



Our Gymnastics sessions include:

- Line up for registration
- Warm up
- Conditioning
- Flexibility training
- Apparatus training
- Cool down stretching
- Handover – END of Session

We would like to advise parents to:

- Ensure that their children arrive at training on time and that they collect their children on time at the end of session from the sports centre corridor/waiting room.
- Be patient with their children's progress. Gymnasts progress according to their age, ability and stage of maturation. Parents should bear in mind that **long-term improvement is the goal and that later developers often succeed in gymnastics.**
- Be a supportive and a stabilising influence through the inevitable ups and downs of training and club events. Parents should always encourage their children and provide positive feedback.
- Not pressure their children, nor to offer coaching advice or try to change or undermine any goals agreed between the coach and gymnast. It is the coaches' role to offer constructive advice relating to the gymnast's progress and performance. It is helpful if parents can offer the support and encouragement necessary to help their children feel good about themselves.
- Help their children to develop good healthy eating habits, especially meals prior to training and competition and ensure each child has sufficient rest.
- Re-enforce high standards of behaviour and dress expected in the gym and help their children to maintain a positive attitude.
- Stay informed by checking the club's newsletter, website, notice board and any letters distributed by the club. If a response or payment is required, this should be made promptly and on time.

Parents' support is very important and greatly valued in our gymnastics club.

Watching Week / Home Events

There will be several exciting weeks when parents will be invited to watch their children and will be asked to sit in the designated viewing area but they should not interfere or interrupt the session. It is imperative that coaches have the children's full attention at all times. Hence the reason we do not encourage parents to sit and watch every session, instead we would like parents to wait in the waiting area in the corridor.

Communication

We closely monitor each gymnast's progress and present a "Thumbs up" award to a nominated gymnast from each group.

If you have any questions / concerns with regards to your child's progress, please do not hesitate to e-mail us or speak to us.

Club Rules

Entering the sports hall gymnasts should always:

- Attend in the right attire (leotards, shorts and t-shirts, leggings, NO SHOES/SOCKS please)
- Have their long hair tied back neatly
- Sit in their group line quietly waiting for the registers to be completed.
- Have their water bottle with them in the sports hall

After the lesson gymnasts will be:

- Asked to line up for feedback of session and to be dismissed by their coaches.
- Collected by their parents from the sports hall corridors.

Club Holiday & Closures

We will inform you of our closure dates at the beginning of the year. We have up to 6 weeks off from January to December which your monthly fee is included and stays the same throughout.

Cancellation Policy

Please note that we will require 1 months' notice if you wish to cancel your child's place.

Welfare

We take the children's welfare very seriously, if an issue could not be resolved by your child's coaching team please do not hesitate to contact our designated Welfare officer who will be in touch with you personally. welfare.lacehillgymnastics@gmail.com

Follow us on social media for news, updates and pictures

Facebook: Lace Hill Gymnastics Club

Instagram: @lacehillgymnastics

Email Address: lacehillgymnastics@gmail.com

Apple Maps: 12 Top Angel, Buckingham Industrial Estate, Mk18 1TH

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