

Upcoming Events:

- ❖ 19th Feb - Viewing Week
- ❖ 29th May - Falcons Recreational Club Competition
- ❖ 26th June - Exeter Challenge
- ❖ Coming Soon – Fundraising for North Devon Hospice
- ❖ Coming Soon – New Recreational Awards

Current Covid Procedures:

- ❖ Drop off and pick up outside of the building
- ❖ One way system with hand sanitiser upon entry and exit
- ❖ Individual boxes for belongings cleaned regularly
- ❖ Equipment cleaned after use of a group
- ❖ Face masks worn by coaches when supporting gymnasts
- ❖ Promptly informed of any direct contact with a positive gymnast/coach working alongside Track and Trace

New:

- ❖ Huge congratulations to all our young leaders who successfully passed their Level 1 Award Scheme Coaching Course on 19th December 2021
- ❖ Coaches are hugely impressed with the new recreational groups having started just this term over their enthusiasm for the sport and progression through the basics of gymnastics
- ❖ Groups will start shortly on working on competition routines for our club competition on 29th May 2022
- ❖ After many great years of coaching at Falcons, Becca has made the difficult decision to try and explore other things in her life and will be leaving Falcons after half term. It's been great having Becca here and her commitment has been amazing. We all wish you good luck in your next adventure!
- ❖ We are introducing our new Falcons Recreational Awards which follow the colours of the rainbow Violet, Indigo, Blue, Green, Orange, Yellow, Red badges and certificates up to Bronze, Silver, Gold, Platinum and Overall Achiever medals and certificates for both Core and Apparatus. This is an expansion on the British Gymnastics Proficiency awards to give a greater breadth of gymnastics skills to achieve.
- ❖ We look forward to seeing you for our viewing week we cannot wait to show you how hard the gymnasts have been working and having lots of fun, 2 parents/guardians are allowed to watch – tickets must be ordered using the following link - <https://www.eventbrite.co.uk/o/falcons-gymnastic-academy-28093683765>

Reminders:

- ❖ Please bring a water bottle with you for training
- ❖ Please dress appropriately for our sport e.g. leotard/ top and leggings/shorts. Please no denim, zips, buckles, hoods, socks, buttons. These either damage equipment or are a safety concern
- ❖ Please after 6 weeks of newly pierced ears remove earrings before the session and any other jewelry or accessories inline with their British Gymnastics Insurance or they will be invalid. Newly pierced ears must already be taped or covered with plasters before entering the gym
- ❖ Please email to let us know if your child cannot attend their session, this guidance is really appreciated
- ❖ We are actively seeking feedback, any ideas please do get in touch by emailing admin@falcons-gym.co.uk