



# Women's Artistic Competitive Squad

MEMBERSHIP INFORMATION

SEPTEMBER 2018 - 2019

## Our History



Lincoln Gymnastics club was established in 1981 and trained both male and female gymnasts between the ages of 5 and 18 at both Yarborough Leisure Centre and North Kesteven Leisure Centre.

During 2005, the Club became the first Lincolnshire Club and fifth in the East Midlands Region, to achieve the British Gymnastics Gym Mark and Sport England Club Mark. A recognised accreditation for a safe, effective and child friendly

club, we provide a service to the Community, that children and young people, their parents/guardians and others with an interest in gymnastics can trust. We have also achieved re-accreditation every year since.

In 2006 we achieved our goal of opening our own premises dedicated to gymnastics. This facility saw some major changes over the years. With a role of over 600 gymnasts accessing gymnastics, every week we found ourselves outgrowing the space.

After several years of planning and dedication, in 2014 Lincoln Gymnastics Club got the opportunity to begin a facility development project with Lincoln based firm Taylor Lindsey Ltd. They offered to build a facility for us with a floor space to our specification (that we could afford!). We would then move into and rent the building from them. Plans got underway and in 2016 moved in to continue Lincoln Gymnastics Club as it is now.

The club still boasts 600+ membership and is offering more running programmes.

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# Our Programme

This is a very popular discipline of Gymnastics in the UK and plays its part in Lincoln Gymnastics Club. The sport demands body control, body awareness, suppleness, stamina, coordination, amplitude and courage.



At Lincoln Gym Club the gymnasts are assessed and chosen to attend a competitive squad. We have Development, Junior and Senior and a Floor & Vault squad. These squads train from two to five times a week dependent on the level they are working towards.

## Pathway Progression

### 2 PIECE SQUAD

Training a maximum of 2 sessions a week, one club recreational and one floor & vault specific session. Working towards County and Regional GFA competitions and Floor & Vault championships, they will compete two to three times a year.

### LEVELS 7 & 6

Training a minimum of twice a week, they are following the very first level of competitive gymnastics. Working County level competitions and the beginning of the Regional Club Grade pathway. They will compete two to three times a year.

### LEVEL 5

Training a minimum of three times a week, these gymnasts have either attained qualification or the skills required to move up to the level. They will also be showing continuation through the Regional Club Grade pathway. They will compete three to four times a year at a county or regional level and perform on all four pieces of apparatus.

### LEVEL 4, 3 & 2+

Attaining these levels requires the gymnasts to be training from three to five times a week. They will compete at county, regional and national competitions following the open age FIG competition structure and Regional Club and National Grades.

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# Session Times & Attendance

Attendance to sessions is dependent on working level. Most will attend from two to three times a week. Times and group changes can vary from competition season to competition season. Jan – Dec. For more information, please speak to one of the women's coaching team.

As a competitive squad member, regular attendance and good time keeping is mandatory. Failure to attend regular sessions and be on time, could result in child being removed from the group. Please inform your child's Coach if your child is going to be late, not present for whatever reason. See Coach in Charge of your child's group for contact details.

# Fees & Membership

## Annual Fees

### Annual Club Membership & British Gymnastics Insurance

All gymnasts are required to be a registered member of LGC and hold BG Insurance to train in the facility. Due rolling, every September

BG Insurance		LGC Membership
Development & 2-piece	Competitive	All
£17	£41	£25

## Monthly Fees

	Standing Order	Cash/Cheque
2 Sessions	£34	£35
3 Sessions	£40	£41
4 Sessions	£47	£48
5 Sessions	£54	£53
6 Sessions	£61	£62

Paid Monthly, fees are based on a 50 week year and averaged into monthly payments. Payment of fees should be made on the 1<sup>st</sup> or 2<sup>nd</sup> week of your child's normal session.

Regular non-payment of fees will either incur an administrative charge or child will be unable to further train until payments are up to date. Any persons needing assistance due to financial circumstances, on regular payment of fees, please speak to a team member.

# Club Kit

Items of club kit are advertised in the gym and available to order.

