



WARRINGTON

Gymnastics Club

For happy, healthy children

Encouraging young people to stay active and fit through gymnastics

Competitive Member's Handbook



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Throughout this handbook, relevant WGC policies may apply to the information provided. Please visit our policies page on our website to view or download WGC policies:

[WGC Policies](#)

ABOUT WGC



Welcome to the Warrington Gymnastics Club (WGC) community! We are thrilled to have you and your gymnast as part of our competitive programme. As a non-for-profit voluntary organisation, WGC is dedicated to providing the highest level of coaching, training, and support to our gymnasts, both recreational and competitive.

Our mission is to create a positive and supportive environment where athletes can thrive, develop their skills, and grow not only as gymnasts but as individuals. We are committed to fostering excellence, discipline, and a love of gymnastics through hard work, dedication, and teamwork. The focus is not solely on 'winning', but on the journey and learning important life lessons that will help the gymnasts grow into well rounded individuals.

As a voluntary organisation, WGC is driven by our core values to support our community. The club is not privately owned and belongs to you - our members. What this means is that any surplus funds are reinvested back into the club to support ongoing facility upgrades, enhance our coaching and judge education programmes, and provide better resources and opportunities for our gymnasts. This helps ensure that your child has access to top-tier training and that our facilities are always evolving to meet the needs of our growing community.

This handbook has been published to provide you with essential information about our competitive programme, expectations, and the role that you as a parent or carer play in supporting your gymnast's journey. We hope it will serve as a valuable resource for you and help to answer any questions you may have along the way. We understand the journey of every gymnast will be different, and may change as they get older, so we encourage the gymnasts to set their own individual goals and provide the tools and support they need to reach them.

We are excited to work alongside you to create a positive and successful competitive experience for your gymnast. Together, we can help them achieve their goals and reach their full potential.

Thank you for your ongoing support and commitment to Warrington Gymnastics Club!

OUR ETHOS



At WGC, we believe that the foundation of a successful gymnast is a **happy, healthy child.**

Our ethos focuses on ensuring that **every** gymnast **enjoys** their journey while developing the skills, confidence, and mindset needed to reach their full potential.

We place a strong emphasis on creating a positive, supportive environment where gymnasts feel safe, valued, and happy. We believe that gymnastics should be fun, engaging, and fulfilling, and we are committed to maintaining a balance between hard work and enjoyment. By fostering a love for the sport, we help gymnasts develop not only their technical abilities but also a lifelong passion for physical activity and personal growth.

While we are dedicated to helping our gymnasts achieve their goals, we understand that success goes beyond medals and trophies. **Happy, healthy children** are our priority, and we focus on developing mental well-being, emotional resilience, and physical health alongside athletic skill. Gymnastics can be challenging, but we ensure that children feel supported, encouraged, and confident in their abilities, creating a healthy mindset for both competition and everyday life.

WGC EVENTS CALENDAR

Competition dates are shown on the club calendar that can be found on our website under member info/downloads section

<https://www.warringtongymnastics.co.uk/downloads>

Initially competing gymnasts must be available for the full duration of the competition weekend, as details of specific days, rounds and times will not be known until much nearer the date of the competition when organisers finalise and distribute the timings and running orders.

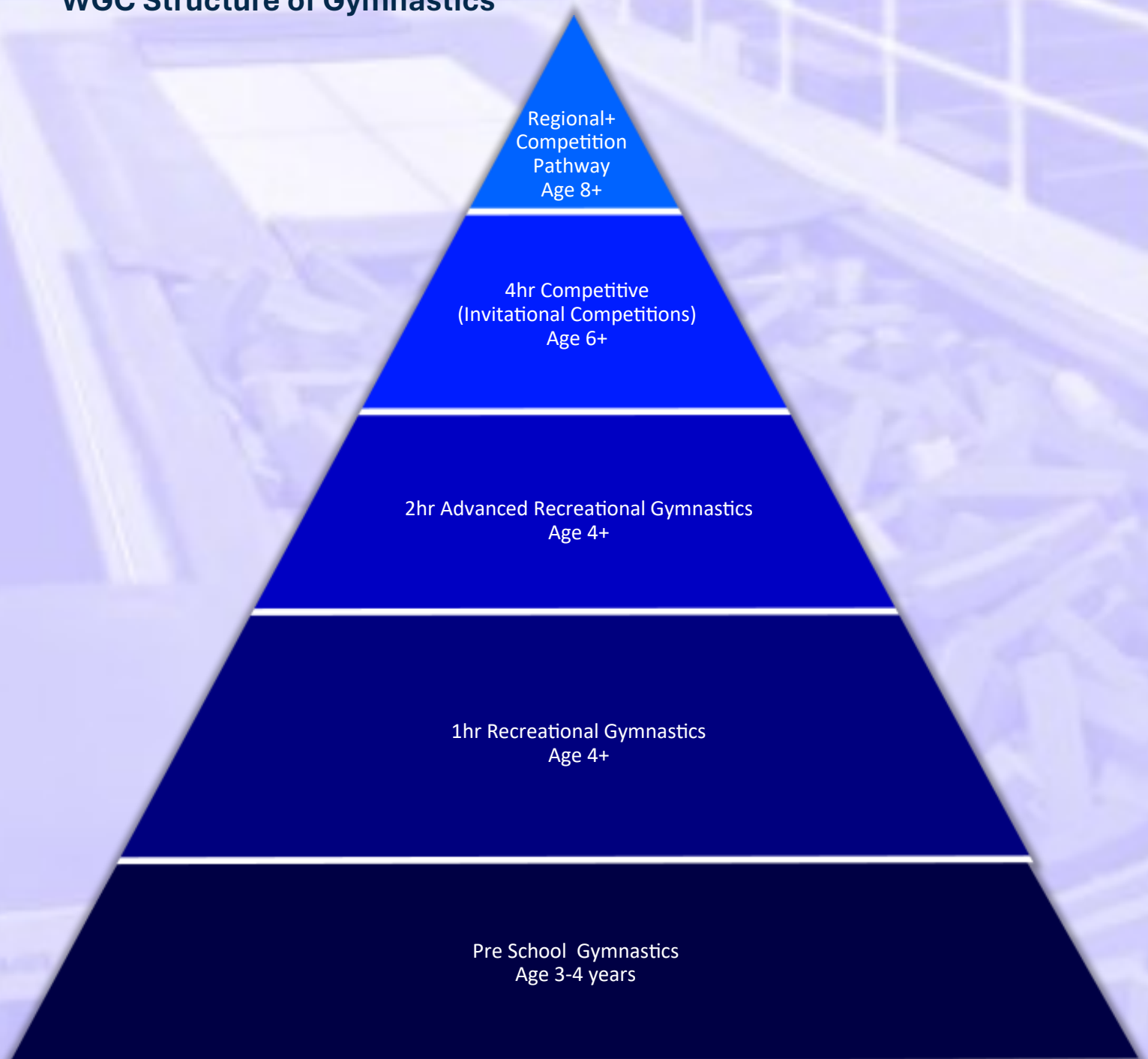
Please note as opportunities arise, there may be additions to the calendar throughout the year. There may also be some changes to dates, which are outside of our control.

