

PLEASE SUPPORT THE CLUB THAT
SUPPORTS YOUR CHILD

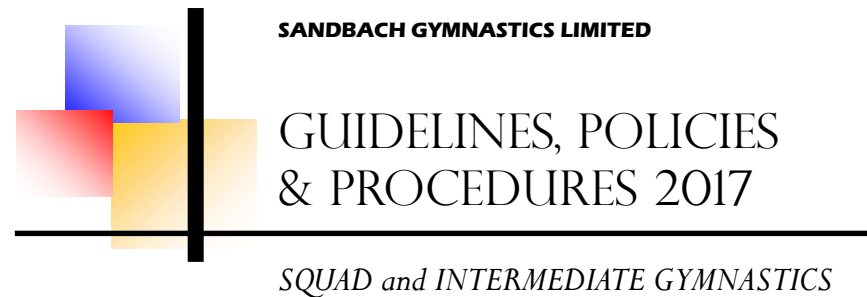


SANDBACH GYMNASTICS LIMITED

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THIS BOOKLET HAS BEEN PREPARED TO ASSIST PARENTS
OF SQUAD AND INTERMEDIATE GYMNASTS. PLEASE READ
CAREFULLY AND KEEP FOR FUTURE REFERENCE.
THANK YOU

Updated March 2017

WELCOME TO SANDBACH SQUADS

We welcome you and your child to Sandbach Gymnastics squads.

Your child has been selected to trial in our squad structure. This is a two way process to determine if your child likes and wishes to become part of our competitive / intermediate squads. Please be advised that the group your child is joining is very disciplined for developmental and safety reasons. Squad members are continually monitored on their effort and progress within the groups.

Developmental and competitive gymnastics require a great deal of commitment and dedication from all concerned. There will be expectations from both the gymnast and yourselves as parents.

We have an excellent coaching team led by Peter Aldous GB National Coach, (Olympic Squad 2004). This is supported by Tracy Cooper, Chief Squad Coach at Sandbach Gymnastics Ltd. There is also an extensive base of voluntary support coaches associated with the squads.

Gymnasts Charlotte Holdcroft and Rebecca Mason, *(member of 2004 Olympic Squad)*, have both represented their country at Junior and Senior Level. Rebecca was the highest scoring GB gymnast at the 2003 World Championships in USA. Charlie Fellows is in the National Junior Squad. Charlie was a member of the Gold Medal England team at Junior Commonwealth Games for 2011

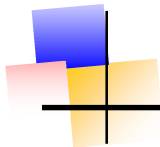
JUNIOR EUROPEANS - BERCY ARENA PARIS 2000



COACHES AT THE WORLD' CHAMPIONSHIPS - 2003



PETE, CORINA, JAMAL + ZOLTAN



FUND RAISING

Sandbach Gymnastics provides an elite service supported primarily by its hourly members. The intermediate and squad members are subsidised by this primary membership.

We therefore ask the parents of the squad and intermediate membership to significantly support any fund raising venture. Monies raised are directed solely to the purchase of new equipment for use by your child. It is the squad membership that require the sophisticated apparatus and are the main contributors to the high levels of wear and tear of the existing equipment.

If you have any personal company contacts that may wish to sponsor equipment or any fund raising ideas, please advise the coach in charge of your child's group

FUNDRAISING - Please contact Tracy Cooper on office.gymnastics@yahoo.co.uk if you have fund raising ideas or you can help to raise money for equipment purchases.

SELF HELP FUND RAISING - Sandbach Gymnastics permits self help fund raising activities to support the expenses of foreign trips. Such activities should be coordinated through Sandbach Gymnastics. Monies will be distributed 50% to the team participants towards costs, with 50% supporting the fund raising efforts for equipment purchase.

Raised funds will only be distributed to team members that actively participate in fund raising events.



COACHING TEAM

<u>PETER ALDOUS</u> -	Director Sandbach Gymnastics Ltd. <i>International Performance Coach</i> <i>Fig Brevet Coach</i> (Academy Level 3)
<u>TRACY COOPER</u> -	Senior Team Coach (Staff Coach) <i>High Performance Coach</i>
<u>KEN DANSKIN</u> -	SENIOR Team Coach (Voluntary Coach) <i>High Performance Coach</i>
<u>DANNI CWIKLINSKI</u> -	General Gymnastics Coach (Staff Coach) <i>Club Coach</i>
<u>JULIA BETTELEY</u> -	General Gym Coach (Voluntary Coach) <i>Assistant Coach, Welfare Officer</i>
<u>SIMON HENDERSON</u> -	General Gymnastics Coach (Staff Coach) <i>Senior Club Coach</i>
<u>KIRSTY MORREY</u> -	General Gym Coach (Staff Coach) <i>Coach</i>
<u>BETH LUCAS</u> -	General Gym Coach (Staff Coach) <i>Assistant Coach</i>
<u>ROB WHITING</u> -	Team Coach (Voluntary Coach) <i>Club Coach</i>
<u>TEENAGE COACHES</u> -	Beth Lawrie, Ami Evans, Jaycee Howard, Alisha Evanson, Georgia Kilgallon, Sofia Tottman, Niamh + Erin Dyson, Anya Burnand, Leah Lucas

GENERAL

This booklet has been prepared to assist your understanding of the club's general policies. We adopt many of the health and safety issues recommended by British Gymnastics. Please read the booklet carefully as it contains important information.

