



## **SSGC MEMBERSHIP PACK**

**Updated August 2024**

**We are pleased to welcome you to the South Shropshire Gymnastics Club**

***Every SSGC member will receive this membership pack, with new rules, regulations and social distancing measures, please take the time to read this with your child.***

*SSGC is a fun and welcoming community Gymnastics Club, we aim to help your child to reach their own potential within Gymnastics whilst helping with all the core life skills along the way.*

*We are a British Gymnastics club and adhere to their rules and regulations.*

*With help from BG we promote Gymnastics for all.*

*All our coaches have the appropriate qualifications, child protection and DBS certificates.*

*SSGC relies on parental support to be able to run as a Charitable Incorporated Organisation (charity number 1188923), parents should be willing on occasion to help be a part of this development by volunteering at fundraising events and we do encourage all parents to attend the Annual General Meeting to help maintain the high quality of gymnastics that SSGC provide to their children.*

### **CONTACT INFORMATION**

<p>Coaching Venues and Address:  <b>Ludlow College Sports Hall</b>          (Lower campus), Lower Mill Street,          Ludlow,          SY8 1BH</p>		<p>Small private car park free of charge (locked when not in use). Do NOT park on the grass. No access until 4:15 on a Monday.          Please stick to footpath and do not walk across grass in car park. Please do not use this car park for any other reason than to drop off or pick up, please do not leave your car whilst going into town.</p>
<p><b>Craven Arms Community Centre (CasCA)</b>, Newington Way,          Craven Arms,          SY7 9PS</p>	<p>Two small car parks open to the public and are free of charge. Do not park on Newington Way road must be accessible to residence and emergency services at all times.</p>	
<p>Website:</p>	<p><a href="http://www.ssgymnasticclub.com">www.ssgymnasticclub.com</a></p>	
<p>Email Address:</p>	<p><a href="mailto:ssgymnasticclub@btinternet.com">ssgymnasticclub@btinternet.com</a></p>	
<p>Phone number:</p>	<p>07769151649</p>	
<p>Charity number</p>	<p>1188923</p>	
<p>British Gymnastics no:</p>	<p>86479</p>	
<p>Registration for waiting list:</p>	<p><a href="https://group.spond.com/ZMNXD">https://group.spond.com/ZMNXD</a></p>	
<p>Head Coach:</p>	<p>Caroline George - <a href="mailto:ssgymnasticclub@btinternet.com">ssgymnasticclub@btinternet.com</a></p>	
<p>Administration</p>	<p>Laura Baker - <a href="mailto:southshropgymclub@gmail.com">southshropgymclub@gmail.com</a></p>	
<p>Club Chair:</p>	<p>Michelle Hollins – <a href="mailto:ssgcchair@gmail.com">ssgcchair@gmail.com</a></p>	
<p>Welfare Officer:</p>	<p>Samantha Beaumont- <a href="mailto:welfaressgc@outlook.com">welfaressgc@outlook.com</a></p>	
<p>Parent representative:</p>	<p>Mark Jones – <a href="mailto:frankyandbilly@gmail.com">frankyandbilly@gmail.com</a></p>	

Parents and Carers are encouraged to use **email** for routine communications and as a first point of contact. A short discussion after training with our Head Coach is appropriate or for a lengthier discussion a mutually convenient appointment should be made.



## **COACH, PARENT & GYMNAST AGREEMENT**

### **1. The PARENT will:**

- Ensure that their child attends gym punctually, regularly and properly equipped
- Support the concepts, policies and responsibilities of the club
- Support the club's policies for behaviour and discipline
- Support their child in competitions, events and trips
- Inform the coach about any concerns or problems which might affect their child's work, behaviour or attitude
- Being community run SSGC requires parents to support the club, particularly with:
  - fundraising activities
  - Attending our Annual General Meeting once a year

### **2. The GYMNAST will:**

- Be polite, courteous, helpful, respectful and considerate towards others
- Attend all sessions on time, gymnastics ready as no changing rooms will be available at this time
- Bring all the equipment needed to each session in a clearly labelled bag
- Do all gym work and homework to the best of their ability
- Take pride in their personal appearance and dress accordingly to the club's requirements
- Respect and take pride in the club's equipment and facilities

### **3. The CLUB will:**

- Provide gymnastics for all, a British Gymnastics scheme to cater for all participants needs
- Provide a high-quality gymnastic experience in an environment that is safe and characterised by good personal relationships and mutual respect
- Contact parents if there is a problem with punctuality, attendance or equipment
- Inform parents of any concerns or problems that affect their child's work, behaviour or attitude
- Regularly assess the needs of each individual and assign them to the most suitable group that will benefit their development

Parents are reminded that not all gymnasts will be champions, gymnasts develop at different rates. It is important to allow gymnasts to achieve at their own pace and not compare them to others.