OUR GYMNASTICS PROGRAMME

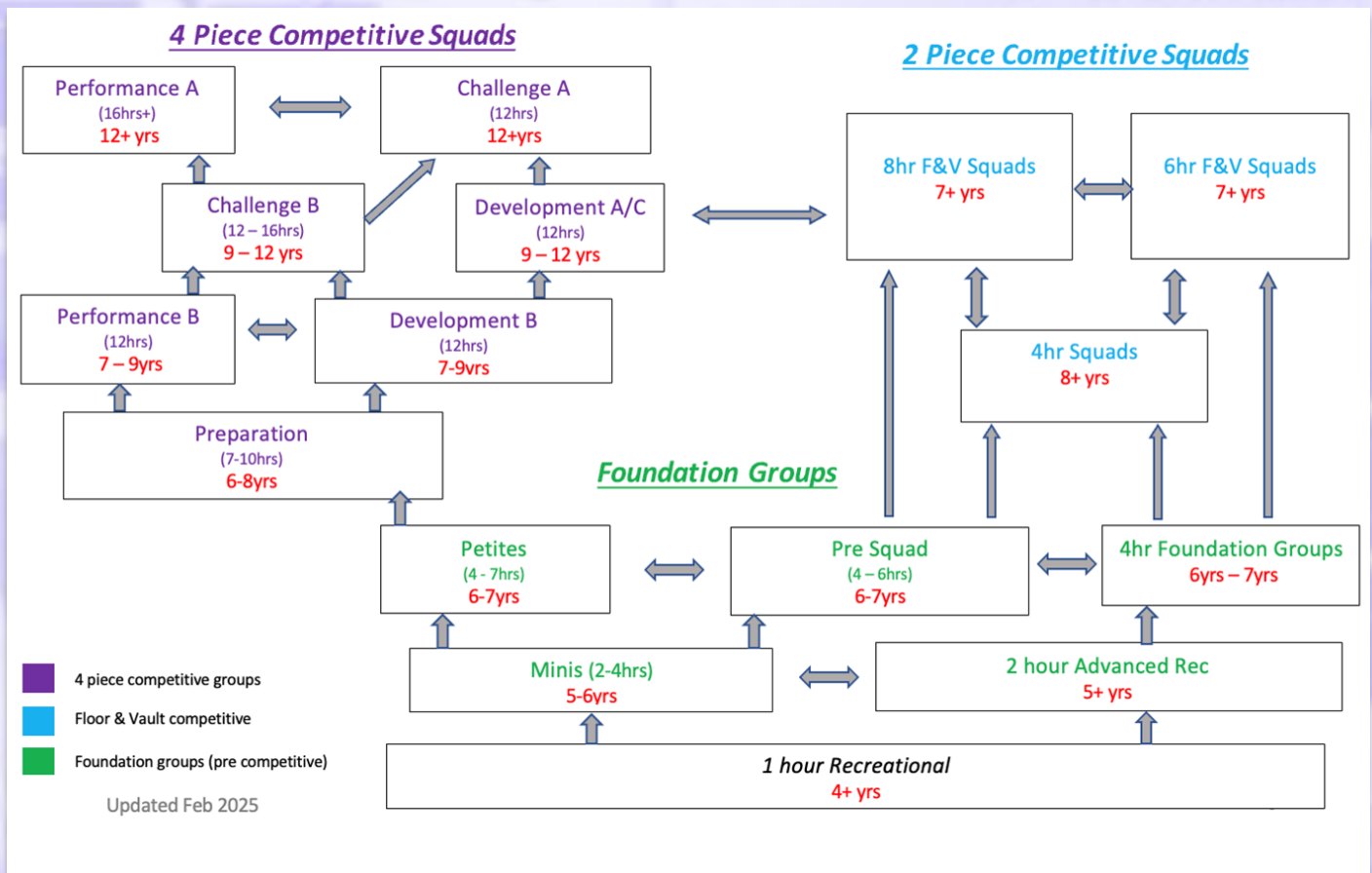


Our competitive Women's Artistic program is only one aspect of the club. We are extremely privileged to boast 2 centres, each catering to the needs of every gymnast at the club. There are a number of other disciplines within the club, and it is important that we recognise these as they allow the Women's Artistic programme to exist. These classes are our feeder, with many of the children progressing through the recreational programme prior to moving into squads. It is also important to recognise that the club relies **heavily** on the success of the recreational programmes to financially support the competitive programme.

WGC Structure of Gymnastics



WGC Squad Group Structure (Women's Artistic)



WGC Squad Group Descriptions

Performance A

- Performance Grades, Classic Challenge Bronze +, Home Nation Championships & British Championships

Challenge A

- Development & Performance grades, Classic Challenge Copper +

Challenge B

- Development & Performance grades, Classic Challenge Copper+

Development A & C

- Preparation & Development grades, Classic Challenge Tin +

Development B

- Preparation grades, Classic Challenge Tin +

Performance B

- Preparation & Preparation plus grades, Classic challenge Zinc +

Preparation

- Preparation grades & 'pre competitive' competitions

Petites

- Gymnasts preparing for 2 or 4 piece competitive levels
- Will compete at invitational 'sets' competitions

8hr Floor & Vault

- Intermediate & Novice level Floor & Vault competitions – Regional level

6hr Floor & Vault

- Pre Novice level Floor & Vault competitions – Regional level

4hr Squads

- Invitational 'sets' competitions – Floor & Vault

4hr Foundation groups

- Gymnasts preparing for Floor & Vault level competitions, plus invitational 'sets' competitions

Pre Squad

- Gymnasts preparing for Floor & Vault level competitions, aiming for regional level
- Will compete at invitational 'sets' competitions

Minis

- Gymnasts preparing for competitive level gymnastics- 2/4 piece

2hr advanced recreational

- Gymnasts who have been selected to compete at entry level invitational 'sets' competitions

Updated Jan 2025

PREPARATION FOR TRAINING



Arrival

In order to be adequately prepared for their session, Gymnasts must:

- Have hair neatly tied back (no long ponytails/ plaits, hair must not reach eyes)
- Have earrings out (preferably) or taped if newly pierced
- Bring all equipment including snacks & drinks
- Follow the seasonal dress code

We ask that gymnasts arrive **10-15 minutes** early for their session for the following reasons:

- Mental preparation
- Physical preparation in the form of 'prehab' – a programme provided by our S&C coach in order to help prevent injuries
- Allows time for social interaction

Please do not drop your child off **more** than 15 minutes early.

