

# AINSTY GTC NEWS

Autumn 2020

## Coach News

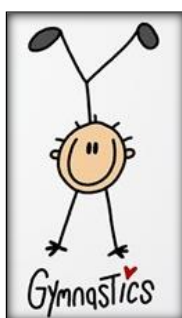
We have had many changes to our team of staff during the past 6 months. Unfortunately, we have had to say goodbye to Caitlin Steel. She has started an exciting new adventure coaching gymnastics in Hong Kong. She will be greatly missed but has promised to pop in to see us when she returns to York for a holiday. We are also losing Emelia Winteringham, Jess Pilley and Paige Sellers who are all leaving York to go to university. We will, hopefully, see them again during the holidays. Both Jess O'Sullivan and Faith Phillips have completed their university courses in York and so will no longer be part of our team.

We have a new coach starting with us once we are able to offer more classes. Abbie-May Lee is now studying in York so we can benefit from her expertise. We also have Freddie Loach returning, as he has now completed his university course. He is our new Club Manager but will also be able to coach the children, when needed, as he has Level 3 UKG Gymnastics and Level 1 Trampoline qualifications.

Two more of our Volunteers have made the step up to Sports Helper. Well done Sophia Matravers and Ted Predergast.

## Welcome Back!

Firstly, we would like to take this opportunity to say a huge thank you to all the families that have supported us during the past 6 months. We are pleased that we are now able to offer a little bit of normality during these strange times. We have been given the opportunity to hire the facilities at York Steiner School for 6 days a week. This has allowed us to timetable several gymnastics classes covering all age ranges. These classes can be found on the Home page of our website. [www.ainstygtc.co.uk](http://www.ainstygtc.co.uk)



We have now produced our Covid-19 Risk Assessment and Safety Policy to outline our best attempts to mitigate the risks created. This is based on the current Government Guidance. These documents can be found on our website in the 'Info Zone.'

## Training for our Coaches

It seems such a long time ago, but in February several of our coaches attended various UK Gymnastics Coaching Courses. Lucy Williams completed her Level 3 Women's Artistic Gymnastics course and is now our Head Coach. Ruth Hartley and Rebecca Dowell both completed their Level 2 Artistic Gymnastics course. They have now moved up to the position of Senior Coaches.

Eden Riddell, Niamh Heron and Emily Greenaway completed their Level 1 course and are now working towards becoming Junior Coaches.



Katie Loach completed her Level 1 course in August 2019 and has now passed the assessments needed to become a Junior Coach.