Newsletter

Rib Valley
GYMNASTICS & TRAMPOLINING
Reach for the Stars

Competition Results

We kicked off 2020 with an adult competition in Milton Keynes on the 1st March where coach Lucy took the Gold, Sam Wilson took a Silver and Michelle Castle finished in 6th place. Michelle actually was in 2nd place throughout but once the age bonuses were added she dropped to 6th which is frustrating as she had one of the neatest routines. But that is the nature of adult competitions, the age bonuses make a massive difference.

Affinity Invitational
14-15th March

17 members of Rib Valley competed in this two-day weekend competition and we came away with an impressive medal haul of 8 gold medals, 4 silver and 1 bronze. This was amazing as we stepped up most members to the harder silver level and also entered the trampette competition for the first time. A special mention to Poppy Waller and Zara Hampton who took 2 medals each on both trampette and floor.

Coaching Courses

Congratulations to Gabby, for passing her level 2 coaching course! And Emma who passed her proficiency in trampolining in January.

Well Done!

Upcoming Competitions

These are all to be confirmed once things have settled down and we are back to normal.
SSAC Tumbling Comp and Club comp (Stevenage) – Dates tbc.
Apex Trampoline Club comp (Harlow) 10th May
Rib Valley Floor Competition 6th June
SSAC Leadership Tumble 4th July

Gymnast of the month: Jan/Feb
Monday – Paige Stuart/Caitlin Punter
Wed 4.15 – Harriet Cowey/Primrose McGiffen
Wednesday 5.15 – Renee Anton/Annie Smith
Friday 4.15 – Mabel French/Emily Jacklin
Friday 5.15 – Sophie Wright/Jaymee Wardell

That Dreaded 'CV' word That We Can't Get Away From

As you are all aware, we had to take the difficult decision following Government Advice to close the club until further notice. This has happened to all gymnastics clubs around the country and the world as the crisis deepens. I am not going to dwell on the negatives but put out some positives to keep everyone motivated during this difficult time.

Fees will not be charged for next term, so no need to cancel your GoCardless setup. However, I am trying to soften the blow to our coaches who are self employed and part cover their wages for the next few weeks as long as I am able to as I am now also unemployed. If you are salaried and able to please consider making a one-off payment of £20 towards our coaches wages. This will be divided between the adult coaches who have financial responsibilities. If you are happy to do this, please let me know via email and I can set it up on the payment system. Please email: ribvalleytc@live.co.uk
Thank you to those who have donated.

Virtual Gymnastics Classes

Most of your gymnasts will be going stir crazy at home so I have been working behind the scenes trying to set up some online classes. My intention is to run these classes through the App LoveGymnastics (run by LoveAdmin) and they will run on a Monday/Wednesday and Friday afternoon. Please check the App, as I am still building content but it's not ready yet and has a few teething problems. Hopefully with have it all running by the end of this week if not before 😊

Trampolinists please join in with these classes, everyone can have a go!
**(As I can't teach virtual Trampoline Classes!)**

You can download the app here:
https://play.google.com/store/apps/details?id=com.lovegymnasticsmobileapp&hl=en_GB

