

info@mournegymnastics.com  
078 7488 9976  
WIN Business Park  
Canal Quay Newry

Office Admin Hours  
Mon - Fri | 4.30-5.30pm



# WELCOME PACK & IMPORTANT INFORMATION

Edition August 2023



## Club Ethos

Mourne Gymnastics Club is committed to the overall development of every one of our gymnasts.

As a club we strive to develop and inspire our gymnasts so that they can continue to grow physically, mentally, socially, and emotionally through a holistic approach. The club recognises and rewards the personal achievements of each individual to:

**Strive, Inspire & Achieve** by trying their best.



## Members Information

As a club we have a registration fee for all members of £15, this is a one-off annual fee paid prior to class allocation for new members and in July for returning member, to secure place in class for the new year.

Terms are approx. 8 weeks in length (price structure and term calendar below). We assess and reward the gymnasts with a progressive skills-based award scheme where medals and certificates can be collected at a cost.

**Cost is included in fees.**

Mourne Gymnastics also has it's own in house continued feedback scheme. This is called '**Four Seasons**' and will tie in with our terms. It is designed to help you and your gymnast see progress and realise the targets that are set for gymnasts to achieve.



## BG Membership

We are part of the bigger organisation of British Gymnastics who offer their services to us. This results in an annual insurance fee of £15 and £22 for under 5yrs and over 5yrs respectively. This is done directly to the company through the British Gymnastics website.

**Renewals for this are in September or at the point of joining, you will be advised in due course by email. This must be completed as soon as requested to do so.**



## Class Descriptions

Rolling Rascals (RR)	3-5yrs Pre-School Fundamental Movement Programme
Terrific Tumblers (TT)	6-8yrs Recreational Class
Little Pros (LP)	9yrs+ Recreational Class
Little Tricksters (LT)	6-8yrs Invitation Only Advanced Class
High Flyers (HF)	9yrs+ Invitation Only Advanced Class
Reaching New Heights (RNH)	1 to 1 Assisted Class for those who have specific needs and require individual assistance



## Class Timetable

Class	Reaching New Heights (RNH)	Rolling Rascals (RR)	Terrific Tumbler (TT)	Little Pro (LP)	Little Trickster (LT)	High Flyers (HF)
Days						
Mon						
Tues	3.30 - 4.20pm 4.30 - 5.20pm				6.00 - 7.30pm	5.30 - 7.00pm
Wed						
Thurs		3.40 - 4.30pm	4.30 - 5.30pm	5.30 - 7.00pm		
Fri		3.40 - 4.30pm	4.30 - 5.30pm			5.30 - 7.30pm
Sat		9.10 - 10.00am 1.10 - 2.00pm	10.00 -11.00am 2.00 - 3.00pm	11.00 -12.30pm		



## Price Structure

Term	Class Weeks	Rolling Rascals (RR)	Terrific Tumbler (TT)	Little Pro (LP)	Little Trickster (LT)	High Flyers (HF)	Reaching New Heights (RNH)
Term 1 NewYear	6	£53.00	£59.00	£65.00	£65.00	£95.00	£80.00
Term 2 Autumn	8	£69.00	£77.00	£85.00	£85.00	£125.00	£105.00
Term 3 Winter	8	£69.00	£77.00	£85.00	£85.00	£125.00	£105.00
Term 4 Spring	8 9*	£69.00 £77.00	£77.00 £86.00	£85.00 £95.00	£85.00 £95.00	£140.00	£117.50
Term 5 Summer	7	£61.00	£68.00	£75.00	£75.00	£110.00	£92.50

\*Due to Easter break in the middle of term 4, Tuesday and Thursday Classes will have a 9 week term.



## Payments

Our online service **LoveAdmin** (website & mobile app) has been successfully operating from Sept 2018. This way all of our payments, emails and class allocation are now electronic for ease of use and tracking. All inquiries should be made via email to [info@mournegymnastics.com](mailto:info@mournegymnastics.com)

The pre-authorisation selection is NOT advised as this makes the administration easier to follow. It also makes sure you are notified of and accept all transactions. The App generates emails which may refer to directly debiting. This does not mean it is a direct debit. Only upon your approval a payment is debited.



# Club Calendar 2023/24

Blocks of colour: purple, orange, blue, green and yellow indicate each term.

Provisional event dates for 2023/24 indicated in purple.

Closures indicated in red.

September 2023							
	Mo	Tu	We	Th	Fr	Sa	Su
					1	2	3
T1 NY	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	

October 2023							
	Mo	Tu	We	Th	Fr	Sa	Su
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
T2 AU	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31					

November 2023							
	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

December 2023							
	Mo	Tu	We	Th	Fr	Sa	Su
					1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

January 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6	7
T3 WI	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

February 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29			

March 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
					1	2	3
T4 SP	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

April 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

May 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4	5
	6	7	8	9	10	11	12
T5 SU	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		

June 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
						1	2
	3	4	5	6	7	8	9
	10	11	12	13	14	15	16
	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

July 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
SS	22	23	24	25	26	27	28
	29	30	31	1			

August 2024							
	Mo	Tu	We	Th	Fr	Sa	Su
					2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	



## Club Events

Throughout the year we usually hold several events.

