

Border Counties School of Gymnastics



Club Handbook

Border Counties School of Gymnastics
Cambrian Works
Gobowen Road
Oswestry SY11 1HS

01691 658048

bordercountiessog@gmail.com

bordercountiessg@aol.com

Follow us on Facebook: @BCSGnew
Website: www.bordercountiesgymnastics.com



25 YEARS OF GYMNASTICS

1991 ~ 2016

30 YEARS OF GYMNASTICS

SEPTEMBER 1991 ~ 2021



Welcome

On behalf of Border Counties School of Gymnastics, I am pleased to welcome you and your child(ren) as members of the club.

Please take some time to read through this handbook, it has been prepared to give you information about the club and answer some questions you may have.

Our club mission statement is **“To permeate the community we serve with gymnastics opportunities for children of different ages and abilities. All within a recognised framework that is both safe and enjoyable.”**

Our club provides a safe, effective and child friendly environment in which our members can participate in Fun4Baby, Adult & Child, Pre-School, Trampolining, Disability (ASK/SEND) & GymMix as well as General, Women’s and Men’s Artistic Gymnastics activities all under the guidance of appropriately qualified, insured, and enhanced DBS checked coaches.

We operate an open policy and welcome the support of parents or guardians. You can observe training sessions from specific areas allocated and in accordance with our photography and health & safety regulations.

The club has adopted and implements the Independent Gymnastics Association (IGA) policies for Child Protection, Equity, Codes of Conduct and Health & Safety. The club is GDPR compliant.

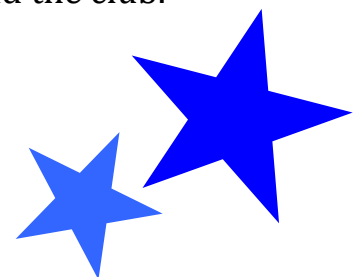
For the gymnastics year 2022/2023 we are affiliated to the Independent Gymnastics Association (IGA).

The gymnast’s compulsory annual registration fee includes membership of the club and of IGA, the latter encompassing appropriate insurance for your child and the club.

Welcome to the Border Counties School of Gymnastics family.

Sincerely

Helene Cook
Gymnastics Manager



2023 Term dates

Term 3	22 nd May ~ 30 th July	(10 weeks)
Term 4	31 st July ~ 8 th October	(10 weeks)
Term 5	9 th October ~ 17 th December	(10 weeks)

CLOSED *21st December 2023 – 4th January 2024*

**Term 1 2024 will begin on
Monday 18th, Tuesday 19th & Wednesday 20th December 2023
and continue Thursday 4th January 2024**

2024 Term dates

Term 1	Dec/Jan (as below) ~ 10 th March	(10 weeks)
Term 2	11 th March ~ 19 th May	(10 weeks)
Term 3	20 th May ~ 28 th July	(10 weeks)
Term 4	29 th July ~ 6 th October	(10 weeks)
Term 5	7 th October ~ 15 th December	(10 weeks)

CLOSED *15th December 2024 – 6th January 2025*

**Term 1 2024 will begin on
Monday 18th, Tuesday 19th & Wednesday 20th December 2023
and continue Thursday 4th January 2024**

Termly fee payments are due before the end of each term in advance of the next.

Monthly fee payments are by direct debit and are taken on 1st (or nearest working date) of every month.

Independent Gymnastics Association
& Club membership is payable upon joining and is
renewable for **EVERYONE** in September of every year.



Reception Opening Hours

Our reception desk is open in line with our timetable and as follows;

Mon/Wed/Fri – 9am – 12pm & 4pm – 6pm

Tue/Thu – 4pm-6pm

Saturday – 8.30am-1.30pm



We are not always available to answer the telephone if we are in class.

Please send an email to bordercountiessog@gmail.com / bordercountiessg@aol.com and we will get back to you.

Please only disturb the coaching team during classes in an emergency.



Bank Holidays & Closures

We will be closed for the dates below.

Alternative classes will be offered on the following days & dates and are bookable via this link ; [Catch up bookings](#)

More information on the session times and type can be found by clicking the booking link.

CLOSED for ALL sessions 2023	Alternative sessions will be available on the 2023 days/dates listed below.
Friday 7 th April Saturday 8 th April Monday 10 th April	Monday 3 rd April Tuesday 4 th April Wednesday 5 th April Thursday 6 th April You MUST book your gymnast in for these catch-up sessions using this link ; Catch up sessions
Saturday 5 th August	Sunday 30 th July No need to book in for these sessions as we are rolling our full Saturday programme to the Sunday

Communication



We try and vary the way in which we get information out to you, and we are committed to being as paper free as possible.

We provide you with all you need to know but we cannot control what you do with it. We will use a single method on some occasions or a combination of methods on others. Please make sure we have your most up to date details, so we can communicate as effectively as possible with you.

We use the following methods to keep in touch with you.

****MailChimp** – a mass email-based programme that sends newsletters, usually twice per term, to everyone on the subscribers list. We add you when you join us. The messages will come from MailChimp – make sure you check in your spam box and adjust your settings to accept mail from us.

****Club Handbook** – emailed as a PDF when you join us, and again to all members after membership renewal is complete and at the end of the year ready for the next. The handbook contains all our normal operating and other essential information. A paper copy is available to view upon request.

****Noticeboards** – we use the main ones in our entrance shed and in reception for important information and details about what is currently happening ~ all sorts of things can be found on them.

****Parent network** – if you are not 100% certain about what is going on and can't find a BCSG team member, ask a parent. A lot of our parents are totally on the ball with things!

****Telephone** – we can't call all the gymnasts we see each week, but we can try and answer all your questions & queries if you call us! **01691 658048**

****Facebook & Instagram** – the club social media pages are a very relaxed and informal way of keeping up to date with things happening and the fastest way we can update you with news and events. FB - @BCSGnew / Instagram – bordercounties_gymnastics

****Verbal** – we do tell our gymnasts things at the end of class, some remember to pass the information on, others don't – but everything we tell them we have already told you via one of the previous methods. We remind our lovely gymnasts to remind you about competitions, displays, events, term dates etc...

There is also the option to ask one of the team, hopefully they will have the answer, but if not, they will know who does!

****Website** – www.bordercountiesgymnastics.com we use the website to list key dates and events, BCSG team and class information, post photographs, and key documents, so please do check in frequently.

This communication list is long but not exhaustive.

If you can think of another way we can keep you informed, please let us know.

What do we do all year?



The club terms begin in January and end in December.

All our sessions run for 50 weeks of the year. Each 10 week 'term' we aim to offer a different experience / activity for our members to get involved in that is outside of their regular classes. These activities are open to all club members; and are promoted through the club news emails and usually involve signing up via a google form.

Listed below are some of the activities our club members can enjoy in 2023.

