

Sharecroft Gymnastics Club

British gymnastics membership and insurance is an essential requirement for taking part in any of our classes and will need to be paid/renewed every September. Participation will NOT be permitted after **week 3** until the gymnast is registered with BG. All members will be required to register directly with BG, you will be given an information form on your first session. Club membership (£6) and BG annual membership is payable separately to each organisation, is renewable every September and is mandatory.

- We deliver at least 40 weeks of activities each year.
- All monthly fees will be emailed out during the first week of the month and need to be paid within 14 days of your invoice.
- I understand and accept that a late payment fee will be charged as follows:
 - £5 will be added for any bill which remains unpaid 5 days after the due date.
 - £1 will be added for each week the bill remains unpaid.
- I accept that if the fees are outstanding and not paid on the first week back of the following term the child will be taken off the registers and will lose their place at SGC, re-entry will only be available via our waiting list.
- SGC recognises that from time to time gymnasts may leave due to relocation or to pursue other opportunities. If it is envisaged that a gymnast will be leaving the Club, for whatever reason, parents should bring it to the notice of the head coach, in person, as soon as possible. - In any event, SGC requires one month's written notice.

Parental consent

I agree that my child will abide by the club rules and understand that membership may be refused at any time at the discretion of the head coach. I understand that I am expected to pay for ALL sessions in advance, whether they attend or not, and that session fees are payable monthly and are non-refundable. If a gymnast is off long term through sickness the place will be held upon payment of a retainer fee for a period of 3 months. We accept there will be circumstances when these rules will not and should not be followed.

I understand that physical support from a BG qualified coach is often required within the gym to maintain safe practice and for gymnasts to progress.

Any information provided will only be used by Sharecroft Gymnastics Club, who are compliant with GDPR and the Data Protection Act 2018.

SHARECROFT GYMNASTICS CLUB CODE OF CONDUCT FOR PARENTS

Parents are asked to abide by the following Code of Conduct. This has been designed to help ensure that all of our participants and visitors have a positive experience and that the atmosphere in our gymnasium is a positive and friendly one and that a strong “team spirit” is established which includes everyone involved with Sharecroft Gymnastics Club.

Parents will: -

- Ensure that their child attends their class on time
- Ensure that their child is dressed properly for their class (has no loose clothing, long hair tied back neatly and out of their face and is not wearing any jewelry - see the Gymnasts code of conduct for further details)
- Do their best to encourage their child to abide by the Code of Conduct for Gymnasts
- Ensure that their child has an adequate supply of an appropriate drink to last the duration of their class, particularly in hot weather
- Remind their child of the importance of listening to and following the instructions of their coaches
- Inform a coach of any disability, injury or ailment which may affect their child’s performance or safety in the gymnasium, or the safety of others
- If using social media and discussing their child’s gymnastics, do so in a sensible and positive manner which reflects well upon themselves, their child and the club
- Be a positive role model for their child by encouraging sportsmanship, showing courtesy, respect and support for all gymnasts, coaches, officials and spectators
- Teach their child that doing one’s best is more important than winning
- Emphasize skill development and learning to their child, over winning
- Respect the officials and their authority during competitions

Parents will not: -

- Force their child to participate in gymnastics against their will
- Use alcohol, tobacco or drugs at training session or during competition
- Engage in any negative, unsportsmanlike conduct, including on social media sites
- Ridicule or shout at their child or any other child for making a mistake or losing a competition
- Discuss, question or confront coaches during a training session or competition (instead parents should speak to the coach with any queries at an appropriate and mutually agreed time and place)
- Never instruct their child not to listen to a particular coach or suggest that a coach is wrong
- Attempt to communicate with their child or another child during a training session (including during meal, drink or toilet breaks) except in the case of an emergency
- Parents should use email, text or book an appointment to discuss a child’s progress, competition levels etc, texting is not always an appropriate format for this kind of discussion

- FOR COMP SQUAD GYMNASTS ONLY: Please note that gymnasts will be expected to carry out conditioning and stretching exercises at home. Parents may wish to monitor this to a degree to ensure that the gymnast is doing the exercises. The gymnasts will be aware of how the exercises should be performed. If a parent has any query they should ask a coach. However, all children who are set home conditioning exercises should be mature and motivated enough to do the exercises correctly on their own and without continual supervision. The development of the ability to self-motivate and work alone is an important skill for every gymnast and should be encouraged (Coaches will soon be able to tell if a gymnast is not conditioning properly and they will struggle with training if this is the case!)
- The “No coaching at home” rule extends to giving simple “tips” such as “keep your legs straight”, “stay tight” or “point your toes”. If a gymnast is making a basic error such as this the coach will have noticed it and will be dealing with it. The parent does not need to. Alternatively, the coach might be dealing with one particular other technical error in the move first and if the coach wishes the gymnast to concentrate on that, it is then disruptive and confusing for the gymnast to receive a different instruction from a parent.

Sharecroft Gymnastics Club also believes that a healthy, balanced and happy child will have a clear divide between gymnastics and home life with no overlap. A child needs to feel their parents will be equally proud of them irrespective of how well their training went or the results of a competition. Parents are discouraged from becoming overly involved in the intricacies of their child’s training. The gymnast needs to receive their gymnastics instruction from one source - their coaches, and their parenting from one source - their parents. The two must stay separate.

SHARECROFT GYMNASTICS CLUB CODE OF CONDUCT FOR GYMNASTS

Gymnasts are expected to attend every scheduled training session.

You must dress suitably and by the end of your first term have purchased a leotard (girls) or polo shirt and shorts. No shoes are needed.

Make sure hair is tied up and away from face and above the shoulders.

No jewellery whatsoever, including ear studs or body piercing. Your insurance is invalidated if jewellery is worn. This is a no tolerance policy.

Aim to do your best in every session. Any worries or concerns, the club encourage you to talk to your coaches or your club welfare officer.

Show respect to coaches, helpers and other gymnasts at all times.

Turn off all mobile devices and do not use them during your session.

Should an injury occur, please ensure you have informed a coach as soon as it happens.

What the club expects

Listen carefully and follow instructions from the coaches at all times.

Maintain a good standard of behaviour.

Know the bullying and/or harassment will not be tolerated at Sharecroft.

Be polite and considerate to others at all times.

Be patient. Wait your turn sensibly.

Support and encourage your team mates/fellow gymnasts.

Take pride in your club.

Report and absences as soon as practically possible.

Always bring a drink to sessions.

Please give at least 3 weeks' notice if you wish to leave the club as spaces are precious.