

# Club Handbook



# KESTREL



# GYMNASTICS ACADEMY

Founded January 2009

AFFILIATED TO



First Published in 2012 updated gym year 2023-2024

# Kestrel Gymnastics History

Gary and Tracey moved to Kent in 2008. Their daughters trained at Milton Keynes Gymnastics for 7 years competing at regional level, both Gary and Tracey were actively involved at Milton Keynes Gym. Tracey (ex-gymnast) volunteered at all events, helped to coach the occasional class and judge at competitions.

Gary went on to become a qualified coach in women's and men's artistic, Cheerleading and Freestyle, and who now holds level 4 performance coach qualification which now enable the gym to take gymnasts through to Olympic level. He has been fortunate enough to have been mentored by some outstanding coaches of which some are coaches the British team in Women's Artistic and Tumbling. When the opportunity came up to teach gymnastics in Kent. They both jumped at the chance, sold their family home of 16 years to enable them to buy the first pieces of equipment. Kestrel Gymnastics Academy was born in January 2009.

Through the help and support of parents and gymnasts the club has grown in strength to strength from very humble beginnings in a school hall at Bodium Manor school (Claremont Senior) 2009-2010.



Pretious Sports Hall in Northiam 2010-2012



## Tenterden Leisure Centre 2012-2019.



To limited use at the local leisure centre, eventually finding affordable premises in Woodchurch to run a fulltime gymnastics club in 2019 to present.

## Home



Our gymnasts have excelled and done us proud over the years from competing at novice floor and vault competitions, to now having gymnast competing Women's artistic at regional and national level this is a huge achievement for all involved.

Our aim for the future is to deliver more to the wider community (i.e. fitness classes with a fitness studio) TO make our classes even more accessible to everyone, expand our coaching team, with parents getting more involved and volunteering.

# Gymnastics Facts

It takes on average about 12 hours to perfect a move depending on the difficulty of the move and the gymnast's ability. Given the time your child has on a piece of equipment and based on the frequency that they are able to use a piece of equipment this could take up to 36 sessions, given that the children uses a piece of equipment on a three weekly basis that's 108 sessions provided they haven't missed any classes due to holiday / sickness etc.

Apart from swimming gymnastics is the only other sport that requires use of all your muscles simultaneously.

One of the aspects of becoming a great gymnast is having a well-conditioned memory. Your muscles are smart and can memorise certain positions. Coaches are advised that a squad level gymnast should aim to do at least 2/3 of their session based on conditioning and flexibility to prepare muscles and strengthen them.

A good amount of physical and mental determination is needed. Coaches must adapt their coaching styles to suit the learning style and physique of the gymnast.

# Meet the Coaches

## **Gary Crawford**

Director of Coaching & Head Coach

Founder of the club

Coach development co-ordinator

Gary started coaching 2002 at Milton Keynes Gym and continued there for seven years, where he gained his level 3 qualification in Women's Artistic Gary has also mentored several coaches to achieve their qualifications in Women's and Men's Artistic.

He was mentored by some of the top coaches in the country some of which have coached the British team.

Also stunt qualified in Trampolining and gymnastics, where he has taught parkour (free style), to teenagers and adults. Gary has also coached gymnastics to a number of people who went on in careers as professional stunt actors, who now work in top action-packed films.



**Level 4 Performance Women's Artistic Coach**

**Level 2 Men's Artistic**

**Level 3 Freestyle Gymnastics (3G)**

**Level 2 Cheerleading**

**Stunt Qualified in Trampolining & Gymnastics.**

**S.P.A in Climbing**

**Safeguarding and Protecting Children Training Module (SPC)**

**Time to Listen Training Module (TTL)**

**First aid Trained.**

**Enhanced DBS**

## Tracey Crawford

Club Secretary

Events and Competition organiser

Tracey is the club secretary and co-founder of the club. Also, a club judge in women's artistic and level 1 floor and vault judge since 2007, Tracey has volunteered several years at Milton Keynes Gymnastics and to the sport. She has also assisted coaches in the training and development of gymnasts since 2003. She also organises all the clubs' events and fundraising. Tracey is very keen to get parents more involved with the club.



**Club Judge Women's Artistic**

**Level 1 Judge in Floor and Vault**

**Safeguarding and Protecting Children Training Module (SPC)**

**Time to listen training module (TTL)**

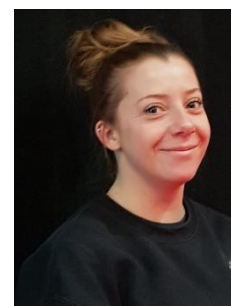
**First aid Trained.**

**Enhanced DBS**

## Jessica Crawford

Class Development Co-ordinator

Jessica has been involved in gymnastics since 2006, and worked at Milton Keynes Gym for 2 years, where she coached children between the ages of 4 to 12 years so has good experience within these age groups, she was also the club's welfare officer. Jessica has since gone on and gained more qualifications within gymnastics and is currently on the path to completing her level 3.