Term 1 (4th January to 12th March)

Family Fit x 3, Gym4Free x 3, SEND x 3

IGA National Competition Levels 7-1

Gymnast's skills development clinic x 3

Badge week

BCSG Whole Club Festival

Term 2 (13th March to 21st May)

Schools Gymnastics Competition

IGA National Competition Levels 10 & 9

Easter Holidays Gymnastics Sessions

Whole club Floor & Vault competition & Floor & Vault championships

Family Fit x 2, SEND x 2, Gym4Free x 2

Gymnast's skills development clinic x 2

Badge week

Term 3 (22nd May to 30th July)

Family Fit x 2, SEND x 2, Gym4Free x 2

Gymnast's skills development clinic x 1

Club apparatus championships

The Club Teddy Bear Tumble

GymFest National gym festival

IGA National Competition Levels 8 & 7

External Displays, Festivals, Fetes & Carnivals

Term 4 (31st July to 8th October)

External Displays, Festivals, Fetes & Carnivals x 4

Summer Holiday Gymnastics sessions

Family Fit x 2, SEND x 2, Gym4Free x 2

Gymnast's skills development clinic x 1

Badge week

Term 5 (9th October to 17th December)

Spooky dress up week & Christmas jumper / onesie week

Club Tumbling competition

Family Fit x 2, SEND x 2, Gym4Free x 2

Gymnast's skills development clinic x 2

The Christmas Competition

The Rotary Club Christmas Procession

Gymnasts Christmas parties



What did we hope to achieve in 2022?

Without getting too bogged down with the residual effects of the pandemic, we celebrated one year of being open again and building our foundations back up for a strong future.

We are grateful for your support, encouragement, and belief.

Our club has an amazing team of people that we call BCSG family.

- ★ Run our full planned programme for the year!
Yes, we did – we had a few changes along the way, but we delivered all that we planned to.
We also made a return to external competitions and decided to start small and head straight to National events! Wow. An amazing effort by the gymnasts and their coaches with some stunning results across the age groups and levels.
We also had a crack at an acro & tumbling and a rainbow sets competition with great results, despite the coaching team not being fully sure of what they were doing to prepare! Lessons have been learned and we will be returning to those competitions in 2023.
- ★ Ongoing recruitment and training of new coaches at level 1 & level 2.
Recruitment and training of coaches will always be an ongoing effort. The age of young coaches means that they have great knowledge as many are former gymnasts themselves but when they finish A levels and often go to university we lose them, sometimes forever. The turnover of Level 1 coaches is high and retaining a young coach when they are 18 years old to do their Level 2 is difficult.
Recruitment of Level 2 and above coaches across all disciplines will always be ongoing. From 2021 into 2022 we have qualified 11 coaches from level 1 to level 2 and 5 coaches from volunteer helper to level 1. We have also encouraged 8 gymnasts into class volunteer roles who are now on their coaching pathway.
- ★ Continued upskill and diversification of the current team to maintain class variety.
The confidence of the coaching team has increased this past year and the effect it has had on class delivery is amazing. The gymnasts are working with increased excitement and the level of skill attainment is the best it has been in a long time. Huge well done to the coaching team.
- ★ Increase provision and delivery for our pre-school outreach programme.
We aim to be active in at least 4 schools through 2022. We did not achieve this aim, mostly due to schools' restrictions and budgeting post pandemic, but the future is looking bright for 2022/2023.
- ★ Hire of external premises for the club floor and vault, Christmas, and schools' competitions.
We will begin to look and cost different options as soon as the current pandemic situation better enables us to do so. Local options were explored but sadly, the costs associated are prohibitive.
- ★ Decorate and re-configure our upstairs space to make it more welcoming and user friendly (and reduce its use as a playground, our reception ceiling lights cannot cope anymore).
Do you have any ideas as to what we could do with / use the space for? Let Helene know – bordercountiessg@aol.com Cost, time and no ideas stalled this project. Also, an entrance shed poll has the parent group split 80/20 in favour of the arrangements staying the same for now!


★ Re-Open for spectators

At all times maintaining the health of our staff team is a priority, we still clean down/disinfect all of our kit and we will continue to keep our exposure to covid as low as possible.

We will also be speaking with the FunHouse Team to find a way to re-introduce the use of our front entrance which does not impact their operating restrictions and capacity numbers. We have had lengthy conversation and have some loose plans; we need to find the time and the how to make them work with having 2 entrances!

Use this link to book the Gym4Free sessions ; [Gym4Free](#)

**Gymnastics
for All**



**Gym4Free
at BCSG**

*Action
Balance
Co-ordination*

*Come and join in for a free
Session of gymnastics.*

Gym4Free

in 2023


Book in TODAY ; bordercountiessog@gmail.com

Jump into Gymnastics with a FREE session


When

Saturdays ~ 2-3pm

<i>7th January</i>	<i>4th February</i>	<i>4th March</i>
<i>1st April</i>	<i>6th May</i>	<i>10th June</i>
<i>15th July</i>	<i>15th July</i>	<i>9th September</i>
<i>7th October</i>	<i>11th November</i>	<i>2nd December</i>



Booking is essential as sessions have limited spaces



Suitable for children aged 5-12 years

Gym4Free with BCSG

Cambrian Works,
Oswestry SY11 1HS

01691 658048

www.bordercountiesgymnastics.com

Gym4Free with BCSG

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What do we hope to achieve in 2022/2023 gymnastics year?



Our 2023 calendar is planned, and it looks to be one of the busiest years ever for our club, our gymnasts, and our staff team! Hold on tight.

- ★ We will run our full planned programme for the year!
It is jam packed and will see gymnasts of every level being able to participate in and enjoy lots of within club and external activities.
- ★ The **WHOLE CLUB FESTIVAL** is back..... 20th to 26th February 2023.
A whole week of festival gymnastics for each and every gymnast in each and every class to enjoy. Keep a watch for further information.
- ★ Ongoing recruitment and training of new coaches at level 1 & level 2.
Recruitment and training of coaches will always be an ongoing focus.
- ★ Continued upskill and diversification of the current team to maintain class variety.
Building on the confidence gained in 2022 we hope to further broaden the horizons of our coaching team with more involvement in external competitions for all levels, more regional and national events and to build upon the coaching knowledge with attendance at coaching workshops and seminars as well as inviting coaches in to work with us and our gymnasts. We aim to always be bettering ourselves to better your gymnast.
- ★ Increase provision and delivery for our pre-school outreach programme.
We aim to be active in at least 4 schools through 2023. **We have re-established links with 2 schools and hope to be back on board with them in the new year.**
- ★ Increase provision and delivery of our home school and SEND/ASK.
We aim to increase the number of sessions and the number of participants weekly.
We will be looking to link with more networks and groups so we can provide our offer to groups we may be able to accommodate and have missed up to now.
- ★ Establish a charitable fund/foundation separate from the club finances and governed by an elected committee for the purpose of assisting families in financial need to keep their gymnast within the sport.
There is lot of work to be done and consideration needs to be made and articles of association/operation to be written.
If anyone has experience to offer or feels that they have skills that might help, please get in touch with Helene at bordercountiessg@aol.com
- ★ Decorate and re-configure our upstairs space to make it more welcoming and user friendly (and reduce its use as a playground, our reception ceiling lights cannot cope anymore).
- ★ Re-Open for spectators
The consensus is to keep the entrance 'shed' as our entrance but with the colder weather moving in, we will be accelerating our plans to be able to offer some spectator accommodation in line with the Funhouse opening hours and manage the logistics of having 2 entrances! We have some loose plans, and we will be working over the next couple of months to get them in place so we can welcome you back indoors.

