

PARK WREKIN NEWS

FEBRUARY 2024



HELLO....

We are now mid-way through our term and thankfully the nights are getting lighter, which means spring is around the corner but it also means arriving at gym will be so much safer. Our sincere thanks to you all for navigating the car parking and collection arrangements throughout the winter months. The building site is ahead of programme and we hope this will not inconvenience you all too much longer. Thank you for your patience.

Dates for your diary

Please note we are closed for all classes on Easter Sunday 31st March. The new term begins on 1st April. For all classes please ensure your invitations are accepted and invoices paid ahead of the term beginning to ensure your continued membership.

BEG/REC/INT	29th & 30th June	Club competition – beg/rec/inter
ALL	1st-7th July	Journey to Paris - Olympic theme fundraising week

Staff

This term we have welcomed Monika to our coaching team. Monika, a successful gymnast herself having represented Hungary in Rhythmic Gymnastics at the 1994 European Championships, started her coaching at Coventry Gymnastics Club in 2014. Monika is a great addition to the team, with lots of experience, patience and energy - she is also mum to our elite gymnast Laura. Welcome Monika!

Dace who for many is already a familiar face in the gym has also taken a permanent role looking after our recreational and intermediate classes at Lilleshall on Tuesday and Friday evenings. Dace has replaced Natalie who has been with us for a long time but is taking time off to have a baby 😊

Receptionist Vacancy - We are looking for a receptionist to help initially on Tuesday and Friday evenings 6.30-8.30pm, for classes at Lilleshall National Sports Centre (possible additional hours at Park available). The role is to greet our members, take the register, answer parent queries, manage the sale of certificates and shop stock, assist coaches where required.

The position would be ideal for a student looking for office and customer facing work experience. If you are interested please contact annijefferies@parkwrekin-gymclub.com

Easter Camps

For the first time and due to popular demand, Park Wrekin are running Easter Camps during the holidays. For two weeks, commencing **Monday 25th - Thursday 28th March** and **Tuesday 2nd - Friday 5th April**, the 4 day camps 10-4pm, costing £128 offer great value. The days are fun filled working on apparatus and learning new skills in the gym with some time out to enjoy Easter craft activities in the classroom. **LIMITED SPACES** are available - further details and booking can be found online.

Summer holiday camp dates are as follows with bookings opening soon:

SUMMER CAMPS	22nd-26th July	Week 1 Summer Camp
	29th July - 2nd August	Week 2 Summer Camp
	5th - 9th August	Week 3 Summer Camp
	12th - 16th August	Week 4 Summer Camp
	19th - 23rd August	Week 5 Elite Camp - invitational camp
DEVELOPMENT	26th -30th August	Week 6 Development & Regional Grades invitational camp

Progress reports: (beginners, recreational and intermediate gymnasts only)



Records are continually being updated - please check your gymnasts account for updates and upon completion of a level please remember certificates and badges are available at reception - cost £5.

Levels 1 & 2 - beginners

Levels 3 & 4 - 2hr recreational

Levels 5 & 6 - Intermediate

For Development, Comp Squad and competitive gymnasts please discuss your personal progress reports with your coach.

Parties

Gym parties at Park are becoming increasingly popular with only limited availability on Saturday and Sunday afternoons. If you are interested, please book ahead.

Email office@parkwrekin-gymclub.com



Home Ed Classes

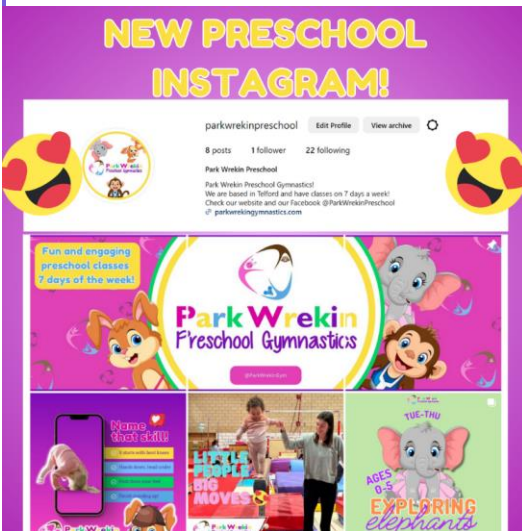
We have recently introduced gymnastic sessions aimed at home educated children - these 1hr sessions following our beginner/recreational programme and are available on Friday afternoons 1.30 & 2.30pm. Spaces are available so please share with your friends and get in touch if you need further details.

Park Wrekin Pre-school

Classes run every day and teach children important skills like balance and coordination. With expert supervision and a playful environment, it's a great way for them to lay the foundations of a healthy, active lifestyle. Spaces are available weekday mornings from 2years.

'Exploring Elephants' is our pay as you go drop in session for toddler and preschool children. The sessions are on Tuesday at 9.30am and Thursday at 1.30pm - whilst these are drop in they are becoming increasingly popular so we strongly recommend you book ahead by calling 01952 257646. At exception value of just £3 per child and one adult, these sessions are a fabulous introduction to apparatus and a gym environment. Children are encouraged to move around the gym exploring what is on offer!

CHECK OUT OUR NEW PRESCHOOL INSTAGRAM ACCOUNT



Fundraising

With the excitement of the Olympic Games in Paris this year, we will be running a sponsored event - Journey to Paris, starting the week commencing 1st July. We are currently finalising the details but we hope to have lots of fun during the week, whilst fundraising for our gym improvements. Look out for details!

Competitions

Spring is always a very busy time in the gym for our competitive gymnasts, as the competition season starts with the Welsh Championships next weekend.

The English Championships is being held at the Telford International Centre between 1-3rd March. We have 17 gymnasts representing Park Wrekin at the competition and it is a great opportunity for you to see the top English gymnasts. Ticket information can be found here [Gymdata ~ Buy tickets](#)

Our top gymnasts will then be competing at the British Championships in March, where we will see our Senior Champion, Alice Kinsela and Junior Champion Helena Finc defend their titles.

Important dates

DATES FOR YOUR DIARY		
GROUPS	Date	Competition
ELITE	15th-17th February	Welsh Championships
ELITE	25th February	County Championships
ELITE	1st-3rd March	English Championships (Telford)
COMPETITION SQUAD MIXED	10th March	George Finney Floor and Vault @ Fenton Manor
ELITE	15th-17th March	British Championships (Liverpool)
ELITE	6th-7th April	Regional championships (Excel/Performance Grades)
COMPETITION SQUAD MIXED	28th April	Solihull and Birmingham Floor & Vault Challenge Cup 28th April 2024
ELITE	4th-5th May	Regional Championships (Development/Preparation Grades)
ELITE	11-12th May	National Finals
DEVELOPMENT	22nd June (tbc)	In house Development competition
BEG/REC/INT	29th & 30th June	Club competition
ALL	1st-7th July	Journey to Paris - Olympic theme fundraising week
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ELITE	5th-6th October	Regional Championships (Classic Challenge, levels and FIG)
ELITE	26th-27th October	Regional Championships (Copper, Zinc, Tin)
ELITE	12-13th October	British Teams
ELITE	16-17th November	Team Apparatus (FIG Qualifier)
ELITE	30th November- 1st December	Regional Teams