



J21 GYMNASTICS CLUB

Welcome Handbook

Policies and information pack

J21 GYMNASTICS CLUB

Dear Parents,

We are pleased to welcome you to J21 Gymnastics Club and we hope you find everything you need to know in this welcome handbook. We hope your child will have a very enjoyable time as a gymnast here. We aim to improve through physical condition, posture, co-ordination and concentration of the children in our care and provide a child friendly environment which is safe, stimulating and challenging whilst also being FUN!

Our classes are structured to provide a progressive learning experience and we aim to help each child to progress at their natural pace and ability.

J21 gymnastics club offers...

- ❖ Preschool gymnastics 'Wiggle Giggle Club'
- ❖ Recreational Gymnastics
- ❖ Free running
- ❖ Birthday Parties
- ❖ Competitive Artistic Gymnastics
- ❖ Adult Gymnastics

Payment Policy

Fees for courses must be paid in advance for the term; terms are 10 weeks long and must be paid in advance on either Week 10 or 1. If fees have not been paid by Week 3 a 10% late payment charge will be added. Your payment reserves your child's place in there group.

We do not close during school holidays or bank holidays, if we have to close you will be informed and these sessions will not be charged. Sessions missed are non refundable, however we will try to arrange catch up sessions if we have spaces on other days.

General/Preschool Attire

- ❖ Preschool children should wear shorts or leggings and T-Shirt or Leotard.
- ❖ Recreational Gymnasts should also wear leggings, shorts, T-shirt. Once your child has completed their trial sessions a leotard is necessary
- ❖ Club leotard/Shorts, T-shirt, Jackets and Club Bag are all available to purchase
- ❖ Long Hair must be tied back
- ❖ No Jewellery/watches
- ❖ NO shoes in the gym

Code of Conduct: Parents/Guardian

- ❖ Please arrive 5 minutes before your session.
- ❖ Encourage your child to learn the rules and participate with them
- ❖ Never force your child to take part in sport
- ❖ Always ensure your child is dressed appropriately for the activity
- ❖ Keep the club informed if your child is ill or unable to attend sessions
- ❖ Endeavour to establish good communication with the club, coaches and officials for the benefit of all
- ❖ Use correct and proper language at all time
- ❖ Always collect your child promptly at the end of the session
- ❖ Support your Childs involvement and help them to enjoy the sport
- ❖ No smoking is permitted
- ❖ No parents are allowed in the gym

Code of conduct: Participants

- ❖ All members must participate within the rules and respect coaches, judges and their decisions
- ❖ All member must respect fellow club members
- ❖ Members must not smoke, consume alcohol or take drugs of any kind whilst representing the club at competitions or other events
- ❖ Members must treat all equipment with respect
- ❖ Members must inform the head coach of any injuries or illness before the warm up begins
- ❖ Members must not eat or chew gum during the session
- ❖ Members must not use bad language
- ❖ Members should remain with coaches at the end of the session until collected by their parent.

Competitions

Squad Attire

If your child is chosen to join a competitive squad, the purchase of the full Club kit is required.

At competition:

- ❖ Your Child must arrive in clean competition attire; gymnasts should be in possession of their own club leotard (please name all items). If borrowing a long sleeved competition these will be hired out at a cost of £5, and must be returned at the end of the competition – they are not to be washed! This will be done by us.
- ❖ No Jewellery to be worn
- ❖ Hair must be tidy
- ❖ Nail Varnish must be removed
- ❖ When advised by coach, guards/loops/training aids must be purchased.

Parents/spectators

- ❖ Spectators are forbidden to enter the competition area
- ❖ Please do not distract your child during the competition, full concentration is required at all times so they stay safe and perform well
- ❖ Gymnasts need to arrive 15 minutes before competition warm up begins, please leave enough time for travel and parking
- ❖ Gymnasts hair must be done before arriving at the competition
- ❖ Competition programmes and directions will not usually arrive to us until a week before the competition. As soon as this information is received this will be passed on
- ❖ It is the parent's responsibility to get their child to competitions and squad training.
- ❖ Help your child to recognise good performance, not just results
- ❖ Set a good example by recognising good sportsmanship and applauding the good performance of all.
- ❖ Never punish or belittle a child for poor performance or making mistakes

Communication

Any information needing to be communicated to parents will be sent out through letters, we will be sending out newsletters regularly to keep everyone up to date with news and events happening.

If you need to contact the Head Coach directly, training session times are not convenient, we appreciate that you contact by phone or email and we will contact you as soon as possible.

You can also keep up to date with news through our website, and Facebook page.

Email: admin@j21gymnastics.com

Phone: 01934 613833

Website: www.j21gymnastics.com