UNIFORM DRESS CODE - All gymnast must wear a leotard, (girls) shorts and t-shirt, (boys) for all classes. Hair must be tied back. Jewellery is not permitted. Please have bare feet for classes. Thursdays and Saturdays are squad days and club uniform must be worn. For new members the basic uniform should be purchased within two months of joining this group.

WARM UPS - All classes begin with a warm up, which is very important for your child's safety. Proper warm up and stretching can help reduce the risk of an injury. Please have your child at the gym for the beginning of the lesson.

PAYMENTS - Your child's fee's will be collected via a standing order through your bank. The first payment will be collected manually at the Centre, with the standing order to commence one calendar month from the start date.

PARENT WAITING - The viewing area is available for parents to watch their child's training whilst enjoying a hot cup of coffee. For safety reasons parents should refrain from communicating with their child during training unless in liaison with a coach. Due to the proximity of certain apparatus the viewing will take place through the monitor for safety reasons and hence, the blind will be closed.

GENERAL

PUBLICITY - Sandbach Gymnastics will report all press releases with respect to, competitions, displays, trips and newsworthy items.

DISPLAYS - Sandbach Gymnastics are regularly asked to participate in displays especially during the summer months. Both squads and intermediates are invited to participate. Only members with uniform will be selected.

TRIPS - Sandbach Gymnastics take groups of gymnasts to other training venues for advanced training weekends. Both squads and intermediates are invited to participate. Only members with uniform will be selected

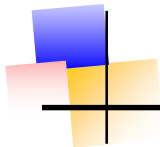
OFFICE HOURS - The gymnastics office is staffed on the following times should parents want to contact the staff coaches direct. An answer phone operate at all other times.

Tuesday 12.00 - 3.00pm (Phone Availability)

SGS MEMBERSHIP / INSURANCE -

Every October the club and gymnasts register with a gymnastics parent body. By doing this you that your coaches and gymnastics activities will be maintained to the highest standards. A small part of this membership will go to the fund raising section of the club to assist in the purchase of new apparatus. The majority of the money goes towards securing a recognised insurance cover for gymnastics training and competition. Each group will be advised of the specific cost relative to their participation.

Membership / Insurance is Mandatory



COMPETITIONS

COMPETITIONS - Sandbach Gymnastics is primarily a competitive club, (Squads). This is supported by the development groups (Intermediates).

Trophies

Trophies won by teams or individuals will be displayed at the Centre.

Prize Money

Prize money will be distributed as follows,

Prize Money

Individuals: 50% Gymnast; 50% Coaching
Teams: Equal Split Team / Coaching

Competition Attire

WA Competitions: Club Red / Club Pink

COACHES EXPENSE - Coaching expenses associated with supporting individuals / teams at events away from the Centre will be charged at reasonable cost to the gymnast / Team



COLLECTING YOUR CHILD - All parents must come into the Centre to collect their child. Children are requested to wait inside for collection. (please advise the centre if you will be late to collect your child)

ABSENCES - If your child is not attending due to an illness or any other reason, please advise the centre in advance where possible. Please inform holiday dates in advance.

CONTACTING COACHES (specific) - If you have a specific concern or a question for a coach, please contact the Centre by telephone to arrange a convenient time. It is important that the gymnasts training time and initial preparation is supervised by the coaches.

CONTACTING COACHES (general) - **Please send a note in with your child for the designated coach.** It is important that the gymnasts training time and initial preparation is supervised by the coaches.

COMPETITIONS / TRIPS / DISPLAYS - Only gymnasts with the club uniform will be able to represent the club at competitions, displays and trips. It is important to portray a positive team image.

PHOTOGRAPHY / VIDEO - We have adopted the British Gymnastics policy. The use of video and camera is not permitted by parents from the viewing area.

CALENDAR - We have published the annual event calendar on the website. Please note that events are subject to change. Gymnasts will be notified of selection by letter. (Team Gymnastics)

REBECCA MASON (GB + ENG) - SENIOR ENGLISH CHAMPION



CHARLIE FELLOWS - ENGLISH CHAMPION 2010



COMMONWEALTH JUNIOR BARS CHAMPION 2011

RESPONSIBILITIES OF THE GYMNAST

EQUIPMENT - Your child is responsible for bringing their hand-guards and training equipment to each lesson. For gymnasts who use the asymmetric bars a personal chalk supply will be required which may be purchased at the gym. A hand-guard leaflet is available from the office.

BEHAVIOUR - Gymnasts are expected to be respectful to both gymnasts and coaches whilst in the gym or on any official event. Gymnasts who refuse to participate in activities designated by the coaches or misbehave will be asked to sit out or sent home.

CONDITIONING AND STRETCHING - Gymnasts are expected to do conditioning and stretching at home. It is their responsibility to do this. Each month we hold a test day. Squad / Intermediate gymnasts may be requested to test. We expect the gymnasts to show a gradual improvement in physical preparation. This is the key to quality skill learning.

CLUB NIGHT - Thursday and Saturday training sessions will be club days. Gymnasts attending training on these days are requested to wear the team uniform.

- Red Club Leotard - See website
- Black Leggings - See website
- Club Polo Shirt
- Club Sweat shirt
- Club Fleece