



BASIC POLICIES

We would like to welcome you to Revolution Gymnastics Club!

Revolution GC is run by a voluntary committee who make all decisions to do with the management of the club. All training sessions are managed by Principal Coaches; Claire Smith and Robert Owen, though may be lead by other qualified coaches.

Any urgent problems or queries you may have should be taken up with the session coach at start or end of a session or with relevant committee members. We would like to ask that all general enquiries are emailed to us at – revolutiongymclub@hotmail.com. You will find the committee members and their jobs on the club website and notice board among a lot of other useful information.

AIMS / OBJECTIVES

- To provide safe, enjoyable and progressive gymnastics experiences to all ages and levels of ability whilst providing opportunities for recreation and competition.
- To promote the club within the local community and Gymnastics.
- To provide high quality duty of care to all members of the club.
- To ensure that all current and future members receive fair and equal treatment

Revolution Gymnastics Club caters for all ages and abilities from walking age right up to adults. The training content is split into five areas; Pre School, Foundation, Intermediate, Advanced and Elite.

GYM MARK ACCREDITATION

British Gymnastics has approved Revolution GC as a Safe, Effective, Child Friendly Club and nominated us as a candidate for the prestigious 'Club of the Year Award' 2011!



STAFF

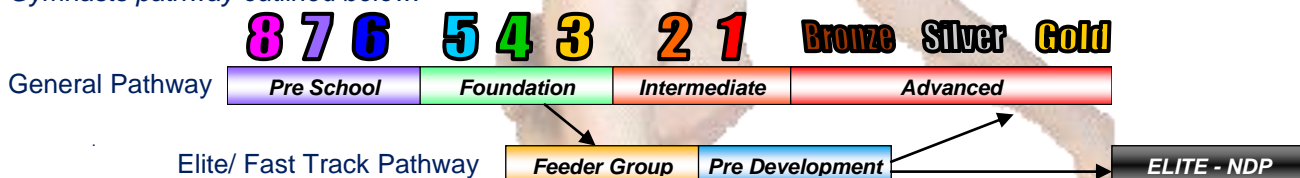
All coaches and helpers have been fully screened including Criminal Records Bureau and hold BG Membership insurance along with relevant coaching qualifications to enable a safe friendly environment in accordance with our GymMark status.

TRAINING

All gymnasts must pay annual club membership for insurance cover during sessions and as a license to compete for competitive gymnasts. This time period runs Sept-Sept.

Revolution has an ability level scheme where gymnasts can work towards attaining the next ability level. There are eight-ten skills on each ability level; gymnasts must be able to consistently perform the required skills at a proficient level before they are eligible to be signed off by a coach.

They are rewarded with badges and attainment certificates that can be purchased from Revolution. Gymnasts pathway outlined below.



ATTENDANCE / LATENESS

"Late" is defined as one minute past the start time of the session.

Session coaches will refuse entry to gymnasts who turn up to sessions late.

At the start of the session, all participants will be taking part in a physical and mental warm up; this is vital and must be undertaken prior to participating in the session fully. Please allow enough time for traffic and changing of clothes prior to the start of the session.

It is the gymnasts' prerogative if they wish to attend a session or not, as they have space in the club, fees must be paid in full regardless of any holidays or dates where they are absent.

If participants are under the age of 7yrs, parents/ guardians must stay on site.





REVOLUTION GYMNASTICS CLUB

Robert Owen 07793733553

Claire Smith 07840527534

revolutiongymclub@hotmail.com

www.revolutiongymclub.co.uk

COMPETITIONS

Once gymnasts complete Ability Level 4 in the Foundation section of the club, they can take part in the annual Internal Club Championships, once Level 3 is complete gymnasts are invited to Intermediate sessions where they may be selected to represent the club in local floor and vault competitions, Level 1 Advanced gymnasts will be regularly selected to represent the club at regional level. Gymnasts can not compete regionally until they are 7 years of age on the 1st January of the competitive year.

If gymnasts are selected to be a member of one of the Elite NDP squads, they will work towards their relevant 'In Age' NDP grade and be selected to represent the club in discipline specific team events and school championships.

DRESS CODE

PLEASE NOTE – As a participating parent in a Parent & Toddler session, dress code applies for the safety of your child and yourself.

- At Foundation level all participants **must wear** shorts or tracksuit bottoms and a t-shirt, however, if your child does have a leotard they are more than welcome to wear it but it is not a compulsory. For Intermediate+ leotards/ unitards must be worn for safety and to aid the quality of coaching.

If participants attend wearing inappropriate clothing i.e. Jeans, combat trousers, dress shirts, clips, buckles etc; entry to the session will be refused.

- No outdoor footwear is to be worn into the gym bare feet are required, socks for parents in Pre School sessions. If a participant has any long term medical conditions regarding their feet, gym shoes must be worn.
- Please ensure long hair (*longer than chin*) is **always** tied back as this is a safety issue and entry will be refused if hair is not tied back upon request, including male members.
- Please ensure all jewellery is taken off before the start of the lesson, if coaches see participants wearing jewellery they will ask for it to be removed and either given back to parents or left in the gymnasium to be collected at the end of the lesson. Jewellery that is left in the gymnasium is left at the owners risk and is not the responsibility of the coaches or Revolution Gymnastics Club.

RE ENROLMENT

All Pre School, Foundation and Intermediate sessions coincide with school terms, totalling at twelve weeks per term, excluding half terms, Easter, Summer and Christmas holidays. Re-enrolment period is usually Week 7 – 9, though make efforts to keep up to date with the notice board.

All Competitive (*Comp Intermediate, Advanced and Elite sessions*) run throughout the year on ten week blocks. Re -enrolment is usually due on weeks 6 – 8. Reminder letters will be handed out on the first week of re-enrolment.

Please note that if a cheque fails to clear, there is a £6.00 administration charge.

No refunds issued once the sessions have started.