Late Arrivals

If you know that your child is going to be late due to school commitments or unavoidable appointments etc please provide as much notice as possible. This will allow coaches to adjust the training program accordingly and avoid any disruption to the session. Please email in advance to coaches@warringtongymnastics.co.uk

If it is a last minute lateness due to heavy traffic or a family emergency etc, the coaches will have already started the session and therefore not have access to emails, in this case we ask that you please email info@warringtongymnastics.co.uk or ring the office on 01925 230090 and the message will be passed on.

In the Performance Centre, the main door to the gym is locked once the sessions have started, therefore gymnasts will have to visit the office to have the door opened.

Snacks

Gymnasts training more than 2 hours at a time will have the opportunity to have a quick snack in the middle of their training session, in order to refuel for the remainder of their session. This has been introduced based on advice from Christina Anderson, a fully licenced nutritionist and specialist on gymnasts' nutrition.

We offer a series of webinars designed to enhance your knowledge of appropriate snacks and nutrition for gymnasts.

Please check your emails regularly for updates and expert advice on nutrition.



Appropriate Training Attire & Equipment

In the interest of the safety of the gymnasts we ask that parents/carers please ensure the gymnasts come dressed accordingly and prepared for their training sessions. This includes wearing suitable clothing appropriate for the temperature and weather conditions.

Summer Training Conditions Clothing & Equipment

- Short sleeved leotard OR appropriate sports crop top with thick straps & shorts
- Tshirt & shorts. leggings
- Trainers & socks
- Plenty to drink
- Snack(s)
- Hair tied back neatly – ponytail/ plait should not be able to touch the eyes
- Earrings out (preferably) or taped if newly pierced

Winter Training Conditions Clothing & Equipment

- Short sleeved / long sleeved leotard (preferably not crop top & shorts)
- Outer layers such as leggings, long sleeved tops & jacket
- Trainers & socks
- Plenty to drink
- Snack(s)
- Hair tied back neatly – ponytail/ plait should not be able to touch the eyes
- Earrings out (preferably) or taped if newly pierced

During the colder winter weather, we ask that the gymnasts arrive to training fully dressed wearing outer layers such as leggings/joggers and long-sleeved tops/jackets as this can help maximise their warmup and training performance. Following a training session, wearing warm clothing also helps to assist with the benefits of training and muscle recovery. We ask that gymnasts please DO NOT wear ONLY oversized 'Oodies' over the top of their leotard as these are not appropriate to warmup/train in.

Please note: Following their warm up gymnasts will not be permitted to train in hoodies.

Essential Equipment for Gym Bags

The type of specific gymnastics equipment needed for a training session varies depending on the age and level of the group. Generally, the following equipment is essential in a gymnasts' 'Gym Bag':

Drink(s)

Snack(s)

Separate 'Bar bag' to include: Handguards*, Wristbands, Gloves, Loops, Chalk *– all labelled

Tape (for bars if necessary)

Spare leotard / shorts

Spare clips & bobbles / hairbrush

Folder / training program*

Any other individual equipment (coaches will advise)

**where required, dependent on age & level. Chalk can be purchased from the office*

Gymnasts or athletes in general that reach their potential are resilient and emotionally intelligent. They do the following extremely well:

- Remain visibly motivated
- Interact effectively with others
- Focus on the correct things
- Regulate their emotions
- Remain self-assured when facing challenges






In other words, they have the strong psychosocial skills of commitment, communication, concentration, control and confidence (The 5Cs). These skills are central to our ethos of **Happy, Healthy Children** and are embedded in every session, helping our gymnasts develop both their athletic abilities and their character.

These 5Cs are founded by researcher Chris Harwood and have been effectively rolled out in academy football settings. They saw benefits across the children’s lives including academic and social settings as well as performance in their sport.

As a club we are intentionally placing value on these skills and the **process** of learning. This will increase the developing gymnasts’ capacity to cope with uncertainties, with further physical progress coming later. To celebrate their efforts, gymnasts that show the behaviours of the given C within their training session will be recognised with a certificate to take home.

WGC'S 5Cs – Squad Gymnasts

THE 5 ESSENTIAL MENTAL SKILLS FOR GYMNASTS

COMMITMENT	COMMUNICATION	CONCENTRATION	CONTROL	CONFIDENCE
				
When do you put effort in?	How do you interact with others?	What do you focus on?	How do you deal with your emotions ?	How much do you believe in yourself?
Grit Effort Recovery Hard work Preparing Improvement Determination Good mistakes	Helping Praising Listening Feedback Supporting Encouraging Acknowledging Body language	Focus Timing Feeling Looking Attention Awareness Inner voice Switched on	Calm Ready Energy Adrenaline Composed Good nerves Bigger picture Positive thoughts	Trust Faith Pride Belief Esteem Progress Involved Conviction



Training Hours

We prioritise a balanced lifestyle for our gymnasts, ensuring time for school, social activities, and family. We believe that regular overtraining is unnecessary for a gymnast to reach their full potential, and we emphasise working effectively during training, rather than simply increasing hours. Each squad at WGC trains the optimal number of hours for our programme to prepare for their competitive level. Acceptance of a squad place requires a commitment to attend all scheduled sessions, as consistent attendance is vital for each gymnast's development and success.

When deciding on groups and training hours, we consider each gymnast individually and factor in the following:

- Competition age
- Competition pathway and level
- Physical stage of development / maturation
- Emotional maturity, resilience, and overall attitude
- Commitment and attendance

Training hours tend to increase based on the age and level of the gymnast. Before increasing hours, the gymnast must demonstrate that they gain value from the hours that they currently train and indicate that they can cope with the demands of increased training hours.

Training hours may increase at a more accelerated rate at a younger age for gymnasts selected for a higher level competition pathway.

As a members club, we DO NOT offer private 1:1 sessions. All gymnasts at WGC train the necessary number of hours required to achieve at their level, and we strongly believe that all gymnasts should have the same opportunity, in order to create a fair and level playing field.

Likewise, we understand that gymnasts are going to want to 'play' at home, however, we strongly advise they don't practice skills they haven't been taught in the gym by qualified coaches. We ask that parents don't 'coach' their gymnast at home as this will contradict what the coaches are working on in the gym, as well as being potentially dangerous.

