



Summer 2021- newsletter

Little Socks Gymnastics

Wow! What a term. We have opened our doors for 14 weeks and have had fantastic attendance and effort from gymnasts, coaches, young helpers & parents/carers, despite the isolation set backs.

We wanted to thank everyone for continuing with all the COVID safe form filling and temperature checks. After the recent government announcement of total relaxation of rules we have decided that we will continue with mask wearing and contact record keeping when we are supporting gymnasts. Therefore to ensure the continued safety of everyone we would ask that everyone continues for the foreseeable future with the COVID safe & well forms
Thank you for all your support.

Our aim has been to help the children adjust to getting back to regular structured exercise by challenging, fun and developmental activities. We have really enjoyed seeing how everyone has grown in confidence through out the term.

We started the term focusing on basic skill chains and development by following the Little Socks award scheme, you can find details of the skills for each level on the website. We have continued working strength and flexibility and challenged gymnasts to improve their stamina and skill level. The gymnasts helped us by writing down their feedback at the end of each session, something they did well, something they found difficult/didn't like, something that they saw another person doing well. This feedback (which we usually do verbally) was super productive for the coaches. At the beginning of term nearly everyone said they disliked the aerobic warm up, by week 5/6 it was "easy".

While we appreciate children having to self isolating has been a factor in attendance, generally we have had excellent attendance. We will be looking to keep improving on attendance and timekeeping. In order to improve timekeeping we will open the doors 10 minutes before each class starts and close the doors 10 minutes after the warm up has started. Being on time is a great skill in life and particularly important for gymnasts to warm up thoroughly for the session ahead.

We will be changing some of the groups around to enable the children to work with others of a similar ability, as we have had some mixed age and ability groups this term. Look out for an email with your child's new class time. Classes will remain an hour and a 25 minutes, except for our new 2 hour classes which will be invite only.

We will be hoping to bring back our club competition and class displays and watching weeks so that you can enjoy seeing the progress your children have been making. If you are not (for any reason) returning please let us know as soon as possible.



September 2021 - July 2022 is our 10 year anniversary and we will be looking at taking as many opportunities to celebrate with our gymnasts, parents and friends as possible. Starting with a welcome back picnic in the park in September. Bring your own picnic. All children must be accompanied by a responsible adult. Saturday, September 4th from 2pm - 4pm by the bandstand in Victoria Park.

Thank you to all our young assistants who have been invaluable during these crazy times! No job was too small for them and they helped keep us sane! Young assistants are the young coaches of tomorrow - so Aicha, Amy, Macie, Firdaus, Greta and Ruby thank you.

Thank you Autumn, Izzy, Natasha & Renee for the fantastic support, dedication and team work.

Autumn & Natasha are going to embark on their level 3 in September!

After a year and 3 months of waiting for her final assessment Izzy has passed her level 1- her first assessment was supposed to be shortly after lockdown March 2020. Thank you to all the gymnasts that helped her with filming her assessment.

Term dates and class fees will be on the website at the beginning of August.

We are aiming to be cash free so please look out for details.

Have a safe and fun summer and we look forward to seeing as many as possible at the picnic on 4th September. Classes start Friday 10th Saturday 11th & Sunday 12th.

THANK YOU! THANK ! YOU THANK YOU!

From our first class 10 years ago Tracey has been with Little Socks. As a coach, mentor, receptionist, first aider, welfare officer and friend. She is sadly leaving us to become an ambulance driver/paramedic assistant. Luckily for us she has agreed to continue to be one of our welfare officers and substitute coach if and when she is available. We would not have been able to do any of this without her.

Be Safe!

Julia, Autumn, Tracey, Natasha, Renee, Izzy and all the Little Socks Team

