



# **Squad Handbook**

**Version 8**

**October 2023**

# WOKING GYMNASTICS CLUB SQUAD HANDBOOK

## Revision History

<b>Date</b>	<b>Version</b>	<b>Revision Summary</b>	<b>Updated By</b>	<b>Club Role</b>
May 2008	V1	First Edition	Bill Hansell	Vice Chair
May 2009	V2	Minor updates for contact details and Chalk costs.	Adele Clark	Secretary
Oct 2010	V3	Handbook Reviewed/updated: Competition Entry Fees Competition Winnings Nutrition Funding for Individuals Additional Activities Contact Details Progression Charts	Adele Clark	Secretary
Feb 2011	V4	Parent Mail Communication Off-site Camps Coaching Director Details Leaving the Squad	Adele Clark	Secretary
Sep 2011	V5	Funding and Sponsorship	Adele Clark	Secretary
Feb 2012	V6	Camps and Trips Invoicing Process Contact Details	Adele Clark	Secretary
Mar 2015	V7	Updated Edition	Fiona Reid	Club Manager
Oct 2023	V8	Re-write and updated Edition	Andrew Challis Simon Elliott Plamen Lichev	CEO Head Coach Head of WAG

## WOKING GYMNASTICS CLUB SQUAD HANDBOOK

### **Coach, Parent, Gymnast Agreement**

We understand the critical importance of fostering effective communication among coaches, parents, and gymnasts. Achieving the best possible results for our young gymnasts requires the collective effort of all parties involved. This understanding has been drafted with the aim of ensuring that this collaboration becomes a reality.

In the spirit of this commitment:

#### **The Parent / Guardian will:**

- Ensure that their child attends gymnastics sessions promptly, consistently, and with the necessary equipment.
- Wholeheartedly embrace and support the principles, policies, and responsibilities outlined in this Squad Handbook.
- Uphold the behavioural standards outlined by both British Gymnastics and our organisation, WGC.
- Support their child in competitions, events, and during the recovery process from any injuries.
- Actively participate in meetings and other discussions regarding their child's progress and development. Parent meetings take place twice each year.
- Maintain an open line of communication with the coach, promptly sharing any concerns or issues that may impact their child's performance, conduct, or attitude.
- Offer their time, and skills in support of the gym's fundraising objectives and activities.

By adhering to these guidelines, we can ensure that our gymnasts receive the best possible support and guidance.

Woking Gymnastics Club is committed to delivering a professional, welcoming, secure, and high-quality gymnastics experience to our young gymnasts. Our aim is to foster an environment marked by positive personal relationships and mutual respect.

#### **Squad Coaches will:**

- Proactively address any concerns related to punctuality, attendance, or equipment, promptly communicating with parents when necessary.
- Keep parents well-informed about any issues or challenges that may impact their child's progress, behaviour, or attitude.
- Collaboratively establish an annual plan with clearly defined objectives and aspirations.
- Provide parents with regular updates on their child's progress and achievements.
- Provide an annual calendar outlining competitions and events, along with a monthly training schedule for easy reference.

Our collective efforts will help ensure that the gymnasts at Woking Gymnastics Club receive the support and guidance they need to excel in their gymnastic pursuits.

#### **All gymnasts are encouraged to adhere to the following guidelines:**

- **Set a Positive Example:** Always lead by example, serving as a role model for younger teammates and fellow gymnasts. It's crucial to refrain from any behaviour that disrespects coaches, teammates, other officials, or includes the use of inappropriate language or the display of a negative attitude in the presence of others. Such conduct will not be tolerated.
- **Demonstrate Politeness:** Please be polite, show courtesy, helpfulness, and respect, towards your teammates and coaches.

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- **Punctuality and Regular Attendance:** Attend gym sessions regularly and arrive on time to ensure a smooth training experience.
- **Bring Essential Equipment:** Come prepared with all the necessary equipment for each session to maximize your training.
- **Dedication to Gym Work and training homework:** Show your best effort in both gym work and in training homework set.
- **Maintain Cleanliness:** Help us keep WGC tidy and free from litter, and avoidable damage, contributing to a welcoming environment for all.
- **Personal Appearance:** Take pride in your personal appearance and adhere to the club's dress code requirements, showing professionalism and unity as part of the WGC team.

These collective efforts will contribute to a positive and supportive gym experience for everyone involved.