We also believe that the gymnasts complete the appropriate amount of conditioning within their training sessions, therefore we will never ask them to complete any additional conditioning at home, as this can lead to over training. The only exception to this may arise during long holiday absences. Should your child's coach deem it necessary, they may be asked to complete a small amount of conditioning & physical preparation whilst away from training dependant on age and level.



Additional Holiday Training

Attendance at additional holiday training is considered integral to development for squad gymnasts and is required as part of the overall programme. There are specific expectations and associated costs for the additional training. There is a greater emphasis and need to attend all of these sessions as the gymnasts training hours and competition level increases.

Additional training will take place during school holidays only, and gymnasts will be expected to book onto these sessions with at least 1 week notice in order for coaches to effectively plan the sessions. If a regular training session is cancelled (e.g., due to a bank holiday), participants will receive a credit that can be used for these additional training sessions or workshops. Please note credits will not be given for scheduled closures or events.

Additionally, without prior approval our members are **not** permitted to train at other clubs or attend external gymnastics camps or extra sessions, as clubs teach varying techniques and approaches, which can create confusion and inconsistency in training. To ensure seamless progress, we aim to avoid any conflicting methods.

Floor Routines

Floor routines are available for gymnasts competing regionally and above. Parents/carers will receive an email asking for their gymnast's availability for a 1.5-2 hour slot, typically held as an individual session, outside of their normal training hours. Unlike other clubs, we do not charge extra for these sessions. Once the gymnast has learnt the routine, a video will be sent for them to practice the dance at home to help with memorisation, keeping the focus on other aspects during gym sessions. Once the routine is fully memorised, home practice will no longer be required.

Group Changes

At WGC, we believe that every child should grow and develop at their own pace. We understand that a gymnast who takes a little more time to build their skills will ultimately have a longer, healthier, and more fulfilling journey in the sport. Our priority is always to do what's best for the child as an individual, rather than solely focusing on their gymnastics.

Scheduled group changes usually occur twice per year, however gymnasts are monitored on an individual basis throughout the year and may move groups dependant on what the club feels is best for them as individuals. Placings in groups are never permanent, we continuously assess the gymnasts training progress, development and emotional wellbeing.

When group changes occur, the training days and hours are also likely to change. We will always aim to give at least 2 weeks notice prior to these changes and will allow an adjustment period if gymnasts have other commitments to consider. If for any reason gymnasts are unable to commit to the scheduled training hours, an alternative group will always be offered.

Communication



At Warrington Gymnastics Club, we have an open-door policy and understand that, on occasion, you may need to speak with a member of staff or coach. Should this be the case, please feel free to contact us by calling the office at **01925 230090** or emailing info@warringtongymnastics.co.uk A staff member or coach will respond as soon as possible.

If parents or carers have any concerns or complaints about any aspect of the club, we ask that they use the appropriate channels to raise them. Please email info@warringtongymnastics.co.uk with a brief outline of the matter you wish to discuss. This will allow us to be able to direct the issue to the most suitable person, we will at that point arrange a mutually convenient time to address the concern.

For safeguarding or welfare concerns of any nature, please contact our **Welfare Officer, Jan Heaton**, at welfare@warringtongymnastics.co.uk.

For urgent welfare matters, Jan can also be reached directly at **07748 945926**.

Coaches and staff members will contact parents or carers as necessary, typically to provide feedback or discuss any issues that arise during a session. However, such communications will not be routine. In cases where further discussion is needed, coaches may request a short meeting to review a gymnast's progress or address any concerns.

For those of competitive age (8+), we hold scheduled individual/group parent meetings twice a year to discuss gymnast progress and development. These meetings provide an opportunity to review training progress, upcoming competitions, areas of focus, and any skills that need further development. It is also a chance for parents to ask questions or share any relevant information that may help us support their child's training and overall experience at the club.

If you wish to contact coaches directly regarding your gymnasts training or progress, please contact coaches@warringtongymnastics.co.uk . Unfortunately, due to time constraints we won't always have the time to send regular updates.

We encourage respectful and professional communication between all parties and ask that parents and carers treat our staff with the same courtesy and respect that they would expect in return.

Useful Contact Information

Reason for Contact	Staff Contact & Email address
<ul style="list-style-type: none">• Membership or competition fees• General enquiries• Complaint• Club information	 Mandi Mellor info@warringtongymnastics.co.uk
<ul style="list-style-type: none">• Safeguarding & Welfare Concerns	 Jan Heaton welfare@warringtongymnastics.co.uk
<ul style="list-style-type: none">• Billing & payments	 Karen Mcfarlane office@warringtongymnastics.co.uk
<ul style="list-style-type: none">• Gymnastics queries• Injury/illness update• Unplanned absences	 WGC Coaches coaches@warringtongymnastics.co.uk

ATTENDANCE



To ensure gymnasts build confidence and experience consistent progress, regular attendance at all training sessions is essential. At squad level, we require a minimum of **75%** attendance. In addition to fostering growth, consistent attendance helps minimise injury risks and boosts competitive performance.

Attendance leading up to competitions

Competitive gymnastics requires annual commitment, and attendance is key. With competition preparation beginning as early as 8-12 weeks, missing sessions in the 4 weeks before a competition can negatively impact both safety and performance. Under normal circumstances it is clubs policy that gymnasts have an attendance of 100% for the 4 weeks prior to competition.

Please see our events calendar for planned absence cut off dates.

Gymnasts must complete all training programmes consistently and successfully in the four weeks leading up to a competition. Dependant on squads' training and competition days, your gymnast may be required to come in for a shorter, 2-hour session the day before their competition. This is a policy implemented throughout the club to ensure adequate physical and mental preparation for competition. Whilst we endeavour to send out the information with your gymnasts required training times as early as possible, unfortunately we have to wait for the competition schedule to be published.

Please bare this in mind when entering your gymnast for the competition. If your gymnast is not able to attend this required session, it may result in your gymnast being withdrawn from the competition.

Absences

As outlined above, our competitive squad groups / gymnasts have specific periodised training plans to suit their individual needs and goals, with routine preparation starting anywhere between 8-12 weeks prior to a competition. Skill training is spread across the week, assuming that a gymnast attends all their scheduled training sessions. If a gymnast doesn't consistently attend training, they may be missing a vital part of her competition preparation. This could mean they may do too much of one thing and not enough of another. Letting us know in advance of any planned absences allows coaches to adapt the gymnasts program for that week, therefore maximising their training. Please use your self service account to record and inform us of any absences.

Please record any planned absences via your self service account or WGC app.

