

16th December 2019

Dear

**Talented and Gifted Gymnastics**

Your son /daughter has been selected to compete in Worthing Schools Sports Association (WSSA) KS2 schools Talented and Gifted Gymnastics competition.

Workshops will take place on Monday 13th and Monday 27th January 4.30pm -5.30pm at West Park School, Marlborough Road BN12 4HD with the competition taking place on the Monday 10th February 4.30pm. (Finish time will depend on the number of entries)

Workshops will be led by Alice Howland Head Coach (level 3 Artistic) and Director of Gymco along with her team of qualified coaches.

**Aims of the programme**

At the workshops children will learn one of 3 floor routines according to the number of hours they train for.

The categories will be 2-4hrs, 4-6rs, 6 -8hrs (inclusive) in each of the following age groups

Year 3 and 4

Year 5 and 6

Children can then practice their routines and return for a competition on Monday 10th February.

We strongly advise that complex moves such as round off flick for 6-8hr group are only practiced at club under the correct supervision and using the appropriate equipment and not at school. Thank you.

If you would like your son/daughter to be involved with this programme please confirm with your school that you would like to take up the opportunity, complete the attached **parental consent form and bring it along with you to the first session.** Should you have any further questions please do not hesitate to contact me on [agroveswssa@gmail.com](mailto:agroveswssa@gmail.com)

Yours sincerely,

Alison Groves

(Worthing Schools PE and Sport Co ordinator)