The coaches have the best interests of the gymnasts at all times. The coaching team will decide the best path and training group for the gymnast, which will be regularly reviewed.

### **Punctuality**

Being on time for coaching sessions is essential. Warm-ups are carefully planned to include vital conditioning and flexibility elements - key for injury prevention. It is the responsibility of the gymnast and parent to arrive in good time before the training session is due to start.

*Gymnasts should not enter the sports hall until a coach collects them from their parent or responsible adult from outside the building.*



## Behaviour

- Gymnasts should endeavour to practice (when possible) conditioning, skills and preparations at home
- Gymnasts must show respect to coaches and fellow members at all times
- Gymnasts are expected to carry out instructions from the coaches to the best of their ability
- Gymnasts should leave the gym tidy at all times, taking pride in their equipment and facilities

## Attendance

It is extremely important that gymnasts regularly attend coaching sessions. Please remember that places are limited and in high demand.

## Notice

If your child **no longer wishes to participate in gymnastics** at SSGC we require 4 weeks notice. The notice period is necessary to allow admin to fill your child's space within SSGC as we have a very lengthy waiting list.

## Fitness

Gymnastics demands an individual to have flexibility, strength and stamina to cope with the skills and routines required. Obtaining good flexibility is essential in achieving better skills, better appearance and helps to prevent injury.

Manual stretching is a must for gymnasts and although there is an element of discomfort to begin with most gymnasts adjust quickly. Stretching at home, when possible, will help a gymnast to become accustomed to this necessary process.

Obtaining strength and stamina is also essential to acquiring skills and combining them towards a routine. Gymnasts will be encouraged to do as much as they can in order to achieve new elements safely.

## Injury

We endeavour to do the best possible body preparation and conditioning, however, from time-to-time injuries may occur as a result of something that has happened either inside or outside the gymnastics environment.

## Holidays and Time Off

It is the parent's responsibility to notify the club about any absences from training sessions, giving as much notice as possible.

## Training Attire according to British Gymnastics membership and insurance policies

- **No jewellery** (BG state earrings can be taped up if ears have just been pierced, only for first 12 weeks but must be removed thereafter otherwise BG insurance is invalid)
- Hair neatly tied back above the shoulders and away from the eyes. Avoid hair clips as they can become loose and may cause injury
- Appropriate clothing should be worn for example: leotard, sport shorts, leggings and t-shirt. Tracksuits can be worn during warm up and are useful for after session to keep gymnasts warm. SSGC uniform t-shirts, jogging bottoms and jackets are available to purchase if required, please visit the SSGC website for more information. **No zips, button's, denim or hoodies to be worn.**
- Bare feet



## General Advice to Parents

- Encourage your child to improve their own training levels and performance. When gymnasts endeavour to compete against themselves, they will be more relaxed, have more fun and ultimately perform better. Self-esteem is essential so try to interact in a way that is empathetic to each situation. Try to make your child feel good about themselves.
- Leave the coaching to the experts! Provide your child with encouragement, support, empathy, transportation etc.
- Coaching decisions are always made with the individual's capability, performance and safety in mind. We, as coaches, want your child to do well and will make decisions regarding your child based on these facts.
- We want our gymnasts to be well rounded so your support in teaching them that failure is not a step back but a learning curve, is important. Gymnasts will not achieve without taking a risk and, the fear of failure or humiliation may cause your child to be hesitant or tentative. By learning the lesson of losing or failing a child is obtaining skills on how to view setbacks, mistakes and risk taking positively.
- The gym is a very busy place and in order to maintain a safe coaching environment please wait outside of the building or enjoy some time to yourselves! We encourage our gymnasts to be independent and parents are not required to stay as all gymnasts are insured, therefore we ask parents to stay outside of sports hall as much as possible to reduce footfall.
- An umbrella and coat are useful for when waiting before and after classes.