**Level 1 General Gymnastics**

**Level 2 Women's Artistic**

**Level 3 Women's Artistic Modules**

**Club Judge Women's Artistic**

**Safeguarding and Protecting Children Training Module (SPC)**

**Business Essentials course**

**She also has a bachelor's degree in child psychology.**

**First aid Trained.**

**Enhanced DBS**



## Kloe Crawford

### Head of Choreography

Kloe has been a gymnast from the young age of 3 (2003), she is a very talented women's artistic gymnasts where she gained county and regional titles. Kloe is one of our more experienced coaches, through her dedication to the sport and her gymnasts who are now competing at regional and national level competitions.



**Club Judge Women's Artistic**

**Level 1 Gymnastics Coach**

**Level 2 Women's Artistic**

**Level 3 Women's Artistic Modules**

**Safeguarding and Protecting Children Training Module (SPC)**

**First aid Trained.**

**Enhanced DBS**

## Patti Mills

### WA Coach

Patti originally joined our adult gymnastics classes, already a competitive adult gymnast gaining 2 silvers and 1 Bronze at the British adult championships. Patti was also a competitive gymnast for 15 years in her younger years in Canada, winning 2x British Columbia open title and Western Canadian Champion title.

With 35years of experience Coaching in Canada and England, helping coach at other gym clubs, luckily for Kestrel she is one of our coaching team.



**Club Judge Women's Artistic**

**Level 1 Gymnastics Coach**

**Level 2 Women's Artistic**

**Level 3 Women's Artistic Modules**

**Safeguarding and Protecting Children Training Module (SPC)**

**Enhanced DBS**

## Kendall Gardner

WA Coach

Trampoline Coach

Gymnastics has always been a huge part of Kendall's life being an ex-competitive gymnast. Kendall started coaching with Kestrel, when her daughter started at the club in 2018, she has developed her coaching skills to further her knowledge and gain her next qualification in Women's Artistic. She now has her own squad group who are now all competing at regional level.



**Level 1 Gymnastics Coach**

**Level 2 Women's Artistic**

**Level 2 Trampoline**

**First aid Trained.**

**Safeguarding and Protecting Children Training Module (SPC)**

**Enhanced DBS**

## Nikki Greatorex

Head Judge & Receptionist

Nikki started to volunteer in 2019, starting off helping at reception and day to day running, she has since gone on and gained her BG Women's Artistic Judging Qualification. She has judge at regional and national competitions representing Kestrel.

Nikki has become a huge part of Kestrel and is greatly respected part of the team by coaches and gymnasts.



**Club Judge Women's Artistic**

**Safeguarding and protecting children training module (SPC)**

**Enhanced DBS**



## Tony Heath

### Parent Volunteer

Tony is new to the coaching team; he has always expressed an interest in the sport since his daughter started with the club in 2019. Tony works alongside Gary helping with our Men's Artistic groups. We look forward to Tony pursuing his coaching further within the club.

**Level 1 Gymnastics Coach**  
**Safeguarding and Protecting Children Training Module (SPC)**  
**Enhanced DBS**



## Danielle Crawford

Danielle started gymnastics at the age of four at Milton Keynes Gym, where she was coached by some of the best coaches in the country. Danielle took part in various parts of the sport in women's artistic, sports Acro and team gym where she competed at county level. Danielle only coaches occasionally when she is able to.

**Level 1 Gymnastics Coach**  
**Safeguarding and Protecting Children Training Module (SPC)**  
**BTEC SPORTS in Fitness Testing/Training and Practical Sport**  
**First aid Trained.**  
**Enhanced DBS**



## Amelia Kerr

Amelia started off at the club participating in gymnastics when the club first started in 2009 and moved on to cheerleading after a short break. She started of coaching as part of her D of E, she has grown into an excellent and confident coach, and she is highly respected amongst the other coaches and gymnasts. Amelia has since gone on to be a nurse. But comes in to help coach when she can.

**Level 1 Gymnastics Coach**  
**Level 2 Women's Artistic**  
**Safeguarding and Protecting Children Training Module (SPC)**  
**Enhanced DBS**  
**First aid Trained.**



# Junior Coaches

## Rebecca Turner

Rebecca Joined Kestrel in 2014 as a budding enthusiastic gymnast, she has been dedicated to the sport ever since. Rebecca still trains and has gained complex moves on all four pieces in women artistic. Rebecca has gained the confidence in coaching where she has achieved a qualification in coaching.