**By signing your squad contract, provided separately, you confirm acceptance of this squad handbook and agree to abide by its contents.**

Welcome to Woking Gymnastics Club and thank you for your support.

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# WOKING GYMNASTICS CLUB SQUAD HANDBOOK

## Introduction

High-level gymnastics, which all our squad gymnasts aspire to, is an exceptionally diverse and challenging sport to master. The pursuit of excellence requires unwavering dedication from coaches, gymnasts, and their families. It's a long-term journey that demands countless hours of commitment and effort, as well as a significant financial investment.

This Handbook outlines Woking Gymnastics Club's (WGC) policies of squad membership and defines the primary roles and responsibilities of coaches, gymnasts, and parents. It also provides valuable insights into the support systems in place for our squad members and offers guidance on essential methods of communication and feedback.

We are proud to offer heavily subsidised membership for our WAG and MAG Squads. This support underscores the privilege and honour it is to be part of WGC, whether as a coach, gymnast, or parent.

We ask that you read this handbook and accept the various commitments and responsibilities outlined within.

We appreciate your dedication to gymnastics and your commitment to the Woking Gymnastics Club. Together, we can foster a thriving gymnastics community where excellence is attainable.

# WOKING GYMNASTICS CLUB SQUAD HANDBOOK

## Code of Conduct

At Woking Gymnastics Club, we hold certain standards of conduct in high regard to ensure a productive and respectful training environment. Please familiarise yourself with the following guidelines:

**1. Punctuality:** Both gymnasts and parents are responsible for arriving in advance of training sessions. Coaches, in turn, are entrusted with ensuring that sessions commence and conclude as scheduled. The facility should be open and ready for use 10 minutes prior to the session's start.

**2. Training at Other Clubs:** Squad gymnasts are expected to exclusively train or be coached at WGC unless express permission is granted by the squad head coach to train elsewhere. This includes holiday camps, tours, and courses not organised by WGC. All regional, national, and international level training will be coordinated through WGC.

**3. Holidays and Time Off:** Parents should notify the squad head coach of any anticipated absences from training, providing as much notice as possible. To assist parents in planning holidays and other commitments, the squad head coach will maintain and update a yearly calendar, which includes major events such as competitions and camps. When planning holidays, please consider the competition and event schedule.

## Training Attire

Boys Squad (all)	<ul style="list-style-type: none"><li>• No jewellery (including earrings)</li><li>• Neat and Tidy Hair, long hair tied back, eye length fringes tied/clipped back</li><li>• Socks are required for the trampoline</li><li>• Handguards x 2 (parents will be advised when it becomes necessary to purchase these)</li></ul>
Boys (development)	<ul style="list-style-type: none"><li>• WGC leotard &amp; shorts</li></ul>
Boys (main squad)	<ul style="list-style-type: none"><li>• Fitted Shorts</li><li>• Fitted T-shirt or leotard</li></ul>
Girls Squad (all)	<ul style="list-style-type: none"><li>• 2 x training leotards</li><li>• No jewelry (including earrings)</li><li>• No crop tops</li><li>• Neat and Tidy Hair, long hair tied back, eye length fringes tied/clipped back</li><li>• Socks are required for the trampoline</li><li>• 2 x pairs of handguards (parents will be advised when it becomes necessary to purchase these)</li><li>• Gloves, loops, wrist bands</li><li>• Ankle weights, tera bands/elastics, skipping rope, roller and sliders</li></ul>

## Gymnast behaviour and expectations

- Gymnasts are encouraged to support each other during session, commit to their training programme. We value effort over success.
- Gymnasts should endeavour to practice, when possible, skills & preparations whilst waiting for a turn on the apparatus.
- Gymnasts should ensure that during training their belongings are stored in the changing rooms, the Club is not responsible for gymnasts' property.
- Gymnasts should always leave the gym tidy.
- Gymnasts should not leave the building without the permission of the coach.

## Competitions

### **Competitions and Parental Involvement:**

At the beginning of the year, parents will receive information regarding upcoming competitions. Please note that once a gymnast has been entered into a competition, the entry fee is non-refundable.

If a coach has concerns over a gymnast's readiness for a specific competition, there will be open dialogue between the coach, gymnast, and parent before competition entry. Ultimately, the decision regarding a gymnast's participation rests with the coach.

### **Coach's Responsibility during Competitions:**

During competitions, the coach in attendance will assume duty of care for the gymnast. This encompasses a wide range of responsibilities, including the administration of scores and results, as well as the provision of necessary care in the event of an injury.

