

Head Coaches report
November 2023

I would just like to thank everyone for their continued support. I would like to thank the coaches and committee for the hard work they do, and the Gymnasts and Parents for attending and participating. The club seems to be moving from strength to strength now and securing the future of the club is a key priority due to the increase in membership. The covid pandemic seems a distant memory but has changed us all for the future.

We are now back to pre-pandemic ways of coaching, which is a relief, and are returning to normal gym classes with the coaches continuing to coach smaller groups within the session. This means the standard of coaching and interaction with gymnasts will continue.

Membership numbers have equalised and are being maintained and we now have waiting lists for taster days. We are trying to keep classes full to coaching capacity without compromising coaching ratios, which we try to base on 1-8 wherever possible, instead of the 1-16 which British Gymnastics accept. We have tweaked the timetable to fit as many classes into the week as we can without encroaching on Sundays.

The new timetable has also allowed us to spend more time with display team, the roots of the club and the reason it was set up. We are hoping to extend the training further and attend more festival type events next year.

I believe we are now settled, and that I have a strong motivated team behind me. We are moving our club forwards and the return of the inclusion of young coach helpers (building their coaching skills and confidence) is proving hugely successful. I would just like to reiterate that we are only strong as a team, and I am personally grateful to each member of the team for the effort and support they give to the club to make it what it is.

Congratulations to Kathryn who is about to be signed off and has completed her apprenticeship and to Sophie who has completed her level 1 course.

It is very sad that since covid we have been unable to restore the Bude and Holsworthy groups, due to timetable constraints, hire fees and insufficient staffing. We have now collected all the equipment from the satellite venues and will begin the process of sorting out equipment and selling off unrequired kit. This will hopefully allow us to purchase new kit that will help us progress the gymnasts. I am hopeful that in the future we may be able to offer gymnastics to the wider community by going into schools (we already link with ETW) or having groups into the club etc.

Once again, our Display team have been very busy since covid, adjusting to new roles within the team. We lost many of our older gymnasts and have now started training older tops to become bases and having new younger tops in to work with. We have a very new and young team and took a small, strong team to attend Festival Del Sol in Italy this year. It was an enormous success and since then has attracted more new members to the display team. We will make our annual London pilgrimage in 2023 and plan to attend Alton Towers and possibly Scotland in 2024 with an international trip in 2025, so lots to look forward to.

.

Fundraising had been very low key due to covid etc. but fundraising for the Italy trip was incredibly successful and hopefully we will continue with events such as sleepovers, sponsored walks, bingo night, comedy nights, second hand KIT and shop sale. All events are for everyone in the club to get involved in, so come along and enjoy yourselves!

Finally, I want to say a big thanks to My Gym Family, firstly the coaching team and the great job they all do, it's not an easy job and for most is not their only job. The trustees who work tirelessly behind the scenes and also to Claire, who works in the office doing membership. She has kept us all informed with the progress of membership, her job is not an easy one.

Thanks also goes out to trustees who decided to step away from club, Leila, Claire, and Janine, who were extremely committed within this period of time as trustees.

Lastly but certainly not the least is a big thanks to all the gymnasts & parents as without them there would be NO gym club, we have made some great gym memories this year.

Please feel free to pop us an email if we can support you or your children through their gymnastic journey, we are always happy to help.

Best wishes
Rattie