

MAJESTIC GYMNASTICS NEWSLETTER



WELCOME to our brand-new newsletter for Majestic Gymnastics.

Within these newsletters, we will present to you the highlights of each term, new classes available for your gymnast, the achievements we celebrate within the club and the skills we have covered within the term.

As our community continues to grow, we are always looking for new ways to communicate our thanks for all of the support and enthusiasm you bring to our shared endeavours.

We hope this newsletter will allow you to feel connected to our club, coaches and your gymnast's progression.

TO WORK AT HOME

Headstand:

-Head and hands in a triangle position, hands in line, head in front.

-Straighten your knees keeping your toes on the floor

-Slowly lift one leg to your bottom into a tuck shape and balance.

-When ready, slowly join your other foot to your bottom and practice staying still for 5 seconds.

WHAT WE DID THIS TERM...

Preschool- This term in preschool gymnastics we focused on straddle shapes, straight shapes and squat on to the vault. We also looked at our preschool fundamentals such as falling, transference of weight and hand and feet movement- readying our littlest gymnasts for the trickier skills as they grow within the sport.

Recreational- Our recreational gymnasts were busy perfecting their cartwheels, handstands, learning to somersault and straddles on and over the vault. We've had many successes with these skills, and many gymnasts have passed their next badge due to their hard work within the gym- good job gymnasts!

Development- On the development side of the club, gymnasts have been working tirelessly on their handstands, trampoline basics, vault and dance- preparing them for a well-rounded understanding of TeamGym. Keep up the hard work!

NEW CLASSES

Exciting developments have been introduced at Majestic Gymnastics with a wave of new classes designed to cater to every member of our diverse community!

Our Baby Majestics programme is a delightful introduction to the world of movement and fun for our tiniest members.

Additionally, we are thrilled to have started a specialized class catering to those with special educational needs (SEN), providing a supportive and inclusive environment for every individual to thrive.

For our older enthusiasts, we offer a dynamic 14+ class, focusing on advanced techniques among our teenage/adult gymnasts.

Freestyle Gymnastics has also been added to our expanding curriculum here at Majestics. Freestyle includes a fast-paced blend of parkour and gymnastics skills to cater to all of our athletes' desires.



CLUB ACHIEVEMENTS

This term, the Majestic Senior Women team made club history as they competed at the Mid European TeamGym Championships- this was the first time a Majestic team has competed internationally. The team achieved an impressive silver medal at the competition. You can read more about it here <https://theweekin.co.uk/news/latest-breaking-news/leisure-centre-809/>

Furthermore, six Majestic teams competed at the Hawth Open competition, achieving more success for the club. Primary, Primary Challenge, Junior and Senior Men securing first place and Primary bringing home the highest execution trophy. Youth Women achieving a silver medal and our Youth Mixed team placing in a respectable fourth position. Well done to all involved.

NOTICES

Please keep an eye on your emails for news about an in-house club competition happening next term (date TBC).

We are always looking to expand our methods of communication. If you have any ideas or suggestions, please email us at: enquiries@majesticgymnastics.co.uk