## Club Fees and British Gymnastics Membership for new members 2024 – 2025

**Fees and payment method:** Payment method is by direct debit to be paid on the 1<sup>st</sup> of every month. You will receive an invitation to set up your direct debit through GoCardless. This will be set up for the amount detailed below. Each August an affiliation fee will also be charged which is the clubs membership fee. This is £14 per child and £8 for siblings. This goes towards our coaches education throughout the year and is essential for the continuation of the club.

Mondays Ludlow College				
Group	Start time	Finish time	Monthly Fees	Description
<b>Group 1</b>	4:15	5:15	£23.70	General Gymnastics approximate age 4 - 6 years
<b>Advanced Junior</b>	4:15	6:00	£31.90	
<b>Group 2</b>	5:00	6:15	£26.20	General Gymnastics approximate age 6 – 9 years
<b>Advanced Seniors</b>	5:00	7:15	£36.00	
<b>Group 3</b>	5:45	7:00	£26.20	General Gymnastics approximate age 9 - 11 years
<b>Group 3 Plus</b>	5:45	7:15	£28.90	
Thursdays Craven Arms Community Centre				
Group	Start time	Finish time	Monthly Fees	
<b>Group 1</b>	4:30	5:30	£24.30	General Gymnastics approximate age 4 - 7 years
<b>Group 2</b>	4:30	5:45	£26.90	General Gymnastics approximate age 6 - 9 years
<b>Group 3</b>	5:30	6:45	£26.90	General Gymnastics approximate age 9 - 16 years
Fridays Ludlow College				
Group	Start time	Finish time	Monthly Fees	
<b>Group 1</b>	4:25	5:25	£24.30	General Gymnastics age 6 - 16 years
Saturdays Ludlow College				
Group	Start time	Finish time	Monthly Fees	
<b>Parent and Toddler</b>	<b>9:15</b>	<b>10:00</b>	<b>£5.25 - pay as you go</b>	<b>Me and you class 16 months to 3 years must be supervised &amp; supported by an adult at all times.</b>
<b>Preschool</b>	10:00	10:45	£22.00	Independent Preschool Gymnastics age 3 - 4 years
<b>Group 1</b>	10:00	11:00	£24.30	General Gymnastics approximate age 4 - 6 years
<b>Group 2</b>	10:45	12:00	£26.90	General Gymnastics approximate age 5 - 7 years
<b>Advanced Junior</b>	10:45	12:30	£32.70	
<b>Advanced Mixed</b>	10:45	1:00	£36.90	
<b>Group 3</b>	11:45	1:00	£26.90	General Gymnastics approximate age 9 - 16 years



**New Members payment method:** The first 2 weeks at SSGC act as a trial period which are pay as you go sessions. You will receive a payment link to pay for these sessions which must be paid before the first trial session. Once you have confirmed your child would like to continue classes an invitation will be sent to you asking for your details to set up the direct debit. Please check your junk / spam or other mail if you have not received this after giving your confirmation. The direct debit will then take the initial affiliation fee (£14), payment for any additional classes that month and then the standard monthly fee from the 1<sup>st</sup> of the following month.

**British Gymnastics Membership:** When your child/children first join SSGC they are covered by our insurance for 2 weeks. Thereafter each child needs to become a member of the British Gymnastics, the national governing body for gymnastics in the UK. Their membership with BG will provide them with their insurance and they will also receive discounts and other member benefits. If you have already registered with BG, no further action will be needed and your child will be fully insured. If your child is not yet a member of the British Gymnastics, please visit [www.british-gymnastics.org/membership](http://www.british-gymnastics.org/membership). Your child's BG membership will need to be **renewed every October**, SSGC will send out a reminder to all SSGC members beforehand giving you plenty of notice to renew your child's membership.

This year's BG membership fees are **£18.00 for preschool** membership and **£24.00 for school age** children.

**It is a legal requirement that everyone participating or coaching gymnastics at SSGC must have BG membership.**

**RISE BADGES:** The Rise Award scheme is associated with British Gymnastics. This system **requires your child to have a current BG membership**, without it the child cannot be added into the system.

Furthermore, the coaches and parents/guardians cannot track the child's progress, and they will therefore be unable to attain any badges.

