

2023/24 Hart GC Squad Handbook



Version 8

Hart Gymnastics Club

Last updated 02/10/2023

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Welcome!

The world of competitive Squad gymnastics can be as confusing as it is exciting. We hope this Handbook will answer any questions you have!

This Handbook should be read in conjunction with the code of conducts and Club Constitution which can be found on our club website.

Who do I talk to?

We hope we've covered nearly all the questions you might have in this handbook but if you have questions that aren't answered please use the following contacts:

Question about...	Contact	Contact method
Competitions (including session times)	Club Email & Squad FB page	info@hartgymnastics.org.uk Parents Of Hart Gymnastics Squad- https://www.facebook.com/groups/297265783954471
Uniforms	Club Administrator – Sara & Club Website	info@hartgymnastics.org.uk www.hartgymnastics.org.uk
Progress report	Your child's coach	Before or after class after set up – Please address head coach first Gemma / Ellie
Training days	Squad FB page or emails	Parents Of Hart Gymnastics Squad info@hartgymnastics.org.uk www.hartgymnastics.org.uk
Injuries	Email & Your child's coach	See page 4
Fees	Club Email & Sara	info@hartgymnastics.org.uk
General/other	Club Email or Speak to Director of coaches or Club manager	coach@hartgymnastics.org.uk Club Director/Manager: Gemma Hemingway Director of coaches- Ellie Head (Please note only the above coaches have access to the coach@hartgymnastics.org.uk)

Squad Facebook Page

Most information for squad gymnasts is distributed through the club "Parents of Hart Gymnastics Squad" Facebook page. Please ensure you add yourself to this page when joining. This page is to share information about training hours, events and competitions. This is NOT an opinion forum or page to tell us your child can't make training or is ill. Please email info@hartgymnastics.org.uk & coach@hartgymnastics.org.uk for things like this. This will be the coaches first point of contact for quick updates. We will endeavour to email competition and important information as well.

Policies

There are several policies we suggest you read thoroughly:

- Club Policies
- Club Constitution
- Snow & Weather Protocol
- Competition & Events Guidelines
- Gymnasts wishing to trial or transfer to another club
- Registration and membership pack

These policies can be found at www.hartgymnastics.org.uk under official document. If you are unable to find the policy, you require please email us and we will be happy to email it to you.

Gymnast expectations

Gymnasts in HGC Squad represent Hart Gymnastics Club, and we expect that participants in squad to carry themselves appropriately. A high level of commitment and gymnast's application of effort is necessary to be successful.

Squad General Requirements

(Requirements 1)

- To commit and attend all training session including holiday and extra training sessions – holiday training is vital for maintaining fitness and skill in all forms of gymnastics.
- To attend all competitions and competition training unless discussed previously with head coaches.
- To inform coaches via email coach@hartgymnastics.org.uk of any planned absence 2 weeks in advance and illness as soon as possible along with reason for absence.
- For gymnasts to arrive on time and attend training with a positive and hard-working can-do attitude to achieve their best each session.
- For gymnasts to show respect to coaches and peers
- For gymnasts to practice, maintain memory of all new routine choreography so that coaches and continuously help work to improve their competition routines.
- To be able to successfully remember and execute their routine.
- To have an attendance rate of 80% or above.
- For gymnasts to work on and maintain their fitness and flexibility at home during periods of low training.
- To attend all sessions with the correct attire and equipment – equipment requirements can be found in the squad handbook.
- To have open and clear communicate between all.

Squad gymnasts' skill requirements:

(Requirements 2)

Artistic

- 10 Chin ups in over and under hang
- 10 Leg lifts
- To be flat in at least two leg splits
- Walkover forward & backwards, Flick

Development Artistic

- 5 Chin ups in over and under hang
- 5 Leg lifts
- To be flat in at least two leg splits
- Upward Circle, backward walk over/kick over.

