**GRYPHON WEST GYMNASTICS CLUB**

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**Westfield School – Bottom Sports Hall**

Stiby Road, Yeovil, Somerset, BA21 3EP

**Gryphon Leisure Centre**

Bristol Rd, Sherborne DT9 4EQ

***Gryphon West Gymnastics Club***

***Aims and Objectives***

**•** To promote the sport of gymnastics in the community by increasing awareness and participation.

• To provide the opportunity for young people to train with high-quality coaching, in a fun and safe environment.

• To develop gymnasts physiologically, psychologically, and technically at the gymnastics club for all and competitive levels.

• To maintain the standard of quality programs that promotes equality without discrimination as to race, religion, sex, or ability.

• To be transparent with all gymnasts and parents/guardians with decision making.

***Gryphon West Gymnastics Club***

***Statement of Purpose***

**•** To provide levels of training corresponding to different levels of ability, commitment, and potential with the opportunity to perform in competitions.

• To develop gymnasts individually by setting and working toward realistic goals.

• To motivate gymnasts to strive to achieve their "personal best”.

• To emphasize fun, fitness, and the fundamentals of gymnastics.

• To embrace a sense of community and team spirit with the other members of the club through an awareness of their common interest in working toward individual and team goals, as well as a sense of sportsmanship and respect for other competitors.

• To involve parents/guardians within the club by taking on different roles.

**Welcome**

Welcome to our club! You will be welcomed by all gymnasts, coaches, and Staff, we strive to work hard and progress the gymnasts at a pace that suits both the coaches and gymnasts, whilst striving to become a better person and a better gymnast.

We expect 100% commitment from our gymnasts to every session, they will benefit from this. We have various coaches who all have different strengths. Everything can be achieved with hard work and effort.

Should you have any coaching issues firstly speak to the Head Coach, for all other non-coaching matters speak to the Chairperson or one of our Welfare officers.

All our Coaches, chairperson and welfare are volunteers so please always respect them as they are here because they enjoy it.

We hope that your new budding gymnast excels in their category and level.

*Head Coach*

Noddy

**MEET THE TEAM**

**HEAD COACH**

**Richard Holder (Noddy)**

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Over 20 years of experience in coaching

Level 3 Acro Coach

Level 2 Tumbling Coach

Level 2 Free G (Parkour) Coach

Aerobic Coach

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**DEPUTY HEAD COACH**

**Craig Goldring**

Very experienced Ex Gymnast turned coach Tumbling Track Lead

Level 2 Acro Coach

Level 2 Tumbling Coach

Level 1 Team Gym

Level 2 Free G (Parkour) Coach

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**CLUB CHAIR**

**WELFARE   OFFICER**

**Heidi Kelly**

Involved in the day to day running of the club



**CLUB SECRETARY**

**Marie Goldring**

Over 10 years’ experience as a Coach

16 years as a Club Judge

 Level 1 Acro Coach

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**CLUB TREASURER**

**Rachel Barry**

In charge of club finances

A person in a football jersey

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**LEAD WELFARE OFFICER**

**Graham Duncan**

Deals with the health, safety, and welfare of all club members



**Carol Holder**

Over 10 years coaching experience

16 years as a club judge

Level 2 acro coach

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**Dave Jones**

Over 20 Years of experience in coaching

Level 4 Acro Coach

Level 3 Tumbling Coach

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**Scott Bell**

Over 20 Years of experience in coaching

Level 4 Acro Coach

Level 3 Tumbling Coach

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**Adam Spike**

Experienced Coach

Level 1 Acro Coach



**Georgia Holder**

Experienced Ex Gymnast turned Coach of 20 years Combined

Level 2 Acro Coach

Level 1 Tumbling Coach

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**Nick Holder**

Experienced coach and ex gymnast, at British level

Level 2 acro coach

Level 2 free g coach

**OUR GYM HELPERS**

**All are experienced gymnasts**

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**Sophia Olford**

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**Jess Allen**

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**Niamh Smith**

**Sessions and fees**

Following an assessment, a coach will make a decision based on the best interest of your child as to which class they feel I the most appropriate. This is based on ability and age and will be discussed with you. Your session times and fees will be explained, along with uniform policies and general housekeeping rules.

