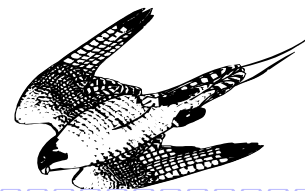


Falcons Gymnastic Academy

Newsletter July 2009



THE FALCONS WEBSITE IS NOW ONLINE. www.falcons-gymnastics.co.uk

Check it out:- latest news, calendar, galleries, newsletter, results and much more, you will be impressed. Remember It's Your website! If you have any suggestions to enhance the site, please feel free to leave your comments. Many thanks to **Mark Dorman** our Publicity Officer for all his hard work, it looks fantastic. Mark is building the site and is always looking for press reports, photos and items of interest.

MEMBERS AREA now open - User Name falconsgym - Password is on this terms Bills

HAPPY HOPPERS NEWS

Where's Freddy the frog?

Urgent Carnival News!!! Do you have a suitable lorry. If you can supply a suitable lorry please speak to Selina. We have 2 drivers but no lorry. The theme for this years float will be Winter Wonderland. Check the notice board, for any materials that are required, can you supply them? More importantly is the help required on the day, setting up and dismantling the float. Due to the demand for places on the float. Those that help, guarantee their child a place. It's only fair. If you can help in any way see Selina. Check the local press for the "Exploits of Freddy". An article publicising his travels is due to appear soon. Last seen at No 10 with Lord Mandleson and Sarah Brown. Where will Freddy go next?

Annual Club competition

After a lot of hard work and effort from all concerned. The annual competition has raised over £1900. This will go towards a new tumble track. Please see overleaf for the results. A Very Big "Thank you", to all helpers, in making both days possible.

Sponsored Walk up Mt Snowdon

On 31st July, Mike Beagley, Selina Platt, Ian Owen, Mark & Stacey Dorman, Neil Feltham, Richard Fletcher, Jay Day and Emma Rudd are all walking up the UK's 2nd largest mountain, to raise money for the club. If you haven't sponsored them and you are able to do so, please give generously. Good Luck to you all.

THE FOLLOWING SUMMER COURSES ARE AVAILABLE TO RECREATIONAL GYMNASTS.

Gymnastics 3 day course Wed 4th 5th 6th Aug, 4-6yrs old 10:00-11:00 7-9yrs old 11:15-12:15

Cheerleading 3 day course Mon 10th 11th 12th Aug, 4-7yrs old 10:00-11:00 8:10yrs old 11:15-12:15 11-15yrs old 12:30-13:30

Gymnastics Under 5's 14th Aug, 10:30-11:15

Gymnastics 3 day course Wed 19th 20th 21st Aug 4-6yrs old 9:30-10:30 7-9yrs old 10:45-11:45 10-13yrs old 12:00-13:00

To book your place and for further information and fees, please use the following link www.northdevon.gov.uk/supersport

Forthcoming Events

1. Awards Night- At the end of September 2009 Date and Venue T.B.C. See Notice Board or Web Site.
2. Barum Gate (Table Table) Friends of Falcons Night. 25% Discounted meal on Sunday 26th July.
3. Gym Closed for Summer Break 18th- 26th July Inclusive.
4. Summer Camping trip 14th-15th August at Stowford Meadow. Not too late to book.
5. Cheerleaders' Fashion Show, 8th August at the Queens Theatre. In support of our Club.

Important Issues

- Gym Fees- Could you please ensure that the fees are paid on time. **This includes last terms fees!!!!!!** Enough is enough. If you have Any problems, please communicate them.
- NO COACHING or shouting from the Balcony. By distracting the Coaches you could be putting other gymnasts at risk. This has to stop! If you wish to Coach, the next course is on the 9th of August.
- HYGIENE:- Chewing gum now **Banned**. NO FOOD allowed in the changing room, all food must be eaten upstairs. Please keep all areas tidy and please remember to wash your cups, "it's not a café".
- Inline with the British Gymnastics Association Rules, No piercings are allowed during gym sessions.
- If you have any issues or concerns please feel free to contact the club's welfare officer Helen Feltham.