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Inside this issue:

Congratulations Bella	2
Enigma GC 4th Birthday Celebration	2
Summer Challenges	3
Display Team hits the road	3
Road to Rio Holiday Camp	3
Contact the Management Committee	4
Noticeboard	4
The "K" Factor	4
Club Backpacks	5
2015—2016 Registration Days	5

Coach Education

Enigma Gymnastics Club is proud to provide training opportunities for our coaches. We support and encourage our coaches to attend training courses to allow them to help and assist in our classes to the best of their ability. Ashley Cameron tells us more:

"Over the past month we, Kelsey and I, have been attending a UKCC Level 1 General Gymnastics coaching course at Auchterarder and Lasswade Gymnastics Clubs.

By attending 3 full days we learn important coaching skills that will help us improve our coaching within the classes we help out at. On Day 1 we learned the theory part behind coaching looking at how to create a safe environment for our gymnasts to learn as well as the behaviour and attitudes we need to display when coaching. On days 2 and 3 we were in the gym coaching skills that help us to be able to teach Level 1 skills as well as learn what our final exam would be like. We used vault, bars, beam and floor apparatus to assist us with this.

We couldn't do this without the help of some of our club gymnasts: Jason, Luke, Melissa, Rebecca and Kaylee. Many thanks to them for helping us and we hoped they enjoyed the experience of going to a different gym hall"



Club Newsletter

Volume 5, Issue 1

ClubFife
Development



October 2015



Welcome

Did you know?



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

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

So much has happened since we started back in August.

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 news.

- We have a facebook page where we post regularly. If you have not liked our page please do so. Share our page with family and friends to keep them up to date with what our club members are up to.
- We have a mailing list of email contacts. Please ensure we have correct details for all our gymnasts families.
- Our website is constantly being updated and holds an RSS feed. So even if you are not on facebook, our feed is shared with the webpage.
- From time to time, we will text club members families. Please ensure we have a main contact and that the mobile number we hold is current.

Congratulations Bella



Well done to Bella Ryce who competed in the WA Level 5 competition along with her team mates at Fife GC in September.

She did very well with a silver medal on vault, 6th place ribbon on bars and beam.

Bella no longer trains with Enigma



GC as she needs to train for longer hours, requiring access to specialist facilities under the guidance of coaches from Fife GC.

We wish her well and will continue to support her no matter where she is competing.



Of course Bella can't do this on her own and we would like to thank Paula and Ian, her parents, for supporting her. Without the support from them she would not be able to take up the opportunities she has been given.

Enigma GC 4th Birthday Celebration Festival



On Saturday 26th September we celebrated our 4th Birthday in the Games Hall at Kirkland High School. Amber Strachan tell us more:

“As the oldest member of the club I had the opportunity to cut the birthday cake with one of the youngest members of the club, Quinn Simpson. Our celebration festival is a great event allowing all classes to participate and watch others in our Club.

Its great for our younger gymnasts to see what the older gymnasts do, some who are actually their coaches, and inspire them to try their best in class.

It was great to participate as a gymnast but to also help coach the gymnasts before the day by helping them create the magnificent routines they brought to you. We must thank everyone who came to support us at our celebration festival and all those who volunteered on the day, before and after to make the event happen.

We also celebrated the fact that our club has seen 200 members since we started in August 2011. It really was a special day for us all”.



Summer Challenges

This year, our Club set two challenges to its members, Jordan Hogg tells us more:

“When Jenn set us the summer challenge I wasn’t so sure but when I read what it was I soon became very interested in finding out about and supporting The Marys Meals and Backpack project . We were given the task of filling a back pack of items that kids in foreign parts don't have. It’s was very sad to think these kids don't have the things that we take for granted every day. I soon had a list drawn up of what I wanted in the back pack. I opted to do a girls bag and thought about what I would want in it so based it on how I was at a younger age so, of course, everything had to be pink and sparkly everyone needs a bit bling. I got lots of pencils, drawing pencils, crayons, colouring books and drawing pads along with less exciting stuff but every bit as essential soap, toothpaste/brush face cloth, towels, hairbrush it gave me great pleasure to buy these things using my own money I hope the little girl getting the back pack gets as much enjoyment from it as I did filling it up” Jordan adds if you intend to support the Mary's Meals back pack challenge please hand in your filled bag by Sunday 15th November. This is the final date to bring them in.



Another one of summer challenges this year was to send photographs of our gymnasts doing skills whilst on holiday from the Club. From the pictures sent in our gymnasts seem to have had a fabulous time doing handstands, levers, back flips, balances, leaps and being upside down in Luncarty, Toremolinos, Salou, Italy, Feurtaventura, Cyprus, Denholm Green, Abu Dhabi, Majorca and, of course, at home.

Display Team hits the road

September was a very busy month for our Display Team with two events outside our own club celebrations. This has not phased our team and Melissa Allan, one of our youngest members, writes about her experience in Glasgow: “I took part in Sapphire GC’s 5th Birthday celebrations with the display team. It was great fun going to Glasgow on the team bus. Especially with all the older girls singing! It was only my second performance and I felt a little bit nervous just before we went on the floor but it passed quickly. I enjoy our routine and I like being at the front making the rainbow and love when I get to go on Ambers back!”