### **Parental Role and Communication:**

It is against competition rules for a gymnast to engage with members of the audience while competing. Parents are kindly requested not to approach the competition floor during events or communicate with any gymnast. In the context of competition, parents should refrain from approaching any official. If deemed necessary, the coach will speak with officials on behalf of the gymnast.

## Communication

### **Day-to-day Communication**

We recognise that, from time to time, parents need to discuss an issue with a coach. A short discussion after training is appropriate or for a lengthier discussion, please agree a convenient time to meet with the coach.

Parents are encouraged to email coaches for routine communications.

The mobile numbers of squad head coaches are available to parents for urgent communications only. We ask that you respect the privacy of our coaches by adhering to this policy closely. Please be considerate when making calls or texts to the numbers, especially outside of regular working hours and not after 9pm.

For more general Club information about events and activities that involve squad members, emails will be sent to your personal email addresses. Additional information may be found on our website.

### **Viewing**

Our Club does not have a designated viewing area and the area by the door must be kept clear for safety and emergency purposes. To compensate, we endeavour to hold an "open" session where we invite parents to watch their child train. Parents will also be invited to arranged control competitions, the dates of which will be confirmed throughout the year.

### **Illness**

If a gymnast is ill and unable to attend a training session, in the first instance please message your son or daughter's personal coach via text or what's app (if applicable). Alternatively, please phone WGC Reception and leave a message.

### **Training Timetable**

Training time is organised into sessions, generally of between 1.5 and 4 hours per session. There can be multiple sessions in one day, which are organised to take account of the various other Club activities using the gym. An illustration of training hours per week to show gymnast progression is provided as Addenda D and E.

The timetable of sessions may differ between term time and school holidays. The squad head coach will publish a monthly timetable of training sessions and other events, showing which gymnasts are required and when. Holiday training session times will be published as far in advance as possible.

Alterations to training times may, from time to time, be necessary due to circumstances beyond the control of WGC and we will endeavour to give parents at least a weeks' notice, via email, of any planned changes. If changes at short notice are required, then we may also send a text or What's App message. Please ensure your contact details held by WGC are up to date.



### **Goals, Progress and Feedback**

It is important that coaches, gymnasts, and parents work closely as a team. Having a personal plan that all three parties can work towards is important. The gymnast's personal coach will organise meetings with each gymnast and their parents at key stages during the year.

These meetings serve as a key opportunity for us to review the progress made against the established goals and objectives. Additionally, they provide a platform for us to set new targets for the upcoming year. Your active participation in these meetings is crucial, and we kindly request both gymnasts and their parents to make a concerted effort to attend. Your presence and insights are highly valued as we work together to chart the course for continued success.

### **Competitions & Events**

Our squad head coaches will release a comprehensive calendar detailing upcoming competitions and events. This calendar will specify the mandatory competitions for individual gymnasts as well as those where selection may be a possibility.

We ask that parents schedule holidays and trips in a manner that minimises disruption to the gymnasts' preparation for competitions and events. It's important to note that vacations taken close to competitions affect preparation and this may, regrettably, mean that your child is not entered to compete. Your understanding and cooperation are greatly appreciated as we strive to ensure the best possible training and competition experience for our young gymnasts.

### **Issue Resolution - Gymnastics related**

Should you wish to raise an issue which is related to your child's gymnastics training or performance, in the first instance you should bring it to the attention of your child's personal coach. Should the issue not be resolved to your satisfaction, it can be escalated to squad coach, the Club Head Coach, or the CEO. Details of all our team may be found on our website.

### **Safeguarding and Welfare**

WGC places our responsibility to safeguard and protect the welfare of all our gymnasts and staff as being central to our Club values.

Our clear and robust process for the management of safeguarding and welfare related matters is written in detail within our Safeguarding and Welfare policy, a copy of which is available to view on our website.

Should you wish to discuss a safeguarding or related issue please, in the first instance, please contact or speak with our Lead Welfare Officer. All conversations will be treated in confidence.

Details of welfare officers are also on our website and on the noticeboard within the lobby of our main facility.

You may choose to contact us on related matters via [welfare@wokinggymnastics.co.uk](mailto:welfare@wokinggymnastics.co.uk)

### **Leaving the Squad**

We understand that there are instances when gymnasts may need to depart, whether it be for relocation or to explore new opportunities. If you foresee that your child will be leaving our squad, for any reason, please arrange to speak with their squad head coach at your earliest convenience.