**Level 1 Gymnastics Coach**

**Safeguarding and Protecting Children Training Module (SPC)**

**Enhanced DBS**



## Saffron Wood

Saffron joined Kestrel in 2014 as a gymnast, after several years of been a keen gymnast, she decided to give up gym to become one of our coaching team. Which has given her the knowledge within the sport, with aspirations of becoming a sports therapist, she has a mature approach to coaching gaining good repour with gymnasts and her fellow coaches.

**Safeguarding and Protecting Children Training Module (SPC)**

**Enhanced DBS**



## Teegan Rogers

Teegan joined Kestrel in 2015 she was one of our squad gymnasts but has now stopped training to devote more to coaching, she has competed at County and regional level, she is a very conscientious gymnast and is always supportive and caring towards her fellow teammates. Teegan is now a trainee Coach, her attitude towards her gymnastics and her support towards her fellow teammates is paramount in her coaching.



## Rose Durrand

Rose joined Kestrel in 2013 she is one of our current squad gymnasts, Rose has and is currently competing at county and regional levels. Rose helps volunteering as part of her D of E, we hope she will continue to help and progress further with her road to coaching.



**If anyone would like to volunteer at the club and gain a qualification in coaching, please email the club [Kestrelgymnastics2009@gmail.com](mailto:Kestrelgymnastics2009@gmail.com)**

# Welfare Officers

**Callie Durrand**



**Claire Davies**



All have attended the following courses required to be BG Welfare officers.

Time to Listen TTL

Safeguarding and Protecting Children Training Module (SPC)

First aid trained.

Enhanced DBS

Email: [welfarekga@gmail.com](mailto:welfarekga@gmail.com)

# Gymnastics Facts

Gymnastics is a perfect way to remain fit and even better for winning awards.

- Gymnastics in its different forms has always been an interesting field for many. Fitness components like flexibility, agility, posture, strength, endurance, balance, and coordination are all required for gymnasts to succeed in their sport. Gymnastics empowers the muscles in the arms, legs, abdomen, chest, shoulders, and the whole body, and can be considered the best way of exercising. There are many levels and types to choose from, like competitive athletes, young children, and recreational level athletes. There are many competitions held worldwide in which gymnastic athletes can participate, and the international body governing gymnastics is the Federation Internationale de Gymnastique (FIG).
- Gymnastics, is a type of sport, an art form, and a type of exercise, but where did it come from? How exactly do we define gymnastics? Are there any records worth remembering? Is gymnastics safe for kids? Many such questions which might pop into your mind, are all answered in this informational write-up. If you are also interested in gymnastics or are planning to take part in this recreational activity, then this is the information that you will need. So, let us have a look at some key facts related to the physical strength required for high jumping in international events.
- Gymnastics is a sport that involves many physical skills like endurance, strength, flexibility, agility, postural correction, balance, and coordination. Depending on what type of gymnastics a person is practicing, it can help in strengthening muscles of the abdomen, back, arm, legs, back, and shoulders. Many people like to consider it more of an art than a sport. If the origin is considered, then gymnasts have risen from the ancient Greeks. The word is made up of a Greek word that can be translated as 'to exercise naked'. This is meaning is true as at that time the men in Greece exercised with no clothing in the gymnasiums.

# What we do

**Gymnastics is an accessible and inclusive sport offering opportunities to all ability levels and ethnic groups within a range of controlled learning environments. It promotes an active and healthy lifestyle and is recognised as forming the basis for physical literacy by developing fundamental movement skills.**

## About our classes

### Toddlers play gym.

Our play gym is a good introductory to gymnastics for little ones, parents are welcome to come play with them, where they can run around, climb and bounce.

### Pre-School

This is a more structured class for 3 years and up (parents are not allowed to join in on this class) this class leads on to our main after school class some from this class are selected for one of our squad developments groups





## Women's development groups

This highly intensive discipline that matches power, elegance, strength, courage, explosiveness, grace and beauty.

The sport is comprised of four disciplines / apparatus.

**Uneven bars (wooden)** - routines combine strength elements with a range of different swing elements a bar routine should be continuous throughout with no pauses and a fabulous dismount.

**Balance beam** - This apparatus is particularly hard to master as you have to balance grace with power. You must balance your way through a 90 second routine using 8 acrobatic skills with dance moves between.

**Vault** - Is all about power, running towards a vaulting table and trying to handspring summersault or twist off it.

**Floor** - A 12m x 12m sprung area that the gymnasts have to stay inside to avoid penalty. A routine consists of up to 4 high flying tumbles, leaps, spins, jumps and of course the gymnasts have to dance their way through the 90 second routine adding their own style.



## Men's development groups

Men's gymnastics comprises six pieces of apparatus.

**Floor** - This is a combination of strength, balance, flexibility, acrobatic and tumbling movements and routines last 50-70 seconds.

**Pommel Horse** - This is the hardest piece, relying entirely on upper body strength. The gymnast must travel on all parts of the horse, with leg circles and scissors.