Your usual login for LoveAdmin will be needed to access your account.
Once logged in you will receive a notification that a class is about to start and your gymnasts can follow the videos on the app and record their practice if they wish and claim reward points. The skills defined in the app are from the basic British Gymnastics 8-1 Award scheme. I will be adding some additional content with some harder skills added in for our more advanced gymnasts. There will be some general fitness sessions too. This is all new content and set up so please let me know if anything is not working. There are a few screenshots below of what you should see on the App.
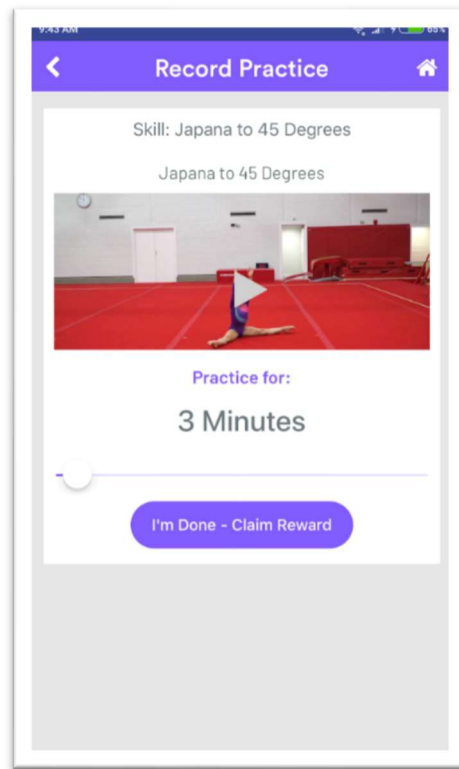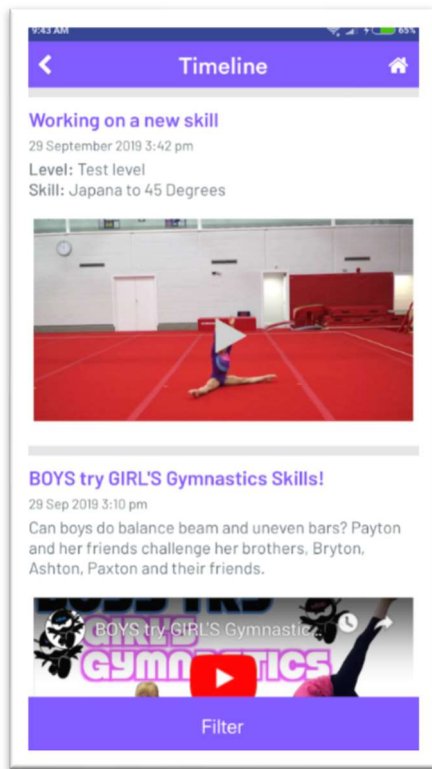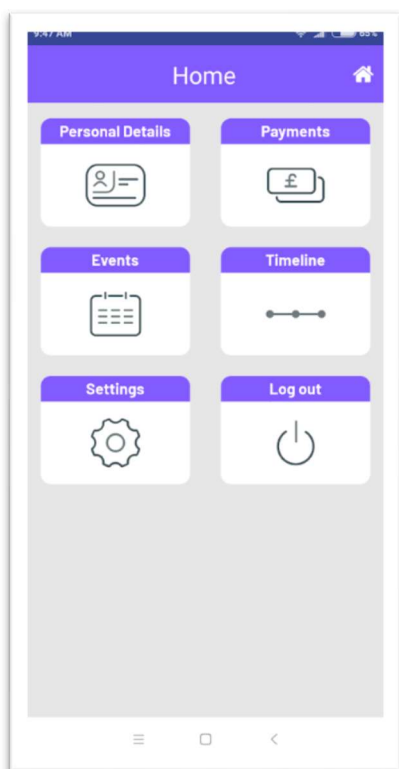
Facebook Live Classes

I am also going to stream some Facebook Live classes, fun, fitness, gymnastics and yoga (If I am brave enough! I hate being on video!) So please make sure you join us on Facebook so you can get updates on these classes. There are also lots of useful stuff being posted on there to keep your gymnasts busy.

Closed Group for parents: https://www.facebook.com/groups/456609597800823/

Open page for everyone https://www.facebook.com/RibValleyTrampolineClub/

There will also be some challenges posted on Facebook and if you have done some cool skills at home, please post them to our group. Rayez and Chloe have already posted a brilliant video of them practicing at home, well done girls!

Parents/Gymnasts please note: Do not attempt skills that are beyond your capability and make sure you have a clear space and a suitable safety mat/gymnastics mat. These home classes are followed at your own risk. Please do not leave children unsupervised during the session. If you have any questions please drop me an email.

Other Useful Online Classes

PE with Joe Wicks 9am every Monday to Friday
https://www.thebodycoach.com/blog/pe-with-joe-1254.html

Let's Keep Active

Final Note

We are all finding these times extremely hard and we don't know when things will return back to normal.

Please know that Rib Valley will rise again and we will all be back to our little gymnastics family stronger and keener to inspire, achieve and reward, learn new skills and love the sport we all will miss incredibly over this period.

May you all stay healthy and safe. Lots of love from all of us.

Andrea, Lucy, Amy, Alex, Erin, Stacey, Gabby, Ed, Emma, Leila , Izzy, Amie & Jaymee

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