We currently can supply the following kit for training.

T-shirts – from £5

Hoodies – from £15

kit bags - £5

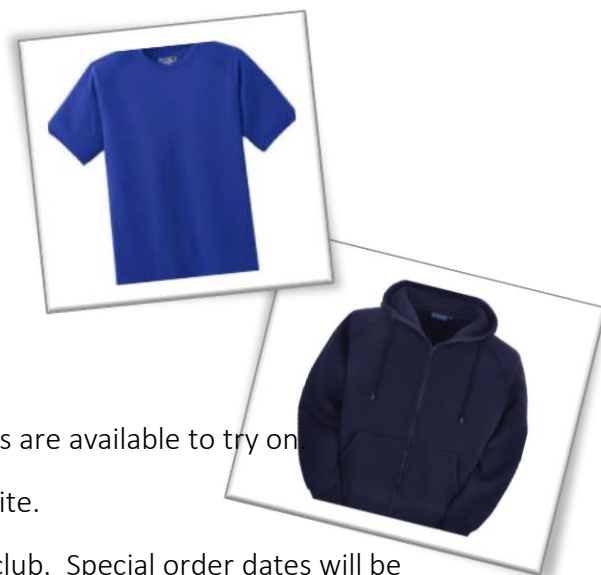
All with club logos.

These are on show in the club's main reception and sizes are available to try on.

An order can be placed by going to the link on our website.

Orders can be placed at any point and delivered to the club. Special order dates will be advertised in the gym three times a year, for special price availability.

For more information, speak to a member of the team.



## Required Kit List - Training

The following kit is to be worn on attending ALL training sessions:

- Club logo Hoodie & Training T-shirt
- Gymnastic Leotard and Gymnastic Shorts. ½ and ¾ leotards can be worn but only for training purposes. If attending courses outside of the gym facility full bodied leotards should be worn.
- Tracksuit bottoms/leggings in colder weather
- Trainers appropriate to run in

The following kit is to be in a kit bag and be available at ALL training sessions:

- Straps & Handguards (may be stored in the gym in a handguard bag)
- Water bottle
- Copy of Floor Music
- Exercise Thera Band

General Appearance:

- All long hair to be tied back away from the face. Ponytails longer than shoulder length need to be plated preferably. NO pigtails or inappropriate styles should worn
- No nail varnish or earrings are to be worn.

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# Competitions

Attendance at competitions is a commitment as a squad gymnast. You are informed by letter, the competitions that your child will hopefully be entering at the beginning of every year. (or see competitive board in gym). Failure to attend the majority could result in removal from the squad.

Competition forms will be sent out by email, in advance of the closing date for the competition. Replies should be returned by the date stated on the email. Failure to return could result in your child not being entered or incur a double entry fee charge. Entry fees for competitions vary, dependent on level and county, regionally or nationally organised.

## Required Kit List – Competition

The following kit is required to be worn and taken to ALL competitions:

- Club Leotard (provided at a hire charge per competition)
- Competition hoodie or tracksuit top
- Black Leggings

Complete Kit Bag:

- Straps & Handguards
- Water bottle
- Spare copy of Floor Music
- Exercise Thera Band

# Club Rules & Discipline

As a member of Lincoln Gym Club's Squad, you are expected to abide by the club rules. As your child, has been selected we will expect commitment from you and your child and compliance with these rules.

Commitment to attend competitions, attend displays and assist in events to help support your child and the club as part of a big team is something we ask as well.

We have a Cleaning Rota that we ask squad parents to get involved with, possibly once every 2 – 3 months as a group. Any other help when required is always appreciated.

