



Falcons

gymnastics academy

British
Gymnastics



Safe
Effective
Child Friendly

GYMMARK ACCREDITED

Perseverance Ensures

Dreams Are
Reality



HANDBOOK

2018

FALCONS GYMNASTIC ACADEMY

TO INSTIL A LIFELONG APPRECIATION OF MOVEMENT, EXERCISE AND SPORT AND TO TEACH CHILDREN THE REWARDS AND QUALITIES OF DEDICATION AND HARDWORK.”

GENERAL AND RECREATIONAL GYMNASTICS

AIMS

- To create a fun and enjoyable family environment for all gymnasts regardless of age, ability or fitness level
- To develop health, fitness and social integration, whilst contributing towards physical and psychological well-being

COMPETITIVE GYMNASTICS SQUADS

- To have gymnasts from Falcons represent Falcons, Devon, South West, Home Nations and Great Britain.
- To help each individual reach their potential as a gymnast or coach and enjoy a fit and healthy sporting career.

RECOGNITION OF AIMS

1. Falcons Gymnastics Academy has a structured system and pathways providing all children the opportunity and experience of taking part in gymnastics, regardless of age or ability.
2. For gymnasts who demonstrate particular gymnastic potential, we offer them the opportunity of transferring to other disciplines within Falcons Gymnastics Academy and to work towards a higher competitive level.
3. At competitive level, we aim to provide programmes of training that match gymnast's individual ability and encourage and develop gymnasts to train and compete at all levels – club, county, regional, national and international levels.
4. To encourage coaches and judges to attend courses, improve their qualifications, knowledge and experience.
5. To improve the discipline, work rate, dedication and the 'will to win' in gymnasts and coaches.
6. To work in conjunction with British Gymnastics to identify talent from surrounding schools and to provide appropriate support and pathways for such talented individuals.
7. Increase the skill and fitness levels of all gymnasts using general and precise conditioning and preparation.
8. Keep records of attendance, illness, injury and history of individuals in order to personalise specific training schedules.
9. To encourage all coaching staff to keep up to date knowledge of development programmes, the International Code of Points, National Grades, Regional, County and National Rules.

INFORMATION ABOUT THE GYM

ADDRESS: Falcons Community Sports Centre, Seven Brethren,
Barnstaple, North Devon EX31 2AS

Tel: 01271 859191

Web: www.falconsgymnastics.co.uk

Facebook: <https://www.facebook.com/#!/pages/Falcons-gymnastics-academy/183307688388070>

COACHING DIRECTOR: falcons.academy@btconnect.com or
mike@falconsgymnastics.co.uk

ADMIN EMAIL: admin.falcons@btconnect.com

DIRECTIONS: Falcons Gymnastic Academy is located on Seven Brethren Bank to the south of the river. Follow the signs for the North Devon Leisure Centre. Go past the leisure centre, follow the road to the left, the Gym can be found at the end of the road behind Tarka Tennis Centre.



PARKING: There is a pay and display car park at the centre. Falcons Gymnastic Academy will not be responsible for any parking fines.

CLUB RULES

- No food or drink is permitted in the gym area
- No jewellery or watches shall be worn. If stud earrings have recently been pierced then they may be taped but after 6 weeks must be removed.
- No body piercing, including belly buttons
- Hair must be neatly tied up off the shoulders and out of the face
- Socks are to be worn when using the trampoline. (Please ensure children have a clean pair of socks to wear at every class. Coaches will instruct children when to use them.)
- Chewing gum is banned from the premises
- No use of equipment without the coaches permission
- **Fees must be paid regardless of absence due to holidays or sickness**
- **The British Gymnastics membership must be completed within two weeks of the starting date. Failure to do so will result in the gymnast not being able to train.**
- No smoking anywhere on the premises of either Falcons Gymnastics or Tarka Tennis
- **Parents may only enter the gym arena when invited to by a coach**
- No shoes allowed within the gym area
- Parents / Spectators may view from the designated viewing area only.
- Those viewing must ensure that an atmosphere is maintained so the gymnasts can train safely without distraction. If not they will be asked to leave.
- Mobile phones must be switched off during training sessions
- No video or photo cameras (including phones) to be used unless relevant paperwork is completed
- Falcons Gymnastic Academy will accept no responsibility for the loss of valuables
- Falcons Gymnastic Academy will accept no responsibility for bicycles or cars left outside – owners leave their vehicles/belongings at their own risk.
- Falcons Gymnastic Academy will accept no responsibility for any parking tickets incurred.