As always, we will be continually looking at how we can develop our programme and delivery whilst strengthening our ethos. If our have any ideas/suggestions, please let us have them, we are always glad to hear from you.



Class Timetable



Fees for all sessions are payable termly or monthly by direct debit unless otherwise stated.

All sessions are 1 hour long unless otherwise stated.

IGA & club membership is payable at time of joining & renewable in September of every year.

MONDAYS

Adult & Child	9.30-10.15am	<i>Pay as you go</i>
Independent Pre-School	10.30-11.30am	
Fun4Baby	12-12.45pm	
Recreational Gymnastics	3.45pm, 4pm, 4.45pm, 5pm, 5.45pm	
Improvers	6-8pm	
Squads	5-7pm, 6-8pm & 7-9pm	

TUESDAYS

Recreational Gymnastics	3.45pm, 4pm, 4.45pm, 5pm & 6-7.30pm	
Improvers	6-8pm	
Boys	5.45pm & 6.45-8.15pm	

WEDNESDAYS

Adult & Child	9.30-10.15am	<i>Pay as you go</i>
Independent Pre-School	10.30-11.30am	
Home Education Gym	10.30-11.30am	
Recreational Gymnastics	3.45pm, 4pm, 4.45pm, 5pm, 5.45pm	
Improvers	6-8pm	
Squad development	6-8pm	
Squads	5-8pm, 5-7pm & 7-9pm	
Adult Gym	8-9.15pm (ish)	

THURSDAYS

Recreational Gymnastics	3.45pm, 4pm, 4.45pm, 5pm & 5.45pm	
Squads	4-6pm & 6-8pm	
Boys	6-8pm	
GymMix	6-8pm	

FRIDAYS

Adult & Child	9.30-10.15am	<i>Pay as you go</i>
Independent Pre-School	10.30-11.30am	
Fun4Baby	12-12.45pm	
Recreational Gymnastics	4pm, 5pm & 6pm	
Boys	5pm	
Improvers	5-7pm	

SATURDAYS

Independent Pre-School	8.30-9.30am	
Squads	9.30-11.30am, 10-11.30am, 10-12 & 11.30-1.30pm	
Improvers	9.30-11.30am & 9.45-11.15am	
Recreational Gymnastics	9am, 9.30am, 10am, 11.30am, 12.30pm	
Family Fit / Gym4Free	2-3pm	} (once a month – check dates)
Clinics	2-4pm	
SEND	3-4pm	

SUNDAYS ~ CLOSED ~except for competitions, display, events, and practices!

(information correct ~ October 2022)

Class Descriptions



General Gymnastics ~ Gymnastics for all school age children. Sessions include warm up, use of all the apparatus and cool down with the focus on building confidence and learning new skills.



Fun4Baby ~ A cosy parent and child session using sensory objects, hand apparatus, sounds and song to provide stimulation for sight, hearing, and co-ordination. Sessions are for babies aged 8 weeks to toddling.

Adult & Child - These classes cater for toddlers from walking up to 3 years old with the emphasis on trying new things and building trust & confidence. The sessions are structured and supervised by qualified coaches & activities are signposted with the emphasis on the adult being the 'coach'.



Pre-School Gymnastics ~ Pre-school Gymnastics develops movement skills, co-ordination, and confidence in a fun gymnastics' environment! Sessions are aimed at children 3yrs - school age. Parents are not required to accompany their children into class for this independent session.

Adult Gymnastics & Trampolining ~ Session designed as a social class-led introduction to gymnastics & trampolining. Do as much or as little as you like. Just for the over18's.

Boys Only ~ Just what it says! Sessions run by coaches just for boys who want to do gymnastics!



Improvers ~ A 2-hour class for the gymnast wanting to learn a little bit more. There is a minimum skill requirement level for this session ~ so speak to a member of the coaching team



for all the information.

GymMix ~ A 2-hour display class dedicated to putting together group routines and travelling the length and breadth of the country taking part in local events and National Festivals ~ ask for more details.



Squads ~ up to 5 hours per week training with the emphasis on club and external competition. These classes are by trial and invitation only. Speak to a member of the team if your gymnast is interested.



Who are we?



Gymnastics Manager

Helene Cook

Level 4 Coaches

Helene Cook

Level 3 Coaches

Amy Evans, Jessica Roberts, Katy Evans, Kelly Clarke,
Laura Robbins, Zoe Calloway

Level 2 Coaches

Kieran Hill, Sion Lewis, Millie James, Lucie Calloway,
Lizzie Samson, Poppy Denton, Jack Nowell, Beth Gardner,
Emily Cartwright, Leah Griffiths, Erin Jones

Level 1 Coaches

Alastair Clarke,
Paige Manson, Sophie Goodes,

Class Volunteers

Jessica Hughes, Cerys Roberts,
Dixie Clarke, Lexi Clavin, Charley Roberts

Admin

Helene Cook, Kelly Clarke, Katy Evans

- ★ All qualified coaches aged 16+ are enhanced DBS checked
- ★ There are sufficient and appropriately qualified and experienced coaches in each session. We operate an average ratio of 1 coach to 6-8 gymnasts.
- ★ Public liability insurance is held by the club
- ★ Gymnasts and Coaches have Independent Gymnastics Association (IGA) membership which includes personal accident liability cover.
- ★ Trained club Welfare Officers have been appointed. A safeguarding children policy is in place.
- ★ All coaches have up to date emergency first aid and child protection awareness training.
- ★ A club constitution is in place.
- ★ The club is a registered community amateur sports club (CASC ~ CH2636).
- ★ Codes of conduct for coaches/helpers, parents and gymnasts are in place.

Get into coaching



Getting Into Coaching

The 1st step of getting into coaching is asking about it! ~ Well done for doing it, here is what might happen next;

What does it involve?

- ✚ Getting involved in classes as a class helper with the BCSG team
- ✚ Assisting in warm ups and cool downs
- ✚ Helping gymnasts with the preps and progressions the coaches have planned
- ✚ Helping to provide a positive class experience

What does the club require?

- ✚ A regular commitment of a minimum of one hour per week (same time, same class)
- ✚ Positive attitude
- ✚ Good personal presentation

What is the coaching pathway?

- ✚ Level 1 Coach (min age 14yrs)
- ✚ Level 2 Coach (min age 17yrs)

What will BCSG 'do for you'?

- ✚ Welcome you as a member of the team
- ✚ Provide you with a team t-shirt
- ✚ Assist in your growth and development as a coach
- ✚ Mentor you and provide support during sessions to build your confidence

Cost implications.....

