

Cartwheels Gymnastics Location:
Main Gym, Sutherland P.C.Y.C.,
Waratah Park. (Off Rawson Ave).

www.cartwheelsgymnastics.com
cartwheelsgym@yahoo.com.au
P.O. Box 836, Gymea, 2227



CartwheelsGymnastics

2020 Members Handbook Information, Terms & Conditions

EXPECTATIONS-

The gymnast can expect our coaches to nurture, encourage & develop their gymnastic ability to their maximum potential. Coaches cannot guarantee the outcomes of competitions or the degree of competence a gymnast will achieve, however, the programs are in place to give the gymnast the best chance of achieving their own potential if correctly followed with effort, practice & determination.

EXPECTATIONS FOR PARENTS & GYMNASTS- Gymnasts are expected to arrive on time, follow instructions & apply themselves to the program. Parents are expected to be supportive, ensure their child arrives & is picked up on time, has a water bottle, appropriate clothing & hair tied up (even short hair must be tied back). Both parents & gymnasts are expected to abide by the gym rules contained in this handbook & displayed in the gym. Parents & participants are to be supportive & respectful of each other, spectators, coaches & officials.

REGISTRATION—Registration needs to be submitted prior to commencing classes every year, for each gymnast. If you do not register your child each year, your previous years registration WILL NOT carry over into the following year, and you will not be placed in a class. We will not accept any registrations from customers with overdue accounts. Please finalise overdue accounts before submitting registration or you may miss out on your class as it could take time to chase your payments up, and your class might fill up in this time. Contact us ASAP if you are unsure.

We do give existing customer a chance to re-register at an early date, before we start accepting new customer registrations in January. This information is sent to your nominated email address during term 4. Keep an eye out for that information so you can secure your spot each year!

Cartwheels registration is submitted online via cartwheelsgymnastics.com for the whole remaining calendar year. Student teacher ratios are capped and class placement is only guaranteed once we have sent through your class confirmation. Confirmations are processed manually during office hours. If your chosen class reached capacity prior to your registration submission we will place your gymnast in the closest time/day to your chosen one. If you have registered your gymnast in a program which we believe is incorrect or too advanced, or a specialty program which requires an invitation, we will place them into a more suited program at a similar day or time if available. This will be shown on your class confirmation, so always be sure to check that!

MEMBERSHIPS, FEES & PAYMENTS-

Once you have registered in a class at Cartwheels, you will be automatically enrolled until the conclusion of Term 4. 2020 registrations cannot be accepted until any outstanding debts have been finalised. Term dates correspond with NSW school terms, and we do not operate on public holidays.

1. GYM NSW REGISTRATION FEE— All gymnasts are required to be registered with Gym NSW each year. This annual fee & is non-refundable or transferable between participants. This fee will appear on your first invoice. Please contact us for this fee.

2. PCYC MEMBERSHIP—Although we are separate from the PCYC, all gymnasts must have valid PCYC membership as we hire their facility. It is up to you to obtain PCYC membership at their front desk in the foyer. Parents may also be required to become exempt PCYC members for drop off and pick up purposes. PCYC membership is approximately \$10 per year.

3.CLASS FEES & PRICING PER TERM— Fees are payable in advance & are non-refundable, due prior to commencing classes each term. Overdue accounts will incur an administration fee unless prior arrangements have been made for an alternative payment method. Your child's place in class can only be guaranteed by full payment of term fees.

Prices below are subject to change—

1 Hour Recreational & other 1 Hour sessions—\$191.85 Per Term

2 Hour Recreational sessions — \$309.10 Per Term

Development— \$309.10 Per Term

WAG 1— \$426.30 Per term

WAG 2—\$426.30 Per Term

WAG 3—\$511.55 Per Term

WAG 4+ - \$671.45 Per Term

WAG Advanced (X Comp)- \$347.10

Acro 3A (Jnr) —\$426.30 Per Term

Acro 4+ (Int) - \$511.55 Per Term

Novice & Intermediate Team Gym— \$426.30 Per Term

INVOICES– Invoices are sent to your nominated email before commencing each term. Invoices have payment instructions included. It will be assumed that your child will continue from term to term in their chosen program unless you notify us of your intention to discontinue. If you don't receive an emailed invoice before term starts you must contact us ASAP. Non payment of fees by week three will result in your child being excluded from class.

PAYMENT PROCEDURE– Your emailed invoice will have payment instructions, read & follow these instructions carefully. Payments with incorrect references/invoice numbers cannot be processed & you will continue to receive outstanding accounts.

ABSCENCE, ILLNESS & MAKE-UP SESSIONS– We do not allow make-up sessions. Non-attendance, including family holidays, does not qualify you for a refund, credit or make-up class. Only in the case of serious illness or injury and presentation of a doctors certificate, fees will be credited accordingly. Please email all doctors certificates to us for approval.

Do not bring sick children to gym, if they are too ill to attend school, they are too ill to attend gymnastics. Apart from sick children needing rest & recovery time our coaches & other participants don't need exposure to viruses. If the coach gets sick the class may have to be cancelled at great cost to Cartwheels Gymnastics As a matter of courtesy please email us letting us know your child will be absent. You are required to notify us of any medical, physical, emotional or learning disability information relevant to coaching your child.

2020 TERM DATES-

Term 1 - Tuesday 28th Jan-Thursday 9th April.

Term 2 - Mon 27th April-Sat 4th July.

Term 3 - Monday 20th July-Saturday 26th September.

Term 4 - Monday 12th October-Saturday 12th December.

