

Welcome back to Bishopbriggs Acro Gymnastics! We're really looking forward to another exciting year of competitions, displays and training. We are hoping to continue to improve on our current structure and training sessions. This year we have improved coaches training and introduced new coaches to the club. We are now training across four facilities and hope this continues to benefit our gymnasts.

Fundraising

We are currently fundraising for a new 18m air track which we will use in the Leisuredrome. We have £500.00 raised already although we're still quite far away from our £6000.00 target! We appreciate your support with this and if anyone has any fundraising ideas/suggestions please get in touch.

Registration Morning

There are changes to the Scottish Gymnastics insurance system. Parent/carers are now required to update this themselves online. This will be available from the 1st October and we will give more details when we have them.

As normal we will have our registration morning when insurance/registration fee is due. Please see updated fees below. Gymnasts who are competing at competitions throughout the year must be insured as a competitive gymnast. If gymnasts move from recreational to competitive throughout the year they will be asked to pay the upgrade fee of £24.00.

£51.00 competitive

£27.00 recreational

Dates for registration:

Wednesday – 13th September 19:00 – 20:30

Saturday - 16th September 09:00 – 11:30

If gymnasts don't have any changes to contact / medical details then a new registration form will not be required.
Please ensure payment is made on the registration sessions listed above – this should not be transferred or given to a coach.

Annual Club Panto Trip

Pantomime – Friday 12th January 2018 - £19.00

Gymnasts will be given letters and permission slips at training. Please return forms and make payment at the registration sessions. Tickets will be booked after Saturday 16th September so we are unable to add additional gymnasts after this date.

This is always a great fun night that all the gymnasts enjoy!

All competitive gymnasts are required to have the club tracksuit which can be purchased at the link below.

<https://www.pslteamsports.com/BishopbriggsAG>

Gymnasts can order leotards or shorts at the registration morning – orders won't be accepted without payment. Please remember that leotards are custom made and will take up to six weeks to arrive.

Acrobatic gymnasts require matching leotards in their partnerships for competitions. Gymnasts should either buy the club Acro competitive leotard or source their own leotards prior to competition. Gymnasts competing at FIG or IDP can wear skirted leotards however, all other gymnasts are unable to wear skirted leotards in 2018 as the rules have changed.

Tumble Structure

We have changed the structure of our Saturday Dynamite sessions due to previous poor attendance. Gymnasts will train the same time / location each week. Gymnasts have either been selected for Dynamite or Meadowburn. Both sessions will be beneficial to gymnasts and will allow them to compete competitively. Letters should already have received letters at training. If this is not the case please speak to a coach to confirm what session has been allocated. If any other gymnasts are interested in our Saturday tumble squads please speak to a coach at the beginning of training.

Congratulations

Huge congratulations to Jordan Ross and Gracie Crawford who both made it to the British NDP Finals in July. Both gymnasts were fantastic representatives for the club and have made us all very proud!

Coach Stuart has passed his Level 3 module 1 at tumble. This is a fantastic achievement and we can't wait to see him put his new skills to good use in the gym.

Both Emma and Jane have attended the Acrobatic L2 course. They have both been working really hard in the gym and we wish them lots of luck for their exam in September.

Fiona and Holly Mardle attend the Acrobatic L1 course. We're excited for them to start using their new skills and help our gymnasts progress!

Competitions

Our next tumble competition is taking place on August 27th 2017. This is for gymnasts who haven't yet qualified for the Scottish Championships or for gymnasts who are moving up a level. Warm up times will be posted have been posted on our website and facebook page.

Please keep up to date with competitions via our 'Dates for your Diary' section of the website. If competitive gymnasts are unavailable please advise a coach asap.

Attendance

Please remember that good attendance within the club is very important. If gymnasts miss a session, leave early or arrive late to training it has a detrimental impact on partnerships. For each session there is a coaching plan in place which takes into consideration space, equipment, competitions and several other factors. If gymnasts miss training or aren't there for the full session it may mean they miss crucial parts of training. We understand this cannot always be adhered to so if this is the case please advise a coach so the session plan can be amended if possible.

Monthly Fees

Due to increasing costs of hall hire and several gymnasts now training up to 14.5 hours per week we have decided to change our fee structure. The below applies to all training sessions regardless of the venue. The new fees will be taking effect from October 2017. Please ensure that your monthly fees have been amended for payment on 5th October.

- 1 hour per week £18.00
- 1.5 hours per week £20.00
- 2 hours per week £24.00
- 2.5 hours per week £28.00
- 3 hours per week £32.00
- 3.5 hours per week £36.00
- 4 hours per week £40.00
- 4.5 hours per week £44.00
- 5 hours per week £48.00
- 5.5 hours per week £52.00
- 6 hours per week £56.00
- 6.5 hours per week £60.00
- 7 hours per week £64.00
- 7.5 hours per week £65.00
- 8 hours per week £66.00
- 8.5 hours per week £67.00
- 9 hours per week £68.00
- 9.5 hours per week £69.00
- 10 hours plus per week £70.00

Club Updates

Please remember that club updates will be mainly made via Facebook and the club website. With over 100 members we struggle to have letters for every update. You can follow the website and all posts will then be emailed directly to you!

www.bishopbriggsacrogymnastics.com

Parents are very welcome to speak to coaches at the beginning of training to ask any questions!

Club Display

This year our annual club display will take place at Avondale on Friday 1st December and Saturday 2nd December. We have organised two displays this year due to the overwhelming demand last year.

Gymnasts wishing to take part must pay a **£10.00 deposit** at the registration morning. This will be deducted from the cost of display costumes. We always try to keep costs as low as possible.

Our club display is always a fantastic event and showcases our talented gymnasts! Our gymnasts perform group routines, tumble and acro routines. All new starts are able to join in with this event. A fantastic opportunity to get involved with the club!

Friday 1st December – 19:00 – 21:30 (warm up 17:30)

Saturday 2nd December – 16:00 – 18:30 (warm up 14:30)

If anyone has any questions regarding the display please ask a coach at the beginning of training or speak to one of the parents who are running the registration session as they have attended our displays previously and have gymnasts who have taken part.

Gymnasts who haven't paid the £10.00 deposit at the registration session will not be included in the display. After this date we will begin to purchase costumes and start choreography which means we'll be unable to add them in at a later stage. We would encourage all gymnasts to be part of the display!

New Class

We have introduced a new class to our timetable at Meadowburn on Monday nights, 18:30 – 20:00. This will be a Recreational class but a great opportunity to improve individuals and an introduction to tumble. Any of our existing gymnasts who would like to attend this class should let us know at the earliest opportunity.

Committee

We currently have lots of parents/carers who are a crucial part of the club and help with any events, competitions and fundraising. If anyone is interested in helping or becoming more involved with the club please send us an email.

Upcoming Payments

Please remember that on the registration session you should be paying the insurance fee, display deposit and if required pantomime payment. Also if any leotards or shorts are required payment should be made at this time. Thank you!