



Club Newsletter



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Welcome

Welcome to the third newsletter of the year, 2015—2016.

Thank you for all those who have supported Enigma GC so far.

So much has happened since we term 3 started in January.

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 gymnasts, young helpers and coaches and collated by our Club Chair.

Enjoy reading our latest termly news. For daily updates please consult our posts of our facebook page.

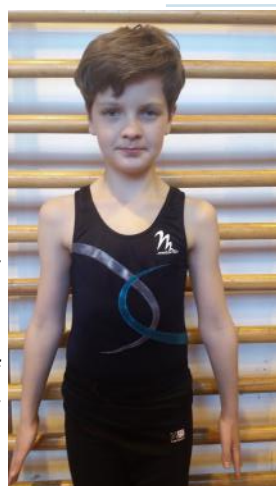
Arrival of new Club leotards

Working with Milano we have designed new leotards for girls and boys attending our Club.

These are available to anyone who wishes to purchase. Due to our fundraising activities we are able to offer a discount on these items of clothing. See Jenn for costs and Linda for sizes.

Did you know?

- We are now using our new logo on all club marketing and communications;
- We have been award Club-Fife activity provider accreditation by Fife Councils' sports development team. An official presentation will be done later in the term;
- Our 50/50 fundraising activity winners for the second 3 month block of 2015-2016 are Kayla Wilson, Keir Cunningham, Amber Strachan, Lucy Berry and Ruby Kelly and their families who all receive £108.00 share from our 50/50 fundraising activity fund. Thank you to all who donate into this fund. By paying an extra £4 per month you are helping our club fundraise as well as giving you the opportunity to win a share of the donated money. If you wish to support this please contact our Treasurer.



Sports Leaders UK: I can lead course

Rachael Brown, Aimee Cameron, Ashley Cameron, Alex Rhinds, Abby Lloyd and Lucy Paterson gave up part of their Easter holidays to take part in the Sports Leaders UK: I Can Lead course. They tell us more:

“The course at Kennoway Primary School and was organised by the Levenmouth Community Sports Hub and staff from sports development, Duncan and



Michael, were our tutors. They taught us fun and safe ways to deliver activities by taking part in and creating our own games. Over the two day course we learnt vital leadership skills such as ways to communicate with children and how to provide a safe environment for all. We found this course very useful as young leaders and feel more confident in helping coach at Enigma”

Kirkcaldy GC: Floor and Vault Competition

Our club entered 32 gymnasts at Kirkcaldy Gymnastics Club Floor and Vault Competition in March. The competition held at Kirkcaldy HS saw Enigma GC enter teams in the u10 girls and boys, u12 girls and boys and o12 girls, u8 girls and u10 boys individual competition.

With one of our biggest competition entries so far, our gymnasts tell us about their experiences:

Luke Henderson, 1st overall, 2nd team and floor, 3rd vault: “I like the presentations the best. I liked applauding the other gymnasts getting medals or shields. It was good to congratulate others on their achievements. I also liked doing my first floor routine as its got some cool moves in it”

Stevie Gough: “I liked the comp as my Mum said I was good and Jenn said she was super proud of us all”

Kaylee Kemp: “I liked doing my floor routine because I managed to hold my Y-balance, this was the first time I had done this skill in any competition”

Ben Duffy: “I did way better than the last one because I concentrated throughout my floor routine. I remembered every skill in order and did each one really good. I came 8th out of 16. I'm very happy with that”



Parent's Week

At the end of term we like to invite parents, carers and friends to our classes.

This gives you the opportunity to see what the girls and boys have been working on. The class and apparatus set ups are set up in the way the gymnasts have been working on over the past term.

When asked, the gymnasts, have this to say:

"I liked getting to do my routine in front of my Mum" (Naomi)

"I like how my Mum was watching me and she took everything in so she could help me practice for the competition coming up at the end of the week. Jenn showed my Mum how she could help me at home (Grace)

"I enjoyed it because I get to show my Mum and everyone else what I've been working on over the past few weeks" (Keirra-Dawn)

I enjoyed it because I got to show our new display routine to my Mum" Rebekah

"I got to show off in front of the Mums" (Jason).



Easter Fun Week



To mark the end of term, all classes took part in an Easter themed fun activity week.

Our gymnasts from our Intermediate class tell us what they thought of their fun session:

"I liked it because we did round off and flysprings off the big block" (Luke)

"I liked the trampette because it is really bouncy and you get to do lots of things of it" (Maisie)

"I liked the ladder because it was cool" (Keir)

"I liked everything, the bars were the best" (Ava).



