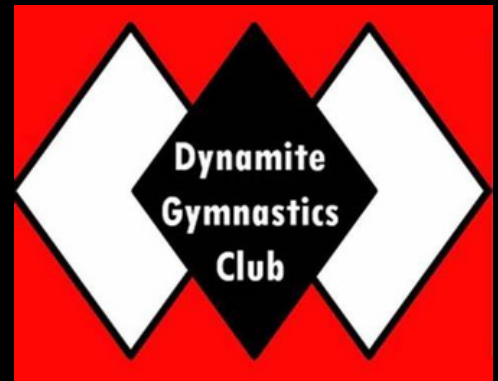


DYNAMITE GYMASTICS

December 2023

We know December is a busy month for all families, we have lots of exciting and fun things happening in lead up to end of the year. Please take time to read through all the information below and make note of any that apply to your gymnast.



FUNDRAISING UPDATE



Thank you for all your support in September and October during the Cash for kids Sports Challenge. We raised an incredible £16 204.94, and were then given an additional £5000 by organisers for winning first place. Money will be spent on equipment and coaching courses across all disciplines in the club.

The last day of term is Friday 22nd December.

Classes start back on the 5th January.

Please note administrators will be on annual leave from 21st December to 3rd January. Payments will still come out on 1st January as normal



TERM DATES



CHRISTMAS PARTY AND AWARDS NIGHT



Our Christmas party and awards night will be held on Saturday 16th December at Awestruck academy in Clydebank. Tickets are free for gymnasts and just £5 for adults/non members. Under 16s should have a supervising adult. We hope to see you all along for this fun filled night where we get celebrate success of all our gymnasts.

Link tickets via class kids camp page. Gymnast must use link for free tickets so we know they are attending.

There will be a prize for best decorated table on the night please bring along your decorations and get creative. Bar is available at venue

>>> CHRISTMAS JUMPER WEEK

Gymnasts are invited to wear a Christmas Jumper to class between 4th and 10th December.

We are asking to gymnasts if able to bring in a donation for the Dalmuir Barclay Food pantry in exchange for wearing their jumper. All donations of non - perishable items are appreciated however items the pantry have specially advised they are in need of are : Tins of meat ie tuna, burgers, chicken curry or similar, dry pasta, pasta & sauce packets, sugar, long life milk, jars of cooking sauces, packets of sweets, jelly, custard, deodrant and shaving gel.



➤➤➤ DROP OFF AND COLLECTION

Reminder that from 1st December all gymnasts must queue at allocated point in corridor until collected by coach at start of class, all under 14s must have an adult wait with them until start of class.

At end of class all under 14s must be collected directly from designated collection point these are listed below.

Twinkles, Eclipse and Atomic class - front fire exit in car park

Shooting stars, superheroes, floor and vault and Display - Curtain in main gym

Tumble and trampoline - side fire exit in car park.

Please take care when using the car park especially in wintery/cold conditions, please do not park on double yellow lines and if waiting in car turn off your headlights as these can obstruct vision of others using car park



LOST PROPERTY



All lost property has been on display in reception for last week, anything not collected by 3rd December will be donated to charity.

Please remind gymnast to check belongings at end of class and please make sure all items especially water bottles and kit are labelled to help us reunite with owner if lost.

Dynamite Gymnastics has a team of welfare officers who are volunteers specifically train to help support the club and its members in ensuring safe practices are carried out and our members wellbeing is at the forefront of all we do.

If you would like to speak with one of our safeguarding team they can be contacted at dynamitegymnasticswelfare@gmail.com

WELFARE TEAM



OPEN GYM



Looking for something to do at start new year? We are running an open gym session on the 3rd of January 1pm to 3pm.

This is open to members and non members great chance to bring along siblings and friends and work on skills of choice using all our equipment.

Booking via our class for kids camp page cost of session is £6

NEW YEAR

Open Gym



BG MEMBERSHIP

Reminder that all gymnasts must have BG/Scottish Gymnastics membership in place to be able to train. Your gymnast will not be able to continue attending class if this is not in place. This provides insurance as well as other benefits.

This membership is taken out directly with them by visiting their website at <https://www.scottishgymnastics.org/members-area/>

All recreational class members keep an eye on your emails this week to receive update on your gymnasts progress via Rise Gymnastics parent portal.

British
Gymnastics

>>> DISPLAY TEAMSS

Our Display Teams have had a busy few months, most recently performing at the Liverpool Ministrada in November where they performed their last ever performances of the 2022/2023 routines- Raise your Voice and Barnyard Belles to a great reception, alongside showcasing new routines to Newsies and Silent Movies on the Sunday.

Our Display teams will be holding a showcase on Sunday 10th December at 5pm this is open to anyone to come along and watch cost £5 adults £3 kids chance to watch new routines from Rockets and Firecrackers display teams as well as the debut performance of Madagascar from our new junior display team the Sparklers.

Interested in finding out more about display contact us at dymitedirectors@gmail.com



BURNS INVITATIONAL



Our Open trampoline competition will now run on Saturday 3rd February, please keep an eye on your inbox for your invitation to sign up.

This competition will be open to all trampoline competitive and recreational gymnasts as well as all Shooting Stars and Superhero Gymnasts as a change to show off your trampolining skills at age and level that is appropriate to you

HYDRATION



Reminder that we follow British Gymnastics guidance regarding hydration, which has recently been updated. Gymnasts will have opportunities to access drinks regularly throughout sessions, and will always be able to visit toilet at earliest opportunity if required.

A reminder that gymnasts must bring own drinks to class in an appropriate water bottle to prevent spills.

If your gymnast cannot use the toilet independently yet you should remain on site at the gym to assist them in using toilet during class if required



KIT

Reminder all club kit can be purchased from PSL sportwear at <https://www.pslteamsports.com/dynamite-gymnastics.html>

Please order with plenty time to receive for any events required for as can take several weeks.

We also have a second hand buy and swap page on facebook just search " Dynamite Kit buy and Swap " and request membership.

Competition leotards should be ordered directly though club and can take several months to arrive as are custom made.

Class leotards are purchased via zone gymnastics - style sparkle in colour wine code Z686SPA

Anniversary kit that was ordered during our fundraising period is due to arrive in second week of December as soon as it is in we will be in touch with everyone who ordered.

