**Welcome to Richmondshire Gymnastics Club. This information sheet is designed to answer the frequently asked questions parents and carers may have about the club.**

**Spectators**

Parents are welcome to stay and watch the classes. However parents are asked to watch quietly and to not interrupt or disturb the class. Any young children who are also watching the classes must be kept quiet and under control and are not permitted to go on the equipment. Mobile phones must not be used in the gym.

**Toileting**

Please check that your child has been to the toilet before the start of the class. Coaches will be unable to accompany gymnasts to the toilet so during the class they will go to the toilet in pairs without an adult.

**M Medical conditions / Disabilities**

Some medical conditions require a Parent / Guardian to stay at the session in case administration of medication is required e.g. Epipen.

Any medical condition, learning disability or attention disorder **must** be disclosed on the registration form **and** Parents should speak to the Lead Coach to ensure the coaches are aware of any adaptations / risks which need to be considered. Disabled gymnasts who require one to one support will need to provide a carer, who will be led by the coaches within the class. Gymnasts with Downs Syndrome will require the Atlanto-axial screening prior to starting the class. (Contact the Head Coach for more information).

**Clothing**

All gymnasts work in bare feet and in either a leotard or shorts and T-shirt. Tracksuits can be worn over a leotard or shorts for warm up and in the winter. Other items such as jeans, skirts, school wear or combat trousers are not suitable for any part of the session.

Club kit can be purchased by completing the enclosed kit order form.

All jewellery must be removed. This includes ear rings.

**Skill progression**

Gymnastics skills are broken down into small steps (progressions), which must be mastered at each stage before moving onto the next one. The rate at which these steps are introduced depends upon the age and physical capability of the child. This principle is key to all levels and disciplines of gymnastics. Skills must be mastered on the floor before transferring to apparatus, to ensure the gymnast is physically and mentally capable of developing the skill. For this reason the floor and body preparation sections of the class are paramount to the development of skills. Core activities are repeated at every class as they build strength and flexibility to enable the more complex skills to be introduced later (E.g. bunny jumps = handstands and cartwheels, bridges = walkovers / back flips).

Not all children will be able to achieve the same level of skills, even with further training. This is often due to the range of movement in certain joints and strength in key muscle groups.

**Transferring and moving up classes**

The lead coach for the session will advise parents when it is time to move their child to a different class. Although the classes are in age groups at the moment the gymnasts will not automatically move classes when they reach a certain age / school year group. They are guidelines only and the movement depends on availability of spaces in the classes. The advanced/elite class is an invitational class and gymnasts may be invited by the lead coach to attend. The coaches will be looking for gymnasts that are showing potential and are learning and developing at a quicker rate than their peers. The lead coach will speak to the parents prior to inviting the gymnast to the advanced/elite squad.

If you have any questions about progression through the classes please speak to the head coach.

**Badge scheme**

The club work towards the British Gymnastics Award scheme . The gymnasts will not work towards the badges every week / term however the skills they learn throughout the year will all help them to achieve their badge when we do work towards them. The proficiency awards require the gymnasts to perform 8 out of 10 skills. They must perform each skill technically correct 3 times in order to achieve a tick for that skill. Once they have 8 ticks they will pass achieve their badge. The badges and certificates can be purchased from the club and will be presented to the gymnasts during their class.

As gymnasts progress through the badge scheme it may take longer for them to achieve their badge as the skills are progressively more difficult. If parents wish to know what their child needs to practice at home to help them with their badges please speak to the coaches.

The badges are a good way of celebrating achievement and giving gymnasts a target but the skills on the badges are not the only ones required to progress to a higher level of gymnastics. A gymnast on a lower level badge may be invited to join the elite class while a gymnast on Badge 1 or the Advanced Badge scheme may not be able to train at the higher level.

**Welfare Officer**

The club has a trained club welfare officer to ensure the safeguarding of all club members. If parents / gymnasts have any concerns / issues with anything that is happening at the club they can speak to the welfare officer about this in confidence. Any concerns about the handling / supporting of gymnasts can also be discussed with the club welfare officer. Our welfare officer is Tracy Powell.