- ✚ Coaches over 16yrs must be enhanced CRB/DBS checked (currently £15).
- ✚ Coaches enrolling on any coach education course must be members of Independent Gymnastics (IGA) which is currently £34.99 for a year.
- ✚ All qualified coaches over 16yrs are advised to attend a safeguarding & protecting children course (approx. £30).

Coach education courses can be expensive and the following options may be useful to know;

- ✚ The club will fund 100% of the course costs for an agreed coaching commitment (club exclusive) for a minimum of 2 hours per week for a minimum of 12 months once the qualification is gained.
(Level 1 courses are currently £200 per coach, Level 2 courses are approx. £300).
- ✚ Once qualified, coaches can be paid by the club if they choose, or they can remain as a valued volunteer.
- ✚ If you do not complete the minimum post qualification coaching commitment the club reserves the right to request the pro rata costs to be re-imbursed.

What happens next?

- ✚ Complete the registration form please.
- ✚ Decide what day & time(s) suit you and let the us know!
- ✚ Come along to a session and get involved and see if you like it before you fully commit.
- ✚ Let us know if you are wanting to do DofE (or similar) volunteer hours or progress through coaching courses, or even both.
- ✚ Welcome to the team ~ we hope

Charges



All our fees (except Adult Gym, Fun4Baby and Parent & Child) are charged termly.

Current fees (since April 2021) start at £50 for one hour a week, for a term of 10 weeks. A full fee schedule can be found on the next page.

The decision was made in April 2021 to freeze the fee structure.

Fees will be reviewed at end of financial year in 2023. April and any increase will be notified in advance and applied from September 2023 onwards

Independent Gymnastics Association (IGA) & Club Membership for the year 2022/2023 is £21.99 for and is renewable for AGL members every September regardless of when during the year a member joined.

Payments can be made in the following ways;

- cash in person at reception
- card in person or over the phone.
- BACS transfer (*Border Counties / 09-06-66 / 41619590*)
- direct Debit via GoCardless (*ask for details*)

Late fee payments will be accepted for the first week of term and will incur a £5 penalty charge thereafter.

Any class places not paid for after the first week of term will not be held.

If you wish to cancel your gymnast's place – please notify the club in writing (email acceptable).

Monthly fees will still be payable until the end of the month to which the notice period applies.

IGA/Club membership cannot be refunded at any time.

Places are secured by payment for a whole term. No refunds are available for cancellations during a current term.

There are no fee refunds for sessions missed due to illness or holidays.

If a gymnast is injured whilst taking part in any of the club activities, their place will be held for them until they return to training and fees paid will be credited forwards or refunded if a return is not possible.

There are no fee refunds or fee credits issued for gymnasts missing sessions after being injured outside of the club activities.

There are no refunds for non-attendance at competitions and events once the entry deadline has passed.

There are no refunds for Bank holiday closures or session cancellations as catch-up sessions are always scheduled.

We recognise that sometimes finances can become strained, and we will work with you to find a way to keep your gymnast in gymnastics. If you are struggling and feel that you need some help, please get in touch with Helene Cook 01691658048 /

bordercountiessg@aol.com

Independent Gymnastics Association & Club membership fees
2022/2023

Who		Total payable
IGA membership (individual)	£15.99	
Club membership (individual)	£6.00	
		£21.99

Fees for 'Drop in' Sessions

From 12 th April 2021		
1 st Child £4.50	2 nd Child £3.50	3 rd Child £2.50
Adult Gym £6		


Gymnastics Training Fees Payable

(as at April 2021)

Hours per week per gymnast	Termly fee (x 10 weeks)	Monthly fee (by DD)
1	£50.00	£20.00
1.5	£71.50	£28.60
2	£91.20	£36.48
2.5	£111.20	£44.48
3	£130.00	£52.00
3.5	£148.50	£59.40
4	£167.50	£67.00
4.5	£183.60	£73.44
5	£201.30	£80.52
6	£238.50	£95.40

Use this link to book the SEND/ASK sessions ; [SEND / ASK](#)

A.S.K & SEND



Open Gym Sessions at BCSG

Action
Balance
Co-ordination

Explore, Grow & Develop in a supervised setting.

Open Gym with BCSG

Cambrian Works,
Oswestry SY11 1HS

01691 658048

www.bordercountiesgymnastics.com

Gymnastics

in 2023


Book in TODAY ; bordercountiessog@gmail.com


Suitable for children aged 5-12yrs

When

Saturdays ~ 3-4pm

January 7th February 4th
 March 4th April 1st May 13th
 June 10th July 15th
 September 9th October 7th
 November 11th December 2nd





Sessions have limited spaces, must be booked in advance and only ONE adult per child can be admitted.

Booking is essential

Viewing

Our viewing area can only be accessed through the Funhouse and is open in line with the Funhouse opening hours.

Please treat the space & the furniture kindly.

- ★ No standing on chairs please – we know little people can't see from the upstairs windows, but they can see through the new peep hole windows 😊
- ★ Please keep a mindful eye on your children when they are with you.
- ★ Young children are not to treat the viewing area as a play area. It is not for running about or doing gymnastics in.
- ★ Please respect other users / families by keeping the noise levels low.
- ★ Please tidy up your mess when you leave ~ there are other people that use the space after you.
- ★ Occasionally the viewing area will be closed when it is being used for coach education, assessments, external classes and during large club events.



The Funhouse

The Fantastic Funhouse and Carriages are rented and run completely independently to Border Counties School of Gymnastics.

The three organisations share a car park, common entrance, and landlord – that is all.

There is **NO** free play for gymnastics club members or their siblings.

Entry is strictly in accordance with the Funhouse rules and regulations.

The Funhouse is **NOT** a changing room. Please do not change your gymnasts for class in The Funhouse.

If any of the Funhouse staff ask you for evidence of payment, or to comply with their rules and arrangements, please respect their right to do so and comply with their requests in a polite manner.

Thank you

Club Uniform



All gymnasts in our sessions must be appropriately dressed.

ALL long hair must be tied up and ALL jewellery must be removed (earrings can be taped for 8 weeks for new piercings).

We expect all girls to be wearing a gymnastics leotard and or shorts/leggings (not tights) after completing a term with us.

All boys must be tidily dressed in shorts and a t-shirt or a boy's gymnastics leotard and shorts – no football kit please, the fabric isn't suitable.

In winter months tracksuits and / or sweaters may be worn. Cardigans and Hoodies are not allowed.

All uniform items can be purchased from the club.

We have a stock of new items and a range of second-hand.

If you have any uniform items to sell on, drop them in (make sure they are clean), we will sell them on for you and keep 25% of the sale price.



Parking.



Please DO NOT drive into the courtyard.

We do not have permission to drive into the courtyard.

Please, park in the car park in front of the buildings and walk around to our entrance.

Be mindful that there may be vehicles using the courtyard, those vehicles will be from one of the four businesses that operate from the rear buildings.

Driving into the courtyard and children running about generates many complaints from the electricians and the printers ~ please save us the earache and walk round!

If, however you are witness to dangerous driving or poor behaviour from anyone – please report it to us and we will ensure it is dealt with.

