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Inside this issue:

Learn to Coach Gymnastics Course	2
Our wee jaunt by the Display Team	2
Our Club Fundraiser—the Spree Book	3
Your Summer Challenge	3
Community Sports Award	3
Contact the committee	4
Noticeboard	4
Scoreboard	4
Some Highlights	5
Summer Holiday Sports Camps	5
Our 2nd Birthday Bash	5

Club Newsletter

Volume 2, Issue 4



July 2013



Welcome

Welcome to the fourth newsletter of the year, 2012—2013.

So much has happened within our fourth term of the year including our Display team travelling to Irvine for their first performance at Gymfest and some of our younger children having their gymnastics achievements acknowledged by their school.

For those who are new to the Club, our newsletter is to keep you updated with what we are doing at present and our plans for the future.

The Club produces 4 newsletters, one per term, articles are written by members of the club.

Did you know?



- We have 82 members in our gymnastics club;
- We have collected 5,548 vouchers for the Sainsburys Active Kids scheme. Along with the 200 we were awarded for taking part in the Active Kids challenge we have banked a massive 5,748 vouchers. Our order has been processed and we await our delivery of equipment. A huge thank you to all who handed in vouchers.
- Our 50 / 50 Fundraising Club winners are the McCann family. Congratulations to Alana and Linzi and their parents. They won £228, what a wonderful surprise for the summer holidays. Next time it could be you...
- Club t-shirts, leotards, leggings, jackets and gym bags are on sale. Please contact Jennifer or Linda to order.

Looking forward to 2013—2014



A big thank you to everyone who has supported Enigma GC by attending training sessions this past year.

If you wish to continue to train with Enigma GC, all gymnasts' parents / carers require to enrol their son/daughter for our next session, 2013—2014.

To make this as easy as possible, we are holding registration evenings on Wednesday 14th and Friday 16th August, between 6pm—8pm, at Kirkland HS & CC.

For further information about the evenings please read your emails.

We look forward to seeing you then.

Learn to Coach Gymnastics Course

On the 14th and 15th June, Kirkland HS Community Use hosted SGA Learn to Coach Award. Organised by Active Fife and tutored by Lorna Whyte, Fiona Ashton-Jones and Jennifer Mann, the school saw individuals from all over Tayside and Fife attend the course.

Kelsey Paterson, one of Enigma's attendees tells us more:

"Aimee, Alana, Alexandria, Amber, Amy, Ashley and I gave up a night's training to attend the course. The course ran over a day and a half. On the Friday evening we attended a Safe In Your Hands course and we listened to lots of theory about child protection and why we need

to be aware of this in the sport. We learnt about the different procedures clubs have in place and practically what we need to do to make training sessions safe for gymnasts including; if they hurt themselves, the role the Club's Child Protection Co-ordinators play and the differences between the worlds best and worst coaches. On the Saturday we were joined by Abbie, another of our volunteers with Enigma GC, and we got to grips with a day of practical coaching. Lots of our younger gymnasts, as well as children from Community Use classes, joined us to help out. This allowed us to support children to practise what we were learning.

It was a very tiring weekend but I felt it went very well as I learnt a lot of ways to build up to harder skills and how to support skills in a better way"



Our wee jaunts by the Display Team

Its been a busy term for our Display team with four events under our belt. The team is made up of 18 young people, from the age of 10—17 years, some of the gymnasts tell us more:

"On the 4th May we took part in Gymfest in Irvine. We had to get up early and travel through. It was a long journey but we didn't notice as we were excited about performing there. This was the first time we would perform our new routine. We used songs from The Hunger Games as well as the Power of Love, One Way or Another and Express Yourself. I didn't know what to expect, there were so many teams there from all over Britain and Ireland. It was my first time. I had so much fun and I was so proud of us doing our routine in front of so many people" (Jamie-Leigh Martin)

"Just a few weeks after Gymfest we were invited to guest perform at Schools Gymfest in Perth. It was fun. We changed quite a bit for this routine, including taking out parts of the routine and adding in new bits with different pieces of music. It was a gamble but it worked and we opened the event. As it was a schools event, many of our team performed with their schools also, we saw performances from Glenwood HS, Mountfleurie PS and Kirkland HS & CC. It was good we could support everyone to do their best" (Linzi McCann)

