

### **Little Socks Mission**

To strive to provide a safe, fun & inclusive environment.  
Fostering positive physical, mental & social development through recreational gymnastics

### **Little Socks Philosophy**

Little Socks Gymnastics aims to promote children's physical abilities and build confidence.

Our aim is for our gymnasts' and coaches to enjoy & develop gymnastics in a safe & structured environment.

To develop co-ordination, flexibility & strength by building up a range of skills according to age and ability.

To encourage our gymnasts to develop as individuals and enjoy working as part of a team.

### **Code of conduct /guidelines for parents/guardians**

Keep club informed if your child is ill or unable to attend sessions

Ensure your child arrives promptly and is collected on time, children who are more than 10 minutes late will not be allowed to take part in the session

Wait with your child until they have started their class or are safely in the care of the coaches

Ensure your child is appropriately dressed and goes to the toilet before their class

Encourage your child to share with you what they have been learning

Endeavour to establish good communication with your child's coach and the club

Share any concerns you have with your child's coach, head coach and/or welfare officer

### **Code of conduct / guidelines for gymnasts**

Come ready to work hard with a positive attitude

Your coaches are here to help you improve - listen respectfully and learn brilliantly

Watch and support other gymnasts

Be safe - follow the guidelines set by the coaches, don't run around the gym, use your eyes and ears when moving around

Respect our equipment

Wear sensible clothing and always have long hair securely tied back from your face

No jewellery - including stud earrings and hair beads

Having fun & enjoying your sport is allowed

Always be the best you can

