



Welcome to Netherhall Gymnastics Club

Our club was opened by our founder Patricia Maude who was head of Physical Education at Homerton College Cambridge. Although we have recently undergone some changes including our club name our ethos still stands... 'Gymnastics for all' We pride ourselves for our enthusiastic and dedicated team who are keen to help the club grow and develop.

Our aim to provide gymnastics classes in a safe, effective and child friendly environment in which our members can thrive under the guidance of our many qualified coaches and young volunteers.

Our Mission Statement

To provide fun and friendly coaching and competitive opportunities in gymnastics in a safe learning, progressive and encouraging environment which helps each gymnast reach their fullest potential"

Our Vision Statement

- Recreation Classes: Learning and fitness through enjoyment and participation.
- Competitive Classes: Opportunity and encouragement to participate at a level of competition appropriate to the gymnasts ability.
- To provide a quality gymnastics facility
- To ensure the club is well run
- To invest in the clubs equipment and facilities
- To further all aspects of coaches education.
- To celebrate our successes
- To secure the long term future of Netherhall Gymnastics Club

Our Values

- Encouragement
- Commitment & dedication
- Self Esteem & Self Confidence
- Sportsmanship & fair play
- Positive thinking
- Respect
- Open and honest

Our club is a registered member of both British Gymnastics and Eastern Counties Gymnastics Association and has a number of coaches and volunteers who have all been CRB checked.

The club has adopted the BG policies for Child protection, Safeguarding and Welfare. We would like to ask all our members to be aware of and adhere to our Codes of conduct. Copies of which will be given to all new members (or can be found on our website) and a signed copy of each is required, along with members' contact and information sheets.

Please read the information provided in this pack.

We look forward to you starting with us

Many Thanks,
The Netherhall Gymnastics Committee

General Information

In order to save cost and look after our environment, most of our correspondence will be sent via e-mail so please ensure you keep our records up to date with your address. Any notices will be displayed on our notice board, in the entrance to Netherhall or on the door to the changing room.

Please note that it is Parent's responsibility to keep up to date with information regarding club matters so check your inbox regularly.

Our Club e-mail address is: Gymnastics-netherhall@outlook.com

Club kit

Items of club kit are available to order, as and when required, although please be aware that our suppliers have strict minimum order policy therefore orders can only be placed when there is enough demand. We always do our best to place items in good time for particular busy periods such as Christmas. To all prices and information regarding kit and to place an order kit, please ask for a copy of our Kit order form or download it from our website.

Gymnasts are not permitted to train in clothing with zips, buckles, buttons or ties as they may result in injury.

Fees

We operate a choice of payment in full each half term or half term We ask that all fees be paid by the due date in order to avoid embarrassment and risk of you losing your place in a session.

Half a terms notice is required should you wish to cancel a class, this will allow us to offer spaces to those held on our waiting list.

Parties

We are able to offer Children's birthday parties on Saturdays from 3:45 4:45 or during school holidays - subject to availability of coaches. Please speak to a member of the team if you are interested.

Classes

Recreational

Friday 4:30 - 5:30
 5:30 - 7:00

Saturday 10:15 - 11:15
 11:15 - 12:30
 12:30 - 2:00
 2:00 - 3:30

Development (by invitation only)

Thursday 4:30 - 6:30

Netherhall Gymnastics Club is proud to hold strong links with Huntingdon Gymnastics Club. Gymnasts who coaches believe are showing potential or are working at a level beyond our club coaches will be invited to attend a trial session at Huntingdon Gymnastics club.

Code of Conduct for gymnasts

- You should arrive at least 5 mins before the start of the session.
- The dress code is leotard / close fitting shorts and t-shirts for girls, and leotard / tight fitting t-shirt and shorts for boys. No denim or loose fitting jogging bottoms.
- Long hair must be tied back.
- Jewellery is not to be worn in the gym - as per the BG jewellery policy.
- You should follow the instructions of the coaches at all times.
- You must not climb upon or use any equipment unless instructed to do so by a qualified coach.
- You are expected to maintain a good standard of behaviour at all times.
- The club does not accept any form of bullying either verbally or via social networking sites, texting or e-mails.
- You must register on arrival and remain with the club official until collected after the session.
- You must not communicate one to one through any social networking site, send texts or e-mails with any coaches.
- You must not use inappropriate language towards any coaches, parents or gymnasts.
- If you have a concern regarding safeguarding you can speak directly to the club Welfare officer (contact details are on the notice board).