Aerobics

- 10 press up in and out (bicep & triceps)
- 10 leg v-sits with straight legs
- Straddle & L hold
- To be flat in at least two leg splits

If any of the above attributes from requirements 1 and 2 are not met gymnasts will be withheld from competitions and will be placed on a 3-month trial. If at this point improvement is not shown gymnasts will be offered an alternative class within the club.

BEHAVIOUR STANDARDS

All Squad Gymnasts must adhere to the standards of behaviour outlined below at Hart Gymnastics Club. We do not condone disrespectfulness towards other gymnasts and/or staff. If behaviour falls below the standard, we expect and would like to advise all parents / guardians of the approach we will be taking should such a situation arise.

We expect a high level standard of behaviour during all gymnastics sessions, whether it's moving around the hall, waiting their turn or during exercises. We expect all gymnasts to always agree to the following behaviours:

- Always enter calmly and quickly and be ready for gymnastics
- Listen when a coach, other adult or child is speaking.
- Speak politely to each other.
- Concentrate on our gymnastics and not disturb other people when they are working on an exercise
- Follow instructions
- Look after both gym and personal equipment and keep things in their proper places

Having all gymnasts adhering to these behaviours enables us to:

- create a calm and safe environment, physically and emotionally
- set high expectations of all gymnasts
- raise the gymnast's self-esteem
- develop their full potential as an athlete
- provide a challenging, interesting and relevant sessions.

If a gymnast does not follow these expected behaviours or is disrespectful to any member of staff or other gymnast, they will be sent home immediately.

If they are sent home 3 times in a row, there will be a meeting held to discuss their future at the club.

Attendance

Squad gymnasts are expected to attend all sessions every week for the duration of the training year. Squad training year runs for approx. 48 weeks. With holiday sessions as an additional extra.

Gymnasts are also required to attend holiday training. Gymnasts that continuously miss training throughout the term will be subject to an additional trial period.

Training clothing

During training, squad gymnasts are expected to come dressed suitably and prepared for training. Girls must wear a HGC training leotard and may wear shorts if 11 or over. Gymnast may wear their own leotard to training on the last week of every month. Please ensure they bring outdoor trainers to every session.

During colder months when the gym is under 12 degrees, gymnasts may wear a close-fitting long sleeve shirt and black leggings (e.g., Skins). Please ensure they also bring socks in colder months.

Nutrition

It is vital that competitive gymnasts eat healthily. Gymnasts who eat properly recover faster from intense training session, acquire skills faster and are less likely to suffer injury. It also allows them to work harder during training and will help with performance in training and at school.

Gymnasts in classes that run for three hours or longer must bring food to training. It is strongly suggested that gymnasts have a snack before training and have food ready to eat after training.

Examples of good pre-training food include:

- Apple slices with peanut butter
- Half a ham and cheese sandwich
- Pita chips and hummus
- Crackers and tuna
- Fruit/yogurt drink

- Apple
- Banana
- Blueberries
- Pineapple

***Please note: Chocolate, sweets and NUTS are not permitted as snacks.

- Grapes
- Dried fruit
- Mango
- Coconut

After training we encourage your gymnast to eat as soon as possible, preferably within 30 minutes of finishing training. Ideally it would include carbohydrates, protein, and good fats. Chicken and fish are great proteins, and vegetables contain vitamins and minerals that are needed to increase recovery.

Injuries

Gymnastics is a very physical sport and injuries will occur from time to time. If your child has injured themselves in a training session your child's coach will let you know the nature of the injury at the end of class, and may recommend visiting a physiotherapist, doctor or A&E. However, if the gymnast has not informed the coach and the coach is unaware they will not be able to inform you. We do ask if this happens that you inform the coaches as soon as possible and talk to your gymnast about good communication with their coaches.