Scottish Schools Floor and Vault Championships



Another trip to Bells Sports Centre for our Club and Ashley Cameron tells us why:

“In March 2016, four gymnasts (Amber Strachan, Alex Rhinds and Jordan Hogg and me who attend the weekly afterschool club at Kirkland HS), took part in the Scottish Schools floor and vault Finals in Perth.

We qualified to compete in this competition after we won the Fife Schools Regional Heats for Secondary Level 2.

At this competition we came fourth overall in Scotland. We were very proud of this as this is the last year competing for Kirkland HS before we move to Levenmouth Academy”

UKCC Level 1 Gymnastics Coaching Qualification

Congratulations to Ashley Cameron who passed the UKCC Level 1 General Gymnastics coaching qualification. She sat the practical exam at Lasswade in Edinburgh.

Many thanks must go to Ava Frail, Melissa Allan, Kaylee Kemp and Maisie Turley who helped her with the exam by taking part in skill progressions on floor, vault, bar and beam.

Many thanks to the parents who took the gymnasts to the exam also.



Active Fife Holiday Camp



Our wonderful young leaders came out in force again these Easter holidays giving up a week of their school holidays.



They delivered gymnastics taster sessions to children enrolled on the Active Fife Holiday camp at Kirkland HS. Along with other clubs, our young leaders under Jenn's guidance supported the camp.



Our club receives a donation for providing gymnastics opportunities which we use to help us purchase pieces of equipment to aid our classes.



Fantastic result for Bella at National Grades comp

Congratulations to Bella who came 4th overall at the National Grade 4 comp at Bells Sports Centre in Perth.

She did so well she will compete as part of the Scottish team at the British Finals in Stoke on Trent.



Emergency First Aid course



As part of our Club's good practice, our coaches ensure they keep qualifications up to date.

Jenn, Linda, Aimee and Ashley updated their Emergency First Aid at Work certificates by undertaking a course ran by Kirkland HS Community Use.

Many thanks must go to Donna, the tutor, who made the course very enjoyable allowing us to learn at a pace we found comfortable and passing on her knowledge in an understandable way.

Jenn advises: "We hope we don't have to use it but we are glad to have the knowledge of what to do if an emergency situation arises"

Spree Book fundraiser

We must say many thanks to you if you have purchased the Spree Book through our Club. To date we have raised a total of £74.

Thanks must go to Kelsey Paterson and her mum, Shirley, who run this fundraiser on behalf of our club.

If you wish a Spree Book there is still time to purchase one.

Please get in touch with Jenn or Linda who will place an order with Kelsey.

The spree books cost £20 with money from each sale going direct to us to help us with our fundraising.

We're raising funds for our School Spree

Dear Parents/Carers,

Help fundraise for our School with Spree Book.

Up to 1st September our School receives £5 per book purchased and you receive over £5000 worth of local savings in only 3 simple steps...

- 1 **BUY** your Spree Book now at www.spreebook.com/shop
£5 will be credited to your SCHOOL automatically at checkout.
- 2 At the CHECKOUT enter coupon code **enigma**
- 3 **SHARE** this coupon code with Family & Friends

Only £20
FREE p&p

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Noticeboard

New Term Dates

Just a reminder our Club finishes after classes on Sunday 27th March 2016 and return week commencing Monday 11th April 2016.

Have a Happy Easter and keep safe everyone.

If you are looking for something for your children to do during the Summer holidays, please contact Kirkland HS Community Use and sign up for the Active Fife Easter Holiday Camp. Application forms will be out mid May.



Volunteering at the Scottish Artistic Championships



As you know our Club is proud of our volunteers who, week on week, provide training opportunities for our gymnasts.

Some of our volunteers help at events elsewhere, this time is the turn of the Scottish Artistic Championships at Bells Sports Centre in Perth. Jenn and Linda volunteered on behalf of Scottish Gymnastics in February.

Jenn tells us more:

“Along with another volunteer from another club, my role was to oversee the warm up and organise march on of gymnasts. We had to ensure gymnasts were in the correct order for competition and knew their starting apparatus pieces. We also helped with medal presentation. Some of the gymnasts we were helping are in the GB team, its funny you would think they would know what they are doing in terms of presentation but they were really nervous and scared in case they mucked up where they were supposed to be”