Rachael Brown tells us about the team’s next event the following week: “On the 19th of September the display team attended Gymstock which is the birthday celebration for spartans gymnastics club in Dunfermline. We performed our summer themed routine and enjoyed watching the other teams perform. It was the display teams second time performing at Gymstock and hope to return next year with a brand new routine”.



Road to Rio Holiday Camp



Aimee Cameron, one of qualified coaches tells us how she spent the October holidays:

“During the October holidays some of our coaches helped at the sports camp for primary school children at Kirkland High School.

Our Club joins other local clubs to provide sporting opportunities for local children in partnership with Active Fife and Community Use Schools.



The children all had the chance to participate in different sports activities and on the last day dressed up for Halloween.

During the mornings a variety of equipment was used to teach the children new skills including beam and vault. It was also a chance for some of the coaches to practice for their level one coaching exam”



Contact the Management Committee:

Chairperson/Head Coach

Jennifer Mann

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Vice Chairperson

Linda Cameron

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Secretary

Paula Ryce

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Treasurer

Michelle Martin

clubtreasurer@enigmagymnasticsclub.co.uk

Child Protection Co-ordinators

Shona Simpson / Sheena Cameron

clubcpc@enigmagymnasticsclub.co.uk

Noticeboard

New Term Dates

Just a reminder our gymnastics classes finish on Sunday 11th October at 2pm until week commencing Monday 2nd November. Please remember there are no classes on Sunday 8th November and Sunday 22nd November due to our participation in competitions/events outwith the club.

AGM

Our AGM will be held on Wednesday 28th October, 5.30pm - 6.30pm. If you are interested in supporting our club please attend this meeting held at Kirkland HS.

World Championship Celebrations

With the forthcoming coming international competition in Glasgow we thought it would be good to celebrate this prestigious event in our own club. This will be done by all classes (except preschool, beginners and display) learning a gymnastics routine. The routine will consist of a series of floor skills and a vault progression. We have started work on this in our classes over the last few weeks. Our gymnasts will be practising this as soon as we come back after our break. All parents and carers are invited to our sessions to watch our children perform during the week beginning 9th November. Parents/carers to come into the classes 30 minutes after the start time if attendance is at a Monday or Wednesday class. For the Sunday classes please come 10 minutes after the start of the class. For the preschool and beginners classes the children will be taking part in normal classes with a concentration on proficiency awards. All parents are welcome to come into the class to watch.

Thrift Shop Donations

Jordan Hogg's Gran, Lyn Fyfe, has very kindly chosen our club as one of the organisations she wishes to support, along with her grandson's karate and motor neurone disease. She plans to run a thrift shop. She is looking for any donations such as unwanted household items, clothes, toys, books etc to stock the shop with. If you are able to support this we will collect your donations in any of our classes until Wednesday 28th October

The "K" Factor



Amber Strachan and Ashley Cameron tell us about their recent success:

"On the 8th October, we participated in Kirkland High Schools Annual Talent Competition, The K Factor.

We performed gymnastics to a Hunger Games themed routine.

We spent some time putting the music together, choreographing the routine and practising the skills we wanted to show to our fellow teachers and pupils.

They have never seen us perform before so it let them see what we can do and why we love the sport we do.

We wow'd the judging panel taking 2nd place in the talent show, receiving £50 (split between the two of us).

It was really great to see they enjoyed the performance we worked hard on"

Club Backpacks

During this term, gymnasts have and will be given a FREE back pack from our club due to the club's 50/50 fundraising activity.

This is a present from the Club due to the extra £1 per class many parents in our club pay. This generates money for the Club to use for purchasing equipment and discounting transportation to events and club merchandise.

The back pack should be used for keeping all clothes and personal belongings safe when at events and training times. Gymnasts can personalise with key-rings or badges but no names or nicknames must be put on the bag. This is for child protection reasons only (this is the same for all items of clothing). The bags must be kept graffiti free.

We hope you all like the bags. Some of our gymnasts and their mothers have already given us some super feedback:

Natasha's Mum said "Aww these backpacks are great excellent for their kit", Zoe's Mum advises that "Zoe is really chuffed with her bag" and Morven's Mum says that "Morven loves her bag".

Like the t-shirts and hoodies, everyone is given the first one FREE and if any subsequent ones are needed then they can be purchased at a discounted price.

For those who have joined the club since the summer, an order has been placed for t-shirts and hoodies and will distribute as soon as we receive it.



2015—2016 Registration Days



Thank you to all parents and carers who attended our registration days at the beginning of term. By attending this session, you have helped us to keep enrolments away from class times allowing us to focus on our gymnasts and their training sessions.

As a reminder all standing orders should be set up now, with first payments being made between the 5th – 25th October. It is your responsibility to set up this payment with your bank or building society.

Please see the information below should you need it:

Please pay Standing Order to:		ENIGMA GYMNASTICS CLUB	
Bank:	Bank of Scotland	Sort Code:	80/17/33
Address:	60 HIGH STREET LEVEN KY8 4NA		
Acc. Name:	ENIGMA GYMNASTICS CLUB	Acc. No. :	06003453
Ref No (Gymnasts Name):	«First_Name» «Surname»		

A huge thanks to all volunteers from our committee who helped run the registration days. Without their help the days would not have been possible.