

22nd August 2020

Dear Club Member

Re ; **Club re-opening September 7th**

As the club prepares to re-open our registers for our Autumn term timetable, we have been putting new protocols and practices into place to do all we can to ensure the health and well-being of everyone that enters our facility.

We have trialed the new session format successfully throughout August and we now feel confident that we can continue to deliver our quality gymnastics programme safely and effectively whilst maintaining adherence to all guidelines.

Covid-19 has had differing effects on everyone. For us it means that membership numbers cannot be the same as before. We have had to cap our numbers at a figure that is safe and manageable for the team and our facility.

We cannot thank enough the families that so kindly stuck by us through the difficult months, and we are determined to find a suitable way. We will be starting with, and in touch with those families for the first phase of the return. For those that unfortunately cancelled due to the virus, we will be in touch offering places in the second phase of our return.

Our club is fortunate to have made it through one of the hardest professional and personal challenges we have ever faced. We are excited to re-open, we are doing all we can to adapt to the changing situation around us, but everything is different for us and for you.

Some key points to note (as at 22/8/2020)

- Still no spectators within our building.
- We will continue to use our courtyard entrance until further notice.
- Admin hours are still varied, please be patient for a response.
- Window coverings have been added to viewing windows to reduce instances of distraction and videoing/photographing of our gymnasts.
- Annual registration for gymnasts is rapidly approaching ~ more info to follow in Sept.
- We still cannot 'hands on' support our gymnasts.

Coaches news

- We bid an 'Adieu' to Level 1 coach Liv who is off to Bangor University to study Zoology with Conservation. We will be seeing her back and coaching for holiday gymnastics and cannot wait to hear all about her degree. It sounds fascinating.
- The lovely Kate R is swapping her weeknight coaching for an Adult Nursing degree which we can keep up with when she is with us at weekends.
- Coach Kelly has added a qualification in Baby Gym to her skill set and will be starting sessions for babies from 8 weeks old to walking to add into our adult and child and pre-school classes. Our under 4's have lots to look forward to.

- Coach Chris has decided he is not returning to gymnastics coaching at the club. The boy's improvers sessions will be covered by our previous boys' coach Harry whilst we work to find a more permanent solution. Coaches Sion and Jack are still with us and keen to carry on coaching with the full support of Harry and the coaching team.
- Coach Emily J is having a break from coaching but has promised to return to complete her Level 2 coaching qualification in the New Year.
- Saturday morning Kate W has stepped back from coaching as her physiotherapy job has moved to shifts so she can no longer make Saturdays on a regular basis. She is disappointed but will still be seen at club events and will be covering sessions as and when she can.
- We have vacancies for x2 apprenticeship coaches (one of which has already been filled). Ex gymnast Leah (+1 hopefully) will start with us in September and work through her apprenticeship and Level 1 & Level 2 coaching qualifications with us and SBC Training.

Improvers & Squad trials

After dodging some serious floods and moving things about a lot, we held squad trials in February. Then lockdown came before we were able to actually start the sessions.

With a new timetable and renewed positive energy and direction in the gyms, the coaching team have decided to hold an open trials week for any (female) gymnasts born 2013 or earlier.

Tuesday 1st, Wednesday 2nd & Thursday 3rd September 4.30-7.30pm. Each interested gymnast will be required to book in for a 40-minute assessment slot.

The coaching team will then offer successful gymnasts improvers and squad spaces by Saturday 5th for the Autumn term. If anyone is unsure whether this applies to them, we urge you to email bordercountiessg@aol.com and ask – current improvers, we need to see you too!

Gymnast can be booked into trial slots by emailing bordercountiessg@aol.com with the gymnast's name, date of birth and preferred date (1st/2nd/3rd Sept). You will then receive an email confirming the booking and the time to attend.

New timetable booking details

The timetable we are running from September to December is now confirmed and staffed. It is vastly different from our pre-lockdown timetable as we have had to make big changes to numbers of gymnasts, class times, cross over times and cleaning times (to name just a few).

It is a temporary timetable as we are prepared for it to be flexible and alter for the New Year in line with ongoing changes to guidance from the Government and our Governing Body.

We will be emailing you in groups according to the phases (as previously mentioned) and the type of class your gymnast/gymnasts attend. Therefore, some of you may receive more than one email.

If you have not heard from us by 29th August, please email us at bordercountiessg@aol.com. If you come across anyone that says they haven't heard from us it will probably mean that we do not have the correct contact information, so please tell them to email us!

Fees

Fees remain the same as before lockdown, (there will be no fee increase until the previously declared increase due in March 2021) and are payable as follows;

- 1 – in full for the whole 15 weeks (cash, credit/debit card or bank transfer)
- 2 – one payment for 10 weeks then one payment for 5 weeks (cash, credit/debit card or bank transfer)

In line with existing club policy, fees are payable for the full term (15 weeks) and no refunds or class credits for sessions missed will be issued.

Monthly payment by direct debit will resume in January.

Stay at Home Gym Group

The week of 24th to 30th August will be the last week that content will be added to the Stay at Home Gym Facebook group.

The team of Laura, Kelly, Katy, Amy, Zoe & Jess have done a truly remarkable job for the past 4 months. They have really held things together and provided engaging content for our gymnasts to get involved in at home. The whole BCSG team are forever grateful for their efforts and we all await the much promised 'bloopers' video as their final hurrah!

Club Handbook

As always, the 2020/2021 handbook will be issued to club members (via email) at the end of October when re-registration of club membership has taken place. It contains all the information about the club, its policies, procedures, people and plans for the year ahead. It is not a little document, but worth a read.

That's all for now, I feel a lot of information will be coming your way over the next week. We always provide you with all you need to know but we cannot dictate what you do with it all. Please take time and care to read everything. That way we can have a speedy and smooth transition back into the gyms.

There is much to be done and still much change to come for everyone. Please be kind. Please be compassionate. Please have patience.

We look forward to welcoming you back.
Sincerely

Helene Cook

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