Parent Information & Club Rules

Welcome to Lace Hill Gymnastics Club!

We aim to provide a safe, positive and enjoyable environment where every gymnast can develop their skills, build confidence and reach their individual potential.

We value the support of our parents and carers and ask that everyone familiarises themselves with the following information, expectations and club policies.

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1. What to Expect During a Gymnastics Session

Our gymnastics sessions follow a structured programme, which includes:

- Registration: Gymnasts line up with their group for registration.
- Warm-up: Preparing the body for physical activity.
- Conditioning: Developing strength and physical fitness.
- Flexibility: Working on flexibility and range of movement.
- Apparatus training: Developing gymnastics skills across the different apparatus.
- Cool-down: Finishing with stretching and flexibility exercises.
- Handover: Gymnasts are dismissed and handed over to their parent or carer at the end of the session.

2. Advice for Parents & Carers

Your support plays an important part in your child's gymnastics journey. We kindly ask parents and carers to:

- Arrive on time: Ensure your child arrives promptly for their session and is collected on time at the end.
- Be patient with progress: Every gymnast develops at their own pace, depending on their age, ability and stage of physical development. Our focus is on long-term improvement, rather than rushing progress.
- Offer encouragement: Be a positive and supportive influence through the ups and downs of training and club events. Celebrate effort, achievements and improvements.
- Avoid pressure: Please do not put pressure on your child, offer coaching advice or undermine goals agreed between the coach and gymnast. Our coaches are responsible for providing constructive feedback and guidance.
- Encourage healthy habits: Support your child in developing healthy eating habits, particularly eating appropriate meals before training and competitions, and ensuring they get sufficient rest.
- Promote positive behaviour: Reinforce the standards of behaviour, attitude and dress expected within the gym.
- Stay informed: Regularly check club newsletters, our website, notice boards and communications. Any requested responses or payments should be completed promptly and by the stated deadlines.

Your continued support is greatly appreciated and makes a real difference to our club.

3**. Communication & Gymnast Progress**

We closely monitor each gymnast's progress and development.

As part of our positive encouragement programme, we award a 'Thumbs Up' award to a nominated gymnast from each group.

If you have any questions or concerns about your child's progress, please do not hesitate to email us or speak to a member of the coaching team.

We are always happy to help.

4. Club Rules & Gymnast Expectations

To ensure every session runs safely and smoothly, all gymnasts are expected to follow these rules.

Before entering the gym, gymnasts must:

- Wear appropriate gymnastics clothing, such as leotards, shorts, T-shirts or leggings.
- Remove all shoes and socks before entering the gym.
- Have long hair tied back neatly and securely.
- Sit quietly in their designated group line while registration is completed.
- Bring a water bottle into the gym.

At the end of the session, gymnasts will:

- Line up with their group to receive feedback from their coach.
- Wait to be dismissed by their coach.
- Follow the club's collection arrangements below.

5. Collection Arrangements

For the safety of all gymnasts, we have the following collection procedures:

- Gymnasts under 5 years old (Preschool classes): Parents/carers should collect their child from the downstairs waiting room. This allows parents/carers to help their child collect their belongings and get ready to leave.
- Gymnasts aged 5 and over: Parents/carers must wait outside the gym to collect their child. Gymnasts must remain with their coach until they are dismissed and handed over to their parent/carer.

Please ensure you arrive on time to collect your child. Gymnasts must not leave the gym unaccompanied before being dismissed by their coach.

6. Club Holidays & Closures

Our club closure dates will be communicated to parents and carers at the beginning of each year.

The club takes up to six weeks of closure throughout January to December.

Please note that monthly fees remain the same throughout the year, including during scheduled club holiday periods. These closures have already been factored into our monthly payment structure.

7. Cancellation Policy

If you wish to cancel your child's place at Lace Hill Gymnastics Club, one month's notice is required.

Please contact us by email to submit your cancellation notice.

8. Welfare & Safeguarding

The welfare and safety of every child at Lace Hill Gymnastics Club is extremely important to us.

If you have a welfare concern that cannot be resolved directly with your child's coaching team, please contact our designated Welfare Officer.

Our Welfare Officer will be in touch with you personally.

Welfare contact:
welfare.lacehillgymnastics@gmail.com

9. Keep in Touch

Follow us on social media for the latest club news, updates, events and photographs.

Facebook: Lace Hill Gymnastics Club
Instagram: @lacehillgymnastics

General enquiries: lacehillgymnastics@gmail.com

Apple Maps: 12 Top Angel, Buckingham Industrial Estate, MK18 1TH

Google Maps: Search for Lace Hill Gymnastics.

Lace Hill Gymnastics Club
Registered with Companies House
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