### Young Leader Training

Mourne Monster High  
Mourne Young Leaders Conference

3<sup>rd</sup> & 4<sup>th</sup> November  
4<sup>th</sup> & 5<sup>th</sup> November

### Competitions

GIAGO Level 3-5  
GIAGO Level 1-2  
GIAGO Team Gym, Pairs & Rhythmic  
Junior / Derek Clark

19<sup>th</sup> November  
28<sup>th</sup> January  
25<sup>th</sup> February  
19<sup>th</sup> May

### Club

Winter Challenge  
Summer Challenge  
Summer Scheme Week 1  
Summer Scheme Week 2  
Annual Awards Night

17<sup>th</sup> December  
23<sup>rd</sup> June  
TBC  
TBC  
October 2024



## Social Media

You can find us on Facebook and Instagram to keep up to date with club announcements and events. Our social media accounts are for engagement only, please **contact us via email NOT via the direct messaging on these platforms**. These are not monitored; you will get quicker response to email. We encourage you to join our parents only group on Facebook. Search for **Mourne Gymnastics Interactive Platform** and please answer all questions to gain access. Here we may post homework related activities or class tasks.



# Clothing

Mourne Gymnastics Club now operates a compulsory uniform policy for safeguarding and safety purposes. The required uniform is as follows:

Club leotard (Girls)

Club unitard & shorts (Boys)

## Additional Uniform

Sleeveless training leotard (Girls)

Club Logo Shorts (Girls)

Club Tracksuit 1/4 zip top & skinny bottoms (Girls & Boys)

Please note that at competition all gymnasts must wear club colours only the tracksuit is not required but is desirable. If girls wish to wear shorts to compete, these must be the club's shorts.

### Girls Kit

#### Club Leotard

Sizes 26-32"	£40
Sizes 34"+	£50

#### Training Leotard

Sizes 26-32"	£25
Sizes 34"+	£30

### Shorts

MGC Cycle	£15
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### Boys Kit

#### Unitards

Sizes 26-32"	£35
Sizes 34"+	£40

#### Shorts

The Zone	£20
MGC Gym	£15

### Club Kit

#### Club Tracksuit

1/4 Zip Top	£30
Bottoms	£20

MGC Gym Bag	£5
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## Kit Order

Please note, tracksuits & leotards can only be ordered when we have a minimum of 15. We do try to keep some stock available throughout the year in the club for on-the-spot purchases. All kit purchases / orders are cash payment or alternatively Paypal.

Don't forget the "Swap Shop" facility on our Facebook Page, you can post up your old leotards and others can purchase directly from you. This is a facility provided for you but not run or maintained by the club. You must mark sold once an item is purchased.



## Safeguarding

In the event of any safeguarding issues please contact the club **Welfare Officer Helen McParland** via email, details are on the club notice board in reception.

### Intimate Care Policy

Mourne Gymnastics follows the following guidance for:

#### Pre-School

British Gymnastics would recommend that clubs require parents of Rolling Rascals aged 3-4 years remain nearby and contactable in case their child becomes distressed or requires assistance whilst using the bathroom.

#### Specific Needs

In order to provide adequate support to gymnasts, British Gymnastics advocates that either a professional carer approved by the gymnast's family, parent or guardian should carry out the role of "carer."



## Other Class Information

### Parents

Information night held at the beginning of each season; attendance is strongly advised. Details of this will also be emailed. We would like you as a parent to fully support your child with their gymnastic endeavours in homework, competition, and awards.

If you are to miss 2 or more weeks of classes, you must email to inform us, or your place will be allocated to a child on the waiting list.

### Do's and Don'ts to make sessions easier for gymnast, coach and families.

Do's	Don't
drop off to class at start time	use reception area to watch child
prompt pick up at door after class	wait in car for gymnasts to come to you
respect coaches	disregard coaches efforts
contact office via email regrading class payments, competition entries etc.	publicly raise concern with coaches in front of other parents

### Gymnasts

### Do's and Don'ts to make sessions easier for gymnast, coach and families.

Do's	Don't
wear club kit to class	wear jerseys of any type (no badges)
have a bag for shoes and water only	have any jewellery on
listen to coaches	speak over coaches instruction
practice at home, do homework task if set by coaches	try new skills at home beyond ability, wait to learn in class time



## Leadership Academy

Who?	11+ years
Why?	To better skills and help learn to become a coach
How?	During the Rolling Rascal and Terrific Tumbler classes

For further information on how to register and begin this journey contact us at [info@mournegymnastics.com](mailto:info@mournegymnastics.com)



## Leadership Academy

University of Mourne Gymnastics is for any younger leaders aged 14 years+. The programme allows them to begin their coaching career and pathway .

### The university includes:

1. British Gymnastics Leadership programme
2. Must volunteer minimum 2 hours per week at the club
3. British Gymnastics Coaching Qualifications at Introductory level Helper Course (14yrs) , Coaching Level 1 (16yrs) and Level 2 (18yrs)
4. British Gymnastics Generic Courses to further enhance skills.
5. Volunteer Now GoldMark and Millennium Scheme
6. Recognition at British Gymnastics Awards Nights.  
As well as our own Club Awards Evening



*www.*

**MOURNE**  
**GYMNASTICS**.com

**"TRY YOUR BEST"**



**Mourne Gymnastics Club**

Contact Club on: 078 7488 9976

Email [info@mournegymnastics.com](mailto:info@mournegymnastics.com)