Parking eye is in operation across the whole Cambrian Works site. If you plan on staying anywhere on site for more than 30 minutes, make sure you enter your vehicle registration into one of the terminals (ours is at our entrance door) you will then get up to 4 hours free parking.

If you don't, you will get a ticket and will need to follow the appeals process as indicated on your ticket. We can provide evidence of your gymnast being in class with us. Just ask. 😊

Behaviour



On occasion the BCSG team are required to deal with a child's challenging behaviour.

We have adopted and implemented recommendations and guidelines of good practice from the Child Protection in Sports Unit (CPSU). Principally:

- The welfare of the child is the paramount consideration.
- Our gymnasts will not be subject to any form of treatment that is harmful, abusive, humiliating or degrading (coach to gymnast / parent to gymnast / gymnast to gymnast).
- Any specific needs of the child are to be declared and discussed before activities start and after an assessment of risks associated an agreed plan of approach is to be in place.
- We will support participation as far as we are able, providing the safety of the child, the BCSG team and the safety of other children can be maintained.

The BCSG coaching team will respond to unacceptable behaviour in the following way.

- **First warning** – issued verbally to the child at the time of the incident.
- **Second warning** – issued verbally to the child as a second warning with information as to what will happen should a third behavioural infringement occur.
- **Third warning** – time out from the activity, sat under observation, away from the group for at least 3 minutes. The child will then be invited back into the group, by the coach, to resume the activity. If the child refuses to accept the time out sanction, they will be immediately removed for the remainder of their lesson and their parent/guardian will be called to come and collect them.
- **Fourth warning** – following a time out, if poor behaviour still occurs the child will be removed from the session and the parent/guardian will be called to come and collect them

If the BCSG team must apply these sanctions more than twice within a month, the child and their parents/guardians will be invited in to meet with the Gymnastics Manager and a behavioural contract will be put in place.

Failing to agree a behaviour contract and or failing to adhere to a behaviour contract will result in exclusion from the club and its activities.

Examples of unacceptable behaviour include but are not limited to:

- Failure to follow coaches' instructions
- Failure to respect the gymnastics environment and equipment
- Treating group members poorly through words or physical actions
- Refusal to accept the time out sanction
- Non-gymnastics physical interaction with another child

Physical intervention by a member of the BCSG team will only ever be employed to enforce removal of the child from the gymnasiums. Removal of the child will have been deemed necessary to ensure the safety and well-being of the remaining children, coaches and BCSG team.

The removed child will be placed in reception under supervision and a parent/guardian called to come and collect them. All details relating to the physical intervention will be captured and recorded and reported to the club Welfare Officer who will facilitate a de-brief and further action plan.

All behavioural sanction actions operate alongside the club codes of conduct for gymnasts, coaches and parents/carers as well as being enmeshed in the club's safeguarding policy.

Concerns or complaints about the clubs' behaviour policy or its enforcement can be raised using the club complaints procedure.

Code of conduct ~ Gymnasts



- ★ Wear appropriate clothing for training and competitions.
Girls ~ leotard & shorts, sweatshirt / tracksuit
Boys ~ shorts & t-shirt / boys' leotard, sweatshirt / tracksuit
NO hoodies, cardigans, or tights.
- ★ Long hair tied back. All jewellery removed. No earrings.
- ★ Tell your coach about any injuries or illnesses you have before warm up begins.
- ★ Make sure you tell your coach if you injure yourself in the gym, especially before you go home.
- ★ Only go onto the training floor when you are told to by a coach in charge.
- ★ Mobile phones must be out of sight and switched off for the entire session, including breaks. Hand them to a coach for safekeeping.
- ★ Look after your belongings ~ remember the club cannot accept responsibility if anything goes missing or gets lost or damaged.
- ★ **Gymnasts under the age of 14 MUST remain INSIDE the gymnastics facility with a member of the BCSG team until collected by their parent/carer.**
- ★ Gymnasts must respect and act upon the instructions from all coaches, class helpers and BCSG staff when requested to do so, both in and out of class.
- ★ Gymnasts must attend competition and events at the agreed time and inform their coach as soon as possible if they are going to be late or not attend.
- ★ Gymnasts must not drink alcohol, smoke, or take drugs of any kind whilst in the gym or representing the club at competitions and events or when wearing club uniform at any other time.
- ★ Gymnasts must respect coaches, judges, officials, and their fellow gymnasts.
- ★ Make yourself aware of the good practice guidelines on the use of social networking sites and adhere to them.
- ★ Do not use cameras or recording devices of any kind in the gym, changing rooms, viewing gallery or through the windows of the gym, however permission may be given to do so during certain public displays and events in accordance with current social media guidelines.
- ★ Enjoy your time at Border Counties School of Gymnastics and get involved in the various activities of the club whenever and wherever you can.

Code of conduct ~ Parents/Carers



- ★ Download, read and retain a copy of the Club Handbook for future reference.
- ★ Always make sure your child is dressed appropriately for the activity and has plenty of water to drink.
Girls ~ leotard & shorts, sweatshirt / tracksuit
Boys ~ shorts & t-shirt / boys' leotard, sweatshirt / tracksuit
NO hoodies, cardigans, or tights.
Long hair tied back. All jewellery removed.
- ★ **Always supervise your child until the start of the session and collect promptly at the end. All gymnasts under the age of 14 MUST be dropped off and collected from inside the gymnastics facility.**
- ★ Always pay fees for training, competitions, events, merchandise, and insurance / membership on time. Membership is collected annually from mid-September of every year, regardless of when a gymnast joins.
- ★ Share any complaints or concerns about the club in the appropriate way according to our policies and procedures (detailed within this handbook).
- ★ Keep the club informed if your child is ill, unable to attend sessions or no longer wishes to take part in sessions.
- ★ Act responsibly, sensibly, courteously and use correct and appropriate language at all times.
- ★ Do not distract gymnasts during training sessions and events.
- ★ Do not enter onto the training floor for any reason unless by prior arrangement with the coach in charge.
- ★ Do not use cameras or recording devices of any kind in the gym or through the windows of the gym, however permission may be given to do so during certain public displays and events in accordance with current social media guidelines.
- ★ Always support your child's efforts. The coaching team will deal with performance & technical related aspects as and when necessary.
- ★ Set a good example by showing good sportsmanship and applauding good performances for all taking part.
- ★ Show appreciation of volunteers, coaches, officials and administrators within the organisation and its activities.
- ★ Please support the varied activities of the club whenever possible.
- ★ Coaches will make physical contact with your child to teach and support progressively more difficult skills.
- ★ Please read the newsletters, information boards, check the website, FB/Instagram pages & Mail Chimp regularly to keep up with what is going on.
- ★ Keep the club informed of any change of address, phone numbers, email addresses.

