

# FALCON S.A GYMNASTICS CLUB

Recreational Gymnastics Welcome Pack.



## Thank you for choosing Falcon Gymnastics Club

Our recreational classes offer gymnastics to boys and girls from the age of 4 years, within a safe and friendly environment.

Our sessions work towards developing the core gymnastic skills of balance, co-ordination and aerial awareness, whilst encouraging enjoyment through exercise. Our British Gymnastic qualified coaches and assistants work with the gymnasts to help them reach their full potential.

Gymnasts are split into small groups based on their age and gymnastic ability. Within these groups they will rotate around the week's activities which can include:

- Beam Work
- Box Work
- Trampetting
- Floor Work
- Air Track



### **Will my child work towards any gymnastic award schemes?**

All children like to receive recognition for the work that they achieve, and in gymnastics it is no different. Falcon is therefore pleased to be able to offer the British Gymnastics Proficiency Award scheme and our own Falcon Challenge scheme. In addition to this we have introduced a sticker system to award children who have worked hard during a session.

The BG Proficiency Awards are split into 14 grades, from junior awards, proficiency 8 to 1 awards and progressing onto bronze, silver and gold. The children are required to pass 8 skills out of a choice of 10.

The five Falcon Challenge awards were introduced by the club to provide gymnasts with a wider range of gymnastic skills. The Junior award introduces the gymnast to apparatus work and involves the bench and box top. The Bronze, Silver, Gold and Platinum awards use the beam, box, trampette and trampoline.

On passing an award your child will receive a 'yellow slip' to provide confirmation of their achievement. If you wish to purchase the certificate and badge at a cost of £5.00, the slip along with the payment needs to be returned to the session leader at the beginning of the next session. At the end of this session the gymnast will be awarded their badge and certificate.

### **What should my child wear to gym?**

Gymnastic / ballet leotard  
Leggings / tracksuit bottoms / shorts / T Shirts / sweatshirts  
Bare feet - unless your child has a verruca and then plimsolls are required  
Long hair **must** always be tied back.

### **What about wearing Jewellery?**

Please could all items of jewellery be removed before coming to gym? i.e. Earrings, watches, necklaces etc.

### **Can parents watch the sessions?**

Falcon invites parents to stay for their child's first session at Falcon. This allows you to see how the club operates and provides reassurance for your child. After their first session Falcon does not allow spectators in the gym during the sessions. This is purely from a safety aspect. Spectators are however more than welcome to wait outside in the foyer.

We do hold 'come & watch sessions' and an annual Christmas display, which we hope you will all attend.

### **What time should my child arrive and when should they be collected?**

Please arrive 5 minutes before the start of the session. Children should be collected at the end of their session. If you are late we will keep your child in the gym until you arrive.

### **What if I need to urgently get in contact with my child or one of the gym coaches during the session?**

Mobile phone number in case of emergency - **07854 789451** or **07917 657956**.  
For all other enquiries please phone Hannah - **07854 789451**

### **Is my child's place guaranteed for each term?**

Three weeks before the end of each term, all children will receive a letter asking them to confirm their place for next term by a set date. After this date we may be able to arrange for existing gymnasts to change their session times. If we do not hear from you by our closing date, we will assume you no longer require your place and it will be passed onto someone else.

### **Gym Mark**

Falcon SA Gymnastics Club has been awarded the prestigious Gym Mark by British Gymnastics, in partnership with Sport England and the Home Country Sports Councils. By gaining Gym Mark accreditation Falcon Gymnastics Club has been recognised as a safe, effective and child friendly club, providing a service in the community, that children, young people, their parents/carers, & others with an interest in gymnastics, can trust.



### **British Gymnastics (BG)**

Falcon SA is registered with British Gymnastics – 40512. In keeping with British Gymnastics guidelines and National Federation of Coaches (NFC) the club adheres to the British Gymnastics Safeguarding Policy. (<https://www.british-gymnastics.org/documents/regions-and-home-countries/england/7830-bg-safeguarding-protecting-children-policy/file>.)

Should you have any questions or queries relating to this subject please speak with Nikki Woodworth who is the club's nominated Welfare Officer.

### **What qualifications does the club hold?**

All our sessions are run by British Gymnastics qualified coaches and supported by accredited assistant coaches and PE students. Every coach and helper hold a current DBS and all session leaders are first aid trained.

### **Insurance**

Membership to British Gymnastics is **mandatory** for all children wishing to join a registered gymnastics club. With the health and welfare of children being paramount British Gymnastics policies are designed to safeguard gymnasts who participate at a BG Registered Club.

**BG and East Region membership runs from September to August at a cost of £24.00 per year.**

You will be required, under the new GDPR rules, to complete an on-line registration with BG

### **Situations out of our control**

If the school shuts due to unforeseen circumstances. i.e. extreme weather conditions, we are unable to reimburse this session. Our website will be updated with any closures.

### **Refund & Cancellations**

If you advise us that your child decides they no longer wish to attend, Falcon SA will refund 50% of the remaining session fees.

### **Our Website – [www.falcongym.com](http://www.falcongym.com)**

Please look at our website for term dates, news, photos, forthcoming events, policies and much more. We do update our website on a regular basis so please take a look.

### **Queries**

If you do have any queries or concerns, please do not hesitate to speak with your session leader. You can also contact Hannah Byers our General Manager on; 07854 789451. You can also e-mail Hannah at: [hannahbyers.falcongym@gmail.com](mailto:hannahbyers.falcongym@gmail.com).

Finally, at Falcon we feel it is extremely important that all gymnastics training should be fun and through hard work and encouragement, I am confident that gymnasts will achieve their full potential.

Sue Birchall

Managing Director

