

## **Recreational Class information pack**



### **FREQUENTLY ASKED QUESTIONS TO HELP YOUR GYMNAST AND YOU!**

#### **What to wear -**

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.

All jewellery must be removed. This includes ear rings.

#### **Spectating in classes**

Unfortunately, we are unable to accommodate parents within the gym to spectate all the time, due to lack of space and sufficient seating and the enormous amount of specialist equipment we have to allow gymnasts to have the best experience whilst training.

We aim to keep parents up to date with children's progress using our private Facebook groups, and through regular assessment and reporting. A coach will always be at the door at the beginning and end of sessions and we will also hold an annual displays and watching sessions where you can come and see progress and we can facilitate having spectators within the facility.

If your child requires specific support or if shy or nervous please come and speak to us so arrangements can be made to help make your gymnast feel confident and comfortable 😊.

#### **Toileting**

Please check that your child has been to the toilet before the start of the class. At our thirsk site the toilet is within the gym, at Colburn it is directly across the corridor.

#### **British Gymnastics Membership:**

Gymnasts require separate insurance with our governing body British Gymnastics. This is an ANNUAL membership (this is set by British gymnastics not our club)

All gymnasts not in a parents and child class need british gymnastics membership for insurance purposes- you can purchase it here -

<https://www.british-gymnastics.org/gymnet/register/registerstart>

#### **Club Membership**

We also have an annual club membership. This is £15 per individual or £20 per family. This helps cover our costs as we are a none profit making community CIC – club membership from you ensures we can pay for our club insurance, keep our coaches qualifications valid and up to date and ensure our equipment is safety checked carefully each year.

#### **Club kit**

**Club kit can be purchased at our club store – This is optional**

**RGC Recreational Kit Shop (Password: R7DGG!):** <https://www.littlestarsleotards.co.uk/product-category/richmondshire-tdg/>

**A water bottle should be brought to every session**

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### **Badge schemes**

As a club, we use two schemes to allow gymnast to achieve recognition for skill achievement, the National Gymnastics Awards Programs and our own specifically designed tumbling and teamgym program.

Both offer progressive comprehensive pathways where gymnasts can earn medals and certificates, These will be assessed and awarded twice per year and can be purchased through our club shop. Parents and guardians will be notified via email or badge slip.

To learn more about these schemes use the following links:

<https://natgap.co.uk>



### **Skill progression through classes – Is it by age or ability ?**

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 (otherwise we would all be Olympians!!) . This is often due to the range of movement in certain joints and strength in key muscle groups. Children also do not all progress at the same age and stage at the same rate. As long as your gymnast is enjoying gymnastics and making progress, we have achieved our goal. Our club allows children to not only enjoy sport they are hopefully going to love. It will increase their whole body strength, flexibility, body awareness and teach them to work with others, socialise and make new friends and enjoy success at their own pace .

- 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.

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

### **Gymnasts with medical / additional needs and or disabilities**

Some medical conditions may require a Parent / Guardian to stay at the session in case administration of medication is required or further support / guidance of your gymnast is needed.

It is essential parents and guardian provide relevant information so we can assess which of our sessions would suit your gymnast best and provide the best experience for them. Some sessions are busier and noisier than others and some cater for certain age groups and gymnastics disciplines, so the more information you can provide the better, to help us find the best fit.

Please speak to our lead coaches so we are best able to assist your child in their gymnastics journey and are fully aware of any adaptations / risks which need to be considered. Gymnasts with Downs Syndrome will require the Atlanto-axial screening prior to starting the class. This is a requirement of our British Gymnastics club registration (not a decision made by our club but by our governing body)

Information can be found here:

<https://s3.amazonaws.com/a.storyblok.com/f/83342/x/60ccaf23bc/atlanto-axial-instability-information-pack-2021.pdf>

### **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 Jeanette Chapman. You can contact Jeanette by emailing her at [Richmondshiregymenquiries@gmail.com](mailto:Richmondshiregymenquiries@gmail.com)

### **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 . Any volunteers that will be in direct contact with the children will be asked to complete a British Gymnastics DBS check prior to volunteering.

For any queries contact :[richmondshiregymenquiries@gmail.com](mailto:richmondshiregymenquiries@gmail.com)