Our current classes run as follows…

|  |  |
| --- | --- |
| **Mondays at Westfield Academy** |  |
| Community class | 4.45-5.45pm |
| Development class | 5-6.30pm |
| Monday Tumbling  (By invitation) | 5-6.30pm |

|  |  |
| --- | --- |
| **Thursdays at Westfield Academy** |  |
| Development class | 5-6pm |

|  |  |
| --- | --- |
| **Saturdays at The Gryphon School** |  |
| Development class | 11.15-12.45pm |
| Community tumbling  (beginners) | 12-1pm |

|  |  |
| --- | --- |
| **Squad training tumbling and acro**  **(must attend both days)** |  |
| Thursdays at Westfield Academy | 4.30-7pm |
| Saturdays at The Gryphon School | 1-4pm |

**As well as session fees you will also need to register with British gymnastics, this is important and without this your child WILL NOT be able to train.**

**Invoices will be issued at the beginning of every half term and are payable within 2 weeks of receiving.**

**If you have any questions or enquires regarding your child’s fees, please speak to Heidi or Rachel or send an email.**

**BANK ACCOUNT DETAILS**

**Gryphonwest gym club**

**65239763**

**30-99-50**

**Club kit**

**Club kit is available to purchase, this is mandatory for Full squad gymnasts.**

**Please speak to a member of the club team for guidance on which kit your child will need as this will depend on their class.**

**Please encourage your child to follow the rules and dress codes set out on the next page, this is to ensure everybody’s safety whilst at gym**.

A poster of a health and safety instruction

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**CODE OF CONDUCT**

**Gymnasts**

The Club is fully committed to safeguarding and promoting the wellbeing of all our gymnasts. The Club believes that it is important that gymnasts, coaches, administrators and parents associated with the Club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, gymnasts are encouraged to be open at all times and share any concerns that they may have about any aspect of the Club with the Head Coach or the Club Welfare Officer.   
As a member of the Club, you are expected to abide by the following rules:

* All gymnasts should wear leotards to every training session. Club t-shirts can be worn over the top with training shorts, but these may be asked to be removed when carrying out specific gymnastics' movements. When the weather becomes colder, club jerseys may be worn with black leggings. Hoodies may not be worn.
* All long hair must be tied up, preferably in a bun or tight plait. There is a risk of loose hair being caught when carrying out specific gymnastics movements or using equipment.
* All body jewellery must be removed. If an item of jewellery cannot be removed, it should be taped up and a member of the coaching staff informed.
* Socks should not be worn during training. If socks are required to be worn for any reason, a member of the coaching staff must be informed. This will be reviewed for cold weather.
* Trainers should be worn to all training sessions. There is a chance for warmups to take place outdoors in good weather. Also, when setting up and packing away of equipment to protect feet from injury.
* Gymnasts must inform the Head Coach of any injuries or illness they may have before the warm up begins.
* Gymnasts should not eat or chew gum during a session.
* Gymnasts must not use bad language and are expected to maintain a good standard of behaviour at all times.
* Gymnasts must treat all equipment with respect and must not climb upon or use any equipment unless instructed to do so by a coach.
* Gymnasts must follow the instructions of the Coach at all times.
* All gymnasts must participate within the rules and respect Coaches, Judges and Officials and their decisions.
* All gymnasts must respect their opponents and fellow club members.
* Gymnasts should keep to agreed timings for training and competitions or inform their Coach if they are going to be late. Failure to attend training sessions on a regular basis without good reason and notification may result in a gymnast losing their place.
* Gymnasts must not smoke or vape, consume or be under the influence of alcohol or drugs of any kind when training or representing the Club.
* Gymnasts under the age of 16 should remain with coaches at the end of a session until collected by their parent or guardian, unless parental consent has been given for walking home unaccompanied.
* Gymnasts must not leave the gymnasium or sports hall without the permission of their coach.
* Gryphon West Gym Club reserves the right to remove from training, any gymnast who does not adhere to the rules or who is seen to compromise their own or others safety.