We require one month's written notice for any gymnast's departure. This advance notice allows us to make necessary arrangements and ensures a smooth transition for all parties involved.

Circumstances may arise where we, at WGC, find it necessary to request that a gymnast leaves the squad. In this event the squad head coach will speak with you to discuss if alternate classes at WGC are suitable. If not, then we will agree a date with you when Club membership for the gymnast ends.

If a gymnast is asked to leave due to gross misconduct or other serious violations of Club policies, no advance notice will be given. In such instances, the Club's decision will be final.

We ask that all club-related financial matters be settled with the Club Finance Manager. In cases where outstanding payments are not resolved within a reasonable timeframe, the club may need to pursue the recovery

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of the outstanding amounts. We appreciate your understanding and cooperation in these matters, and we strive to maintain a fair and harmonious club environment.

The Club Finance Manager can be contacted via email: [accounts@wokinggymnastics.co.uk](mailto:accounts@wokinggymnastics.co.uk)

### **Training**

#### **Nutrition**

WGC encourage all its gymnast to follow a healthy and nutritious diet.

Good nutrition is vital to a gymnast's performance and is part of each gymnast's recovery. We encourage every parent to familiarise themselves with the latest recommendations from British Gymnastics.

Gymnasts may bring drinks (non-fizzy) to training if they are in a bottle that can be re-sealed, as well as light snack/fruits. There is no eating and drinking in the gym, so all food and drink must be kept and consumed in the changing room.

#### **Conditioning and Fitness**

Competitive 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. Stretching is a fact of life for gymnasts and although there is an element of discomfort, most competitive gymnasts adjust quickly. Stretching at home, when possible, will help a gymnast to become accustomed to this necessary process. British Gymnastics have issued a positioning statement on flexibility training which can be viewed via this link: [BG Flexibility training](#).

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 that they can achieve new elements safely. Compromising on this aspect of preparation will reflect in the gymnast's performance.

#### **Gymnastics Homework**

From time to time, the coach may suggest that a gymnast performs some additional conditioning and stretching at home. We would appreciate parent's support in ensuring such "homework" is completed.

### **Injury Management**

The well-being of your child is of paramount importance to us. However, despite the best possible body preparation and conditioning, injuries may occur during training. WGC ensure that a coach who is trained in first aid is present at every coaching session and, in the event of an injury during training we will ask you to sign an accident report form.

We will speak with you to explain how the injury happened, its extent and agree a forward plan. Should the injury require immediate medical attention we will act in the child's best interest and will contact you immediately.

Please ensure that he hold your child's correct medical information and that the mobile phone contact number we hold for you is up to date.

It is also possible that your child may sustain an injury elsewhere. Should this happen please let us know and again we can agree how to progress.

Annex B provides a flow chart explaining the injury management process.

### **Specialist Support**

From time to time, WGC may consider retaining the services of outside specialists within fields such as nutrition, psychology, choreography, strength training etc. These sessions may be timetabled into the regular programme or take the form of lectures. The cost for such will be in addition to the general squad fees and agreed with parents in advance.

### **Offsite Training Information and Responsibilities**

On occasions, a squad gymnast may be invited to attend an off-site training camp at regional, national, and international level. Responsibilities and expectations are outlined below:

- WGC will co-ordinate camp attendance with the gymnast and parents and ensure that any required training camp agreement is signed, with camp invoice paid prior to the camp.
- All associated travel costs and expenses are the responsibility of the gymnast's family. Please note gymnasts are not permitted to travel with coaches.
- WGC will endeavour to send a squad coach for the duration of the camp. If this is not possible the WGC will arrange for our gymnast/s to be mentored and cared for by a camp coach or a coach from another club. We will let you know in advance if this is the case.
- Once a gymnast is handed over to the coach in charge, the coach will provide duty of care for gymnast for the duration of their attendance at the site.
- Coaches will keep parents informed of key information outside of normal activities - i.e., illness, injury, and change of camp schedule.
- Where the camp is residential, Gymnasts often share accommodation with a gymnast from another club. They are responsible for their own belongings and should not take more than the recommended money to the camp.
- We suggest that telephone contact be kept to a minimum (these can sometimes contribute towards home sickness).

