

NOVEMBER 24 NEWSLETTER

Welcome to the November edition of the Flair Gymnastics newsletter! It's been a month of fantastic competitions, valuable feedback, and preparation for the exciting holiday season. Our gymnasts have been working tirelessly, showcasing their skills and dedication across multiple events. We're so proud of each of them and grateful to all parents, coaches, and supporters who make Flair a fantastic community. Read on to see this month's highlights and important updates!

🎃 October Party Week

What an amazing October Party Week we had! The gym was filled with incredible costumes, lots of laughter, and some spooky fun. A huge thank you to everyone who participated—you made it a week to remember! We're also thrilled to announce that we raised **£223** to support our club. Your support makes all the difference!



Seeking a Chartered Accountant

We need to find a chartered accountant to complete our latest annual accounts for OSCR. If any parents can assist or recommend someone, please let us know. Your help would be greatly appreciated!

Please email us at info@flairgymnasticsclub.co.uk



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Competition Highlights: Celebrating Our Gymnasts!

We're thrilled to share our gymnasts' incredible results from the recent Floor & Vault competition hosted by Dundonald Gymnastics Club! Let's take a moment to celebrate their achievements and hard work:

Beginner 6 Years

- Emilie: 2nd All-Around, 1st on Vault, 3rd on Floor
- Carmen: 2nd on Floor, 4th All-Around
- Isla: 4th on Floor

Beginner 7 Years

- Sofia: 2nd All-Around, 1st on Floor, 4th on Vault

Beginner 8 Years

- Sophie: 1st All-Around, 1st on Floor, 4th on Vault
- Kianna: 2nd All-Around, 1st on Vault, 3rd on Floor

Beginner 9 Years

- Aila: 1st All-Around, 1st on Floor, 2nd on Vault
- Iona: 2nd on Floor, 5th All-Around
- Beth: 4th on Floor, 5th on Vault, 6th All-Around
- Maisie: 1st on Vault



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Men's 9 Years

- Adam: 1st All-Around, 1st on Vault, 1st on Floor

Men's 11 Years

- Finn: 1st All-Around, 1st on Vault, 2nd on Floor
- Calum: 2nd on Vault, 3rd on Floor, 3rd All-Around

Intermediate 11 Years

- Isabelle: 3rd All-Around, 2nd on Vault, 6th on Floor
- Charlie: 4th All-Around, 4th on Vault, 6th on Floor
- Lexi: 5th All-Around, 4th on Floor
- Ava: 1st on Vault

Intermediate 12+ Years

- Sophie: 5th on Vault
- Kanika: 5th on Floor
- Natalie: 5th on Vault

Team Results

- Beginner 6-7s: Flair Team A 2nd Place
- Beginner 8-9s: Flair Team B 1st Place & Flair Team A 2nd Place
- Intermediate 10-11s: Flair Team 3rd Place
- Intermediate 12+: Flair Team 5th Place



Zinc & Copper Challenge Competition Results

Our gymnasts showcased great spirit and skill at the Zinc & Copper Challenge, some competing for the very first time and others debuting new skills!

- **Zinc 2014:** Mabel - 2nd Vault
- **Zinc 2013:** Nina - 9th Bars
- **Zinc 2011:** Laura - 8th Vault
- **Copper 2014:** Valentina - 7th Bars, 7th Floor
Erin & Maceyleigh debuted new skills
- **Copper 2013:** Cara - 10th Bars
- **Copper 2011:** Rebecca - 5th Bars; Erin - 8th Vault; Lauren, Christina & Charlotte competed in Copper for the first time



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Flair Gymnasts at the EKGC Floor & Vault Invitational

We're excited to share the standout performances from our gymnasts at the EKGC Floor & Vault Invitational!

- **6-7 Years:** Frida - 1st All-Around, 1st on Floor, 1st on Vault
- **8-9 Years:** Maisie - 2nd All-Around, 3rd on Floor, 7th on Vault; Elena - 7th All-Around, 3rd on Vault, 6th on Floor
- **10 Years:** Freya - 1st All-Around, 1st on Vault, 1st on Floor; Ava - 3rd All-Around, 4th on Floor, 4th on Vault
- **11 Years:** Isabelle - 2nd All-Around, 1st on Vault, 3rd on Floor; Beth - 8th All-Around, 6th on Vault, 12th on Floor
- **12+ Years:** Natalie - 3rd All-Around, 3rd on Floor, 2nd on Vault; Ava-Rose - 6th on Floor, 11th on Vault, 11th All-Around



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Exciting Upcoming Competitions

We've got another busy month of competitions ahead! Our Artistic gymnasts Harper, Amara, Keira, Sophie, and Mia are preparing to compete in Zinc toward the end of November. Meanwhile, Holly, Iman, and Sophie Keir will represent Flair at the Tin Time competition in Hamilton.

Additionally, we're thrilled that the following gymnasts will be competing in the upcoming Scottish Gymnastics Floor & Vault competition: Sophie, Maisie, Dalma, Kianna, Daisy, Ava, Isabelle, Charlie, Ava Wallace, Sofia, Lua, Erin, Imogen, Isla, and Sophie Keir.

Best of luck to all of our gymnasts—you've been working hard, and we can't wait to see your routines shine!



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☀️ October Coach Star

Our award for the team member who made a standout contribution this month goes to... **Amber!**

Amber has effortlessly slotted back into the team after a year out and makes it look like she never left. She has also been an enormous help in stepping up to cover shifts, filling gaps in the rota at short notice, and ensuring the gym is tidy and clean at the end of each session. Thank you, Amber, for your dedication and hard work - you're a star!



🙌 Supporting Our Volunteer Coaches

We're proud to share that three of our volunteer coaches – **Ellie, Maisey** and **Dominique** are attending their Level 1 coaching course this month. This is a fantastic opportunity for them to develop their skills and bring even more expertise to our sessions. Thank you for your commitment to Flair Gymnastics!

❤️ Safeguarding Officer

If you have any concern about a gymnast, or see something that worries you, please tell us. Contact Jess, our Safeguarding Officer at this address: **safeguarding@flairgymnasticsclub.co.uk** or scan the QR code:



Cold Weather Reminder

With the colder months upon us, we want to make sure all gymnasts stay as warm and comfortable as possible. Our gym is a shared, open-air venue without central heating, making it a challenge to keep the space warm. Despite these limitations, we're committed to providing a comfortable environment. Here's how you can help:

- Dress in layers
- Bring hot water bottles
- Stay updated for session adjustments in extreme cold



Parent Feedback Survey

Thank you to everyone who participated in our recent Parent Feedback Survey! We're actively implementing changes based on your suggestions, with updates rolling out over the coming months and into 2025. Haven't had a chance to participate? You can still share your thoughts [here](#).

For any feedback or questions, email us at trustees@flairgymnasticsclub.co.uk





Christmas Holiday Closures

The club's planned end of sessions for this year is Sunday 22nd December. We will be **closed from Mon 23rd Dec – Sun 5th Jan inclusive** with classes returning for 2025 on Monday 6th January.

Closing Note

Thank you all for your continued support and dedication to Flair Gymnastics. Whether it's through competition, training, or helping behind the scenes, every contribution makes a difference. As we move into the busy holiday season, we're excited to keep the momentum going and end the year on a high note. Stay warm, stay safe, and we'll see you in the gym!

Warm wishes,

The Flair Gymnastics Team

