

SHIRLEY GYMNASTICS CLUB

www.shirleygymnasticsclub.co.uk

Monks Hill Sports Centre, Farnborough Avenue, Selsdon. South Croydon CR2 8HD



Summer Holiday Cheerleading Workshop 23rd – 27th August 2010

Dear members, as mentioned in our recent newsletter the club is planning to run a summer cheerleading camp at the Monks Hill Sports Centre for 1 week commencing Monday 23rd August through till Friday 27th August from 10am till 1pm each day.

Cheerleading is fast becoming one of the most active sports in the UK, and comes under the banner of British Gymnastics, who clearly believe there is a big gap in the market for gymnasts to explore.

Two of our experienced gymnastic coaches, Charlotte Hoy-Priest and Danielle Perry have both recently qualified in cheerleading and cheer stunts. Charlotte as many of you know is responsible for the choreography of many of the squad routines that are performed on the UK gymnastics festival circuit. Danielle, up until last year was a member of our Sapphire squad and choreographer of last years Emerald Squad routine before leaving this year to study sport at Southampton University. She is a member of the Southampton Vixens University Cheerleading team who are also the current British University Champions. Both are excellently qualified to deliver an engaging and enjoyable workshop which will conclude with a demonstration to parents/guardians on Friday 27th August.

The course cost is only **£40.00** (cash or cheques payable to Shirley Gymnastics Club) for the 5 days (15 hours) so I think you will agree this represents incredible value for money.

Who can apply? Anyone over the age of 5. Once we receive the application and payments we can decide how to structure the workshop so ensure it delivers to the maximum benefit of those participating. The course will cater for every age and ability.

We have acquired a set of "pom poms" in the club colours to be used in the routine.

Participants should arrive for the session in either a leotard or fitted clothing. They will also need to wear training shoes with a clear sole. Please avoid plimsolls if possible. Participants will need to bring along a snack to eat and plenty to drink.

If you wish to enrol your child on the workshop please complete the application below and return in an envelope marked "Shirley Gymnastics Club Cheerleading" no later than the **24th July**. Alternatively post your application and payment to the address on the slip below.

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Name _____.

D.O.B _____.

Current gymnastics class/sessions _____.

I enclose my payment for £40.00 in cash/cheque payable to Shirley Gymnastics Club.

After 24th July, please post applications to 44 Ballards Way, South Croydon, Surrey CR2 7JL