### **Payment**

Although Squad coaching/training fees are financially heavily subsidised by WGC, it still represents a significant monetary commitment on the part of parents, on a long-term basis.

On joining the Squad, you will be asked to sign a squad joining contract, which will give a breakdown of the total amount to be paid monthly. Payments are collected by direct debit.

Your monthly direct debit will comprise of the following:

#### **Club coaching/training fees**

Squad gymnasts are subsidised by the Club. All squad gymnasts pay coaching/training fees based on a monthly rate which is on a banding scale dependant on the number of hours training per week - the greater the number of hours per week, the lesser the hourly rate. Hence, as the number of hours per week goes up, the subsidy provided to a gymnast increases.

A schedule of the Clubs banded squad coaching/training fees is available on request from the Club Finance Manager.

Squad head coaches are responsible for agreeing with parents the number of hours per week that a gymnast should train and at which sessions.

Should the number of training hours increase the additional cost of coaching/training will be added to the direct debit amount taken.

#### **Club Membership**

In addition to coaching fees, all gymnasts are required to take out Club membership, the cost of which is split into 12 equal payments and added to your direct debit.

Please note that the Club, as a Charity, can claim Gift Aid on all Club membership subscriptions – by each parent completing a simple form the Club can claim 25% of the membership fee paid. There is no cost to the member. The form is available on our website: [GiftAid - Woking Gymnastics Club](#)

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### Chalk

All Squad gymnasts routinely use chalk. The club takes advantage of bulk buying rates, purchases chalk centrally and adds a nominal amount to cover the cost to the monthly direct debit.

### 500 Club (optional)

We encourage all our squad members to join our "500 Club". For a small monthly contribution (currently £3 per month), you will be entered into a prize draw, 4 times year, to win a max. cash prize, currently £300. Other cash prizes are awarded. To join our 500 Club please visit the 500 Club section on our website.

**Should you experience subsequent issues with payment, please contact the Club Finance Manager at the first opportunity.**

### Other costs

From time-to-time additional charges will be levied to cover other costs incurred by the Club on behalf of the gymnast. To notify you of these additional costs, we will send you an invoice and will seek to collect the monies owed by adjusting your next direct debit payment. Should you wish to pay by invoice instead please contact the Club Finance Manager upon receipt.

### British Gymnastics Membership:

All squad gymnasts must be members of British Gymnastics. This membership carries with it insurance, mandatory for all gymnasts. We are unable to do this for you and it is your responsibility to take out or renew BG membership. Guidance on BG membership is on our website.

### Competition fees

Fees required to enter external competitions are not included within the annual fees paid. WGC will submit the entry and pay any competition entry fees on behalf of the gymnast. These will be recouped via the members direct debit/invoice as above.

Please note that as fees are paid at time of entry it is not possible to receive a refund should a gymnast withdraw from the competition.

All other costs associated with the competition (travel, subsistence, overnight stays, spectator admission fees etc.) to be paid directly by the gymnast parents.

### Equipment and team kit

Parents will need to purchase all equipment required for normal training. The squad head coach will provide guidance on quality, specification, and sourcing of any equipment necessary.

For competitions at Club level, a team kit, normally updated every 2 to 3 years, is required. As items such as leotards are made to order, the squad head coaches will coordinate kit purchases and invoices raised in advance.

The Club kit requirements are as follows:

Boys (development)	WGC leotard and shorts (same as training attire)
Boys (main squad)	WGC Tracksuit Top WGC Competition Leotard WGC Competition Shorts WGC Competition Longs
WAG Squad	WGC Leggings and competition jacket/top WGC Sleeveless Competition Leotard WGC Long-sleeved Competition Leotard

### Sports Injury Treatment

Any costs incurred in consulting private specialists, such as a physiotherapist, are the responsibility of the gymnasts' parents. Please ask your squad coach for a recommendation as from time to time the Club may be offered a preferential rate.

## **Fund raising**

Woking Gymnastics Club is a registered charity which exists to promote the health and wellbeing of its members through participation in gymnastics. The cost of which, in maintaining our facilities and in providing squad gymnastics at a subsidised cost, cannot be met by fee revenue alone.

There are several ways in which members can help the Club to continue to operate and grow:

### **Donations**

We gratefully receive all donations and especially encourage all squad parents to consider a donation to bridge the gap on the subsidised fees. Remember donations can be gift aided to help the Club benefit by 25%.