**Rings** - The gymnast must show strength, swing and flexibility.

**Vault** - Is all about power, running towards a vaulting table and trying to handspring summersault or twist off it.

**High Bar** - This is ordinarily on a metal bar, a series of up starts, swings along with dare-devil turns, releases and pirouettes.

**Parallel bars** - A routine performed on the parallel bars must include various elements that depend on the gymnast's competitive level. A typical performance will involve swinging skills in a support position (on the hands), a hanging position, and an upper arm position. Also, parallel bar routines often feature a strength or static hold skill. Each routine ends with a dismount from either the ends of the bars or the side of the apparatus.

## Adult gymnastics

Our adult gymnastics classes are for anyone of any ability over the age of 18, the class is good for flexibility core strength and general fitness. Be able to learn skills on all pieces with the advice of qualified coaches.



# Trampoline & Double mini tramp



Trampoline gymnastics is widely recognized as a training tool for. Many other gymnastic disciplines and sports such as diving and freestyle skiing. Trampoline gymnastics embodies courage and elegance. The sport requires precise technique, and perfect body control, leaving very little margin for error.



The DMT two mini tramps that have been joined in the middle. The first section of the apparatus is set at a slight angle and called the mount. From the mount, skills are performed onto the second section of the apparatus. This second section is called the spotter and is where skills can be performed back onto the tramp bed or as a dismount onto the landing mat.

DMT can be likened to a combination of athletics, trampolining and gymnastics. Competitors sprint down a carpeted track and hurdle onto the apparatus before performing double and triple somersaults with the same precision required on a trampoline. The only difference is that gymnasts must land on a trampoline bed less than a quarter the size of a trampoline, before performing a dismount on to a landing mat.

In competitions there are four passes, two in the preliminary round and then two in the final round. Each pass consists of one skill performed as either a mount or a spotter, followed by a dismount skill making two skills per pass.

# Classes

Classes range from beginner to squad (up to national level); we base our classes on ability, which is determined by the Head Coach, gymnasts are assessed on a regular basis to ensure they are in the correct class for them.

Kestrel Gymnastics Timetable			
<b>Monday</b>			<b>Thursday</b>
SCHOOLS ENRICHMENT	10:00-12:00	PRIVATE HIRE	General Gymnastics
PLAY GYM	12:15-13:15	Toddlers/pre-school (Book online)	Advanced Gymnastics
Pre-school	13:30-14:30	3+ Years	
General Gymnastics	16:00-17:00	4+ Years	Kloes Juniors Squad
			Kendall Dev Squad
Dev squad	16:00-17:30	Invite Only	Garys & Tony Boys Squad
Kendall Dev Squad	17:00-20:00	Invite Only	Adult Gymnastics
Patti Juniors	17:00-20:00	Invite Only	
Kloes Junior Squad	17:00-20:00	Invite Only	<b>Friday</b>
Jess Seniors	17:00-20:00	Invite Only	SCHOOLS ENRICHMENT
Garys & Tony Boys Squad	17:00-20:00	Invite Only	PLAY GYM
			Pre-school
			General Gymnastics
			Advanced Gymnastics
			Trampoline
			Patti Juniors
			Jess Seniors
			<b>Saturday</b>
			General Gymnastics
			Kloes Junior Squad
			Kendall Dev Squad
			Advanced Gymnastics
			Boys Advanced Gymnastics
			Trampoline
			Trampoline
			Trampoline
			Teen Gym & Advanced
			Patti Juniors
			Jess Seniors
			Garys & Tony Boys Squad
<b>Tuesday</b>			
General Gymnastics	16:00-17:00	4+ Years	
Advanced Gymnastics	17:00-19:00		
Boys Advanced Gymnastics	17:00-19:00		
Kloe Juniors	16:00-19:00	Invite Only	
Kendall Dev Squad	17:00-19:00	Invite Only	
Danielle Juniors	17:00-19:00	Invite Only	
Adult Gymnastics	19:00-20:00	Book online	
<b>Wednesday</b>			
General Gymnastics	16:00-17:00	4+ Years	
Advanced Gymnastics	17:00-19:00		
Dev squad	16:00-17:30	Invite Only	
Patti Juniors	17:00-20:00	Invite Only	
Kloes Juniors	17:00-20:00	Invite Only	
Jess Seniors	17:00-20:00	Invite Only	
Garys & Tony Boys Squad	17:00-20:00	Invite Only	

Party Bookings, Saturday 16:00-18:00 or Sunday 10:00-12:00 email to book: kgaparties@gmail.com

Class bookings: www.kestrelgymnasticsacademy.co.uk Enquires email: kestrelgymnastics2009@gmail.com

## \*Squad\* classes are by invitation only

Classes run throughout all the school holidays.

Gymnastics is a sport that requires continuous training, with minimum breaks.