CODE OF CONDUCT

For all disciplines (General, Girls and Boys)

1. All gymnasts should arrive at training sessions 5 – 10 minutes before the start of their session – being late can cause major disruption to a session and be upsetting for the child.
2. All gymnasts are required to wear appropriate clothing for their discipline, jewellery is prohibited and long hair should be tied back.
3. All gymnasts are required to look after the gym equipment and tidy up before and after training sessions.
4. Parents are required to accompany their children (under the age of 14) to and from the gymnasium. Falcons Gymnastics Academy is unable to allow children out of the gymnasium unaccompanied. We would appreciate your child being collected promptly following their session; if you're running late please contact the gym.
5. All gymnasts should bring any necessary personal equipment with them to training (e.g. floor music, hand guards) and have a suitable drink to last them the session. Drinks must not be brought into the gym area.
6. Gymnasts must inform their coaches if they are suffering any illness or injury prior to training.
7. Falcons Gymnastics Academy provides for numerous participants, therefore all gymnasts of any age or ability are required to display good behaviour, discipline and respect to coaches and other participants at all times.
8. We ask that all parents and gymnasts respect our Academy, and that outdoor shoes are not worn inside the gym and that any rubbish is collected and placed in the bins. Should you see any issues, please report them to a coach immediately.
9. Good sportsmanship is expected from all Falcons' gymnasts during competitions and training. No rude or abusive language to others will be tolerated. Failure to comply will result in the gymnast from being barred from all competitions.
- 10. Please contact the club if running late or not able to attend a session.
Do not go through the personal coach. Tel 01271 859191**
11. Gymnasts will not be allowed in the pitted area unless supervised by a coach.

PAYMENT OF FEES

Fees must be paid in advance and by the second week of each term.

You can pay by BACS, cash or card.

Terms can be agreed in advance with the Administrator and/or Coaching Director.

FAILURE TO PAY BY THE SECOND WEEK WILL RESULT IN A LATE PAYMENT FEE - £5.00

BACS Details:

Sort Code 60-02-03

Account Number: 58619933

Address: Nat West Bank, 41 High Street, Barnstaple, Devon

SOCIAL MEDIA GUIDELINES

In today's society the use of social media is everywhere and we should embrace it, however you should make sure this use is proactive and positive. At Falcons Gymnastics Academy we take the misuse of social networks such as Twitter and Facebook seriously. Anyone found misusing the social media will be dealt with immediately in the appropriate manner. In order to prevent misuse please take note of the current guidelines set by sporting governing bodies:

1. Do be yourself, but remember everyone can see you.
2. Do share your experiences and achievements but be responsible and honest.
3. Do not talk negatively about other competitors, coaches, clubs, countries or teams.
4. Do not forget who may be reading your profile, posts and comments.
5. Do not use derogatory or bad language.
6. Do not give out personal information; only make friends with people you know.
7. Do not link, view or add inappropriate content.
8. Remember pictures may be seen by everyone.
9. Think before you post, it is almost impossible to delete posts completely from the internet!

Finally report anything to the Coaching Director that concerns you!

COMPETITION SQUADS

1. All gymnasts must attend as often as possible. They must train with their group and will not be permitted to swap sessions unless extreme circumstances occur; lack of commitment will hinder their progress. Gymnasts who miss their regular times will not be offered extra training, may not be selected for competitions and will be moved to non-competitive groups. If a Gymnast misses a session for reasons other than illness then they will be expected to make up that time elsewhere in the week.
2. Gymnasts will show respect to all coaches and are reminded that the gym is a working environment. Gymnasts who are in the gym to do conditioning or a relaxed session must not disturb gymnasts who are working towards competitions. Any gymnasts or parents who violate this understanding will go through a process of warnings. Gymnasts will be made to sit out, suspended and possibly dismissed if the problem cannot be resolved.
3. Parents are reminded that not all gymnasts will be champions, but all gymnasts can have a happy and successful career. Gymnasts also develop at different rates; it is important to allow gymnast to go at their own pace and **not compare them to others.** The coaches have the best interests of the gymnasts at heart.
4. If a gymnast is injured from training for more than one week, a letter must be handed to the Coaching Director with an explanation in order for a re- fund to be allocated. **Refunds will not be allocated for illness, holidays or cancelled sessions.**
5. The coaching team will decide the best path and training group for the gymnast. The Coaching Director will make the final decision.
6. It is vital that every gymnast and parent follows these rules to ensure the gymnasts remain safe at all times. If at any point the Coaching Director or coaches feel these rules have been breached, you may be asked leave. Should problems persist, you may be barred from the site.
7. Gymnasts are responsible for their own kit. They must wear club tracksuit or fleece, hoodie and t-shirt for all training sessions that take place both at Falcons and outside their own gym (e.g. County, Regional and National squad training). They must always carry hand guards (including spare guards), straps and gloves, chalk (and two copies of their floor music – Girls only) to all training sessions in their bags.
8. Although we understand that it is not always possible fit holidays around gym, we would ask parents try not to take gymnasts away 4 weeks prior to a competition date.
9. If a gymnast is unable to fully train due to injury, please check with Coaching Director, as there may specific conditioning they can do in the gym rather than not coming in at all.

PAYMENT OF INSURANCE

British Gymnastics insurance must be paid within two weeks of start date.

