

# Rising Phoenix Gymnastics Newsletter

## SUMMER



### Did you know?

We have a badge reward system, if you have ever wondered what the pin badges are that that your child may come home with. Each week the gymnast that has tried the hardest wins a badge.

We have smiley face badges if they have been particularly kind towards another gymnast or particularly helpful.

We then have gold and silver stars if there is a certain skill they have been trying to master for a long time.

As well as this we have our regular 1-10 badge system which comes with a badge (iron on) and certificate (badge)

To showcase these wonderful achievements we have tote bags available.



### Staff Highlight



Holly has been with us for a year now, however she was formerly a team mate of our Assistant manager Ella and coached by our owner Amy.

Holly is head of our Pre School and Rec program and runs our dinky development program.

Holly is currently working towards her level 3 Women's Artistic Coaching Award, she competed in National Grades and at the Team Gym British as a child.

Fav piece to coach is floor – Holly Choreographs a lot of our floor routines

Hobbies- Short breaks away and Farm shops

Fav holiday- Cotswolds





## Glowing Embers

Theme: Superheroes - we celebrated people that help us

Our final theme of the term is "hello summer"



## Team Phoenix

Our Squad groups have had a revamp to ensure every gymnast can flourish in their own way, Each group has now been given a precious gemstone name.



The have also been putting in the hard work for their upcoming competition season, working hard on their artistry and pushing for harder skills.



## Rising Flames

Our Rising Flames program absolutely smashing their summer club competition, with loads of medals and prizes.



Linking in with our people who help us, our rising flames program have been working on team and partner work through partner balances and conditioning.



## Men's Artistic

Our Men's Artistic Gymnasts were also invited to take part in our Club Competition and showed some fantastic performances!



## Upcoming Dates & Contacts

- Summer Camps 12th-28th August
- Gate Farm Open Day 17th August
- Closed Bank Holiday Monday 25<sup>th</sup> August

Keep Updated Here: [www.risingphoenixgymnastics.com](http://www.risingphoenixgymnastics.com)

Contact Us: [risingphoenixgymnastics@outlook.com](mailto:risingphoenixgymnastics@outlook.com)