All classes are paid for PCM in advance to be paid on or by the 1st of every month. Payment is required in advance whether your child attends (There will be an additional 20% charge on all late payments). Should your child wish to leave gymnastics please provide one month's notice. All members must join the club and British Gymnastics membership for insurance purposes this is renewed every September.

Please note we do not offer free taster sessions please phone 01233861441 or EMAIL

[kestrelgymnastics2009@gmail.com](mailto:kestrelgymnastics2009@gmail.com) for prices and enquires.

(Please note we do close for 2 weeks in August every year to ensure all coaches and volunteers get a well-earned break, all planned closures are considered when fees are calculated, everyone receives 6 weeks free over the year).

# Gymnastics Facts

- Gymnastics is a disciplinary exercise that can be done by both men and women. It has many categories differentiated with different people practicing it. Also, the programs and competitions that are held are of different levels, like the ones held by clubs, schools, universities, and then the prestigious ones are held nationally and internationally through various organizations. While some of the gymnastics exercises are restricted to the kids, some are gender specific. Artistic gymnastics is divided into women's and men's gymnastics. Women compete in four events including the vault, floor exercise, uneven bar, and balance beam, while men normally compete in six events including the balance beam, floor exercise, pommel horse, still rings, parallel bars, and the horizontal bar.
- The body that governs gymnastics at the international level is the Federation Internationale de Gymnastique (FIG), which was formed on July 23, 1881, headquartered at Lausanne in Switzerland. It is the oldest international sports body that is in existence even today. Gymnastics, as we know it today, has gone through many transitions from the time of ancient Greeks from where it was first originated. There are broadly seven types of gymnastics performed by the gymnasts, they are women's artistic gymnastics, men's artistic gymnastics, rhythmic gymnastics, trampoline, tumbling, acrobatic gymnastics, and group gymnastics.

# ADULT GYMNASTICS

## **All abilities welcome**

This class is aimed for over 18+. ideal for complete beginner or for an ex-gymnast wanting to get back into gymnastics. This class is good for core strength, flexibility and stamina. Let alone physical fitness, personal achievements, and goals.

You will be working alongside our Head coach, who is also stunt qualified in gymnastics and trampolining. He has worked on film sets so has the knowledge for you to learn a few stunt tricks as well as gymnastics.

Every Tuesday 19:00-20:00

£10 non-BG members £9 for BG members

per session (pay as you go)

Please Pre book online at

[www.kestrelgymnasticsacademy.co.uk](http://www.kestrelgymnasticsacademy.co.uk)

or email

[kestrelgymnastics2009@gmail.com](mailto:kestrelgymnastics2009@gmail.com)

£25 for a yearly membership

For more details

about any of our Gymnastics & Trampoline classes

Phone: 01233861441



# Gymnastics Facts

Who doesn't want to get inked in history? While most of us love this idea, there are very few who can achieve it, here are some of the most prominent personalities of the world of artistic gymnastics who practiced gymnastics for years and their achievements are records set in history. These are:

**Nadia Comaneci:** The first to score a perfect 10 score. This was during the Montreal Olympics and before the open-ended scoring system that came in 2006. The uneven bars became the first of the categories that witnessed this massive record after which a total of seven perfect scores of 10s.

**Olga Korbut:** This girl's performance in the Munich Olympics was what left the world spellbound. This 17-year-old girl entered the sports acrobatics gymnastics when it was dominated by the lithe young women. But she let out her raw emotions and presented a beautiful performance. She also did a backflip while standing to catch bars, which became legendary.

**Larisa Latynina:** Another name that had held a record for many years for achieving a total of 18 medals in which nine are of gold, five of silver, and four bronze in international competitions.

# Play gym and Pre-School.

This class is aimed at toddlers (walking onwards) & pre-school (age 3+ years) These classes are ideal.

For co-ordination, balance, confidence, and general fitness.

Come along and join in our relaxed, fun & friendly classes.

Where you and your toddler can have  
use of all the gymnastics equipment  
with our qualified coaches to help and advise  
or try your little one in one of our structured pre-school classes.

Play gym every Monday and Friday 12:15-13:15

this is a pay as you go class costing £8,

Please Pre book online via our web page.

[www.kestrelgymnasticsacademy.co.uk](http://www.kestrelgymnasticsacademy.co.uk)

or sign up to a pre-school class via our email.

Classes are every Monday and Friday 13:30-14:30

[kestrelgymnastics2009@gmail.com](mailto:kestrelgymnastics2009@gmail.com) For more information

about any of our gymnastics & trampoline classes

Phone: 01233861441

# Gymnastics Facts

Gymnastics can be a beneficial activity for kids. Kids love to be exposed to different fields and activities, and most of them just fall in love with gymnastics as soon as they join it. While this can be a great way to keep kids fit and healthy it can also be something that will turn into a profession as they grow up. Let us look into why kids love this sport and what are the benefits of getting enrolled into women's or men's gymnastics.