If your child has injured themselves outside of gymnastics, please ensure you inform us by speaking to your child's coach before class and emailing coach@hartgymnastics.org.uk

If the nature of their injury prevents them from doing some activities (e.g., a sprained ankle will prevent them from vaulting) they have the option of training less hours, but we strongly discourage missing whole training sessions as this will also result in a loss of strength and conditioning (e.g., a gymnast with a sprained ankle can still condition).

Homework

From time to time our coaches may suggest some exercise to practice at home, however coaches will never suggest to a gymnast to practice full skills such as flick, somersault etc.

We don't discourage gymnasts stretching at home – for example stretching splits while watching TV, practising handstands or doing holiday 7-minute condition program – but this should always be instigated by the gymnast, not by a parent. Generally, gymnasts should only practise in the gym, supervised by coaches and with necessary equipment to prevent injury. We do require gymnasts to complete at home conditioning during periods of low training. This can be requested via email or can be found on the parent Facebook page.

Parent expectations

Hart Gymnastics Club is a not for profit club, and we rely on parent help for fundraisers and maintenance of the gym equipment. If you are interested in joining the parent committee, please email info@hartgymnastics.org.uk

As per your registration pack and parent code of conduct we do expect parents to contribute to the running of the club and club events. As this helps the club fund the squad, your gymnasts throughout the year

Absences

We expect that parents will ensure their children attend as many sessions as possible but if your child will be absent from training please email info@hartgymnastics.org.uk & coach@hartgymnastics.org.uk prior to training and reason for absence. Email is always the best form

of contact as coach Gemma will receive this to her phone and will check before and after or let other coaches know if necessary. Please try to email before the date and session.

Gymnasts attendances is continually assessed gymnast frequently missing session they may put on a 3-month trial.

Progress reports

If you would like to know how your child is progressing, please speak to your child's coach before or after class after setting up and take down is complete. If they are not able to answer your question, please use the contact information at the start of this handbook to contact the appropriate person. Please note in squad we do not have parent watching days. The reason for this squad gymnasts will perform in shows and competitions. This is where you can see how your gymnast is progressing. Parents are however welcome to attend any training sessions during the week 2 weeks prior to competitions. Eg, if there is a competition on Saturday 21st parents can watch any week day training session wc 2nd of that month. Please note parents will not be permitted to watch the week before. If the coach feels that parents presents is distracting the gymnasts the parent maybe asked to leave.

Hours and training days

Please ensure you know what group your child is apart of so that you can read the additional email sent out with your child's specific training days and hours. If you are unsure, please email where we will be happy to assist. Please note training hours and day offered are not negotiable, your child is expect to attend their hour and day only and will not be able to choose what sessions they attend.

Half term and Holiday training

Half term and holiday training will be organised at the discretion of the coaches and will be charged at an additional fee, depending on how many hours are offered.

When holiday training is offered, we do expect all gymnasts to take part and this is vital for their continuous development in gymnastics. If a gymnast continuously missed holiday training (more than 10 sessions) they will be placed on a 3-month trial period.

There will be a strict no payment no training policy in place for holiday training schedules.

Holiday schedules will be offered as a set price and will not be negotiable on the child. The reason for this is. we would need to increase the initial cost due to extra administration time to work out all the gymnasts individual pricing.

General Fee Points

- All monthly payments must be received no later than 28th day of the previous month, failure to make payment on the correct date may incur extra costs of £5 Administration fee. Please do not pay before the date as payment may get missed.
- **If you have two or more children at the Club, please set up separate payments for them.**
- Please set up a standing order to the following:

Bank Details: - Sort Code: 40-21-27 Account Number:01429477

- Reference: - First Initial of gymnast and Surname then Squad **NO SPACES IN REF** please)

eg: JBloggsSQUAD

- Please note no refund will be given once the month has started. If you wish to no longer attend the club you are expected to give one month written notice. Please email to info@hartgymnastics.org.uk

Hours of training are not negotiable. If your family is unable to make the financial commitment, we encourage you to speak to the club.

