



# General Gymnastics Information Pack

www.esgc.co.nz

09 528 0941

2018

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## ESGC General Gymnastics Program

ESGC is proud to offer the unique © RAINBOW program. This program is based on the progression of fundamental gymnastics skills and its pre-requisites of strength and flexibility.

There are 9 levels of difficulty, named after rainbow colours, each with approximately 15 skills per level.

Gymnasts start in Red class, in which they learn basic gymnastics skills and get to experience their new environment, gym rules and procedures. From Red Level they progress to Orange, Yellow, aiming at the very last one - Gold. Gymnasts move to the next level when all the skills have been achieved and assessed at the formal test.

Rainbow Tests take place at the end of Term 2 and Term 4. Only selected gymnasts are invited to participate in this test. Gymnasts can not progress to the next Rainbow level without passing this test.

**Girls and boys involved in gymnastics benefit from improved co-ordination, balance and confidence.**

**Gymnastics is widely considered to be a great base sport for all other sports.**

## GYM RULES FOR YOUR SAFETY

Dear Parents and Caregiver, please understand that these rules and regulations are enforced to ensure a safe and healthy environment for all our children.

### HEALTH AND SAFETY

We take your Health and Safety seriously so please note our updated policies and procedures;

- It is the parent's responsibility to supervise the child at all times in the car park.
- No gymnast is to leave the building unless under the supervision of an adult or caregiver. All gymnasts must wait inside the building to be picked up after class.
- No gymnast is to use any gym equipment unless under the supervision of a coach.
- No Parents or Caregivers are to enter the gym floor at any time.

### GYM CLASS DRESS CODE

Clothes should not have buckles, buttons or zips that are exposed. Dresses, skirts, jeans, baggy clothing or beach shorts are not suitable for gymnastics.

Bare feet are best for learning, **no street shoes on the mats.**

Long hair **must** be tied up.

### HEALTH AND WELL BEING

Please keep children who are ill or contagious at home until they have recovered, before returning to the Gym.

**No Food in the Gym**, eating should be done outside only, before and after class.

No fizzy drinks or juice . water only.

### WAITING ROOM AND COMMUNICATIONS

Gymnasts are to wait in the family room until the coach calls you in to start a class. Parents must also wait in the family room until the gymnast has completed their session. Parents are not to enter the gym floor.

Talking to the coaches during the session is not permitted, you can approach the coach before or after a class if they are not taking another class or leave a message for them at the office.

No flash photography at any time.

Term newsletters and event notices are posted on our website and notice boards. You can also "Like" us on Facebook to see what's happening around the gym. Find us at "Eastern Suburbs Gymnastics Club"

## RE-ENROLMENTS

Re-enrolments generally open 2 weeks prior to the end of the current term. Your child's place in a class is **NOT** automatically rolled over. Re-enrolments can be processed quickly and efficiently online via our website: [www.esgc.co.nz](http://www.esgc.co.nz). Payments preferred are Credit Card & Direct Credit. However Eftpos, Visa (surcharge applies), Cash & Cheque are accepted.

## FEE POLICY

For your convenience, ESGC Fees are calculated on a class basis and we follow the dates of government primary school terms. **Fees must be paid in advance. Your child will not be allowed to participate in a class if the full fees have not been paid.**

A full copy of the clubs fee policy is available on our website.

- Sick/Injury  
Gymnasts that miss training sessions due to sickness or injury are not entitled to a fee refund
- Missed sessions  
We don't do make up classes - the quality and safety of classes and members would be compromised if we allowed this.
- Class change  
An administration fee of \$20 will be charged to meet requests for a change of class, day/time during the term.

## FIND MORE INFORMATION ON OUR WEBSITE: [WWW.ESGC.CO.NZ](http://WWW.ESGC.CO.NZ)

- △ The various gymnastics programs we offer
- △ On-line enrolment/re-enrolment
- △ Photo gallery
- △ Code of Conduct, Fees & Feedback Policy

## OTHER PROGRAMS WE OFFER:

- WOMAN'S ARTISTIC GYMNASTICS (BY INVITE)
- PLAYGYM 2 — 5 YO
- HOLIDAY PROGRAM
- BIRTHDAY PARTIES
- FAMILY FUN NIGHT

## 2018 TERM DATES

- Term 1 5 February—15 April
- Term 2 30 April—8 July
- Term 3 23 July—30 September
- Term 4 15 October—16 December

## FEEDBACK PROCEDURE

Please follow these guidelines to ensure feedback can be addressed fairly and in a timely manner.

Feedback is to be made in written form or given verbally to staff who will make a written note. Allow staff an appropriate passage of time to follow-up or remedy the issue.

If the remedy is inappropriate or if a complaint or serious concern direct via email to our Head Coach, Bratislav Stankovic at [headcoach@esgc.co.nz](mailto:headcoach@esgc.co.nz). Outline the issue; advise suggestions, changes/ upgrades or potential outcomes you would like to see addressed and a response will be returned in a timely manner.

If you still feel the issue inadequately addressed, or concerns an administrative issue; e-mail the Secretary at [admin@esgc.co.nz](mailto:admin@esgc.co.nz) who will engage the Ethics sub-committee with a reply ensuing at the earliest convenience.

A copy of the clubs policy is available on our website.

## MINI TRAMP AND TUMBLING COMPETITION

Each year ESGC holds a Mini Tramp & Tumbling (MTT) Competition where our general gymnasts compete against other clubs based on their age. This event is a major fundraising event for ESGC. We recommend that all invited ESGC general gymnasts take part in this fun event as a way of enjoying a competition as well as a great way to show their parents the skills they have developed. An ESGC training leotard or a white t-shirt/singlet with black tights must be worn to this competition as the gymnasts are representing our club. Leotards can be purchased from the office.

## ESGC OFFICE HOURS:

Please visit our website [www.esgc.co.nz](http://www.esgc.co.nz) to view the latest office hours.

If you have any club administration questions or queries please contact the office

Phone: 528 0941  
email:[admin@esgc.co.nz](mailto:admin@esgc.co.nz)

**We are happy you are part of our Eastern Suburbs Gymnastics Club, we know you will enjoy your time with us and your gymnast will learn lessons that will last a life time.**