All gymnasts get the opportunity to earn badges, these will be worked on at their pace and awarded once they are competent at all the skills required for that badge.



## Predicted 2024 – 2025 Term Dates

Autumn 1 <sup>st</sup> Half Term 2024						Autumn 2 <sup>nd</sup> Half Term 2024					
Wk	Monday	Thursday	Friday	Saturday	NOTES	Wk	Monday	Thursday	Friday	Saturday	NOTES
1	02/09/24	05/09/24	06/09/24	07/09/24		1	04/11/24	07/11/24	8/11/24	9/11/24	
2	09/09/24	12/09/24	13/09/24	14/09/24		2	11/11/24	14/11/24	15/11/24	16/11/24	
3	16/09/24	19/09/24	20/09/24	21/09/24		3	18/11/24	21/11/24	22/11/24	23/11/24	
4	23/09/24	26/09/24	27/09/24	30/09/24		4	25/11/24	28/11/24	29/11/24	30/11/24	
5	30/09/24	03/10/24	04/10/24	05/10/24		5	02/12/24	05/12/24	6/12/24	7/12/24	
6	07/10/24	10/10/24	11/10/24	12/10/24		6	9/12/24	12/12/24	13/12/24	14/12/24	Christmas Raffle
7	14/10/24	17/10/24	18/10/24	19/10/24		7	16/12/24	19/12/24	20/12/24	21/12/24	
8	21/10/24	24/10/24	25/10/24	26/10/24							
Bags2school collection: - if anyone is having a sort out, please bring unwanted clothes to gymnastics. Thank you											
Spring 1 <sup>st</sup> Half Term 2025						Spring 2 <sup>nd</sup> Half Term 2025					
Wk	Monday	Thursday	Friday	Saturday		Wk	Monday	Thursday	Friday	Saturday	
1	06/01/25	09/01/25	10/01/25	11/01/25		1	24/02/25	27/02/25	28/02/25	01/03/25	
2	13/01/25	16/01/25	17/01/25	18/01/25		2	03/03/25	06/03/25	07/03/25	02/03/25	
3	20/01/25	23/01/25	24/01/25	25/01/25		3	10/03/25	13/03/25	14/03/25	03/03/25	
4	27/01/25	30/01/25	31/01/25	01/02/25		4	17/03/25	20/03/25	21/03/25	04/03/25	
5	03/02/25	06/02/25	07/02/25	08/02/25		5	24/03/25	27/03/25	28/03/25	05/03/25	
6	10/02/25	13/02/25	14/02/25	15/02/25		6	31/03/25	03/04/25	04/04/25	06/03/25	
						7	07/04/25	10/04/25	11/04/25	07/03/25	
Summer 1 <sup>st</sup> Half Term 2025						Summer 2 <sup>nd</sup> Half Term 2025					
Wk	Monday	Thursday	Friday	Saturday		Wk	Monday	Thursday	Friday	Saturday	
1	28/04/25	01/05/25	02/05/25	03/05/25		1	02/06/25	05/06/25	06/06/25	07/06/25	
2	05/05/25	08/05/25	09/05/25	10/05/25	BH	2	09/06/25	12/06/25	13/06/25	14/06/25	
3	12/05/25	15/05/25	16/05/25	17/05/25		3	16/06/25	19/06/25	20/06/25	21/06/25	
4	19/05/25	22/05/25	23/05/25	24/05/25		4	23/06/25	26/06/25	27/06/25	28/06/25	
5						5	30/06/25	03/07/25	04/07/25	05/07/25	AGM 10:30- 11:30
6						6	07/07/25	10/07/25	11/07/25	12/07/25	
7						7	14/07/25	17/07/25	18/07/25	19/07/25	



## **ANTI-BULLYING POLICY**

SSGC is fully committed to safeguarding and promoting the well-being of all its members. We understand that children and young people's wellbeing can be seriously impacted by bullying behaviour. We believe it is important that participants, coaches, officials and parents should, at all times, show respect and understanding for the safety and welfare of others. Gymnasts and parents should be assured that known incidents of bullying will be responded to. Bullying behaviour of any kind is unacceptable and will not be tolerated.

### **Objectives of this Policy**

All coaches, administrative staff, gymnasts and parents should have an understanding of what bullying is. Coaches and trustees should know what the Clubs policy is on bullying and follow it when bullying is reported. All gymnasts and parents should know what the Club policy is on bullying, and what they should do if bullying arises.

