

City of Worcester
Gymnastics Club



Welcome Pack



Registered Charity 1127901



Introduction

On behalf of City of Worcester Gymnastics Club we are pleased to welcome you/ your child as a new member of the club. City of Worcester Gymnastics club is a gymnastics club for girls and boys from pre-school to adults. We are affiliated to both the West Midlands Amateur Gymnastics Association and British Gymnastics and offer high quality gymnastic coaching for pre-school, recreational, adult and competitive gymnastics. We are a registered charity and the club is run by volunteers who give up many hours of coaching for free. Please read this booklet carefully to make sure that you are informed of all important information.

The aim of the club is to provide a safe, effective and child friendly environment in which the members can participate in gymnastic activities under the guidance of appropriately qualified coaches. We operate an open philosophy and welcome the support of parents or guardians. Wherever possible we will enable you to observe training sessions provided that it does not contravene our Health and Safety regulations. We also encourage and value parental involvement in the club.

We are lucky to have a car park, but spaces to the right are designated coaches spaces and you must obtain a car park pass (from Philippa/Peter) to park in the car park. You must never leave your car in the car park unless you are watching! We have a clamping firm that will clamp cars without a pass.

Disciplines

[Women's General Gymnastics.](#)

Recreational gymnastics offers fun sessions in which children can progress with their gymnastic and work through a badge system. Children will be using apparatus such as vaults, bars, beams, floor and tumble. Children aged from pre-school (2 year upwards) to 16 can train in these sessions. The recreational group is split into 3 categories; recreational, novice and intermediates.

[Women's Artistic Gymnastics.](#)

These are sessions for competitive gymnasts and are invitation only. Girls can train up to 16.5 hours per week and can enter numerous competitions each year.





Insurance

City of Worcester Gymnastics Club has public liability insurance through British Gymnastics. British Gymnastics membership fees run from October 1st until September 30th and you will be asked to pay this in September every year.

Fees

Recreational fees are £4:00 an 1 1/2 session, payable termly. Terms are 3 months; the Autumn term is September, October, November, the Winter term is December, January, February, the spring term is March, April and May and the Summer term is June, July and August. Fees are always due two weeks before the start of the new-term and paid either via online banking, by cheque or by cash in our designated 'pay cash' week. You will receive an email saying when fees are due. **There will be a £6 administration charge for all late fees unless you contact the club secretary before hand.**

Novice, Intermediate and Competition fees are paid by monthly standing order. Fees are paid for 48 weeks of the year to allow for 4 weeks of cancelled sessions for competitions and holidays. Any extra training sessions in school holidays will be an additional cost per session per child.

Policies

City of Worcester Gymnastics Club have adopted the British Gymnastics Child Protection Policy, the Health and Safety Policy and the Equality Policy. Please see our website or the notice board for these policies—www.cityofworcestergymnastics.co.uk





Your commitments to City of Worcester.

- Always attend training in your leotard and gym kit—no jewellery (hoodies and tops with zips will only be allowed for the warm up).
- All drinks should be water and in plastic bottles.
- No food or chewing gum is allowed in the gym.
- Never swear.
- Not to leave the gym without your parent or guardian.
- To follow coaches instructions at all times.
- To respect all coaches and other gymnasts and treat them as you would want to be treated.
- To stay off apparatus until a coach allows you to go on.

Parent's commitments to City of Worcester.

- To drop off and collect children on time from the gym.
- To send children appropriately dressed.
- To encourage and support all City of Worcester Gymnasts.
- To discuss any problems with one of the club's coaches or Head Coaches.
- To pay fees and return any paper work on time.
- To inform the Club Secretary of any change of address or emergency contact number.
- Not to smoke on site.
- To watch your child occasionally not all the time!! What you then watch may surprise you!!
- To refrain from photographing your child during training.
- To keep the same training for the full length of the term, only change at the beginning of a term if necessary.





Our commitment to you.

- Be prepared to welcome gymnasts at the beginning of a session.
- To set up and dismantle gym apparatus for the session.
- To provide excellent role models as coaches.
- To report any accidents/incidents to the coach in charge.
- To report any faulty equipment to the Health and Safety Officer.
- To dress in identifiable City of Worcester T-shirts (recreation coaches only).
- To respect all coaches and other gymnasts.

Correspondence

All correspondence is via email, so please make sure on your Club Registration form, you put your email address. If you do not have an email address, all notices shall be on the notice boards in the foyer, upstairs in the viewing area and on the website. It is the parents responsibility to keep up to date with information.

[Club Contacts.](#)

Head Coaches: Philippa Morgan / Peter Fletcher -headcoach@cityofworcestergymnastics.co.uk

Club Secretary: Philippa Morgan - headcoach@cityofworcestergymnastics.co.uk

Club Chair: Steve Nicoll—club_chair@cityofworcestergymnastics.co.uk

Club Welfare Officer: Heather Durham—welfare@cityofworcestergymnastics.co.uk

Postal address: Philippa Morgan/Peter Fletcher,
1st Cottage,
Blackwell Golf Club, Blackwell, Worcestershire,
B60 1PY.