All registered members of BG automatically receive personal accident benefits if they are injured whilst participating in a BG recognised activity or environment.

Cover provides 'non-fault' compensation for members up to the age of 80 years. The level of benefit provided is dependent upon the level of membership.

TRAINING KIT

All gymnasts must bring the correct equipment to the gym, this is very important because the gymnast will not be able to train correctly without it. If the gymnast does not have the correct equipment they will not be able to train.

Recreational gymnasts are permitted to wear tracksuit bottoms or shorts and a T-shirt. A leotard (and shorts for boys) is preferred.

A good way to keep the gymnasts belongings together is by having a Falcons Gymnastics Academy gym/kitbag.

Inside the Competitive gymnasts gym/kitbag

It is very important your child has ALL of these things in their gym/kitbag:

- Hand guards- 2 pairs, one pair in case other pair get lost or damaged
- Chalk-can be purchased from the office
- Gymnasts/climbers tape-to cover sore/ripped hands
- Hand moisturiser-to prevent hands from ripping
- Wrist bands
- Gloves
- Loops are provided by gym but cannot guarantee correct sizing
- Support strapping- if needed, good to keep some just in case
- Water spray bottle- help chalk to stick to hand guards
- Nail clippers
- A small pair of round nose scissors

All development level and above gymnasts must wear either a leotard or Falcons clothing (tracksuit etc) for warming up in the gym. Any other clothing apart from Falcons clothing will not be permitted in the gym.

COMPETITION KIT

All competitive gymnasts must purchase the competition kit. The kit must be kept in perfect condition. Competition leotards must be kept for competition purposes only and are **NOT TO BE USED FOR TRAINING**. Possible exceptions: displays and National Squad training.

Gymnasts can organise the re-sale of their kit to other gymnasts if it is in good condition. This should be organised amongst the gymnasts and parents, not the club.

Please speak to the Coaching Director or WA Head Coach (for Girls) for more advice about competition Leotards and Tracksuits

WHO IS WHO?



**COACHING DIRECTOR
MIKE BEAGLEY**



**WOMEN'S ARTISTIC HEAD COACH
KELLY PARK**



**NEILL GUY
MA COACH
SCHOOLS CO-ORDINATOR**



**KATIE BEAGLEY
WA COACH + PRE-SCHOOL**



**GEMMA BRAUNTON
WA COACH**



**CORAL SOUTHAM
WA COACH**



**CHRIS BEAGLEY
ADULT GYMNASTICS**



**CLAIRE DREW
PRE-SCHOOL COACH**



**KAT VENNER
NATIONAL JUDGE**



**HANNAH FRANCIS
WA ASSISTANT COACH
PRE-SCHOOL COACH**



**KAYCEE WRIGHT
MA COACH
PRE-SCHOOL ASSISTANT COACH**



**TAYLOR LANGMEAD
ASSISTANT COACH**



RYAN OWEN
WA ASSISTANT COACH
PRE-SCHOOL



ANNA BENNETT
WA COACH



PAUL ROBINSON
MA ASSISTANT COACH
FREE RUNNING COACH



SUMMER ROBINSON
WA ASSISTANT COACH
PRE-SCHOOL ASSISTANT



SHELBYE JARVIS
WA ASSISTANT COACH
PRE-SCHOOL COACH



ALISON MOWER
WA COACH



LAUREN EAST
WA COACH
FREE RUNNING COACH



EMILY BLUNDELL
ASSISTANT COACH



RUBY LIGGETT
ASSISTANT COACH



HOLLY BLACKMORE
ASSISTANT COACH



SOPHIE PERKINS
ASSISTANT COACH



SELINA PLATT
WA COACH
PRE-SCHOOL COACH

WELFARE OFFICERS



NEILL GUY

ADMINISTRATION

COMMITTEE ELECTED OFFICERS

CHAIRMAN

MO WHEATLEY
SECRETARY

KATIE BEAGLEY
YOUNG COACHES REP

VACANT
VICE CHAIRMAN

DEBBIE BEAGLEY
TREASURER

NON-ELECTED OFFICERS AS REQUIRED BY BG:

MIKE BEAGLEY
COACHING DIRECTOR

NEILL GUY + MO WHEATLEY
WELFARE OFFICERS

If you can spare a couple of hours once every six weeks to attend the committee meeting please email falcons.academy@btconnect.com or Tel 01271 859191.

Please complete the slip below and return to the Administrator.

The selection of children into particular training groups is solely at the discretion of Falcons Gymnastic Academy. Communication will be made directly with you from the Coaching Director or Women's Artistic Head Coach should a change to your child's training be necessary.

Your child's training will remain the same unless otherwise instructed. Please do not discuss any changes to training with your child's general coach.

I have read, fully understand and accept the Falcons Handbook

Gymnasts Name.....

Parent/Guardians Name.....

Date.....

Signed.....