Code of Conduct for parents

- Ensure that your child is aware of and abides by the 'Code of Conduct for Gymnasts'.
- Remain outside Gym unless specifically requested by a coach.
- Your child should arrive at least 5 mins before the start of the session.
- Ensure that your child is registered on arrival at the gym and that they do not leave until they have been collected by yourself.
- If your child is to be collected by someone other than you, please make sure that a club official is aware of this before your child is collected.
- Do not use cameras, video recording equipment including mobile phones or tablets to take images, unless by written agreement.
- Ensure that your child does not communicate 1 to 1 through any social networking sites, texts or e-mails with any coaches or officials of the club.
- You are expected to maintain a good standard of behaviour at all times. The club does not accept any form of bullying either verbally or via social networking sites.
- Failure to attend training sessions on a regular basis without good reason and notification may result in your child losing their place.
- If you wish to raise a concern, please contact the Welfare Officer (contact details can be found on the notice board).
- If you wish to raise a concern regarding your child's progress, please speak to a coach directly.

Our Golden Rules

We are polite and kind to each other

We respect each other and their belongings

We look after our club and it's equipment

When our coach is talking we listen

We always try our best

Complaints and Grievance Procedures

Netherhall Gymnastics Club is affiliated to British Gymnastics (BG) and is bound by the BG procedures for competitors, disciplinary issues and membership suspensions and expulsions.

Netherhall Gymnastics Club places the Welfare and safety of its members as the highest priority.

Grievances and suspicions of poor practice should be directed to lead coaches. Matters will be dealt with confidentially and only those who need to will be informed.

The British Gymnastics procedures for dealing with complaints will be followed and if an issue cannot be addressed at a club level, the BG procedures will be implemented.

A copy of the British Gymnastics Complaints Procedure and the policy for Protection of Children and Vulnerable adults is available from a lead coach or from British Gymnastics.

General complaints

If you have a complaint or grievance, please raise it with the coach or speak to a member of the team who is available.

Feedback

We are always happy to receive constructive feedback about any of our sessions. Please talk to one of our Lead coaches or send an e-mail Gymnastics-netherhall@outlook.com

Contacts

For all enquiries and general information, please email Gymnastics-netherhall@outlook.com

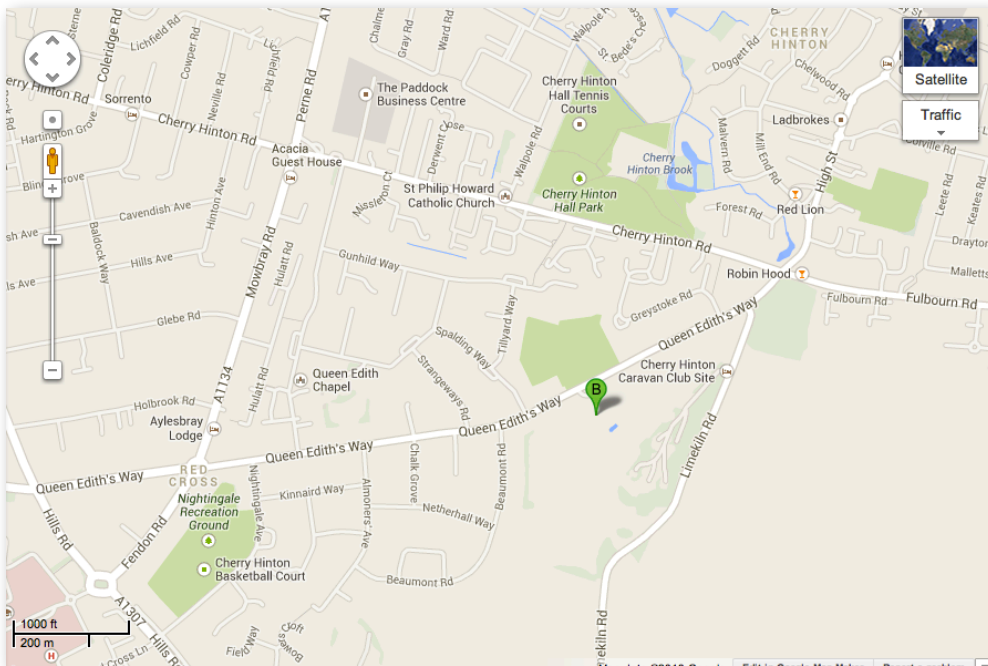
For further information please visit our website;

Welfare Officer; Lauren Des-Ruisseaux & Mark Wong - please see website for contact information

British Gymnastics Ethics & Welfare Department;

0845 129 7129 ext 2346

How to find us



Netherhall Gymnastics club
Queen Edith's Way
Cambridge