Leaving the Squad

Written notice of four weeks must be given by gymnasts leaving the squad. This must be emailed to info@hartgymnastics.org.uk The gymnast's family will be charged fees for four weeks from the date of giving notice. Gymnasts can continue to train for up to four weeks after notice is given.

Club uniform

Gymnasts who represent Hart Gymnastics Club must wear the club uniform specified.

Please ensure you pay for competition, event & uniform using correct payment reference.

Ordering the uniform

Club uniform form can be request via email. If you require any further information on this, please speak to Gemma or Ellie.

Please ensure you pay for competition, event & uniform using correct payment reference.

Uniform payment

Payment is required before items are ordered from our suppliers. Payment can be made by bank transfer using child's name + UNIF, or cash is acceptable.

Please ensure you pay for competition, event & uniform using correct payment reference.

Competitions & Events

Gymnasts in Squad are expected to attend all competitions and Events the club offer to them. Please ensure you have read the Competition & Event handbook prior to competitions and events.

Gymnasts who do not participate in competition will be offered a place on our Floor & Vault team or recreational classes. Squad places are only for competing gymnasts.

Please note Hart Gymnastics reserve the right to withdraw any gymnast from any competition or event. Without refund of competition fee if the fees have already been paid to another organisation.

Please ensure you pay for competition, event & uniform using correct payment reference.

Competition season

Competition seasons vary between discipline. The club will share information with parents as soon as they receive this information. Please check Facebook for any upcoming competitions and events.

Teams & Competition Entry

Teams and competition entry are selected at the discretion of the Head Coach, in consultation with your child's coach.

Flash photography

Do not use a flash when taking photos at competitions or events. Flash photography is very dangerous for gymnasts and very distracting to officials. Please note by entering competition and events you agree for your child photo to be taken.

Judging

At competitions gymnasts are judged by qualified judges. Every club is required to supply a judge for every team they enter in a competition. We are always looking for more judges and if you are interested in assisting the club by becoming a judge please email info@hartgymnastics.org.uk if the club do not have enough qualified judges this will effect the competition entry fees and the club will need to pay judge fines of £150-£300 per competition.

Squad Coaches

Senior Coaches

Club Director/ Manager & Welfare: Gemma Hemingway
Director of Coaches: Eleanor Head
Head of Recreational - Andie Potheary
Club Welfare: Elizabeth Marsh

Lead Coaches

Amanda Williams
Kiera Carr

Robyn Marney

Assistant Coaches

Alesha Pusey

Sacha McLeod

Seasonal Coaches

Ellie Kennelly

Ella Waldron

Fundraising committee

CLUB CHAIRPERSON	Sarah Dix
CLUB SECRETARY	Sara Sanderson
CLUB TREASURER	Lianne Login
FUNDRAISING CO-ORDINATOR	Natasha Gorrie
PUBLICITY OFFICER	Open position
CLUB HELPER/ ORDINARY MEMBER	Jo Sullivan

We always welcome new committee members, if you would like to join the committee, please email info@hartgymnastics.org.uk

Print off and do at home - Self reviewing

Gymnast Name:

3 Goals (long term) I want to achieve this year:

1. _____

2. _____

3. _____

3 Goals (midterm) I want to achieve this year:

1. _____

2. _____

3. _____

3 Goals (short term) I want to achieve this year:

1. _____

2. _____

3. _____

Skills tick box

8 skills I want to achieve this year _____			
Skill	Date achieved	Tick box	Achieved in a routine



Competition review

Gymnastics Scores			
Vault	Beam	Bars	Floor
Aerobics Scores			
Execution	Artistic	Difficulty	Chair deductions

3 things that went well in my competition:

1. _____

2. _____

3. _____

3 things that could have been better in my competition:

1. _____

2. _____

3. _____

3 Goals for my next competition

1. _____

2. _____

3. _____

Coach Review *(please hand to a coach if you would like them to review your performance)*