Leaving Early

We understand the need to balance training with family commitments, school, and social events. Whilst we encourage gymnasts to attend as much of the session as possible before leaving early, it's important that this doesn't become a regular occurrence. Missing parts of training, especially conditioning, can significantly impact a gymnast's progress and competitive performance.

Please inform us **in advance** if your gymnast needs to leave early, to allow our coaches time to adjust the programme accordingly. This can be done via emailing coaches@warringtongymnastics.co.uk



Holidays

We value the importance of holidays, and the benefit time off has on the gymnasts overall physical and mental wellbeing. We often find that a week or 2 away from the gym allows for proper rest and recovery time which reduces the chances of overtraining and burn out whilst also improving the gymnast's overall motivation and commitment upon returning.

Please inform the club about any planned absences, including social events & holidays, as early as possible. This helps us to manage training session effectively and adjust the programme if needed. Again, please use your self service account to record any planned absences.

Injuries

We understand that with increased training hours and intensity, there is a higher risk of injury. Whilst this can be mentally and physically challenging for our gymnasts, we believe attending sessions whilst recovering from an injury helps them stay motivated and connected with their peers.

Given the nature of gymnastics, overuse injuries are common, especially during growth spurts or when preparing for competitions. We encourage gymnasts to communicate with their coach if they experience any pain during a session.

Should any of the below occur a coach may request that you seek medical advice for your gymnast.

- Your gymnast has expressed that they are experiencing moderate to severe pain (reference pain scales)
- Your gymnast has experienced pain for the last 3 consecutive days
- Your gymnast has pain that has impacted gymnastics activity for 3 or more consecutive sessions
- Your gymnast is perceived to require pain relieving or anti-inflammatory

If you receive a "Request to Seek Medical Advice" indicating one or more of the above, please review and complete it as appropriate. This will ensure we can provide the necessary follow-up care. Ideally, gymnasts should seek medical advice from practitioners with a strong understanding of gymnastics or high-level sport.

Whilst injured, gymnasts may not need to train full hours, depending on the injury and medical advice. Typically, they may attend a reduced session (usually 2 hours) to allow time for socialising, conditioning & rehab exercises. Gradual increases in training hours will be considered as they recover.

Please keep us informed of any medical appointments or changes in advice by emailing us at coaches@warringtongymnastics.co.uk, at which point the coaches may want to follow up with a conversation to gain further any information/clarity.

COMPETITION INFORMATION



Eligibility for Competition

Competitive performance is the outcome for successful training.

Gymnasts will be entered into all available competitions based on the following requirements:

- Being the appropriate age & level for the competition
- Attending all training sessions in the 4 week build up to the competition and demonstrating gradual improvement
- Reaching a minimum standard in all skill & routine goals and physical conditioning
- Having up to date membership and fees
- Entering your gymnast via self service site and paying competition fees by the due date

Please note: A gymnast's 'competition age' is determined by the age they will be at the end of the calendar year, i.e. their age on December 31st of that year.

If a gymnast is deemed to not be adequately prepared for a competition, they may be withdrawn at any time, based on the level and importance of the event. This may result in not competing, performing adapted routines, or competing on selected apparatus only. Once the competition entry deadline has passed, no refund will be given.

Competition Kit

Gymnasts selected for competition will be required to wear the assigned competition kit. Kit requirements can vary dependent on the level and nature of the competition. As a rule, all gymnasts competing at regional level competitions and beyond will require the following:

- Long sleeved WGC leotard and scrunchie
- WGC tracksuit jacket
- WGC leggings
- WGC competition T shirt
- WGC drawstring bag or WGC backpack
- Black socks

Please note delivery for bespoke items take a minimum of 8 weeks, therefore cut off dates for orders must be adhered to. These will be communicated with parents/carers. It is the parents/carer's responsibility to ensure the correct kit is ordered. Samples for sizing are available in the office. For competitions, as per training rules, earrings must be removed (preferably) or taped if newly pierced. Details of how to order WGC kit can be found on our website.



Competition Schedule/Timings

The competition schedule will be emailed out / made available on our website prior to the event. Parents/carers should note their gymnast's scheduled registration time. Competition schedules are generally published 2 weeks prior to the competition date.

On occasion, there may be changes made by the organisers, resulting in multiple versions of the competition schedule being published. If you are advised by the club of an updated version being published, we strongly recommend you check each version of the competition schedule. Please note that in most cases this will not impact your child's competing day.

Team Support

As a club, we are committed to providing our gymnasts with the utmost support during competitions. We encourage gymnasts and their families to attend competitions to support their teammates whenever possible, fostering a positive and supportive environment. Audience members are also invited to cheer on the gymnasts and are expected to uphold the club's values, setting a positive example for our young athletes.

Gymnast Etiquette

On the competition day gymnasts should arrive and be in the competition arena **at least 30 minutes** prior to the registration closing time with their leotard on, hair tied up neatly and the necessary equipment in their bags. WGC coaches will register gymnasts and collect them from the audience ahead of the scheduled warm up time to ensure the gymnasts are suitably prepared for the competition. Once the gymnast is on the competition floor they must stay there for the remainder of the competition.

Please note: Gymnasts arriving after the registration period has closed but before the competition has officially started may not be permitted to participate. In such cases, WGC coaches must seek permission from the competition organisers. Please be aware that this will only be considered in exceptional circumstances, and the decision to seek permission is at the discretion of WGC coaches.

Gymnasts arriving once the competition has been deemed to have started ie warm up or line up, gymnasts will not be permitted to join the competition.

In most cases, Competition organisers reserve the right to start the competition early.

Following the end of the competition or presentation, WGC coaches will hand the gymnasts back to the responsible parent/carer. Depending on the competition schedule, the presentation may not start immediately after your gymnast's round, therefore gymnasts should arrive back into the competition arena with ample time before their scheduled presentation. All gymnasts **MUST** attend the presentation, regardless of the results.

Gymnasts should be mindful that while attending competitions they are representing the club as ambassadors. They are therefore expected to be polite, respectful and supportive to all participants and officials in line with our codes of conduct.



Parent/ Carer Etiquette

At competitions, we ask that parents respect the focus and concentration of the gymnasts. Please refrain from communicating with your child while they are on the competition floor as this can be distracting and affect their performance. We also encourage parents to remain in designated spectator areas and allow coaches to manage all interactions with gymnasts during routines. Your support and encouragement is always appreciated but respecting the competition environment helps your gymnast perform at their best.

