



Hello Parents, Guardians and Gymnasts my name is Sam Smith Head Coach of Teamgym and Junior National coach here at City of Newcastle Gymnastics . Every month you will receive a newsletter from me keeping you updated on what's going on in Teamgym, upcoming events and competitions and achievements within the gym.

For those who don't really know me...I've been coaching gymnastics since I was 14 and then moved to coach Teamgym when I was 16. I am a fully qualified Teamgym level 3 coach. I love Teamgym for many reasons as it's a great growing sport giving gymnasts many of options and learning great new skills in a fun environment but with hard work can achieve high standards.

In the gym I am supported by some great coaches  
Junior regional coach – Lesley Rutter-Level 3 Teamgym  
Primary National coach- Ruth Tonks – Level 3 Teamgym  
Primary Regional coach- Hannah Rowley- Level 2 Teamgym and Ellie Brennan Ex British Champion gymnast.

## Attendance!!

Attendance has not been great over the past 6 months, We will now start to monitor all gymnasts attendance. Poor attendance may lead into losing their place in the team.

## Upcoming Events

### Displays

- ✓ Teamgym Display Night  
Sunday 10<sup>th</sup> November
- ✓ Christmas Displays 20/21/22  
December

### Competitions

- ✓ 2<sup>nd</sup> February (provisional)  
Scottish open
- ✓ 1<sup>st</sup> March British Qualifiers
- ✓ 24<sup>th</sup> May British  
Championships
- ✓ 15<sup>th</sup> June Newcastle Open

**Entry fees for both Scottish open and British Qualifiers will be due on 12<sup>th</sup> December**

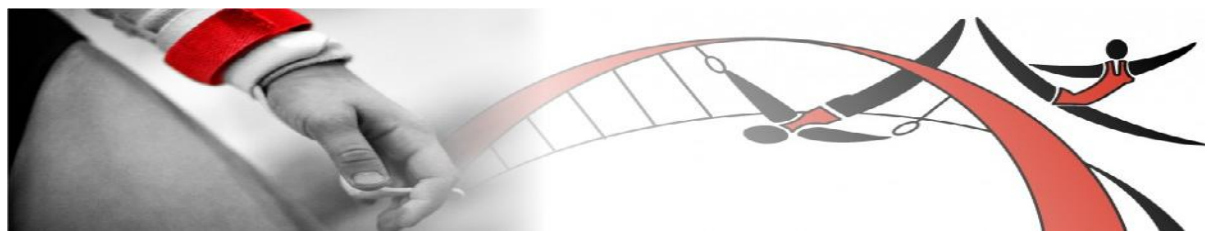
## Coaches Contact Details

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### GYMNAST OF THE MONTH

- **Primary Regional Sophie Wright- working well on trampette and excellent vault work.**
- **Primary Regional Lucy Goodwin-has worked really hard and improving well and making into the primary nationals.**
- **Junior Regional Sophie Jopling-showing excellent development& gaining confidence.**
- **Junior National – Sophie Kenney – settling into her new team well and showing excellent new skills.**

*WELL DONE GIRLS KEEP UP THE HARD WORK !!! WHO WILL BE NEXT??*

### LEOTARDS AND TRACKSUITS

All gymnasts need to have a Teamgym Competition Leotard (£55) and Tracksuits for upcoming displays. Please order your size by 12<sup>th</sup> September with Sam. Payment required at a later date.

#### Tracksuits

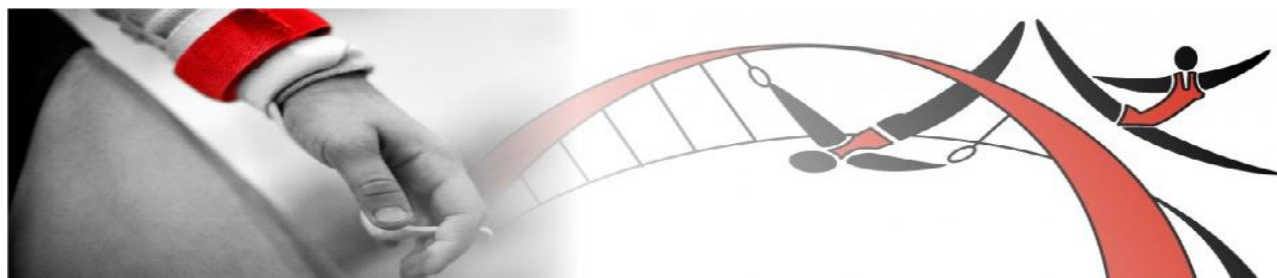
Primary regional – Red CNGA hoodie (order at reception)

All other teams – Full CNGA Tracksuit Jacket and Trousers (order with sam £50)

### Messages to Gymnasts

Lesley- Just like to say I am looking forward to working with the junior regionals , they are great girls and looking forward to learning new skills and getting excellent results

Sam- We won't be beaten this year we are going to do even better and WOW everyone with our new floor.



## Teamgym Display Night

Teamgym Display will be on Sunday 10<sup>th</sup> November . All Teamgym gymnasts will be involved and display a warm up performance. Basics and Skills in their teams. They will also perform the competition's runs and skills for competition and their floor routines.

This was a great night last year with the girls showing great skills in a fun relaxed environment.

All parents need to do is turn up and sit back and enjoy the display

Adults £4

Under 11s £2

No tickets required

### Conditioning Challenge

- 20 press ups in 10 Seconds
- 10 Vsits In 5 seconds
- How long can you hold a dish shape for?

### Got any Questions??

Any questions please feel free contact your childs coach or Sam.