Where possible we seek to use funds donated to provide tangible benefits such as paying for equipment, Club festival and community activities.

### **Activities**

Please consider offering your support to the Clubs fundraising team, who seek to organise a calendar of events throughout the year to raise funds. If you are unable to volunteer your direct support, then please do try to attend/support each fundraising event.

Details of events as and when they arise will be publicised on the Club website and well as via e-newsletters.

Occasionally, squads may propose to set up a training camp, potentially overseas. If so, then separate fundraising activities may be organised to help subsidise the trip when costs are finalised.

### **Sponsorship**

Do you own, run, or work for a business which may be able to support Woking Gymnastics Club?

If so, please do let the Club Chief Executive Officer know and we will gladly work up a partnership package of support that works for all.

Not all sponsorship needs to be financial. Support offered which off sets our running costs is equally valuable to us. Some ideas where we need help are given below:

- Cleaning services
- Building and facility maintenance (fire/intruder alarm systems, roof cleaning, grounds etc.)
- Utilities (Water, gas, electricity)
- Drainage
- Insurance
- Electrical services
- Plumbing

If a more formal partnership isn't possible then occasional help from qualified trades, one to one, will really help us keep costs down. We will gladly promote your business to the members in return.

## **Volunteering**

Your support in helping at Club events is essential and greatly appreciated. If you can help at one or all the following, we would really like to hear from you.

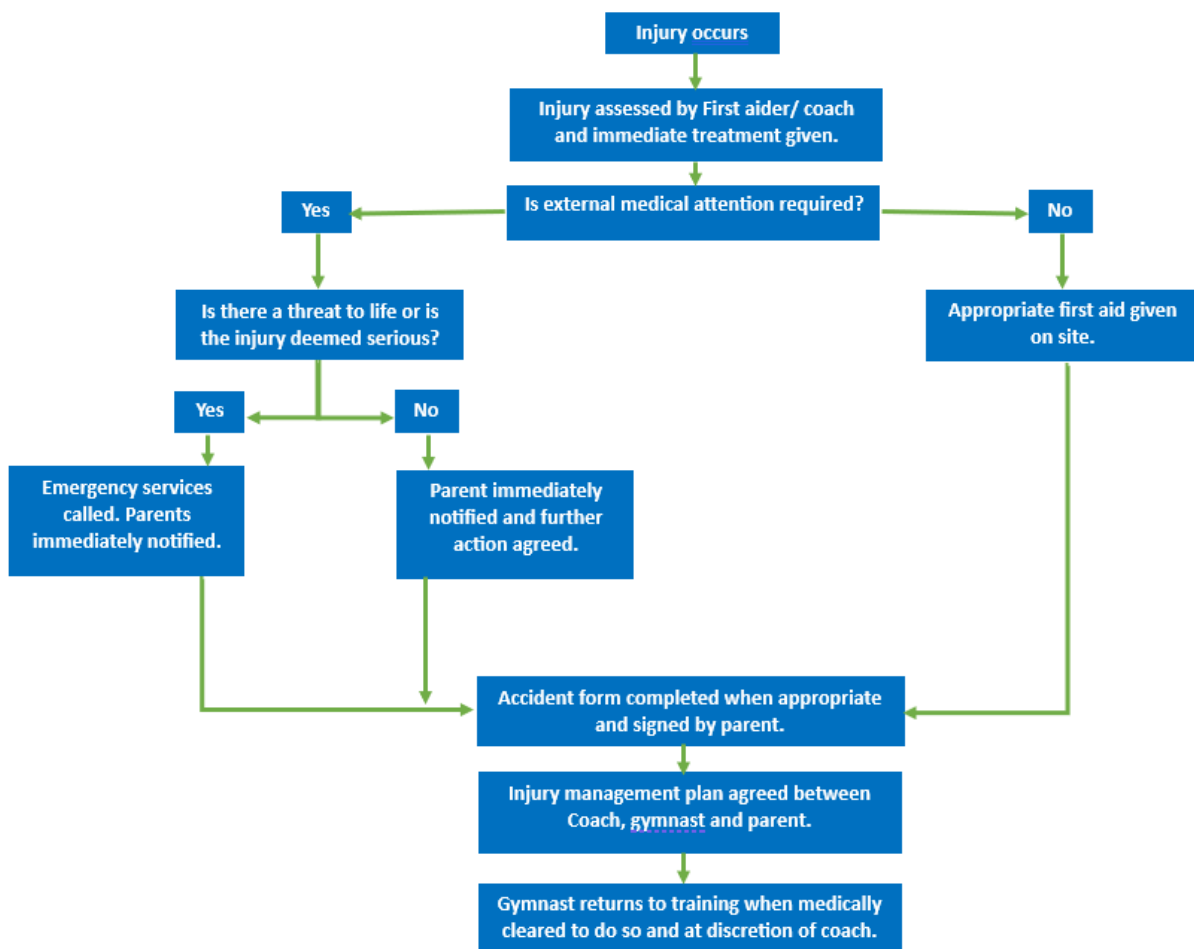
- **Parent welfare officer**  
The Club has a strong welfare policy and structure – having a parent representative is important to ensure a well-rounded approach.
- **Squad parent liaison**  
To help publicise club events and to create a team atmosphere between squad parents.
- **Annual pit clean**  
All hands to the pump makes this annual job so much easier!
- **Fundraising group**  
Helping to organise and run fundraising activities.