Code of conduct ~ BCSG Team



All staff team members of Border Counties School of Gymnastics are expected to implement and adhere to the following codes of conduct:

- ★ Make gymnasts safety and welfare the highest priority.
- ★ Make sure all activities are planned and are appropriate to the age, experience, and ability of those taking part.
- ★ Make sure all gymnasts are prepared physically and mentally when learning new skills.
- ★ Report and record any accidents/incidents immediately and appropriately.
- ★ Arrive at least 10 minutes before class to help set up for the lesson and leave after the last gymnast and the gym is tidied.
- ★ Set a good example by displaying high standards of behaviours, wearing appropriate dress, and always avoiding inappropriate language and conversation whilst involved in activities with Border Counties School of Gymnastics.
- ★ Follow all UK Sport and Club policies and procedures.
- ★ Limit physical contact with gymnasts during training, competitions and displays to supporting skills only.
- ★ Always make sure there is always at least one other responsible adult present during training sessions.
- ★ Create a positive and enjoyable atmosphere using positive feedback and constructive comments.
- ★ Keep up to date with necessary training and technical skills.
- ★ Renew gymnastics membership and insurance at the appropriate level promptly every year.
- ★ Maintain a current and valid enhanced DBS.
- ★ Social use of mobile phones in working hours is not permitted. Please switch your phone off and put it away.
- ★ Participate fully within in each session from set up, warm up to cool down, put away and gymnasts' dispersal.
- ★ Set a good example by showing good sportsmanship and applauding good performances for all taking part.
- ★ Support the varied activities of the club.
- ★ Book holidays in sympathy with the gymnastics programme (as reasonably possible) and adhere to the team agreed mandate of no more than 2 team members off at any one time.
- ★ Coaches must not drink alcohol, smoke, or take drugs of any kind whilst in the gym or representing the club at competitions and events or when wearing club uniform at any other time.

Body Piercing and Adornments Policy

We believe that jewellery and adornments worn in body piercing are inappropriate for safe practice in gymnastics and trampolining. This policy applies to all participants and coaches in training and in events at home and abroad.

Participants ~ A person participating with body adornments or jewellery MUST inform the coach and also remove the relevant items to reduce the risk of injury to the participant, the coach and others.

Coaches ~ Whilst a coach is carrying out a spotting or gymnast supporting role; all jewellery must be removed. However, if the coach is evaluating performance or giving instruction only; (by this we mean coaching whilst not in direct physical contact with the gymnast or gymnastic equipment), minimal jewellery may be worn.

Exceptions to the above policy may be applicable in special circumstances which are outlined below:

Jewellery that cannot be removed: - It is acknowledged that in some circumstances, it may be impossible to remove a ring and/or dermal piercings. Should this be the case; the ring must be sufficiently covered with protective tape; and the piercings covered sufficiently to eliminate any risk.

Newly pierced ears ~ Newly pierced stud earrings need to be covered with protective tape but must be removed as soon as possible (normally after 6-8 weeks).

For the avoidance of doubt, any jewellery which can be removed, must be removed.

Religious and Medical jewellery ~ With regards to the wearing of jewellery; sensitivity to religious beliefs and medical requirements/reasons should be afforded, but safety is paramount and any jewellery that is considered by the coach to be a safety hazard, should be changed or participation may be prohibited. Any concessions on religious or medical jewellery must be within the bounds of reasonable safety. The element of risk should be explained to the coach/participant (parent or guardian) and every attempt to control the risk should be adopted. Examples include the following:

Diabetes Bracelet can be worn; but whilst participation is taking place a sweatband or similar must cover the item to eliminate any risk. The coach in charge must also be advised that a participant is wearing the bracelet for medical emergency reasons.

Sikh Kara - Bracelet worn in the Sikh religion; can be worn, but whilst participation is taking place a sweatband or similar must cover the item; to eliminate any risk.

Religious Necklaces – Examples are the Crucifix necklace for Christians or the Mangal sutra necklace as a symbol of marriage for Hindu women. On safety grounds, no participant should be permitted to participate whilst wearing necklaces, be they religious or other.

NB: if a sweatband is used to cover up an item of jewellery when doing vigorous activity, the sweatband should be taped in place to minimise the risk of the sweatband slipping and exposing the item of jewellery.

In all instances above, it is the responsibility of the coach in charge of the session to ensure a sufficient risk assessment has been carried out. If the coach identifies a significant risk to the participant, coach, or others, which cannot be controlled satisfactorily, then within the bounds of reasonable safety, the coach MUST prohibit participation. Legitimate health and safety concerns which contra-indicate participation, will supersede any other considerations, be they religious, medical, or other.

Failure to conform will prohibit the individual's participation on the grounds of reasonable safety and may render the individual's insurance invalid should an accident result directly from non-compliance

Safeguarding



Border Counties School of Gymnastics is committed to creating an environment where children can thrive. We take our duty to promote and safeguard the welfare of our gymnasts seriously and strive to ensure that our club is free from discrimination.

As part of our commitment to safeguarding and equality we have adopted and adhere to the Child Protection in Sport Unit (CPSU) Safeguarding and Protecting Children Policy which incorporates the Anti-Bullying, Communication, Whistleblowing and Photography Policy and we also have Health, Safety, Welfare Policy, and Equality Policies.

We recognise that everyone has a duty to promote and safeguard the welfare of children and would urge any parent/carer/gymnast or coach to inform either of the Club Welfare Officers, Lisa Gardner or Lizzie Smith (bcsgwelfare@gmail.com) of any child welfare concerns or if it is a serious concern with a child in immediate danger to inform Head Coach; Helene Cook (bordercountiessg@aol.com) or the most senior coach available who has access to the list of contacts (social services and police) to be used in the event of an immediate child protection issue.

Our governing body, highlights the importance of the following statement concerning child welfare issues:

'In a situation where a child is at risk of significant harm or has been harmed in connection with their involvement in gymnastics, the parent/carer should contact the club Welfare Officer who has the responsibility of referring concerns of possible abuse to Children's Social Care Services/Social Services and/or the Police.'

Alternatively, the parent/carer can contact Children's Social Care Services/Social Services and/or the Police direct.

It is requested that where a parent/carer has made a direct referral to Children's Social Care Services/Social Services and/or the Police, that the Club Welfare Officer, is provided with the details of the concern as soon as possible so that any necessary action can be taken to safeguard all children in the sport.

Border Counties School of Gymnastics has a clear and easily accessible complaints procedure so that any concerns or complaints can be effectively dealt with and resolved.

We make sure that our coaches are appropriately qualified, insured, attend child protection awareness and emergency first aid training, and have the enhanced DBS necessary when working with children and there are effective procedures for reporting and dealing with incidents and accidents in operation.

Adopted & Updated October 2022

Last updated ~ 30/06/2023

Gossip!



Border Counties is committed to be a “Gossip FREE Gym”. Please do not rely on ‘hearsay’, group chats or assumptions regarding; sessions, groups, teams, individuals, competitions, or future planning/development of the club.

We ask that you share any compliments, concerns, or queries about any aspect of the club through the approved channels.

- 1 - Gymnastics manager
- 2 - Club welfare officer

The team at Border Counties are not permitted to add parents to their social media accounts unless they already knew them closely/socially before mutual involvement in the club.

The team are not permitted under any circumstances to add children under the age of 18yrs to social media accounts irrespective of their external social involvement.

