



CITY OF CANTERBURY RHYTHMIC GYMNASTICS CLUB



Oct/Nov
2011

www.canterbury-rgc.btck.co.uk

Autumn is here, which marks the start of the Team & Group Competition season! The first of these competitions for our Club is the **Club Team Championships** which are to take place in Walsall at the end of October. **Good Luck** to all the Canterbury Gymnasts who are taking part. For a number of gymnasts, this will be their first national competition. Make sure you all work hard during the holidays. We wish you all the best of luck at the Competition and look forward hearing how you get on.

Welcome to all of our **new Club members**. We hope you enjoy being part of our Gymnastics Club. The CCRGC coaching team also give a warm welcome to **Olha** the new **CCRGC Ballet Coach**.

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.



Kezi and Anni kindly brought back the sunshine with them from the World Championships in Montpellier. *"I enjoyed my first experience of the World Championships and was pleased with my scores considering the injury I have had. To compete with the best in the world has inspired and encouraged me to continue and to get better! My favourite of this World Championships is definitely Alina Maksymenko of Ukraine."* said Kezi.

Leotards

If you wish to order training leotards then please let Karen or Tiffany know. Second hand kit and competition leotards and equipment are also sold on, usually during Club events and competitions e.g. Xmas show. Please note if your gymnast is in a squad it is essential that their Coach approves a leotard and its fit before purchase is made.

For Group Competitions, leotards are "loaned" to gymnasts within the Club. A fee of £10 to the owner of the leotard is standard practice. If you are borrowing another gymnast's leotard it is essential that it is looked after carefully, and must NOT be washed after wearing must be returned to the owner immediately following the competition. Thank you for your cooperation.

DIARY DATES 2011/2012

Sat 29 Oct Club Team Championships, Walsall
Sat 5 Nov Recreational Classes, British Gymnastics Badge Scheme
Mon 14 Nov CCRGC AGM (6pm)

Sat 26 Nov National Group Championships, Cardiff
Sun 27 Nov Flexibility Testing, Cardiff
Sat 10 Dec **Nutcracker Xmas Show (11am) & CCRGC Christmas Party & Presentations, Kingston Barn 6pm - 9pm**

18 Dec - 2 Jan inclusive, Gym Closed - Xmas Holidays

Sat 3 Feb 2012 Mini-Championships Competition at CCRGC for Squad gymnasts, U8, U9, & U10's
Sat 17 March 2012 Grading, South & South East at CCRGC



**Nutcracker
Xmas Show
Saturday
10 December
11am**

All CCRGC gymnasts will be performing in our Nutcracker Xmas Show 2011. Tickets will be on sale on Saturday mornings in November, please put the date in your calendar now. Don't forget the Xmas Party and Presentations with personal certificates to all members and Club Trophy Awards at Kingston Barn that evening too. Xmas is coming.

Full dress rehearsal for all on Sat 3 December!

All gymnasts ought to have received an email regarding this Xmas Show, if you have not, please speak to your coach.

The September Prize Draw was won by Sue Christies Mum – Congratulations!

If you are a new Club member and would like to be part of the fundraising Club Draw then please contact the treasurer.

If you are a parent of a new recreational class gymnast and have any questions please talk to Sue Christie, she is usually available at gym on Saturday mornings from 9 to 9.45am and 10.20 to 11am, also on Wednesdays at 4.30pm.