We do not operate on public holidays.

We also hold an end of year presentation day where each child participates in a performance and we present our 2020 awards on Sunday 6th December.

CONTACTING THE GYM-

After checking the handbook for the answer to your question contact us via our website for queries/enquiries. The email will be forwarded to the appropriate person & they will contact you as necessary. **Do not phone or text the coaches personally** unless it is an emergency eg; running late for a competition!

NOTIFICATION OF CHANGES TO CONTACT INFORMATION-

For safety reasons parents must notify us immediately of any changes in address or telephone contact details.

UNIFORMS, CLOTHING & WHAT TO BRING-

GIRLS- Recreational students are encouraged to purchase a uniform, however general firm fitting 'active-wear' is appropriate in the meantime. Please have modesty when choosing this– no mid-drifts and shorts must be a suitably long enough to extend below the buttock line. **TRAINING LEOTARDS, COMPETITION LEOTARDS & TRACKSUITS** can be purchased through the club (please arrive to class a little early to try on). Uniform leotards should be worn with short , 3/4 or long length black leggings/tights. Short tights must be a suitably long enough to extend below the buttock line. During winter a black ballet wrap around can be worn, tied on the side. Tights & ballet wraps can be purchased from a dance supplier.

BOYS- wear a black bonds style Singlet & black sports shorts. These items are not stocked at the gym. No shoes, bare feet only.

HAIR- make sure your child arrives at class with their hair tied up neatly, preferably plaited. Long flowing & even loose short hair restricts movement, vision & is not acceptable. This is a safety requirement.

COMPETITION CLASS STUDENTS- Are required to have full club uniform including tracksuit, training & competition leotard. Individual competition leotards & performance costumes may also be required. These will be provided to students & invoiced.

WATER- Students are to bring a refillable water bottle into the gym each lesson. Ensure their name is clearly marked on the bottle. Sugary drinks & juices are not appropriate. For safety reasons bottles need to come into the gym with students, not remain in the viewing area with the parents. The gym is a food free zone. We have children with severe allergies entering the gym so food must not enter this area at any time.

LOST PROPERTY-Lost property is held in the gym in boxes above the pigeon holes. Please label drink bottles & clothing items. Any clothing or property remaining at the gym at the end of each term will be donated to charity.

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GYM RULES FOR SAFETY-

YOU MUST EXPLAIN THESE RULES & PROCEDURES TO YOUR CHILD BEFORE THEY ATTEND THEIR FIRST CLASS

- No-one is permitted to use the gym equipment at any time unless it is under the direct supervision of a Cartwheels Coach. Non-participants are not permitted on the equipment at any time.
- No shoes on equipment. Shoes must be removed before entering the equipment area. Suitable gym attire should be worn & hair is to be tied up neatly.
- One participant at a time on trampolines & other equipment.
- Listen to & follow the coaches instructions at all times.
- No food or drink (except water) is allowed in the equipment area. Please be mindful that there are children with severe allergies using this facility. All participants are required to bring a water bottle for consumption during class, juice & sugary drinks are not appropriate.
- No chewing gum.
- Treat the gym, equipment, property, coaches & other participants with respect.
- Dangerous & unruly behaviour is unacceptable, children who behave in such a manner will be asked to leave the class until they can behave appropriately. Discipline is the responsibility of the parent / guardian.
- No smoking in or around the facility.
- All students must be PCYC members & show their membership card every time they enter the facility.
- All Parents/guardians entering the facility must become *exempt* (non paying) PCYC members.
- Spectators must remain in the viewing/foyer area, there is no viewing from inside the equipment area.

FIRE & EVACUATION PROCEDURES:

FOR STUDENTS-

- 1- Stop all activities.
- 2- Follow the directions of the coach / person in charge, do not go to your parent/guardian.
- 3- You will be directed to leave the building via the nearest safe exit in a calm & orderly manner—leave all belongings behind.
- 4- Wait in the designated* meeting area for further instructions from your coach/supervisor.

*Designated area - P.C.Y.C. western car park.

FOR PARENTS/GARDIANS & SPECTATORS- Parents & spectators should also follow the same procedure. Do not attempt to collect your children before leaving the building as a coach/supervisor will be directing them to the nearest exit. Wait at the designated meeting area* for further instructions. Rolls will be checked by staff & when it has been established that all gymnasts are safely out of the building the supervisor can then grant permission for you to leave with your child & record that you have taken your child.

BLACK OUTS & UNFORSEEN WEATHER EVENTS-

In the event of an electrical failure or extreme weather event you will be contacted by text message. This text message will be generated by our computer program so it is imperative that your contact records are correct in our system. You will be required to collect or arrange collection of your child immediately. When collecting your child you must have the coach/supervisor record them as collected. No refund or credit is applied for these circumstances.

ASSUMPTION OF RISK-

Activities in gymnastics involve inversion of the body, weight bearing on hands & aerial activities at height. The sport by its nature carries an inherent risk of injury. Although all reasonable precautions are taken to ensure safety in the gym, injury may result during normal lesson activities. Parents & students must understand the risks & its consequence. Explain the risks to your children prior to the commencement of a gymnastics program along with the importance of listening to coaches instructions & following the rules of the gym. By registering your child into Cartwheels Programs you agree to accept this risk.

WAIVER-

This handbook, references & attachments are general in nature & their brevity could lead to misinterpretation. No responsibility can be accepted for those who act on their contents without first consulting the coaching director to obtain specific advice. When you register, Terms & Conditions are available to read. It is mandatory to read and accept to continue the registration process.