



November 2019

Newsletter

Rhythmic Gymnastics Club Worcester



Change to Training Venue & Times

FRI 1 - FRI 8 NOVEMBER

As previously advertised, please remember all our training sessions from Friday 1 Nov through to Friday 8 Nov, will be at Bishop Perowne (less Tuesday 5 Nov, which is at Academy House as normal). Class times are as normal.

Those new to Bishop Perowne, training will take place in the gymnasium. Bishop Perowne CofE College, Merriman's Hill Rd, Worcester WR3 8LE

*** NB: Training on Saturday 9 November is as normal back at RIVERSIDE ***

Competition News

Group League Round 2

Well done to our National Espoir Group - **Sunflowers** (Faye, Goda, Isla M, Maya S, Mya L) & Elite Espoir Groups - **Roses** (Amber, Izzy H, Jess H, Liza, Scarlett) & **Bluestars** (Elodie, Eva, Lucy, Mia) who were competing in the Group Leagues (Round 2) at Fenton Manor, Stoke-on-Trent on Sunday 13 October. All our groups improved their scores from Round 1, with Bluestars coming 1st & Roses coming 6th overall in the Elite League & Sunflowers coming 7th overall in the National League. We wish the groups good luck for the 3rd & final round at the end of this month.

Level 3 Group League Round 2

Well done to our Junior Group **Tulips** (Adrianna, Athina, Charlotte, Georgina, Jess B) who travelled to Cardiff to complete in the Level 3 Group League. They performed 2 solid routines, placing 3rd overall. Good luck for the 3rd & final round at the Thistle Invitational, Edinburgh in November!

West Midlands Duets/Trios/Groups Competition

Congratulations to all our gymnasts who competed at the West Midlands Duo, Trio & Group competition on Sunday 27 October in Walsall.

Level 1/2 U8 Free Trio - 3rd Ffion, Isabelle S, Lara
U8 Hoop Duet - 1st Ffion & Isabelle S

Novice Group - 3rd Worcester Daisies (Halle, Jess L, Shehnai, Tilly)

Level 3/4/5 Junior Hoop Duet - 2nd Charlotte & Jess B; 3rd - Athina & Georgina
Senior Clubs Duet - 1st Chloe & Keira

Espoir Group 2nd Roses (Amber, Izzy H, Jess H, Liza, Scarlett); Sunflowers 4th (Faye, Goda, Isla M, Maya S, Mya L)

Well done everyone & thank you to all the volunteers, coaches & judges.

And finally things have changed because of GDPR

The monthly club newsletter is emailed to members who request it; posted on our closed Facebook Page & a hardcopy is put on our noticeboard at Riverside.

If you are receiving this newsletter via email, it is because you ticked the consent box (Marketing by Email) when you renewed your child's BG membership.

If you no longer wish to receive these newsletters (or any other marketing that we send via email eg adverts for half-term camps, Summer display, annual club competition), then please remove your consent by logging into your BG Membership account & updating your preferences to marketing by the club. However, if you are reading this on the noticeboard & are no longer receiving our monthly newsletter but would like to have it emailed to you, please update your consent preferences on your BG Membership account by ticking YES to "Marketing by Email".



Dates for the Diary

WORKSHOP: SUNDAY 10 NOV

We will be hosting a rhythmic gymnastics workshop with Suzanne Haslam (GBR Ballet Coach) & Stephanie Sherlock (2016 British All-Around Champion) on Sunday 10 November at 10am - 4pm at Riverside. Cost £30.

Please email Petra on rgcworchester@gmail.com to book a place

NEW recreation Class

We are opening a **new recreation class on Saturdays** aimed at 4-7 year olds. The class will be 10.30 - 11.30am at Riverside. Contact Petra on rgcworchester@gmail.com for a place.

NEW Club Coaches

Many congratulations go to Monika & Tonia who passed their Level 1 Coaching courses last weekend.

Our **AGM** took place on 5 October. If members would like an email copy of the minutes, please request via rgcworchestersecretary@hotmail.co.uk

FUNDRAISING PYJAMA WEEK

Thank you to all who took part in our Pyjama Fundraising. The gymnasts raised an impressive £92. Thank you to all those who supported us.

Club Policies can be found at www.rgc-worcester.com. All parents are advised to familiarise themselves with all the policies.



Delayed in picking up your child ?

CALL **07858 557728**

www.rgc-worcester.com



www.facebook.com/rgcworchester

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