"On the 8th June, we performed at Leven's Rose Queen Concert. This was an outdoor performance and we were lucky as it was a lovely sunny day. Before our performance, we went down the prom to warm up and run through on the grass. We performed at 1.40pm in the grounds of Carberry House. It went well especially since it was on grass which can be a bit slippy. Afterwards we joined in with the parade. Kelsey dressed up as an elephant for the parade as she was asked by the organisers. We had a great time and enjoyed chanting as loud as we could on the parade" (Rachael Brown and Ellie Baxter)

"On Friday 14th June, many different schools and clubs took part in Fife Schools Gymnastics Festival hosted at Kirkland HS & CC. Enigma GC was invited to guest perform along with Gymtasia Evolution, Fife GC and the Spartans. Again our routine went really well. This was the fourth time we changed our new routine. Each time it gets better and better as we learn to work with the music and each other" (Alex Rinds)



Our Club Fundraiser—The Spree Book

Amy Paterson tells us about what her Mum has been promoting:

“Over the last term my Mum, Shirley Paterson, has been coming into some of the gymnastics classes to show and tell our parents about Spree books.

They are books that help both our club and parents; now not many fundraisers do that. It helps the club raise money for new equipment as we get a percentage of every book sold. For parents there are hundreds of vouchers to help save money.

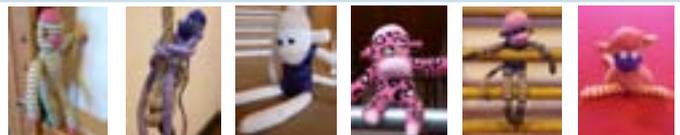
My Mum, as featured in this years Spree Book, will tell you more:



“The Spree Book Fife has been an excellent fundraiser for Enigma GC, now in their 2nd year at Kirkland HS Community Use in Methil. We’ve raised £408, which is absolutely brilliant! Its such an easy way to raise money towards expensive new gymnastics equipment. We will be continuing with Spree—it’s a win, win really—the vouchers are great and its so easy for buyers of the book to recover the cost of their purchase through the saving they make when spending the vouchers”.

If you are interested and haven’t yet purchased your book please get in touch with Shirley at one of our training sessions.

Your Summer Challenge



You may have noticed from our Facebook page, a few cuddly mascots appearing in photos at events and even in the gym at training sessions. Our committee thought it would be good to design a mascot for the Club. They have decided on a Sock Monkey and so the challenge is on.

Our club really likes to involve the whole family and so this is a challenge for both gymnasts and parents/carers/grandparents and friends. In fact anybody who likes to make things. Its simple really as Abby Lloyd and Jamie-Leigh Martin explain:

“You follow a pattern and using a pair of socks, scissors, some thread, buttons and stuffing, your sock monkey is born. Some of us are designing outfits for our sock monkey to wear”

It is proposed the sock monkey gallery on Facebook grows with new editions being brought into the Club and their photo taken with them. The committee liked the idea that everyone has their own mascot. All sock monkeys should be made for our 2nd Birthday celebrations, there may even be prizes for the best dressed, most loved etc. The heat is on, will you take up the Challenge?

Community Sports Award



A massive well done to Bella Ryce, Niall Jowitt and Finlay Cathro for being awarded the Community Sports Award at their recent School Awards Ceremony. They won the award for their participation in gymnastics and their success at Fife Schools Regional Heats. Well done and a huge pat on the back.

Enigma GC would like to thank Markinch PS for recognising the commitment Bella, Niall and Finlay give to the sport and for taking an interest in their hobbies outside of school work.

Contact the Committee:

Chairperson/Head Coach

Jennifer Mann

clubcoach@enigmagymnasticsclub.co.uk

Vice Chairperson

Linda Cameron

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Secretary

Debbie Coles

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Treasurer

June Cumming

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Child Protection Co-ordinators

Shona Simpson / Sheena Cameron

clubcpc@enigmagymnasticsclub.co.uk



Scoreboard

FGN Competition

Some gymnasts within the Club have been working on skills for a forthcoming floor and vault competition. Its being held by Fife Gymnastics Network at Duloch Leisure Centre in Dunfermline on 22nd September 2013.

The competition is open to any gymnast in the club from the age of 6 years (must be 6 in year of competition) to 12+ years.

It costs £10 per gymnast and if they are part of a team further payment would be required, approximately £2—£3.

All gymnasts require to wear Club leotard and t-shirt.