**Volunteers**

The club is always looking for volunteers to get involved and help out at the club whether that is as a helper, trainee coach, committee member or any other role. If you or anyone you know is interested in getting involved with the club please let us know. We are willing to support people to become coaches and this could lead to paid work in the future. Any volunteers that will be in direct contact with the children will be asked to complete a British Gymnastics CRB check prior to volunteering.

**Member Registration sheet**

**All gymnasts are required to take out membership with British Gymnastics, this is compulsory.**

Please complete the following info which will be registered with British Gymnastics. Membership is renewed every September and is paid once per year.

Name of Gymnast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D.O.B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

House number Postcode\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You will be sent a membership pack from British Gymnastics direct

**PLEASE INCLUDE A CHEQUE FOR £25 FOR CLUB MEMBERSHIP AND INSURANCE**

**(SIBLINGS MEMBERSHIP £20)**

CHEQUE MADE PAYABLE TO: Richmondshire Gymnastics Club

**E n r o l m e n t F o r m**

**Class day(s) /Times …………………………………………………………………………………………….**

**Childs Name:…………………………………………………………………………………………………….**

**Date of Birth: ………………………… E Mail Address:……………………………………………**

**Address:…………………………………………………………………………………………………………..**

**Mobile Number: (used to inform of class cancellation) ………………………………………………………….**

**EMERGENCY CONTACT DETAILS**

**Name:……………………………………………. Name:…………………………………………………..**

**Relationship……………………………………… Relationship…………………………………………...**

**Tel Number ………………………………………. Tel Number ……………………………………….**

**HEALTH Medical condition/Health Needs…………………………………………………………………………………………..**

**Allergies……………………………………………**

**ADDITIONAL INFORMATION**

**Please provide any information which will assist our supervision and guidance of your child e.g. Special educational needs, long term illness or injury previous experiences/badge level - this will be kept confidential**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**Dietary Needs…………………………………………..**

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| **I agree to my child receiving medication and any emergency dental, medical or surgical treatment as considered necessary by the first aider/medical authorities present** | **YES/NO** |
| **I agree to the use of photos/videos of my child being taken for training purposes** | **YES/NO** |
| **I agree to the use of photos of my child being used as part of publicity material in the following media:**  **Brochures/Displays**  **Newspaper articles**  **Websites** | **YES/NO**  **YES/NO**  **YES/NO** |

**PARENT /GUARDIAN DECLARATION**

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| --- | --- |
| **I have read and agree with the terms and conditions set out in the clubs code of conduct and understand that Richmondshire Gymnastics adopts all relevant policies of British Gymnastics (all available at British Gymnastics website)** | **YES/NO** |
| **I have read and understood the information required, including permissions section and I confirm the details I have provided are correct. I am aware if any of this information changes it is my responsibility to keep the club updated.** | **YES/NO** |
| **I understand that Richmondshire Gymnastics Club is unable to accept responsibility for loss or damage of any possessions brought into the facility** | **YES/NO** |
| **I understand that gymnasts aged 12 and under should be supervised by an adult until the session begins and picked up from the session promptly by a named adult** | **YES/NO** |
| **I understand Gymnastics is a high risk sport due to its physical nature, and accept that whilst we ensure safe practice in the gym, injuries may occur** | **YES/NO** |
| **I understand fees must be paid promptly on or before the first session of each term. Payment should be made preferably by BACS but we will accept cash or cheque. Late fees will incur a £5 additional charge** | **YES/NO** |

**The new term will start on Monday 7th September 2015**

**There will be no classes the week of school half term**

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| --- | --- | --- | --- | --- |
| ***Number of hours gymnastics per week:*** | ***Cost per month -12 payment must be made per year*** | ***With cheer/sibling discount -1 child only per family*** | ***Cost per term*** | ***With cheer/sibling discount***  ***1 child per family*** |
| ***1 hour gymnastics per week*** | **£13.50** | **£12.15** | **£55** | **£49.50** |
| ***1.5 hours per week*** | **£18.00** | **£16.20** | **£78** | **£70.20** |
| ***TRAMPOLINE*** | **£15.00** | **£13.50** | **£60** | **£54** |

