott Menmuir, (Ellie's dad), will be running the Great Scottish Run half marathon in Glasgow with all proceeds going to PGC.



Please offer your support to Scott by sponsoring him; you can download a sponsor form from the website news page, www.perth-gymnastics-club.co.uk or pick one up from the club notice board.

On behalf of everyone at the club I would like to thank Scott for taking on this challenge to boost club funds and I'm sure you will all join me in wishing him the very best of luck.

Gymnast Injury/ Absence Policy



If your child is unable to attend class through illness, is expected to be absent for several weeks or if they no longer wish to retain their place please inform a coach or the secretary.

If a child does not attend class for 3 weeks without informing the club their name will be removed from the class register and the place offered to a child on the waiting list.

Training can be adapted for gymnasts with an injury to prevent missing classes; please discuss any injury with your child's coach. Refunds of fees due to long term injury or illness (e.g not expected to be able to attend class for 3 weeks or more), will be at the discretion of the committee and cannot be back dated.

More Fundraising News....

Easy Fundraising

If you shop online you can raise money for the club at the same time with no extra cost to yourself. All you need to do is sign up for free to: <http://www.easyfundraising.org.uk/causes/perthgc> and use the links on the easyfundraising site to take you to the retailer. A percentage of whatever you spend comes directly to us.

Easy Search

Raise Money As You Search! Did you know you can raise money for PGC while you search online?

<http://perthgc.easysearch.org.uk>

combines the results of several search engines such as Yahoo!, Bing and Ask to ensure you can always find what you're looking for and the fantastic thing is that every time you search, half a penny is raised for PGC. So the next time you need to find something online, please help raise money for PGC by with

<http://perthgc.easysearch.org.uk>



The committee is organising a summer family BBQ which will be held on 26th August from 12pm – 2pm at Quarry Mill in Scone. Tickets will be available for a donation of £3pp closer to the time and will include juice and a burger.



The committee is also hoping to arrange a fundraising car wash later in the year at the fire station in Perth. Details will be sent out once this has been arranged.

More Club News.....

Display Squad: The display squad participated in Gymfest at the beginning of May at the Magnum Centre in Irvine. The squad all thoroughly enjoyed the event and gave a fantastic performance of their Jai Ho routine. They are currently practicing their skills and bringing together some ideas for a new routine to perform at Gymfest Perth in Bell's Sports Centre on 4th November.

Gymnast Success: There have been many successes so far this year for our gymnasts. A lot of hard work and commitment from both the gymnasts and the coaches has seen our gymnasts win medals at all competitions this year.

At the Celtic Cup in Dublin both Emily & Ryan were selected to the Scottish Team and both won medals.

On 10th May Emily came 2nd in the Compulsory level 2 competition and Katie- Ann Kettles passed her National Grade 8 and Emma Nardone passed her Grade 11 with distinction and winning the overall gold medal while Iona Jackson and Ellie Menmuir passed their Grade 12 with Iona finishing 2nd and Ellie 3rd on bars..

On 13th May McKenzie Shepherd, Katie Ogilvie, Katie Gregory & Ella Gannon all passed their Grade 14.

On 26th May at the Scottish Floor & Vault Beginners & Intermediates competition, McKenzie Shepherd finished 4th in the 8 years Intermediates, Katie Ogilvie came 8th in the 12+ Intermediates, Erica Martin 3rd in the 12+ beginners with the team of Erica, Charlie Reid & Katie Murray picking up the 5th place ribbon and the team of Dionne Hill, Zara Carmichael & Jenny Foster finishing in 9th position. Katie Gregory in the 10/11 intermediates and Maisie Jackson & Ellie Magee in the 10/11 beginners competitions produced great floor routines & vaults.

Congratulations and very well done to all the gymnasts who participated in these competitions. Keep up the hard work!

Forthcoming Competitions: On Sunday 17th June 34 of our gymnasts will be competing in the P&K Development Group Floor & Vault competition at Bell's Sports Centre. We have gymnasts competing in the Foundation, Beginner & Intermediate levels of the competition and for quite a few of the gymnasts this will be their first competition experience. I'm sure they will all enjoy the day and on behalf of everyone at the club I would like to wish them all the very best of luck!

Emily Ford will be travelling to Madrid with the Scottish Junior Squad on Thursday along with Isabel. This will be a fantastic experience for both Emily & Isabel and we look forward to hearing all about it on their return. Good luck Emily!

Ryan McKerchar is competing in the Men's British Championships 2012 at Fenton Manor, Stoke-on-Trent on 1st July. Ryan has been working hard preparing for this competition and we all wish him lots of luck.

Spectators and supporters are always welcome at competitions so why not come along and cheer on our gymnasts!

Dates for Your Diary

17th June: P&K Floor & Vault Competition. Bell's Sports Centre.

25th June: Last day of term 4 for Monday 1hr/wk classes.

27th June: Last day of term 4 for Wed. 1hr/wk classes.

28th June: Last day of term 4 for Thur. 1 hr/wk classes.

** Parents/carers/siblings please remember you are welcome to watch your child's training session on the last nights of term**

13th August: Term 1 begins for 1 hr/wk classes.

26th August: Family BBQ at Quarry Mill, Scone, 12pm – 2pm.

2nd Sept: Scott Menmuir will run Great Scottish Run.

6th Sept: Annual SG & Club membership fees 2012/2013 due.

4th Nov: Gymfest Perth. Bell's Sports Centre

Dates to be confirmed:

Fundraising car wash & Halloween Disco

Please remember to check the club notice board and website for all the latest news.

Club Contact Details

Emergency Only Coach Contact: Tel: **07539973951**

Membership & General Enquiries

Lindsay Martin, secretary

perthgymnasticsclub@hotmail.co.uk

Club Website

www.perth-gymnastics-club.co.uk

Club Merchandise

Sue Menmuir

perthgymnasticsclub@hotmail.co.uk

Child Protection Co-ordinator

Linda McKerchar

Contact Linda via email at the hotmail account; you will be forwarded a telephone number to contact Linda directly.