



March 2019

Newsletter

Rhythmic Gymnastics Club Worcester



Group Seeding Competition & Junior Open Apparatus Championships 23 & 24 March

Good luck to Georgia competing in the Junior Open Apparatus – her first year as a Junior, & to the 4 groups competing at Group Seeding. Both events take place at Fenton Manor, Stoke-on-Trent over 23/24 weekend.

The Group Seeding event determines the competition pathway for the remainder of 2019. It will be the first time the club has entered 4 groups ~ 3 Espoir groups (Bluestars: Elodie, Eva, Lucy, Mia; Roses: Amber, Isabel H, Jess H, Liza, Scarlett; Sunflowers: Faye, Goda, Isla M, Molly, Maya S, Mya L) & our very first Junior group (Tulips: Adrianna, Athina, Charlotte, Iga, Jess B, Zara). **Good Luck girls!**

A huge **THANK YOU** to all the gymnasts who took part in our sponsored zumba & conditioning event on Saturday 16 February.

There were some very impressive zumba skills on display – both gymnast & parents alike! Thank you to Dino, our fitness coach & Tina, the zumba coach, for making this such a success. A big thank you also to those who donated cakes.

If you still have to hand your sponsor money in, we'd be grateful if you could do this at your next training session. Please hand the money into the class general assistant along with your completed sponsor form. All monies raised will be allocated to recreational classes & comp squad according to the gymnasts' donations.

FUNDRAISING

Raffle prizes for Summer Club Display

This year's Summer Display will be held on Sunday 23 June. The club's fundraising committee is currently organising a Summer Raffle to raise money for competitions & equipment.

Thanks to everyone who has donated so far, including: Worcestershire County Cricket Club, West Bromwich Albion, Worcester Racecourse, Worcester Warriors, Tigra Clothing, Anja Potze Jewellery, SME Solicitors, Mark Dove Golf Academy, You Boutique, David Lloyd Leisure, 3 Counties Showground, Malvern Dental Practice, IndigoMoon Design, Redpoint Climbing & parents from RGCW.

If you have a prize to donate to the raffle, ideally worth more than £10, or if you think your employer might like to support the club, please let Philip Fowler know.



Volunteer Vacancy - Club Treasurer

Would you like to get more involved in the running of the club? We currently have a vacancy for **TREASURER**. Please speak to either Petra or Andrea if you are interested helping us.



You can now find us on Twitter #rgcworcester

Thank you to IndigoMoon Design, our on-going sponsor who helps the club with design & print throughout the year.



CHANGE TO TRAINING VENUE Saturday 30 March

All training classes on Saturday 30 March will be held at Bishop Perowne (ALL classes at normal times). For those new to Bishop Perowne, training will take place in the Sports Hall (next to the gymnasium) at: Bishop Perowne CofE College, Merriman's Hill Road, Worcester WR3 8LE

CLUB COMPETITION ~ SUNDAY 17 MARCH

Good luck to all gymnasts who have entered our club competition taking place on Sunday 17 March at Riverside. All the routines are available on our Facebook page for those who wish to practice at home or follow the link www.facebook.com/groups/174191012752804/

Mimi Isabella Caesar, who has competed in the last 2 Commonwealth Games, will be performing for the gymnasts as well as handing out the medals. *Thank you to Midland Materials Handling Company Ltd & St Johns Carpets who have kindly sponsored this year's club competition.*

Drop off for all gymnasts is 8.30am at the Dance Studio, Riverside. Gymnasts should arrive already dressed in leotards, with hair in a neat bun. Parents are asked to keep their child's outdoor shoes/jackets/clothing with them or use the changing rooms as space is limited in the Dance Studio.

Doors to spectators will open at 9am.

Entry: Adults £3 Children U16 Free. The club shop will be open and cakes, gifts & raffle tickets will also be on sale. Ticket on sale from 2 MARCH

The competition will start with the march on of the gymnasts at 9.15am, the event will finish at 1pm (at the latest).

For those gymnasts who have hired a competition leotard from the club – leotards will be handed out at their last training session prior to the competition. Please make sure your £5 hire charge has been paid. Hired leotards are to be handed in immediately after the end of the competition, so please have a change of clothes with you.

Dates for the Diary

EASTER TRAINING & CAMPS

We are currently finalising the Easter training timetable. We will send the timetable out in a separate email in nearer to the time.

There will be several camps over the Easter period held at Riverside (except Mon 15 April) 10am – 4pm; All camps are £21 less Tues 16 April which is £25 as Mimi Isabella Caesar will be coaching:

Mon 15 April (at Bishops)

Tues 16 April (with Mimi Isabella Caesar as guest coach)

Tues 23 April, Thurs 25 April, Fri 26 April

All dates for events, camps & competitions can be found at: www.rgc-worcester.com/calendar



Great Britain Performance Pathway – Espoir Group

We are very proud to announce that our espoir group Worcester Bluestars (Elodie, Eva, Lucy & Mia) have been selected for the newly formed GBR Espoir Group Performance Pathway.

This will see the girls training at the National Sports Centre, Lilleshall, with the RG national coaches. The Performance Pathway aims to develop gymnasts to compete at international level in the future. We wish them all the very best!



Delayed in picking up your child?
CALL **07858 557728**

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