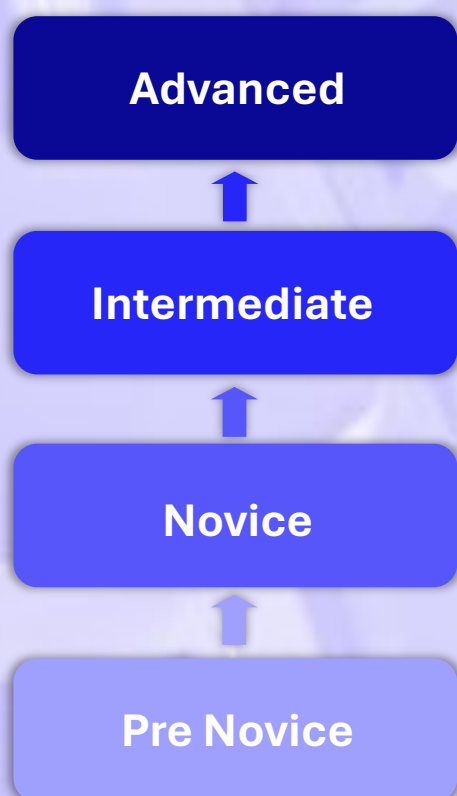
At competitions, gymnasts' families and supporters are representatives of WGC and therefore ask that you behave appropriately and in-line with our codes of conduct.

Spectators will be expected to pay an entrance fee at competitions. This may be prior to the competition or on the day with the price set by the organisers. We expect members of WGC to pay this fee promptly, in order to maintain professionalism with other clubs and organisers of these events.

If you have any queries regarding any aspect of the competition, please speak directly to a member of WGC who will liaise with the event organisers. All communication should be done via the club so please do not attempt to contact the organisers directly.

It is the club's responsibility only to liaise with hosts, competitions organisers, officials and representatives of the North West Gymnastics Association.

2 Piece Regional Competition Pathways



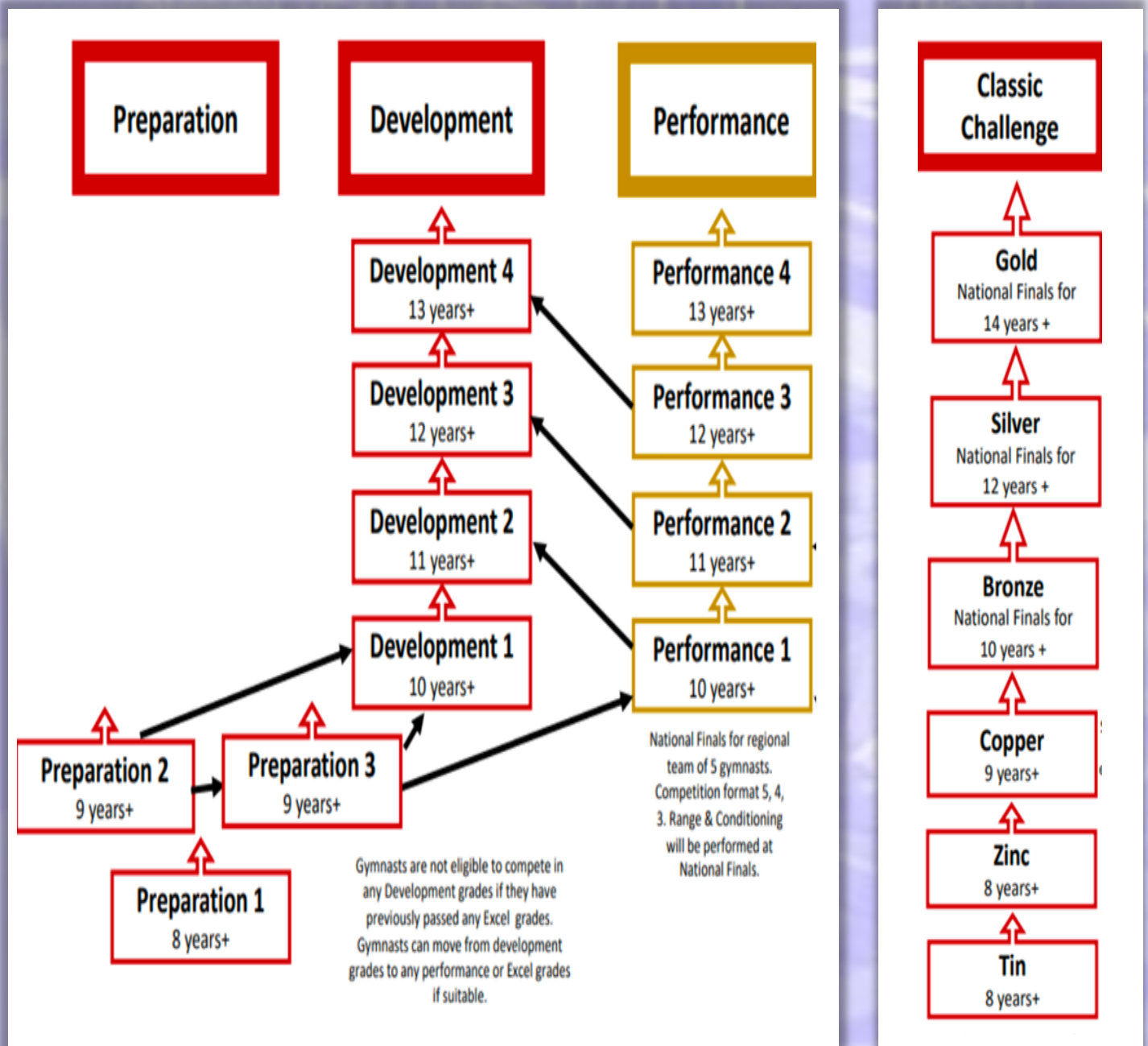
If gymnasts transition from a 4 piece pathway to a 2 piece pathway, there will be certain rules about which level they must enter at. Coaches will always ensure that gymnasts are placed in levels where they are most likely to feel confident and feel a sense of accomplishment.

4 Piece Competition Pathways



Grades Pathway

Classic Challenge



VOLUNTEERING & FUNDRAISING



Our volunteers are **invaluable** in helping us run a successful club. As a non-for-profit organisation all the money raised from fundraising events go straight back into the club to ensure a continued commitment to development of the club facilities, staff development and additional opportunities for the gymnasts.

WGC Fundraising Events

Throughout the year WGC hold a number of fund-raising events both internally and externally. These include:

- Hannah Whelan 2-piece Invitational
- Hannah Whelan 4-piece Invitational
- WGC Club Championships
- WGC GYMSTAR Assessments
- Christmas shows

In order for these events to run smoothly and successfully we rely on the help from our parent/ carer volunteers. This includes judging, helping to set up and pack away equipment, manning tuck shop, leotards and raffle stores, and much more. As mentioned previously, the club relies heavily on the success of the recreational programmes and fund-raising events to financially support the competitive programme.

