

AINSTY GTC NEWS

Autumn 2018

Coach News

The new term sees a lot of changes to our team of staff. Unfortunately, we had to say goodbye to our Head Coach, Sian Keady. She has moved back 'up north' to be closer to her family. She is continuing coaching gymnastics, but now the children in Northumberland are benefiting from her expertise. Our new Head Coach is Sam Coppack, who many will already know, as he has been coaching gymnastics and Parkour at Ainsty for the last 2 years.

Sadly, we also said goodbye to Tara Cross and Beki Willerton, who completed their university courses in York and so moved home.

Steph Kershaw and David Fox whose working commitments changed.

We have 3 new Senior Coaches: Lucy Williams has been promoted from Club Coach.

Abi Preston and Hope Roberts are new to our team and both bring enthusiasm, new ideas and expertise to the club.

One more of our Volunteers has made the step up to a Sports Helper. Well done Keira Rogers.

We have 7 new Volunteer Helpers; Jacqueline Bendall, Matylda Jarmal Millie Redman, Gretel Auty, Robyn Hinchliffe, Ellen York and Evie Cottingham.

Leading up to the Summer Holiday, 4 of our coaches completed their UKG Women's Artistic Gymnastics Level 2 Coaches Course. Congratulations go to: Sam Coppack, Deb Loach Luke Edmond and Lucy Williams.

Ainsty Ninja Academy 2018

Over the summer holidays we had lots of students join us at our Ninja Academy. Each camp consisted of mastering the different areas of an assault course and then finished with each student competing against each other, trying to clock the fastest times. The 10 fastest students, from each camp, were then invited to a Grand Final.

After a well fought battle, the Ninja Champions were:

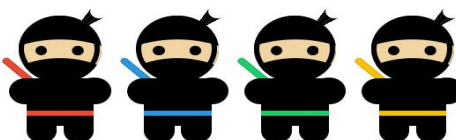
Gold: Antonia Evans

Silver: Eben Morris

Bronze: Innes Fleming



If you would like to challenge for the title, we will be running a Ninja Academy, at Huntington High School, on **Thursday 1st November**. Visit our website for more information.



Sites News



Energise

Gymnastics and Trampoline classes run here on a Tuesday, Thursday and Sunday. We are now running Boys Only Gymnastics and Parkour on a Tuesday and Sunday. Gymnastic Development classes run on a Sunday and Trampoline Development sessions run on a Tuesday and Thursday

York Steiner School

Gymnastics classes run on a Monday and Thursday. There is also the opportunity to do Parkour here on a Thursday

Huntington High School

Gymnastics classes run on a Tuesday and a Friday. Parkour runs on a Wednesday.

The Mount School

Gymnastics classes are available here on a Wednesday.

Vale of York School

Gymnastics classes run on a Friday and Saturday. We also have Development Gymnastics here on a Saturday

Archbishop Holgate's

Trampoline classes run here on a Saturday morning, along with Trampoline Development and Squad training. We now also offer Acro and Tumbling classes on a Saturday morning and classes for our Gymnastics Display Team.

Wetherby High School

Trampoline classes are available here on a Monday

Energi Trampoline Park

Our GymPacT classes are available to join on a Monday and a Wednesday.

October Holiday Camps 2018

We are running a few Holiday Camps over the October Half Term Break. These can be booked, in the usual way, through the website. They are run as 3 hour sessions, but children can bring a packed lunch and stay for the day.

Energise (Age 5 – 16 years)

Tuesday 30th October – 9:00 to 12:00 12:30 to 3:30

Wednesday 31st October – 9:00 to 12:00 12:30 to 3:30

Clothing

We have now found a new clothing supplier. We will be placing an order at the end of November. If you want to order Club clothing for Christmas, then complete an order form, which can be found on the website, and hand in to a coach. Alternatively, phone or email the office. We will be bringing the clothing into sites over the coming weeks.

Leotards

Leotards are now available to buy and order from the club. Prices range from £16.00 to £17.50. Rob is visiting the sites over the next 2 weeks so that you can view the various styles.



Ainsty GTC Parties



Do you have a child at home who wants a Birthday Party full of fun, spins, balances, jumps, bounces and swings?

Create your bespoke Birthday Party with us. Gymnastics, Trampoline, Parkour, PlayGym or Ninja theme.

Prices start at £150. This includes venue hire and 2 coaches for 90 minutes. More coaches can be added if more children are attending .

Contact Joe for more information:

07548 669 595 or parties@ainstygtc.co.uk

Club Holidays (Club Closed)

Monday 29th October – Sunday 4th November

Monday 24th December – Sunday 6th January

(Some Holiday Camps will be on offer)