All of us have encountered bullying at some point in our lives, but we all deal with it differently. The aim of this policy is to work together to ensure that our club is a safe place for children, young people and adults to be.

### **What is bullying?**

At SSGC we recognise that bullying behaviour can be exhibited in many different forms:

- Emotional - being unfriendly, excluding, tormenting
- Physical - pushing, kicking, hitting, punching or any use of violence
- Racist - racial taunts, graffiti, gestures
- Sexual - unwanted physical contact or sexually abusive comments
- Homophobic - because of, or focussing on, the issue of sexuality
- Transphobic - because of, or focussing on the issue of a transperson's identity
- Verbal name-calling, sarcasm, spreading rumours, teasing
- Cyber - all areas of social media misuse including abuse by text messaging and calls, misuse of camera and video technologies

*Practical examples could include:*

- A coach who adopts an overly competitive philosophy i.e. shouting, name calling, or ignoring
- A parent who pushes their child too hard i.e. shouting at the young person
- Anyone who intimidates another member at the club
- It is important to remember that bullying behaviour can take place in the gymnasium, waiting area, changing area, toilets, and on the journey to and from the club

### **Prevention**

- Promote an anti-bullying culture using the club noticeboards and website, and adult role models
- Create an open environment
- Encourage all children to speak out and share their concerns
- Our codes of conduct include what is acceptable behaviour for our members, of which this anti-bullying policy is one part (all members and parents accept these policies and procedures upon joining the club)
- If a child/young person feels they are experiencing bullying behaviour they should:
  - speak to a friend, parent, coach, the welfare officer or another adult that they trust who can support them





- Write the concern and give it to one of the above personnel or email the welfare officer directly
- Look at the club noticeboard or visit the club website to help address what to do next

### Action

- Take all signs, allegations and reports of bullying seriously, whether online or offline/face to face, and take action to ensure the child/young person is safe
- Reassure the child/young person being bullied that it is not their fault and that it is okay to tell
- Tell them that you can be trusted and will help them. However, you CANNOT promise to keep what you have been told to yourself. Tell them you will only share it with people who need to know, so that they can help
- Listen to what the child/young person says and take what they say seriously. Make sure you clearly understand what the child/young person has said, so that you can pass on the information as appropriate
- Explain what will happen next, and how they are going to be kept informed
- Be sensitive and use good judgement when it comes to informing parents/carers of those whose negative behaviour is impacting on others. Put the child/young person at the centre - will telling the parents/carers result in more problems for the child/young person?
- Speak with those being bullied and those displaying bullying behaviour separately
- In cases of online/electronic bullying, advise children/young people who are being bullied by text, email or online to retain the communication (screenshot) or to print it out
- Talk with the child/young person who has been displaying bullying behaviour. Explain the situation and try to get them to understand the consequences of their behaviour
- Keep an ongoing record of what is said i.e. what happened, by whom and when
- Please note that strategies and solutions do not come in 'one size fits all'. Each case is unique and requires an individual response to the individual situation. What might work in one situation might not work in another. You might have to adopt different strategies before finding one that is effective

### Outcomes

- The person exhibiting bullying behaviour may be given a verbal warning and asked to genuinely apologise (as appropriate to the child's age and level of understanding)
- Additional consequences may take place e.g. parent/carer notified, written warning, parent/carer meeting, etc
- In some cases, outside agencies may be requested to support the club or family in dealing with a child continually demonstrating unacceptable behaviour towards others
- In serious cases, the child may be asked to leave the club permanently - this is at the discretion of the trustees
- If possible, the individuals concerned will be reconciled using restorative practice
- During and after the incident(s) has/have been investigated and dealt with, each case will be recorded in the welfare incident log and monitored to ensure repeated bullying does not take place
- The Welfare Officer will be informed of any incidents recorded in the welfare incident log along with action taken, sanctions and appropriate reconciliation



**Thank you for taking the time to read through our membership Pack.**

As always, we are very grateful to all parents for their ongoing support, and we are very much looking forward to welcoming your child to South Shropshire Gymnastics Club to begin their exciting new gymnastics journey!

*Many thanks,  
Caroline and the SSGC Team*