For more clarification, please see Child Protection in Sport Unit (CPSU) guidelines.

The team at Border Counties are not permitted to give out mobile telephone numbers or personal email addresses for communications about the club and its members. Everyone must use the correct and appropriate channels. Please do not direct message members of the BCSG team.

Use of photos / video – when uploading photographs / video onto social media, please make sure the images only contain your own child(ren) and no others.

You may also find useful this link to a guide on digital parenting –

https://docs.wixstatic.com/ugd/1edf10_be0746e091194e558ad93ab7a5a7b96e.pdf

Complaints procedure



Border Counties School of Gymnastics is proud to be a successful, caring and child friendly club. We take the welfare, safety, and well-being of our gymnasts very seriously.

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

What to do if you have a concern.

We hope that most problems can be sorted out quickly, often at the time they arise and on a one-to-one basis with the appropriate member of staff (usually the coach or Helene Cook-Head Coach) particularly if your concern is about training or gymnastics progress. For safety reasons please do not approach coaches during classes, please contact them at the beginning or end of class.

If you are not comfortable speaking directly to the member of staff or feel that your problem cannot be sorted out this way, please contact either Helene Cook or either of the club Welfare Officers Lisa Gardner/Lizzie Griffiths (see contact details below) to pass on your concern.

If your concern is about a specific incident, it is most helpful to record your concern using the club complaints form (available at reception or from the Welfare officer) it is important to accurately record the date, time, and key facts.

If your concern is more general, please make a note of the key points of your concern and report them to either the club Welfare Officer or the Head Coach.

If you are not sure whether to report a concern or not, we advise you to speak to the Welfare Officer to receive advice about what to do next. Please remember it is important that the club is aware of your concerns even if you are unsure about them.

Please remember that these guidelines are for children as well as adults. It doesn't matter who makes the report, or how old they are, everyone's concerns are equally important and will be taken seriously.

How to report your concern

You can contact the club Welfare Officers the following ways:

Lisa Gardner
E-mail ; BCSGWelfare@gmail.com
Write : Please mark FAO; Welfare Officer & Confidential
And post or drop in to;
Border Counties School of Gymnastics, Cambrian Works, Gobowen Road
Oswestry, Shropshire. SY11 1HS

You can contact Helene Cook - Head Coach / Gymnastics Manager in the following ways:

E-mail : bordercountiessg@aol.com
Write : Border Counties School of Gymnastics, Cambrian Works, Gobowen Road
Oswestry, Shropshire. SY11 1HS

What we will do

We will aim to contact you within three days to acknowledge your complaint or concern and we will then investigate the issue (this may involve listening to the club staff or gymnasts named in the complaint).

We will aim to send you a reply within two weeks or will inform you of progress if there is a delay.

All complaints and concerns raised this way will be recorded-whether spoken or written.

All complaints and concerns will be dealt with confidentially and only those who need to know will be informed.

If you are not satisfied with the reply, you receive you can refer your concern or complaint to the Independent Gymnastics Association (IGA) info@igauk.com – please note that IGA will only become involved if the complaint is one that falls under the scope of the child protection banner. They do not involve themselves in standard club matters.

Adopted & Updated October 2022

Transport



Coaches transporting gymnasts

When a gymnast is transported for GymMix/displays/coaching courses & assessments/external clinics et al, it should be noted that under the IGA personal accident insurance policy, any IGA member travelling directly to or from an IGA activity or event would be covered for injury resulting in an accident.

When gymnast transport is necessary and happens without the parent/carer accompanying the trip will be subject to the following conditions & guidelines.

- ✓ Central pick up and drop off points for the group to ensure no lone adult is not left alone with one child
- ✓ The trip co-ordinator (coach/official) will provide parents/carers with departure and arrival times
- ✓ Gymnasts must be seated, and seat belted in the back of the car with booster seats if required
- ✓ Contact details for parents / carers will be always carried
- ✓ Written consent (in the format of a permission slip) will be obtained from parents / carer and will include details of the venue and nature of the activity being undertaken
- ✓ The club will make a check on the validity of the driving licence, insurance, and MOT (*if car is over 3 years old*)
- ✓ Gymnasts will not be transported in a one-to-one situation with a coach. There will always be a minimum of two gymnasts to one coach or two coaches to one gymnast.
- ✓ Club mobile number for the event : 07577762384

Requests for gymnasts to help coaches are always a positive and uplifting experience which gymnasts enjoy and widen their reach and experiences within the gymnastics community. Please be assured that we will do everything we can to enable the experience to be safe, effective and child friendly.

Use these links to book the little people sessions ; [Pre-School / Fun4Baby Adult & Child Oswestry](#) / [Adult & Child Ellesmere](#)

**LiTtLe PeOpLe
GyMnAsTiCs**

★

**Learn the physical
A, B, C's with us
Action
Balance
Co-Ordination**

Gym the ABC's with BCSG

Cambrian Works,
Oswestry SY11 1HS

★

01691 658048
www.bordercountiesgymnastics.com

Gymnastics

Book in TODAY ; bordercountiessog@gmail.com

*Delightful sessions delivered with passion,
enthusiasm and professionalism*

Fun4baby Sessions
For children 8 weeks+ to toddler
and their loving grown up.
Fridays in Oswestry

**Play,
Learn
and
Grow...
Together!**

**Pre-School Sessions for
children aged 3 to school age.**
Mondays, Wednesdays,
Fridays & Saturdays
in Oswestry

**Adult & Child Sessions for
children toddling to 3 yrs old.**
Mondays, Wednesdays
& Fridays in Oswestry.
Thursdays in Ellesmere

Thursdays 6-8pm
Book in here ; [GymMix](#)

Our **GymMix** squad are excited to be starting work on the 2023 theme of;



There is still space for our lovely gymnastics members to get involved with a class dedicated to displays & festivals.

- *Oswestry Community Games*
 - *GymFest, Stoke*
 - *West Felton*
 - *Oswestry Show*
 - *Ellesmere Carnival*
- *Oswestry Balloon Festival*
 - *Whittington Festival*

Holiday Gymnastics



Did you know that we now run holiday gymnastics programmes throughout all the school holidays? (using the Shropshire schools calendar).

We come to gymnastics week in week out! We don't need to come in the holidays as well, do we? Right? Oops ~ Wrong. Check out our TOP TEN reasons why holiday gymnastics is different, in a good way!

1. Be the first to try out new activities. Our coaches use the holiday times to be creative and try out new ideas. Be the first to try our new ideas before everyone else.
2. Longer sessions allow us to do more than a term time class. We use all the apparatus in the gym each class, including our trampolines, unlike term time where we use an apparatus rotation from week to week.
3. It's a reliable indoor activity the British weather cannot spoil or cancel.
4. New skills. It's a great chance to try new things and to see what other gymnasts are working on, and to see what might be possible.
5. Learning to work as a team using games, challenges, routines, and balances.
6. Everyone feels better after exercise. You know this is important for your child and if they are feeling good from their day perhaps the evenings are easier? These are coached sessions. They are not play sessions. We're sharing our passion and coaching expertise all day.
7. Help with childcare. Children need things to do all summer, you might need to work or maybe steal some time to yourself!
8. Make friends - your gymnast will meet a wider range of children and make new gymnastics friends.
9. Siblings, relatives and friends can attend together. You don't have to be a club member to attend.
10. It's fun! (just as all gymnastics should be!)

