



Springboard News

Rugby Gymnastics Club

Autumn 2016

General Gymnastics



During week commencing 12th December we will be holding a Christmas fancy dress week in our General Gymnastics section. Come along in your costumes and pay £1.

Remember to wear items that you can still do gymnastics in and to keep your feet uncovered. Unfortunately tinsel will not be allowed. All money raised will be going towards new items of equipment for us all to use in our classes.

We will not be closed during the February half term 2017 and usual classes will be running.

Gymnasts will be concentrating on their badge work between January and Easter.

Our next General Gymnastics Squad competition is on 4th December 2016 in Stoke on Trent at the Regional Floor and Vault Championships, we wish them all the best of luck.

New Fee Structure

Thank you to everyone for their patience as we change our way of receiving fees. You should all now be paying by standing order and we will be offering gymnastics for 46 weeks of the year.

Playgym & Preschool

We have been fortunate in securing funding from Rugby Borough Council to spend on new hand apparatus and soft play items to be used in our classes.



These items are very costly to replace and as you will know, they are very well used as we run 20 classes per week!

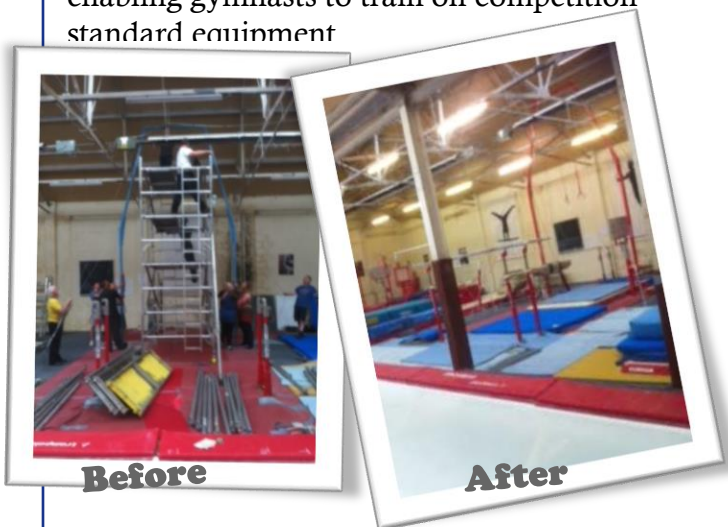
Preschool badges and certificates will be available just before Christmas.



Artistic Squads

Both Men and Women's Artistic Squads have had great success recently and with both Regional and National representation at Competition in all ages and levels. More information can be found on our Facebook page.

A grant from British Gymnastics has meant that we have been able to renew several items of large apparatus in the 'pit gym' enabling gymnasts to train on competition standard equipment



Pictured below is the Men's Beginners Squad taken after a successful competition in Cardiff.



Fundraising

Raffle – we are currently giving all members books of raffle tickets to sell for our Christmas Draw on Sunday 11th December at our Men's and Women's Artistic Team Competition held at Rugby Gymnastics Club. If you need more tickets please let us know.

We are also taking donations of bottles, toiletries and unwanted gifts, meal vouchers etc. towards our fundraising efforts all of which will be gratefully received.

100club: Joining the 100 Club is a great way to help Rugby Gymnastics club raise funds for the much needed new gym. For the sum of £1 per month you will be allocated a number, which will be entered into a monthly draw. Each month there will be three cash prizes. Pick up an application form from the Flip and Sip Café or email us at fundraising@rugbygymnasticsclub.co.uk.

Flip & Sip Café Opening Times

Monday	4:00 – 7:15pm
Tuesday	4:00 – 7:15pm
Wednesday	4:00 – 7:15pm
Thursday	4:00 – 7:15pm
Friday	4:00 – 7:15pm
Saturday	9:00 – 1:00pm
Sunday	

**VOLUNTEERS
NEEDED!**

Tumbling & Acro

Our Tumbling and Sports Acrobatic squad has gone from strength to strength and we now have more gymnasts qualifying for national finals than ever before.

Save the Date!

December 2016:	11 th December – Squad Teams Competition
	11 th December – Grand Raffle Draw
	17 th December – Break up for Christmas Holidays
January 2017:	3 rd January – Club re-opens for new term
February 2017:	12 th February – General Gymnastics Squad Winter Competition

Donations of raffle prizes for our Annual Team Christmas Competition on 11th December would be gratefully received.