A certain amount of commitment is required by gymnasts if they are to take part in competition. Abby Lloyd explains a little more:

"It is quite hard learning floor skills and putting them together in a competition set. Sometimes I forget and have to be told what they are. I have to learn the order of the skills at home by writing and rewriting them in my gymnastics notebook. Once I've learned the order, practicing them in the gym is easy because its normally the skills I'm good at but sometimes I am challenged by a newer skill that is more difficult. The vault is easier and I like doing that"

If your son/daughter is interested in taking part in this forthcoming competition please get in touch with Jennifer as soon as you can.

FGN Mentoring Session

A few of our younger gymnasts have been selected to attend a mentoring session on Saturday 10th August, 1pm—5pm in Bruce Street Gymnastics Centre, Dunfermline. The session is aimed specifically at assisting with the preparation of gymnasts for the skills needed for successful performance of routines for Floor and Vault and Club Grades competitions. Attendance at this session is by invitation only and costs £5 per gymnast.

Noticeboard

Message from our Treasurer

There are a few members who are due to pay for last term. Please note fees must be paid before returning to the Club for our new session. We will be in touch if this effects you.

New Session

All gymnasts will be welcomed back week commencing Monday 19th August having re-enrolled at our Registration Nights.

The term dates for 2013—2014 are as follows:

Autumn:	w/c 19th August to w/e 6th October
Winter:	w/c 21st October to w/e 22nd December
Spring:	w/c 6th January to w/e 30th March
	(Enigma will close over mid term 10/02/13—16/02/13)
Summer:	w/c 14th April to w/e 29th June

Please note some training sessions may need to be cancelled due to attendance at events/competitions. Dates will be forwarded. Every effort will be made to offer alternative sessions and if this is not possible re-funds will be given.



Some highlights



Our last term, saw...

- Parents being invited into the Gym Hall to watch training sessions. We hoped you enjoyed watching the girls and boys during these sessions. We plan to do this once a term over the next year.
- Gymnasts and coaches getting dressed up as their favourite sports personalities and athletes to mark the end of the summer term. Lots of fun was had with traditional sports day activities and games being played during sessions.
- Parents clearing out cupboards and donating items for our Rag Bag Appeal. We earned £43.00. Our next collection is in October, so plenty of time to rummage through your cupboards. Bags can be dropped off at training sessions or with Tracy by Sunday 29th September.
- The display team earning £25 for performing at Leven Rose Queen Concert. Many thanks to the organising committee for this donation. Its much appreciated.
- Our Club self assess for the British Gymnastics GymMark accreditation scheme. Every year we need to submit documents to satisfy the requirements of the scheme.



Summer Holiday Sports Camps



After the success of the Easter Holiday Sports Camp, Enigma GC have just finished assisting with the first week of Active Fife's multi activity holiday camp at Kirkland HS & CC. It was held over the first week of the Summer holidays.

Our helper coaches assisted with the delivery of gymnastics as well as a lot of other activities. Many thanks must go to Alana, Linzi, Alexandria, Amber, Ashley, Aimee and Ellie for volunteering.

Holiday fun doesn't stop there with a sports camp running over the last week of the holidays, Monday 5th—Friday 9th August, 9am—3pm at Kirkland HS & CC. It is open for anybody from the age of 4 yrs to 12 yrs. It costs £40 for the week with fifestyle concessions being applied. If you are interested and would like to enrol your child please get in touch with either Jennifer or Paula using their work email addresses: jennifer.mann@fife.gov.uk or paula.ryce@fife.gov.uk.

Again the Club would like to extend our thanks Katy, Kelsey, Amy and Alex for agreeing to volunteer with the delivery of the forthcoming sports camp.



Our 2nd Birthday Bash We welcome you all

To mark our 2nd Birthday we plan to hold a celebration event in September / October.

This event will be on a Saturday at Kirkland HS Community Use. The date is still to be decided but is likely to be towards the end of term.

Like last year, every gymnast will take part in the event by performing a class routine.

Due to the size of the Club, the event will be held in the Gameshall, this will allow us to invite all parents, relatives and family friends to help us celebrate.

We plan to have a small get-together after our gymnasts performances. A little light refreshment will be available to all.

Further details will be sent out via email and on our Facebook page.

If you would be interested in helping to plan this event or would be available to help before, during or after the event, please get in touch with Jennifer or Linda.