

WELCOME TO FALCONS GYMNASTICS ACADEMY

IMPORTANT INFORMATION AND F.A.Q's



F.A.Q

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CONTACTS

WHERE IS FALCONS LOCATED?

- YOU WILL FIND FALCONS LOCATED TO THE REAR OF THE TARKA TENNIS CENTRE.
- WALK AROUND THE BACK OF THE BUILDING AS IF YOU ARE GOING TO THE FOOTBALL AND ALL WEATHER PITCH - YOU WILL THEN SEE OUR BUILDING.
- OUR ADDRESS AND POSTCODE: Falcons Gymnastic Academy, Seven Brethren Bank, Sticklepath, Barnstaple EX31 2AS



PAYMENTS

HOW DO I PAY AND HOW MUCH ARE SESSIONS



- ONCE YOU HAVE BEEN OFFERED A PLACE AT FALCONS WE WILL SEND YOU OUR WELCOME PACK. THIS IS WHERE YOU WILL FIND THE LINK TO SIGN YOUR CHILD UP AND PAY FOR YOUR CHILD'S FIRST TRIAL SESSION - For help and information to the sign up process please use this link <http://www.falconsgymnastics.co.uk/pdfs/Parents%20set%20up.pdf>
- 1 HOUR SESSIONS ARE £6.50 PER HOUR AND ARE PAID IN ADVANCE, MONTHLY, VIA DIRECT DEBIT. PAYMENTS COME OUT ON OR AROUND 1ST OF EACH MONTH. YOUR MONTHLY MEMBERSHIP PLAN WILL BE ADDED TO THE DIRECT DEBIT AFTER THE FIRST SESSION, UNLESS YOU LET US KNOW IMMEDIATELY THEY DO NOT WISH TO RETURN. THERE IS A YEARLY £10 MEMBERSHIP FEE FOR SCHOOL AGED CHILDREN AND £5.00 FOR PRE-SCHOOL AGED CHILDREN.
- YOU WILL BE CHARGED FOR HOW MANY WEEKS THERE ARE WITHIN THE MONTH FOR EXAMPLE IF THERE ARE 5 WEEKS IN SAID MONTH YOU WILL BE CHARGED £6.50 X 5 WEEKS = £32.50
- ALL CHILDREN THAT ATTEND FALCONS MUST HAVE BRITISH GYMNASTICS INSURANCE - YOU WILL FIND ALL THIS INFORMATION IN OUR WELCOME PACK.

CAN I COME IN AND WATCH MY CHILD

- UNFORTUNATELY WITH THE LARGE AMOUNT OF CHILDREN IN THE GYM WE CURRENTLY MAKE USE OUT OF ALL THE SPACE IN THE GYM. BECAUSE OF THIS THERE IS NO SPACE FOR PARENTS TO WATCH THE SESSION.
- WE DO OFFER VIEWING WEEKS! THIS IS WHERE YOU CAN BOOK IN TO WATCH YOUR CHILD'S SESSION - KEEP AN EYE OUT IN YOUR EMAILS FOR OUR NEXT VIEWING WEEK.



WELFARE

GYMNASTS SAFETY

- WE FEEL THE WELFARE AND SAFETY OF ALL THE GYMNASTS IS PARAMOUNT. WE HAVE A TEAM OF WELFARE OFFICERS THAT ARE MADE UP FROM EXPERIENCED PROFESSIONALS WHO ARE ALL FULLY TRAINED IN SAFEGUARDING AND COMPLETED A TIME TO LISTEN WELFARE COURSE.
- ALL COACHES THAT WORK AT FALCONS HAVE COMPLETED A SAFEGUARDING CHILDREN COURSE, WHICH IS RE-TAKEN EVERY 3 YEARS.
- IF ANY PARENTS WOULD LIKE TO TO JOIN THIS TEAM PLEASE EMAIL THE WELFARE TEAM (Please see contacts page).

WHAT SHOULD MY CHILD WEAR?

- WHEN YOUR CHILD FIRST STARTS WE ARE HAPPY FOR THEM TO WEAR SHORTS / LEGGINGS AND A T-SHIRT. IF YOUR CHILD WOULD LIKE TO WEAR A LEOTARD THIS CAN BE PURCHASED FROM OUR ONLINE SHOP - LINK IN YOUR WELCOME PACK. IF YOU WOULD PREFER TO BUY ONE FROM AN ALTERNATIVE SOURCE THEN THIS IS FINE.
- PLEASE NOTE WE CAN NOT ALLOW CHILDREN TO TRAIN IN ANY JEANS, DRESSES OR ANYTHING THAT HAS BUCKLES, BELTS OR ZIPS.
- LONG HAIR MUST BE TIED BACK
- TO PURCHASE LEOTARDS - <https://falcons-gymnastics.selz.com/categories/leotards>



MY CHILD JUST GOT THEIR EARS PIERCED WHAT NOW?

- IF YOUR CHILD HAS RECENTLY HAD THEIR EARS PIERCED THEY CAN COVER THEM WITH TAPE FOR THE FIRST 6 WEEKS. ONCE THE 6 WEEKS IS OVER THEY WILL HAVE TO BE TAKEN OUT OR THEIR INSURANCE WILL BE INVALID.