## CODE OF CONDUCT

### Gymnasts

As a member of The Lincoln Gymnastics Club you are expected to abide by the following club rules:

1. All members must participate within the rules and respect coaches, judges and their decisions.
2. Any issues over training should be firstly directed to the lead coach in charge of your child's session or Head coach of your child's discipline.
3. All members must respect opponents and fellow club members.
4. Members should keep to agreed timings for training and competitions or inform their coach, or if they are going to be late.
5. Members must wear suitable attire for training and events as agreed with the coach. Keep all long hair tied back. Remove all body jewellery.
6. Members must pay any fees for training or events promptly.
7. Members must not smoke, consume alcohol or take drugs of any kind whilst within the club facility, representing the club at competitions or other events.
8. Members should treat all equipment with respect.
9. Members must inform the head coach of any injuries or illness they may have before the warm-up begins.
10. Members should not eat or chew gum during a session.
11. Members must not use bad language.
12. Misbehaviour by a gymnast during training will result in a warning and time out of the gymnastic activity. Further issues within the same session or one episode of serious misconduct will result in the Coach sending the gymnast out of the gym arena for thoughtful time out or for the remainder of the session; parents will be informed of these incidents.
13. More than one such sending off will result in welfare intervention. The welfare officer will contact the gymnast's parents advising them of the situation. Should a further breach of discipline occur the gymnast will be suspended and the matter taken up with our club committee meeting, for a decision as to the gymnast future with the club.

14. Gymnasts who train within the Club are **NOT** allowed to train at other gymnastics Clubs without the specific authority of the Women's/Men's Head Coaches. Any contravention of this will result in immediate dismissal from the club.
15. Members should remain with coaches at the end of a session until collected by their parent or guardian.
16. Members must not contact coaches by mobile phone or store their personal mobile numbers or contact them through any form of social networking media.

# CODE OF CONDUCT

## Parents & Guardians

As a parent/guardian of a member of The Lincoln Gymnastics Club you are expected to abide by the following club rules:

1. Encourage your child to learn the rules and participate within them.
2. Discourage challenging / arguing with officials.
3. Publicly accept officials' judgements.
4. Help your child to recognise good performance, not just results.
5. Set a good example by recognising good sportsmanship and applauding the good performances of all.
6. Never force your child to take part in sport.
7. Always ensure your child is dressed appropriately for the activity and has plenty to drink.
8. Keep the club informed if your child is ill or unable to attend sessions.
9. Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
10. Share any concerns or complaints about any aspect of the club through the approved channels.
11. Use correct and proper language always.
12. Never punish or belittle a child for poor performance or making mistakes.
13. Always collect your child promptly at the end of a session.
14. Support your child's involvement and help them to enjoy their sport.
15. Do not give coaches personal mobile phone numbers to your child/gymnast. Contact for information etc. must always be done via the parent/guardian.
16. Parents/Guardians and other visiting relatives to the centre must adhere to the rules and regulations of viewing. They too must respect the rules set out for them which can be viewed in the centre. Breach of these rules could mean you being asked to leave the centre and ban you from future viewing in the centre. We cannot accept responsibility for anyone or their belongings during viewing periods.
17. All gymnasts, parents/guardians should respect others and fellow club members.



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# Club Welfare



Head Welfare Officer: Zoe Bower

Deputy welfare Officer: (position open)

Email: [welfare@lincolngymnastics.club](mailto:welfare@lincolngymnastics.club)

We are fully committed as a club to safeguarding and promoting the wellbeing of all our members. The club believes it is important that members, coaches, volunteers and parents associated with the club should, always, show respect and respect for the safety and welfare of others.

A copy of our Welfare, Child Protection policy is available on request in the gym. Any issues you are unable to discuss with your child's coach should be directed to our Welfare Officer. They will then take the appropriate action necessary.

See our welfare board for further details or ask a team member.



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## Contact Us

Lincoln Gymnastics Club  
Lincoln Gymnastics Centre  
100 Sadler road  
Lincoln LN6 3RS

Phone: 01522 509621  
General Email: [info@lincolngymnastics.club](mailto:info@lincolngymnastics.club)  
Payments: [payments@lincolngymnastics.club](mailto:payments@lincolngymnastics.club)  
Girls/Women's: [womens.artistic@lincolngymnastics.club](mailto:womens.artistic@lincolngymnastics.club)  
Boys/Men: [mens.artistic@lincolngymnastics.club](mailto:mens.artistic@lincolngymnastics.club)

Website: [www.lincolngymnastics.club](http://www.lincolngymnastics.club)