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**CODE OF CONDUCT**

**Parents and Guardians**

The Club is fully committed to promoting good sportsmanship and providing a safe and child friendly environment for the advancement of the sport. As a parent or guardian of a gymnast member of the Club, you are expected to respect the following club guidance:

* Fees for training and events must be paid promptly in advance. The current appropriate British Gymnastics (BG) membership and insurance fee must be paid as soon as a gymnast joins the Club to ensure that the gymnast is insured.
* Always check there is a coach present who is responsible for your child’s session before leaving them at the gym.
* Children must never be left on the premises without adult supervision.
* Always collect your child promptly from the gym at the end of a session.
* Encourage your child to learn the rules and participate within them.
* Discourage challenging and arguing with Coaches and Officials.
* Publicly accept Coaches and Officials’ judgements.
* Help your child to recognise good performance, not just results.
* Set a good example by recognising good sportsmanship and applauding the good performance of all.
* Never force your child to take part in sport.
* Always ensure that 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 about any aspect of the Club through the approved channels.
* Use correct and proper language at all times.
* Never punish or belittle a child for poor performance or making mistakes.
* Support your child’s involvement and help them to enjoy their sport.

**“To a Gymnast from a Gymnast” By Jess and Soph**

**Competition tips:**

Things we wished we knew before our first competition:

If you have any questions, ask the people around you.

Everybody around you feels just as nervous as you do, you’re not alone!

It doesn’t matter where you place if you tried your best.

Make sure you have got your leotard that you’re competing in

Hair tied up in a neat, slicked back bun, if you’re unsure what this is like ask another gymnast before the competition.

Make sure you know where you’re going and aim to arrive early.

It might seem like lots to remember; the most important thing is to have fun!

**Training expectations:**

Do everything to your best ability, every training session counts.

Give everything a go even if you are unsure.

Let a coach know in advance if you won’t be at training.

Support your fellow gymnasts, we are one big family.

Make sure to wear closed toe shoes, trainers are the best option, when the weather is nice, we may warm up outside on the grass; and you need durable shoes to pack away in.

When you enter the gym, put your belongings in a bucket, remove all jewelry and take your socks off. If your jumper has a hood you need to take it off too.

**What to bring to gym training:**

Lots of water/large drinks bottle

Blocks and ankle weights if you’re a top, even if you’re not a top and own either of these still bring them as it’s always handy to have, Spare hair ties, Tape/plasters to cover any piercings if you’re unable to remove them (if you forget, don’t worry coaches will always have some available).

Make sure you have suitable clothes to wear after gym, you need to keep your body warm to protect your muscles.

**Our favorite things about Gryphon:**

Really good high-level coaches who are super encouraging, they’re always around helping and supporting us to reach our goals.

Everyone is supportive of each other, when you get a new skill, everyone celebrates with you.

The family aspect of the club, we see each other so often that we share our victories but also any challenges we are facing. You’re never alone and everybody wants the best for everyone around them.

Within the club there's multiple areas in which you can develop your skills, whether that is acrobatics or tumbling; as a gymnast you get to decide where you want to put your focus. We really hope that this has provided you with some helpful tips and advice to ensure you feel prepared when joining the gryphon family. If you have any specific or any other questions don’t hesitate to ask one of us, or any gymnast or coach you feel comfortable talking to!

**We hope you and your gymnast enjoy your time with the club, if you wish to discuss anything further or have any concerns do not hesitate to get in touch.**

**CONTACT DETAILS**

**General enquiries –** [**gryphonwestgc@gmail.com**](mailto:gryphonwestgc@gmail.com)

**Welfare –** [**welfaregw@gmail.com**](mailto:welfaregw@gmail.com)

**Chairperson –** [**gryphonwestgc.chair@gmail.com**](mailto:gryphonwestgc.chair@gmail.com)

**Secretary –** [**gryphonwest.secretary@gmail.com**](mailto:gryphonwest.secretary@gmail.com)

**Treasurer –** [**gryphonwesttreasurer@gmail.com**](mailto:gryphonwesttreasurer@gmail.com)

**Noddy – 07814 438820**

**Craig – 07464 882704**

**Heidi - 07493 646536**

**Rachel – 07964 654444**