As squad gymnasts directly benefit from these fundraising events, there is an expectation that all of our families volunteers a few hours of their time at one or more of these events.

Volunteering at Events / Competitions / Day to Day

We also rely heavily on volunteers to help with the day to day running of the club. Any expenses that are spared from paying external building contractors, electricians, plumbers etc will go directly back into the club.

As part of the requirements for entering gymnasts into Regional and Invitational competitions, the club is responsible for providing parent volunteers and/or judges. Your support in fulfilling these roles is essential to ensuring the smooth running of the event and the success of our gymnasts.

*WGC volunteers are an **integral** part of our success!*

If you would like to find out more information about how you can help, whether it be handyman jobs, judging or coaching, please contact info@warringtongymnastics.co.uk

OUR STAFF



All staff members at WGC hold current and up to date British Gymnastics membership, DBS and Safeguarding certificates.

Senior Management Team

Mandi Mellor - Operations Manager
info@warringtongymnastics.co.uk

Kim Payton – Recreational Centre Manager
kim@warringtongymnastics.co.uk

Sophie Whelan - Head Coach

Hannah Whelan – Assistant Head Coach

Jan Heaton – Welfare Officer
welfare@warringtongymnastics.co.uk

LEADERSHIP ACADEMY

Young Leaders

At WGC, our Young Leaders support coaches and gymnasts in both the Performance and Recreational Centres, easily identified by their blue kits. The WGC Young Leaders programme offers a clear pathway for young people to develop as leaders within the club and beyond. It introduces them to various roles in gymnastics, helping them identify their strengths and passions while encouraging long-term involvement in the sport. This fosters a larger, stronger workforce for the future. The programme is open to members aged 11 and above.

Demonstrators

At WGC, Demonstrators assist coaches by showcasing the skills and behaviours expected from our gymnasts. Their role includes helping with boxes, supporting warm-ups, demonstrating stations, handing out stickers, guiding gymnasts to the exit, and, most importantly, maintaining a positive, friendly, and supportive attitude for both gymnasts and coaches. This position serves as the first step in our Young Leaders programme. You'll recognise Demonstrators by their red kit.

Both the Young Leaders programme and the Demonstrators are co-ordinated by Jan Heaton (Welfare Officer) and Kim Payton (Recreational Centre Manager). If you have any questions or require more information regarding our Young Leaders programme or Demonstrators, please contact us via email leadership@warringtongymnastics.co.uk



The safety of our gymnasts and community is our highest priority. If you have any questions or concerns regarding safety within our facilities, please contact Jan Heaton at welfare@warringtongymnastics.co.uk for further assistance.

Access to the Gym Area

Visitors are **not permitted** to enter the gymnasium unless specifically invited by a coach or staff member.

Checking-In & Security Provisions

To maintain accurate attendance records and ensure security, all gymnasts must **check in** before their sessions.

- **Recreational Centre:** Gymnasts must check in at the reception desk, where a staff member will confirm their name and log attendance. They will then be granted access to the gym area via the electronic gate.
- **Performance Centre:** Gymnasts must scan their **membership card** at the gymnasium door. A staff member will be present to welcome them until the session starts, at which point the door will be locked via the keypad.
- **Late Arrivals & Missing Cards:** Gymnasts arriving late or without a membership card must check in at reception.
- **Secured Access:** Once sessions have started, the entrance door to the **Performance Centre gym area** and the **gate to the Recreational Centre gym area** will be secured for safety.

Defibrillator

A defibrillator is available in the **Recreational Centre**, stored in the cupboard behind the reception desk.

In case of an emergency:

1. **Immediately** contact a member of staff for assistance.
2. **Call emergency services** at **999** without delay.

Drop-Off & Pick-Up Guidelines

- **No Drop-Off/Pick-Up Zones:** We do **not** operate designated drop-off or pick-up zones around the gyms. Please park in a designated space and walk to the entrance/exit.
- **Parking:** Limited parking is available in front of both buildings. We encourage everyone to use the rear parking area at Units 8-11. **Do not park or wait on the surrounding roads.**
- **Safety Reminder:** If parking in the bays at the front of the Performance Centre, please exercise caution when pulling in or out.
- **Speed Awareness:** Please be mindful of your speed when driving in and around the facilities to ensure the safety of all gymnasts, staff, and visitors.



Equipment Safety

- **Regular Inspections:** Gymnastics equipment is inspected and signed off for use on a weekly basis.
- **Session Checks:** Coaches conduct visual and physical checks of the equipment before and during their sessions.
- **Annual Servicing:** All required gymnastics equipment undergoes annual servicing to ensure safety and compliance.

Fire Safety & Evacuation Procedure

- **Evacuation Plans:** Detailed evacuation plans are displayed on the notice boards in both centres.
- **Fire Alarms:** Fire alarms are regularly maintained in both buildings.
- **In Case of Fire:** If the fire alarm sounds, coaches and staff will escort gymnasts to the designated fire assembly point.

First Aid & Emergency Procedures

- **Trained Staff:** All senior staff members, along with many of our coaches, are **first aid trained**.
- **First Aid Kits:** First aid boxes are available in both the **Recreational Centre** and **Performance Centre**.
- **Seeking Assistance:** If you require help with an injury, please speak to a member of staff—they will be happy to assist you.
- **Emergencies:** In case of an emergency, **call 999 first**, then notify a member of staff immediately.

Photography / Videoing

In the interest of child protection Warrington Gymnastics Club has a strict no photography or video policy. Parent/carers or visitors found to be taking photographs or videos may be asked to delete any images or video's in their possession.

Viewing Area's

Warrington Gymnastics Club believes in an open viewing policy and does not restrict viewing during classes. We have viewing areas in both Centres and a live feed from the preschool room to the Performance Centre viewing area screen.

Warrington Gymnastics Club would like all parent/carers and visitors to be mindful that participants, especially young children, can be very distracted by individuals in the viewing area. Therefore, in the interest of our gymnasts safety we ask that you in no way try to communicate with your child or coaches during classes.

FEES & PAYMENT TERMS



Table of Fees

Membership fees are paid **monthly** for all members. The table below outlines the fees for each group/squad. For those attending multiple disciplines/sessions, please refer to the **second column** for applicable discounts.