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### Addendum A – Points of Contact

Address:	Woking Gymnastics Club Kingfield Road, Woking, Surrey, GU22 9AA
Website address:	<a href="http://www.wokinggymnastics.co.uk">www.wokinggymnastics.co.uk</a>
Club email address: Club welfare email address:	<a href="mailto:info@wokinggymnastics.co.uk">info@wokinggymnastics.co.uk</a> <a href="mailto:welfare@wokinggymnastics.co.uk">welfare@wokinggymnastics.co.uk</a>
Club telephone numbers: Main Desk Out of Hours Emergency (Kingfield)	01483 771426 07432 469416
Club contacts: Chair of Trustees  Club CEO  Club Finance Manager  Club Lead Welfare Officer	Lionel Smith-Gordon Email: <a href="mailto:lionel.smith-gordon@wokinggymnastics.co.uk">lionel.smith-gordon@wokinggymnastics.co.uk</a>  Andrew Challis Email: <a href="mailto:andrew.challis@wokinggymnastics.co.uk">andrew.challis@wokinggymnastics.co.uk</a>  Vicky Davenport Email: <a href="mailto:accounts@wokinggymnastics.co.uk">accounts@wokinggymnastics.co.uk</a>  Jessica Spragg (Lead Welfare Officer) Email: <a href="mailto:welfare@wokinggymnastics.co.uk">welfare@wokinggymnastics.co.uk</a>
Head Coach /Head of MAG	Simon Elliott Email: <a href="mailto:simon.elliott@wokinggymnastics.co.uk">simon.elliott@wokinggymnastics.co.uk</a>
Head of WAG	Plamen Lichev Email: <a href="mailto:plamen.lichev@wokinggymnastics.co.uk">plamen.lichev@wokinggymnastics.co.uk</a>

Addendum B – Injury Management Process



### **Addendum C - General Advice to Parents**

Encourage your child to improve their own training levels and performance. Don't place coming first as a target. Winning is about doing the best that you can do and not about medals; these should be viewed as a bonus to personal targets. 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 by providing encouragement, support, and empathy.

Coaching decisions are always made with the individual's capability, subsequent performance, and safety in mind. Coaches want your child to do well and will make decisions regarding your child's routines with their best interests at heart.

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. By learning lessons from losing or failing, a child obtains skills on how to view setbacks, mistakes and risk taking positively.

