

**West Bromwich Gymnastics and Trampoline Club  
Competitive Squad Training**

**GYMNAST & PARENT/GUARDIAN INFORMATION  
2016 – 2017**

**New year - New start!**

**At the beginning of the sessions**

1. Attendance register completed
2. Any changes of emergency contacts details that are given to coaches will be made to records
3. BG required safety checks will be made by coaching team to include:
  - gym kit compliance with safety and modesty rules
  - hair tied back and/or to remain clear of the face
  - NO jewellery of any kind to be worn
4. Any gymnast arriving after the start of the session MUST complete a safe and sensible warm up and body preparation PRIOR to joining in training

**At the end of the session a note will be made of:**

ANY problems with Gymnasts' attitudes within training sessions including:

- Working as instructed to by coaching team – Compliance
- Getting on with training and tasks set – Applying self
- Being polite and co-operative with other gymnasts – Teamwork
- Staying on task throughout sessions – Diligence
- Working reliably without direct supervision – Hard working

<i>End of session recording key</i>		
Unacceptable Behaviour	Required behaviour	Exceptional behaviour
X	√	*

**Over a period of time:**

Coaches will note problems with:

- Standard of dress
- Attendance patterns
- Punctuality
- Attitudes

These will be brought to the attention of parents/guardians for their assistance in resolving.

**Serious breaches of BG or Club expectations:**

ANY serious breaches of BG or Club expectations will be referred for investigation to the Club's welfare officer and a member of the Club committee in line with the relevant procedures. Parents / guardians will be informed in line with these procedures.