MY CHILD WANTS TO DO MORE THAN 1 SESSION IS THIS POSSIBLE?

- YES!
- IF YOU WOULD LIKE YOUR CHILD TO DO AN ADDITIONAL SESSION, PLEASE RE ADD THEM TO OUR WAITING LIST, WHERE IT SAY “PREVIOUS EXPERIENCE” PLEASE PUT WHAT SESSION THEY CURRENTLY ATTEND AND THAT THEY WOULD LIKE AN ADDITIONAL SESSION - AS SOON AS WE HAVE A SPACE AVAILABLE WE WILL CONTACT YOU.



EXTRA
SESSION!

HOW CAN I TELL HOW MY CHILD IS GETTING ON?



- DUE TO THE HIGH NUMBER OF CHILDREN WHO ATTEND OUR CLUB UNFORTUNATELY WE CANNOT GIVE EVERY PARENT UPDATES AT THE END/ BEGINNING OF SESSIONS.
- EVERY SESSION THE COACHES WILL CHOOSE A STAR OF THE WEEK FOR THEIR HARD WORK OR IF THEY HAVE ACHIEVED SOMETHING GREAT WITHIN THE SESSION.
- CHILDREN WORK ON THE BRITISH GYMNASTICS PROFICIENCY AWARDS EVERY SESSION. ONCE YOUR CHILD HAS ACHIEVED THEIR AWARD YOU WILL BE EMAILED ABOUT HOW YOU CAN PURCHASE THE CERTIFICATE AND BADGE - SEE NEXT SLIDE FOR MORE INFORMATION ABOUT AWARD SCHEME.
- IF YOU WOULD LIKE MORE INFORMATION ON HOW YOUR CHILD IS GETTING ON WE ARE HAPPY TO GET YOUR CHILD'S COACH TO WRITE A FEW LINES AND THEN FORWARD THIS TO YOU - EMAIL admin@falcons gym.co.uk PLEASE NOTE IT IS IMPOSSIBLE FOR THIS TO BE DONE ON A WEEKLY BASIS.

WHAT IS THE PROFICIENCY AWARD SCHEME?

- THE PROFICIENCY AWARD SCHEME IS A GREAT WAY TO MONITOR YOUR CHILD'S PROGRESS. AS A CLUB WE OPERATE TO THE BRITISH GYMNASTICS CORE PROFICIENCY PROGRAMME. THE AWARDS RUN STARTING AT 8 THROUGH TO 1.
- ONCE YOUR CHILD HAS ACHIEVED ALL THEIR AWARDS WE THEN MOVE ONTO THE ADVANCE AWARDS - BRONZE SILVER AND GOLD.
- *IF YOUR CHILD HAS PREVIOUSLY ACHIEVED ANY BRITISH GYMNASTICS AWARDS PLEASE LET US KNOW*



DOES MY CHILD HAVE TO COMPETE?

- MOST CHILDREN LOVE TO SHOW HOW AMAZING THEY ARE AND MAKE THEIR PARENTS PROUD. WE HOLD AN ANNUAL RECREATIONAL CLUB COMPETITION, WHICH IS A FUN EXPERIENCE WHERE EVERYONE GETS REWARDED. ITS A GREAT WAY TO INTRODUCE CHILDREN TO THE CONCEPT OF COMPETING IN A SAFE ENVIRONMENT WHERE EVERYONE ACHIEVES. THIS IS OPEN TO ALL RECREATIONAL MEMBERS OF THE CLUB. HOWEVER WE DO NOT PRESSURE ANY GYMNAST INTO COMPETING.



I WANT TO CANCEL MY CHILD'S MEMBERSHIP HOW DO I DO THIS?



- WHEN LEAVING FALCONS YOU MUST GIVE US 1 MONTHS NOTICE. PLEASE EMAIL US ON admin@falcons gym.co.uk TO LET US KNOW YOU ARE PLANNING ON LEAVING AND WE CAN CANCEL YOUR MEMBERSHIP & ANY PAYMENTS AFTER YOUR NOTICE PERIOD IS COMPLETE.

I THINK MY CHILD SHOULD BE IN YOUR COMPETITION SQUAD WHAT SHOULD I DO?

- ALL OUR CLASSES ARE CONTINUALLY MONITORED TO MAKE SURE EVERY CHILD IS IN THE CORRECT GROUP. OUR COACHES REGULARLY COME TOGETHER TO DISCUSS THIS, IF WE FEEL YOUR CHILD NEEDS TO MOVE CLASS FOR WHATEVER REASON WE WILL CONTACT YOU TO LET YOU KNOW.



CONTACT DETAILS

- COACHING DIRECTOR - MIKE BEAGLEY - mike@falcons gym.co.uk
- ADMIN TEAM - admin@falcons gym.co.uk
- WELFARE TEAM - safeguarding@falcons gym.co.uk
- WOMENS ARTISTIC HEAD COACH - KELLY PARK - kelly@falcons gym.co.uk
- PRE-SCHOOL AND RECREATIONAL GYMNASTICS - KATIE BEAGLEY - admin@falcons gym.co.uk
- TELEPHONE - 02171 859191 (Please note an email is often the quickest way to get a response)