It's super fun. Yes, the exercises involving jumping, tumbling, rolling, swinging, and many more make the children happy and excited. Most kids enjoy jumping and tumbling around.

Gymnastics gives them a sense of strength: While kids are developing, it is important for them to build their strength and even have the realization of their strength. Thus, gymnastics acts as the perfect way to strengthen them, at the same time it gives direction to their strength so that they do not misuse it.

Co-ordination development: Again, the exercises practiced in men's gymnastics and women's gymnastics require a lot of co-ordination. This co-ordination is important for the day-to-day life of kids.

Flexibility to flex: Flexibility and agility are again some contributions of practicing gymnastics. Not only does flexibility help in avoiding injuries but it is also a contribution to being good at other sports.

Confidence and self-esteem: Building confidence and self-esteem in the early phase of life is important. If kids do not feel confident about themselves and do not have positive self-esteem, it can affect them negatively throughout their lives. Hence, gymnastics can be the answer to this as it can help them build their confidence.

Social interaction: While some kids are introverts, everyone loves to have some sort of social circle, thus making kids join gymnastics classes gives them more people to interact with and will give them the opportunity to work with other children as part of a team.

Goal Orientation: At times we all get confused about what we want, and that is okay. But gymnastics can help develop the quality of goal orientation while trying every possible method to reach them. Hence goal orientation will be the next important part of gymnastics.

# Kestrels Party Info

Our parties consist of a two-hour party slot and sole use of the gym.

## Saturday

16:00-18:00

## Sunday

10:00-12:00

## Prices

10-14 children max **£200**

15-25 children max **£240**

26-30 children max **£270**

Deposit for your party booking would be 50% which will be taken to secure your party booking which will be deducted off your final payment.

**Please note the deposit is non-refundable.**

**You will need to supply your own food.**

**Parents are welcome to get tea and coffee there is an additional charge for this.**

**Please speak to one of our team on cost on the day.**

Squash cups, plates, napkins, and balloons to decorate

is all included in the price.

The party will consist of

1 ½ hours free time on equipment gymnastics

30 minutes food

We have a large parachute for fun and games

(This will only be used if requested on the day), all games prizes are provided.



## Gymnasts' Code of Conduct

### A KGA Gymnast must:

- Show respect to coaches, judges, officials, and other gymnasts.
- Listen to and follow the instructions of his/her coach.
- Support and encourage his/her teammates.
- Always train with a positive attitude.
- Attempt to do every move with good form.
- Take care of the club's equipment.
- Take pride in their Club and make sure that they do their part in keeping the gym clean and tidy.
- If your child brings in a lunch/snack box to the gym due to a long training period (more than 3 hrs) then a balanced diet will be desirable. Gymnast's food intake prior and during training affects their training efficiency.
- A gymnast must always drink plenty of fluids during training, i.e., water/squash only, in a non-spill sports bottle.
- Our coaches wish to maximise coaching time with their group of gymnasts, therefore if you wish to speak to your child's coach, please do so either before or after the training session.

## Parents' Code of Conduct

- Ensure that your child wishes to participate in Gymnastics. Encourage your child to participate, do not force them. Focus on your child's efforts and performance rather than winning or losing. Never punish or belittle a child for poor performance or making mistakes.
- Encourage your child to learn the club rules and to abide by them.
- Ensure that your child comes appropriately dressed for their session and brings a full water bottle.
- In the case of absence, a message should be left with the gym, prior to the start of the training session.
- **Park your vehicle responsibly on the estate, any problems with parking could result in the club being forced to close.**
- No shoes are to be worn in the gym/club.
- Parents must stay within the designated areas unless permission is granted from the senior coach or a member of the team.
- The viewing area should be left clean and tidy – Please use the bins provided and clean up after yourselves.

- Children must be always supervised.
- Noise levels must be kept to a minimum in the viewing area whilst a class is in session.
- Parents should not attempt to communicate with their child during their class except in the case of an emergency.
- Show an appreciation of volunteers, coaches, officials, and administrators.
- Criticism of other people's children / coaches can be upsetting to all and is frowned upon by this club. Please refrain from this.
- Never undermine your child's coach in front of any parents or child and do not talk negatively about any coaches, parents, or gymnast in front of your child.
- Always use appropriate language on the club's premises and at events/competitions.
- Remember that children learn best by example. Set a good example for your child by recognising good sportsmanship and applauding the good performance of all.
- Respect coaches' and other officials' decisions and teach your child to do likewise.
- If you have any issues regarding your child and you wish to discuss them directly with the appropriate coach, you can speak to them briefly before the start of their session, via e-mail or arrange a longer chat at a time that is convenient for the coach and that doesn't take them away from a scheduled training session.
- Concerns and complaints about any aspect of the club should be raised via e-mail and through the appropriate channels.
- Always collect your child promptly outside at the end of the session and remind them that they must wait in the building in case you are going to be late collecting.
- Please update any contact/medical details if they change (a new form can be obtained from reception).
- Please use the clubs notice board, website, Facebook, Instagram, and e-mails to keep up to date with notices.
- Please pay fees promptly by first of every month.
- We only refund if the class is cancelled by us. In unforeseen circumstances that are out of control refunds will not be given. ( for example adverse weather conditions, power cuts)