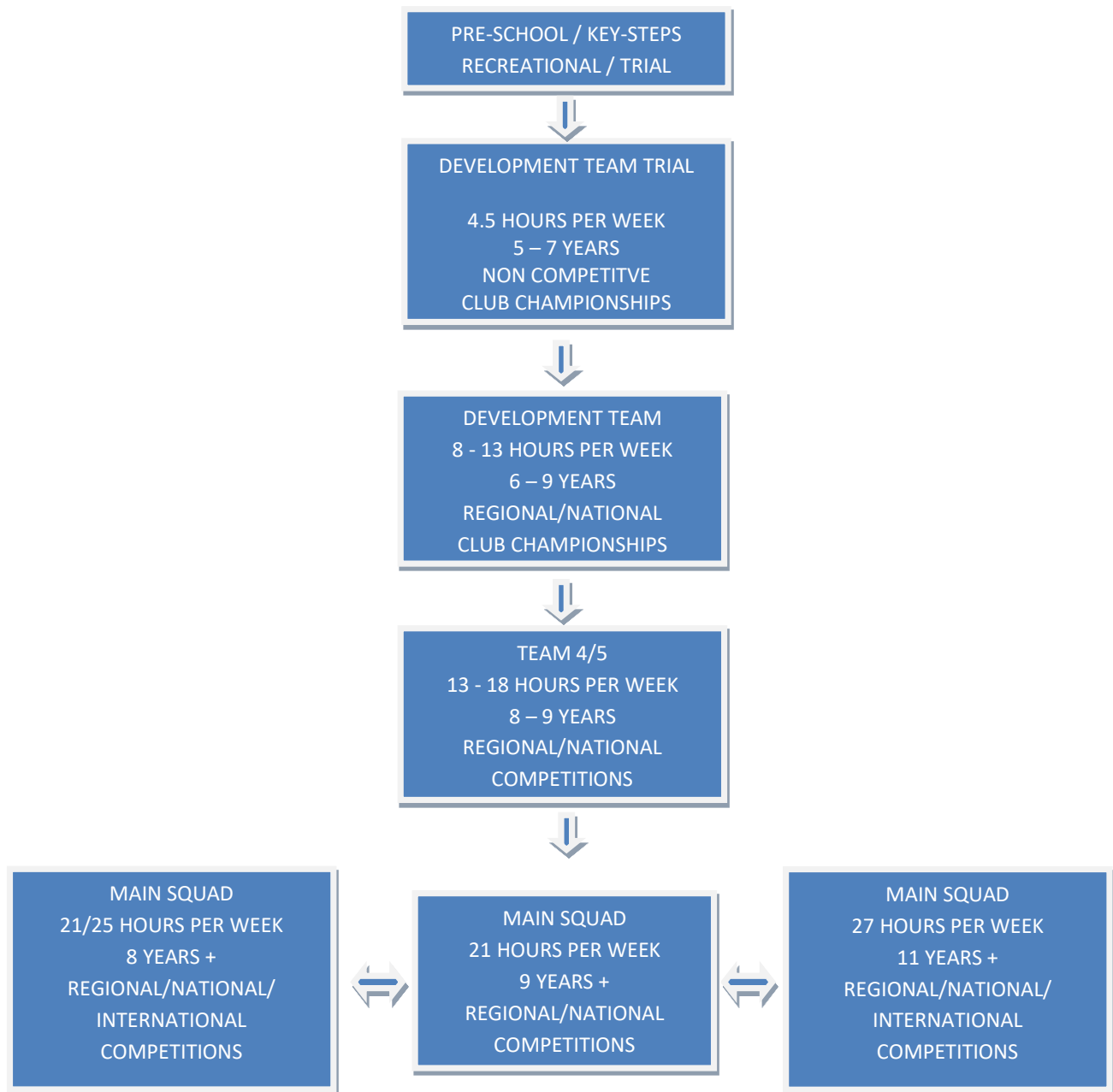
**The gym is a very busy place and to maintain a safe training environment, parents are not allowed inside without permission.** We keep the doors closed but if they are open, please try to keep them clear as it can be very off putting, particularly for gymnasts training on beam and parallel bars.

#### **Some basic points:**

- Encourage your child to learn the rules and participate within them.
- Discourage challenging / arguing with officials/coaches.
- Publicly accept officials' judgements.
- Help your child to recognise good performance, not just results.
- Set a good example by recognising good sportsmanship and applauding the good performances of all.
- Never force your child to take part in sport.
- Always ensure your child is dressed appropriately for the activity and has plenty to drink.
- Keep the Club informed if your child is ill or unable to attend sessions.
- Endeavour to establish good communications with the Club, coaches, and officials for the benefit of all.
- Share any concerns or complaints about any aspect of the Club through the approved channels.
- Always use correct and proper language.
- Never punish or belittle a child for poor performance or making mistakes.
- Always collect your child promptly at the end of a session.
- Support your Child's involvement and help them to enjoy their sport.



Addendum D – Men’s Artistic Squad Training Structure



GYMNASTS WILL ONLY COMPETE AND REMAIN IN THE SQUAD IF TARGET SCORES FOR STRENGTH/FLEXIBILTY AND ROUTINES ARE ACHIEVED

# WOKING GYMNASTICS CLUB SQUAD HANDBOOK

## Addendum E – Women’s Artistic Squad Training Structure