**12 Payments per year – 36 classes per year**

**1months cancellation notice must be given - £10 fee for missed payment**

***MAKE CHEQUES PAYABLE TO:* RICHMONDSHIRE GYMNASTICS CLUB**

**BACS: SORT CODE: 09-01-27 ACC NUMBER: 87869044**

**Cash should be placed in a sealed envelope with your child’s name on the front and handed to a coach**

**E mail:** [**richmondshiregymnasticsclub@googlemail.com**](mailto:richmondshiregymnasticsclub@googlemail.com)

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Name of Gymnast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Session attended: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I confirm I have: Included a cheque for the full term fees

Confirm I will pay by my standing order monthly

Reference for payment:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I confirm I have included £25 (£20 siblings) for club and British Gymnastics Membership

I will pay the membership fee by BACS

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**[](http://www.british-gymnastics.org/)**  [facebook_logo](http://www.google.co.uk/imgres?imgurl=http://www.maximumadventuresports.com/images/facebook_logo.jpg&imgrefurl=http://www.maximumadventuresports.com/&usg=___iNxPAtwk_bVq4dFp3ho4UGVuIM=&h=301&w=800&sz=43&hl=en&start=12&sig2=NM_C9CctgOxJk93ochQP4Q&zoom=1&itbs=1&tbnid=oWXppEhPX-5eYM:&tbnh=54&tbnw=143&prev=/search%3Fq%3Dfollow%2Bus%2Bon%2Bfacebook%2Blogo%26hl%3Den%26safe%3Dvss%26sa%3DX%26biw%3D783%26bih%3D570%26tbm%3Disch%26prmd%3Divns&ei=uxAkTpLoIcSu8gPqzpSwAw)

**Our Classes**

**General Gymnastics**

**At Colburn LC…Our hub site …..**

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| --- | --- |
| **General Gymnastics**  **Working on all 4 pieces of gymnastics apparatus including tumble and trampette and air floor**  **Following British Gymnastics Schemes and working towards proficiency badges** | **Tuesday 5.30 – 6.30 and 6.30 -7.30**  **Wednesday 5.30 – 6.30 and 6.30 -7.30**  **Thursday 4.30 – 5.30**  **Friday 4.30 – 5.30** |
| **Freestyle /tumbling** | **Tuesday 6.30 – 7.30** |

**At Bedale High School ………Thursdays**

|  |  |
| --- | --- |
| **General Gymnastics**  **Working on all 4 pieces of gymnastics apparatus including tumble and trampette and air floor**  **Following British Gymnastics Schemes and working towards proficiency badges** | **Thursday 4.30-5.30**  **5.30-6.30**  **6.30- 7.30 (age 10 +)** |
| **Freestyle (age 11 +)** | **3.30- 4.30** |

**At Catterick Leisure Centre ………..Saturdays**

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| --- | --- |
| **General Gymnastics**  **Working on all 4 pieces of gymnastics apparatus including tumble and trampette and air floor**  **Following British Gymnastics Schemes and working towards proficiency badges** | **Saturday 9.30 -10.30**  **Saturday 10 – 11/11.30 – BY INVITE ONLY**  **Saturday 10.30 – 12 -BY INVITE ONLY** |

**Pre School, at Colburn LC……………….. Mondays….**

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| **Pre School**  **3- 5 years**  **Developing fundamental movement skills working on all pieces of gymnastics apparatus** | **Monday 9.40 -10.25**  **Monday 2.05 – 2.50** |

**Trampolinig at Colburn LC**

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| --- | --- |
| **General Trampolining**  **Following the British Gymnastics award scheme for trampolining** | **Wednesday 4.00 -5.00**  **Thursday 4.15 – 5.00** |
| **Advanced Trampoline**  **BY INVITE ONLY**  **Further developing skills in trampolining** | **Friday 5.30-6.30** |