



CITY OF CANTERBURY RHYTHMIC GYMNASTICS CLUB



Sept 2011

www.canterbury-rgc.btck.co.uk

Welcome back to Gym! We hope you all had a fabulous Summer holiday and are refreshed and ready to return to gym training!

Firstly - Good Luck to all of the preschool gymnasts that are starting Big School in September and will be moving up a class at gym too, into the Saturday 10.15 class.



Summer Display 2011 – Pre-School Gymnasts

We are now recruiting pre-school gymnasts for the 09.15 Saturday Class, so please let your friends know that there are some spaces currently available in this very popular class (Saturday, 09.15 – 10am).

New starters are welcome to come along on Saturday 3rd September 09.15 or Saturday 10th September 09.15 for a free taster session.

Note: Changes to Saturday Classes

Beginning Sept 2011, Saturday classes will now be as follows:-

Preschool - 9.15 to 10.00

Recreational - 10.15 to 11.15*

*This session will be for two separate age groups - Ages 5 to 7 and then Age 8 and upwards.

From Saturday 3rd September Adult Fitness Classes will run at 09.15 and 10.15am to allow parents dropping gymnasts at pre-school/squad and the later recreational class at 10.15 to get fit too! No booking necessary.
See you there!

World Championships - Kezi & Anni

British Gymnastics has announced the gymnasts selected to compete at the 31st rhythmic gymnastics World Championships, to be held in **Montpellier (FRA) 15-24th September.**

This event begins the qualification process for the Olympic Games in London, 2012 with the highest ranked Briton in qualification I [CI], being the nominated Olympian to be submitted to the BOA for ratification in June 2012. This individual will also be nominated to compete at the 2nd Olympic Qualification at the Test Event held at the North Greenwich Arena, 14th – 19th January 2012.

Kezi is one of the three girl British team (alongside Frankie Jones, Mimi Cesar). Anni is also appointed as a Team Official (Coach). We wish them all great success at the World Championships 2011.



31st
Rhythmic Gymnastics World Championships
Montpellier, 19 - 25 September 2011



DIARY DATES

- Sat 17 Sept Fundraising Event: Quiz Night at Kingston Barn -
- Sat 5 Nov Recreational Classes, British Gymnastics Badge Scheme
- Sat 10 Dec Xmas Show
- 18 Dec - 2 Jan inclusive, Gym Closed - Xmas Holidays

New Display Squad

The CCRGC coaches are setting up a new **Display Squad**. Training will take place as follows:-

Monday from 6.30 – 8pm for Age 14yrs plus
Wednesday from 5.00 – 6.30pm for Under 14yrs

Coaches will approach older gymnasts inviting them to join the Display Squad.

However if you are a talented and interested recreational gymnasts who wishes to do more gym, and are interested in joining the Display Squad, then please inform you coach accordingly at your next training session. The Display Squad will be in addition to the gymnasts normal weekly class.

Also if you have older/younger siblings who may be interested, please speak to a coach at your earliest opportunity.

CCRGC AWARDS

Congratulations to all those who received an **Award** at the Summer Display

Preschool: Fiona Barber
Recreational: Melanie
Squads: Ella Cooper Gracie Morrell
& Jael Gore
Fitness Class: Julia Wyver

Farewell to Sophie Dixon & Megan Lee

Sophie & Megan are off to University in September!

CCRGC Committee thanks them for all their time that they have devoted to training at the Club and for the fabulous contributions they have made.

We all wish them every success at University and of course, look forward to seeing them during those long University Holidays. They will always be welcome to pop in at CCRGC!

Dance Fitness - Mondays 4.15pm

New Dance fitness classes for secondary school age upwards, every Monday with Helen from 4.15-5pm. Spread the word!
Commencing on Monday 5th September.

Fundraising Event

CCRGC Quiz Night

Saturday 17 September, Kingston Barn

A fun night for friends and family.

Teams of 6 or 8 people.

Participants can be coaches, gymnasts, parents & family & friends.

See the CCRGC noticeboard for more information and/or contact Lucy Woodruff to register your Team or add Teams & names to the list on the CCRGC noticeboard.

Summer Camp 2011

Gymnasts from a variety of different Clubs around the country attended CCRGC Summer Camp 2011. The camp took place during the first week of August. All the gymnasts trained extremely hard, and had plenty of fun too.

Our thanks go to those families who “hosted” gymnasts from other Clubs. Below is a photo of many of the gymnasts at the swimming party.

CCRGC committee is extremely grateful to the Bailey family for the use of their fabulous pool facilities. Thanks also to the coaches who made Summer Camp 2011 such a great experience!



Calendar & Gym Competitions

Please note that we advertise future competition dates on our Website under the Calendar tab. Recreational classes will *always* run as normal despite other gymnasts being away at competitions, unless otherwise advised by your gymnasts coach prior to the event.