## Gymnasts/Parents Guidelines

- Hair must be neatly tied up, out of the gymnast's face.
- Gymnasts should wear a leotard or T-shirt and shorts.
- No jewellery whatsoever, including ear studs or body piercing adornments to be worn at any time during training or competition. This constitutes a safety hazard and BG Gymnastics and their Insurers have made it a no-tolerance policy. (Medical or religious jewellery may be worn but would have to be secured with tape)
- If your child is expected to be away longer than two weeks, please let the gym know by email if possible.
- Gymnasts should arrive a few minutes before the start of training. It is particularly upsetting for the younger children to arrive after all the others have started. All gymnasts should attend and take part in the warmup. It is an essential part of the training that helps the prevention of injury.
- Please do not drop off your own, or other children, early to watch the classes unattended. The gym club cannot be responsible for these children until their coach is ready to take the session.
- Please ensure you are punctual collecting your children and remind them that they must wait in the building until collected.



- Please advise the gym club of any change of circumstances, i.e., medical, change of address and particularly mobile phone No's.
- Our coaches wish to maximise coaching time within the gym, therefore if you wish to speak to us about anything to do with the classes, please either speak to Gary if he is not coaching or drop us an email. [Kestrelgymnastics2009@gmail.com](mailto:Kestrelgymnastics2009@gmail.com)

## Fire Policy

**The whole of KGA is a SMOKE/VAPE FREE ZONE including by the side of the building.** In the unlikely event of a fire occurring during a training session an alarm will be sounded, and the following procedures will be implemented:

- Gymnasts and coaches will move in an orderly way to the exit doors at either side of the gym and line up at the top of the car park's entrance.
- Parents and others in the waiting area will likewise move to the main entrance door and wait in the car park.

## Club Complaints Procedure

If you have a complaint or concern about any club member – be it a gymnast, coach, or another parent please let us know as soon as possible.

### How to Complain:

- We hope that most problems can be sorted out quickly, often at the time that they arise and with the person concerned.
- If your problem cannot be sorted out this way and you wish to make a complaint, please speak to or email [welfarekga@gmail.com](mailto:welfarekga@gmail.com)
- Parents are reminded that for safety reasons they should not approach any of the coaches during classes and that in any case Club matters are the responsibility of the head coach and not the coaches. If it is necessary, the club will pass on the complaint to the Club Welfare Officer's.
- Ideally this should be as soon as possible after the incident concerned, in a matter of days or at most two weeks while the incident is still fresh in the memory.
- Written complaints should be addressed to Club Welfare Officer who will then arrange an appointment to speak to you to discuss your concerns.

### What the Club will do:

Your complaint will be acknowledged, and we aim to have investigated your complaint within two weeks of the date that you raised the matter with us. A record will be maintained of all complaints and concerns – whether verbal or written.

## Child and Vulnerable Adult Protection Policy

**Kestrel Gymnastics Academy complies with the British Gymnastics Child Protection Policy.**

KGA is committed to safeguarding and promoting the welfare of children and young vulnerable adults and expects coaches and volunteers to share this commitment and adhere to and comply with KGA Child Protection and Vulnerable Adult Statement at all times.

The club will endeavour to promote the highest standards of care for all members, staff, and officials by:

- Providing and implementing procedures to safeguard the wellbeing of all participants and protect them from abuse.
- Respect and promote the rights, wishes and feelings of all participants.
- Adopt good practice in recruitment, training and supervision of all employees and volunteers, and provide guidance to parents and carers.
- The appointment of a Welfare Officer to whom grievances or complaints can be made confidentially.
- Ensuring that staff are suitably trained in Child Protection and Health, Safety and Welfare issues.
- Ensuring that coaches and officials have been screened to confirm their suitability to work with children including Enhanced Criminal Record Disclosure and registration with British Gymnastics.
- Ensuring that a minimum of two responsible adults are present at all training sessions or events.
- Ensuring that the participants and/or parents are aware of the purpose of videoing, filming and photography during training or events.
- Having a zero-tolerance level of poor practice, bullying or any potential form of abuse.
- Require all employees, members, and clubs to adopt British Gymnastics' Code of Ethics and Conduct, Health, Safety and Welfare Policy and the Child Protection Policy and Procedures.
- Respond to all allegations and concerns and implement the appropriate disciplinary and appeals procedure.