Holiday Gymnastics Programme

★ ★ ★ ★ ★
BORDER COUNTIES
SCHOOL OF
GYMNASTICS

.....
Come along and join us through the holidays and surprise yourself by learning something new!



Be confident with our qualified, CRB checked, dedicated and experienced coaches.

Make sure you book your gymnasts in at least 24 hours in advance as we cannot always accept gymnasts who turn up on the day.

A non-refundable 50% deposit will be payable at time of booking.

Gymnasts will need a snack and plenty to drink for the half day sessions and their lunch if they are doing a full day 😊

Gymnasts need to wear gymnastics kit or leggings / shorts and a t-shirt. Long hair tied up and no jewellery please.

We are certain that your gymnast will have a really great time trying out new skills and making new gymnastics friends.

Book in here

[Holiday Gym Booking Form](#)



Summer Gym 2023

Team BCSG are delighted to share with you our gymjam-packed summer programme.

There is something for everyone.

Border Counties Gymnastics welcomes their members and non-members into the gyms again this summer for more of their successful new approach and extended programme.

We offer our popular summer holiday gym that many gymnasts enjoy, and once again it will run alongside some more specific sessions for gymnasts wanting more focus & development.

Mix and match to suit your gymnast.

All sessions are delivered by the BCSG coaching team who are qualified, enhanced DBS checked, first aid trained & insured.



For more information;

Email – bordercountiessog@gmail.com Call ; 01691 658048

Website ; www.bordercountiesgymnastics.co.uk

Mondays

Holiday Gym
Rebound

Tuesdays

Holiday Gym
Acro
Beam

Wednesdays

Holiday Gym
Tumbling

Thursdays

Holiday Gym.
Choreography

Fridays

Holiday Gym
Balance
Vault

Times

9am – 12.30pm

or

1pm – 4.30pm

or

9am – 4.30pm

Week 1

31st July - 4th August

Week 2

7th – 11th August

Week 3

14th – 18th August

Week 4

21st – 25th August

Age 5+ for a full day

Age 4+ for half a day.

Birthday Parties



What could be better than exclusive use of our gyms for a fun filled birthday gymnastics session where you get to share your love of gymnastics with your friends and family and take centre stage demonstrating your skills.

Party bookings can be taken for Saturdays after 2pm or Sundays.



All bookings are subject to availability of the gyms and a Level2 coach.

Party prices include a gymnastics gift from the BCSG Team

For club members £130 for 20 children (5-12)
 £90 for 10 children (4 & under)

For non-club members £160 for 20 children (5-12)
 £120 for 10 children (4 & under)

Email enquiries to ; bordercountiessog@gmail.com

All party bookings are subject to availability of the gymnasiums and a level 2 coach.





Coaching Clinics

Specific skills focused development/improvement sessions aimed at gymnasts who are 'nearly there', needing a confidence boost or who want some small group intense learning.

Some clinics have age and level requirements, so please check carefully before booking.

If in doubt, please ask!

**All clinics are on
Saturdays 2-4pm.**

£10 per gymnast

There are only 8 spaces
available per skill choice.

Please book in for one
skill choice only.

2023 clinic dates are

- | | |
|---|--|
| *Saturday 14th January | *Saturday 17th June |
| *Saturday 11th February | *Saturday 22nd July |
| *Saturday 11th March | *Saturday 16th September |
| *Saturday 22nd April | *Saturday 14th October |
| *Saturday 20th May | *Saturday 18th November |

Book in here ; [Skill clinics booking link](#)

Useful links and calendar dates 2023

(all calendar dates can be subject to change)

Links

Gym4Free [Gym4Free](#)
Skills clinics [Clinics](#)
SEND/ASK [SEND](#)
Family fit [GymTogether](#)
Holiday gym [Holiday Gym](#)
Adult & Child [Oswestry / Ellesmere](#)
Fun4Baby [Baby Gym](#)
Adult gym [Adult Gym](#)
Displays [Displays & Festivals](#)

Gym is closed

7th – 10th April

Make up sessions can be booked here;

[make up classes](#)

Whole Club Festival

Monday 20th to Saturday 25th February

Tickets on sale from 16th January.

Competitions

5th February ~ IGA levels 7-1 (squads)
12th March ~ IGA levels 10 & 9 (squads)
24th – 29th April **whole club** floor & vault competition week
30th April ~ Club floor & vault championships
13th/14th May ~ IGA level 8 (squads)
18th June ~ IGA levels 6-1 (squads)
16th July ~ Club apparatus championships (squads/improvers & gymnasts aged 10+)
16th July ~ Club Teddy Bear Tumble (recreational gymnasts aged 4-9) & pre-school gymnasts)
22nd October ~ Club Spooky Spectacular floor & vault competition (open to all)
29th October ~ IGA levels 10-8 (squads)
5th November ~ IGA levels 6-1 (squads)
29th October ~ IGA levels 10-8 (squads)
9th December ~ Club Christmas Groups competition (whole club)
9th December ~ Club tumbling championship (squads/improvers & rec gymnasts aged 6+)

Badge Weeks

6th – 11th March

15th – 20th May

2nd – 7th October

Holiday Gym

3rd – 6th & 11th – 14th April

30th May & 1st June

31st July – 4th August

7th – 11th August

14th – 18th August

21st – 25th August

31st October & 2nd November

Displays & Events

10th & 11th June ~ GymFest

11th June ~ Oswestry Community Games

5th August ~ Oswestry Show

19th & 20th August ~ Balloon Festival

19th August ~ Ellesmere Carnival

28th August ~ Whittington Fete

16th December ~ Gymnasts Xmas Parties

Dress Up Weeks

8th – 13th May ~ Eurovision week

23rd – 28th October ~ Spooky dress up week

11th – 16th December ~ Xmas jumper/Onesie week

These dates are booked within our calendar but can be subject to change.

We will advise of any changes in good time.

Any additional dates will be added, and you will be notified in plenty of time.

All competitions/displays/events have a sign-up form with a strict closing date, please keep an eye on the club social media & MailChimp for all the details.

Any questions ~ please ask.



THE WIZARD OF OZ ~ WESTRY

We did it and it was most
20th ~ 25th February 2023
marvellously magical ~

**A WHOLE CLUB FESTIVAL
FILLED WITH EXCITING
GROUP ROUTINES TELLING
THE STORY OF THE WIZARD
OF OZ ~ WESTRY.**

**GRANDSTAND SEATING ~ THEATRE STYLE
LIGHTING ~ PROFESSIONAL SOUND
STORY TELLING ~ COSTUMES
&
GYMNASTICS ~ GYMNASTICS ~ GYMNASTICS**

TICKET INFORMATION & FURTHER DETAILS WILL BE RELEASED SOON