Fees 2025	Monthly Costs	Discounted cost for extra sessions 20%
Preschool	£25.00	£20.00
1 hr Recreational Gymnasts, Tumbling or Freestyle	£32.00	£25.60
2hr Advanced Groups	£53.00	£42.40
5hr Squads - Doesn't include additional tumbling sessions.	£84.00	N/A
6hr Squads- Doesn't include additional tumbling sessions.	£90.00	N/A
8hr Squads - Doesn't include additional tumbling sessions.	£98.00	N/A
Petite Squad 7 hours	£92.00	N/A
Preparation Squad 10 hours	£112.00	N/A
Competitive Squads 12hr with S&C	£134.00	N/A
Competitive Squads 16hr with S&C	£150.00	N/A
Competitive Squads 20hr with S&C	£160.00	N/A
Competitive Squads 23.5hr with S&C	£170.00	N/A
2 hr Tumbling Extra for F&V Squads	£47.00	N/A
Club tumbling Squad (4hrs) for F&V Squads	£57.00	N/A
Gymfusion Juniors	£48.00	N/A
Gymfusion Seniors 1 session	£48.00	N/A
Gymfusion Seniors 2 sessions	£62.00	N/A
Tumbling Pre Development Squad	£53.00	N/A
Tumbling Development Squad	£77	N/A
Club Tumbling Squad	£77	N/A
Discount for multi sessions (not squads or gymfusion or tumbling add on)	20%	



Club Membership

As a members' club, each child is required to pay an annual club membership of £20. For those who started after June 2024, you will be required to renew membership at each anniversary of the start date. For those who joined prior to this date, club membership and BG membership will be due at the end of September each year. This membership also entitles you to discounts on holiday camps & parties.

British Gymnastics Membership

British Gymnastics membership is required for all gymnasts to ensure they are covered by insurance and can participate in training and competitions. For gymnasts competing regionally or above, from the year they turn 9, a competitive membership is mandatory. This membership provides access to official competitions, events, and additional benefits, helping to support the gymnast's development and ensure their safety while training. British Gymnastics requires parents/carers to register and pay for this membership directly, the club are unable to complete this process on your behalf. Please see the British Gymnastics website for membership benefits.

North West Membership

For gymnasts competing at regional competitions, a North West membership fee of £7 per year is required, which will be collected by the club.

Payment Terms

Fees will be collected on the 1st of each month by Direct Debit.

If fees are not received by the 7th of the month, a 10% late payment fee will be added to your account.

If fees, including the late payment fee, are not received by the last day of the month, the gymnast's membership may be cancelled.

For Squad Gymnasts, if a late payment fee is incurred on three occasions within a rolling 12-month period, the gymnast's membership will be suspended immediately until all outstanding fees have been paid and the account is brought fully up to date.

Competition and Event Fees

For internal competitions such as club champs, entry and payment must be made before the deadline dates. Entry fees will not be refunded should your gymnast not attend the event or after the running order has been published.

For external competitions (such as invitationals, 4hr+ gymnasts only), entry and payment must be made before the deadline dates. Entries made after the deadline date, if permitted by the

competition organisers will incur a **£25 WGC late entry fee** plus any late entry fees stipulated by the competition organisers.



Scheduled Closures

Our annual fundraising events are considered scheduled closures, meaning your child's regular sessions will be cancelled. These closures are incorporated into your fees. For gymnasts who have more than one session cancelled throughout the year, we will do our best to offer an alternative session whenever possible. Please note that we also have an annual two-week closure during Christmas for the majority of gymnasts, this does not apply to all competitive 4 piece gymnasts.

Direct Debit Indemnity Claims

Any false direct debit indemnity claims incur a charge of £20 per transaction claimed back.

Cancelling Membership

Should you wish to cancel membership and sessions at WGC, please email office@warringtongymnastics.co.uk

WELFARE

The club's Welfare officer is Jan Heaton. As a former primary school leader, Jan has vast professional experience in child protection and safeguarding along with the relevant certificates required by British Gymnastics.

The safety and wellbeing of all club members are Jan's utmost priority and Jan ensures that any enquiries or concerns you have are dealt with impartially and effectively.

Who can raise/report a concern to Welfare?

Anyone can speak to our welfare officer; this includes gymnasts, parents, coaches, management or general public.

Please be aware that all conversations are kept confidential, however if any information is disclosed to the Welfare Officer, they will need to log this and act accordingly. This may rely in the Welfare Officer speaking with other members of the team or Regional Welfare Officers etc.



What can I speak to Welfare about?

You can speak to our Welfare Officer about virtually anything, even if you don't think it is related to gymnastics and/or the club.

You may wish to speak with our Welfare Officer about:

- Safeguarding matters
- Child Protection concerns
- Training issues
- Issues at home
- Individual circumstances
- Emergency contact details and arrangements

How can I report a concern to Welfare?

You can report any concerns or incidents to the Welfare Officer via:

- Emailing as much detail as possible to welfare@warringtongymnastics.co.uk
- Speaking to our Welfare Officer, Jan Heaton either in person or on 07748945926
- Ask the office to contact Jan

If you feel that your concern can't be dealt with by WGC's welfare officer, then you can either contact the Regional Welfare Team or the Health and Safety and Welfare department at British Gymnastics.





POLICIES

At WGC, we have a number of policies that we believe will be helpful to you. Please use the link below to visit our policies page on our website, where you can download them:

[🔗 WGC Policies](#)

Code of conduct Coaches/Staff

Code of conduct Gymnast

Code of conduct Parent/Carers

Safe Environment

Safe Recruitment SG Protecting Children V2.0

Safeguarding Policy Academic Education V1 NOV 2023

Safeguarding policy and procedure v2.0 1

Safeguarding Policy Flexibility Training OCT24

Safeguarding Policy Hydration V1 NOV 2023

Safeguarding policy Pain Injury Illness JUN24V1 2024 2

Safeguarding Policy Weighing Gymnasts V1 NOV 2023

Social Media

WGC Accident Procedure January 2025

WGC Anti Bullying and Harassment Policy Statement March 2025

WGC Communications Policy February 25

WGC Equality Policy March 25

WGC Fee reduction policy March 2025

WGC Objection form January 2025

WGC Privacy Notice 2025

WGC Safeguarding & Child Protection Policy January 2025

WGC Viewing Policy January 25

Please note: This list is not exhaustive—additional policies can be found using the same link.



Warrington Gymnastics Club – Performance Centre

Units 8-11 Wharf Street Ind. Estate, Wharf Street, Warrington, Cheshire WA1 2HT

Warrington Gymnastics Club – Recreational Centre

Unit 14 Wharf Street Ind. Estate, Wharf Street, Warrington, Cheshire WA1 2HT

Tel: 01925 230090 Email: info@warringtongymnastics.co.uk Web: www.warringtongymnastics.co.uk