**For full details of the Child Protection Policy please visit the [British Gymnastics website](#).**

**If you are sick or on holiday, please contact one of the following:**

**Gary (Head Coach) email: [garykga@gmail.com](mailto:garykga@gmail.com)**

**Tracey (club secretary) email: [traceykga@gmail.com](mailto:traceykga@gmail.com)**

**Jessica (coach management) email: [jessckga@gmail.com](mailto:jessckga@gmail.com)**

**Club Email & General enquiries: [kestrelgymnastics2009@gmail.com](mailto:kestrelgymnastics2009@gmail.com)**

**Welfare team email: [welfarekga@gmail.com](mailto:welfarekga@gmail.com)**

# REQUIRED KIT

All gymnasts who are training more than two hours a week to have their own kit this will consist of

- 1, Hand guards and extra-long sweat bands for wrists
- 2, Cotton gloves and loops (please ask a member of the team for sizes)
- 3, Ankle weights
- 4, Resistant bands
- 5, Stretch fabric plaster tape
- 6, Micropause tape
- 7, Named kit bag or shoe bag (we can supply named kit bags for £6)
- 8, Club leotard is required when competing (we supply these)

(Please bear in mind all gymnasts should be wearing a leotard to train in NO EXCEPTIONS!)

You can buy these items from the websites below.

[www.gymnasticplanet.com](http://www.gymnasticplanet.com)

[www.gymnasticexpress.co.uk](http://www.gymnasticexpress.co.uk)

[www.milano-pro-sport.com](http://www.milano-pro-sport.com)

We are now looking at all gymnasts training more than two hours per week to progress further, where some maybe selected to train more hours on a Saturday and be asked to come in and train extra over school holidays, as most of you are aware gymnastics is a huge commitment and takes years of training to achieve certain goals. So, we would like your support in supplying your children with the kit the need to train for longer and aide with conditioning (conditioning is an important part of gymnastics to enable moves).

# School Holiday Fun & Tumble & Gymnastics Camp

Please keep an eye on our notice boards and social media for updates on dates and times to book.

## School Holiday Camp

Times 10:30-15:30, packed lunch will be required, we will provide squash all day and ice pops on hot days (please let us know of any allergies when booking), activities will consist of free play in the gym, team games (parachute), arts, and crafts. Cost for camp is £40 per session. Suitable for 4+ years open to members and non-members 😊

**Dates for summer camp are as follows.**

<h1>TBC</h1> <p>Every Half term and school holidays</p>	<h1>TBC</h1> <p>PLEASE REFER TO NOTICE BOARDS AND SOCIAL MEDIA FOR DATES AND TIMES</p>
---	--

## Tumble and Gymnastics Camp

Times 13:00-15:30, will cater for all abilities (no previous experience required) tumble camp will be limited to 10 participants, this class is led by our fully qualified coaches, suitable for 6+ years. Will need a bottle of water and socks.

Cost for Tumble camp £35 for BG Club members and £40 for non-members.

**Dates for tumble camp are as follows.**

<h1>TBC</h1> <p>Every Half term and school holidays</p>	<h1>TBC</h1> <p>PLEASE REFER TO NOTICE BOARDS AND SOCIAL MEDIA FOR DATES AND TIMES</p>
---	--



## TEA & COFFEE CORNER

This area is for parents, visitors to make a drink or get a snack, there are two honesty boxes for you to put the minimum payment in for what you consume, all funds from this is used to replenish and anything left over goes back on the gymnasts i.e., sweets and treats at Easter, Halloween, Christmas, and the odd ice pop on extremely hot days.

If there is anything you would like to see in this area, please let us know and we will do our best to provide it 😊

## KIDS CORNER

This play area is for under 4-year-olds only, to help keep them occupied while siblings are doing gymnastics, please ensure children are always supervised.

Sadly, we have had quite a few incidents where all the areas on the balcony have been vandalised, we hope you can see from our point of view how disheartening this is, especially as we are a self-funded club. We want to provide the best facilities we can and not have to waste funds replacing damaged items by spectators.

We want everyone to feel welcomed and at home and be able to enjoy watching your children do this amazing sport.

# Absences and enquires Contacts.

**General Enquires**

[Kestrelgymnastics2009@gmail.com](mailto:Kestrelgymnastics2009@gmail.com)

**Gary Crawford Head Coach**

[garykga@gmail.com](mailto:garykga@gmail.com)

**Tracey Crawford Club Secretary**

[traceykga@gmail.com](mailto:traceykga@gmail.com)

**Jessica Crawford Development Co-Ordinator**

[jessckga@gmail.com](mailto:jessckga@gmail.com)

[Welfare Team](#)

**Callie Durrand**

**Claire Davies**

[welfarekga@gmail.com](mailto:welfarekga@gmail.com)

**PLEASE INFORM US OF ANY ABSENCES**

**THANK YOU**