

### ANNUAL CLUB REGISTRATIONS FEES

This fee is due at the time of enrolment

First Child	R600.00
Second Child	R400.00
Third Child	R200.00

### FEES STRUCTURE 2018

PLS SEE ATTACHED

VISITORS / ADULTS R150 PER HOUR

### TUITION FEES

Monthly Fees are calculated over 12 months, **also require I terms written notice**

Termly Fees are calculated Termly according to Schools calendar

DISCOUNT: 20% Per additional child

#### **ONLY WHEN PAYING MONTHLY**

Please note that the highest level tumbler is considered the first child

**UNPAID COLLECTIONS will result in a penalty of R150.00 the following month**

**ONE FULL TERMS WRITTEN / PAID NOTICE IS REQUIRED ON TERMINATION OF CLASSES**

## **PAYMENT TERMS**

**COLLECTION ORDER ONLY !!!**

**NO CHEQUES / DIRECT DEPOSITS / CASH ACCEPTED**

### SAGF REGISTRATION FEES COMPULSORY

**It is compulsory for all gymnasts to pay an annual Reg. fee to the Provincial and National bodies. Amounts will vary depending on level. Failure to pay registration will mean that your child will be excluded from participating in all competitions.**

**Details to follow!**

### TRANSPORT AVAILABLE FROM SELECT AREAS

**R250.00 PER MONTH (2 X PER WEEK)**

**R350.00 PER MONTH (4 X PER WEEK)**

### **BIRTHDAY PARTIES / TEAM BUILDING EVENTS (2 HOURS)**

**Book early to avoid disappointment**

**R1000,00 max 10 jumpers , R100 per additional jumper**

**For more info call Mandy 0733003478/Office 041-3793020**



Mandy Zoonekynd Contact Details: 073 300 3478 / Office 041-3793020

E.mail: [mandy.zoonekynd@gmail.com](mailto:mandy.zoonekynd@gmail.com)

[www.gymnasticspe.co.za](http://www.gymnasticspe.co.za)

Coach Lee Contact Details: [leebudler@gmail.com](mailto:leebudler@gmail.com) : 081 039 4537

Coach Bianca Contact Details: [bbinks14@yahoo.com](mailto:bbinks14@yahoo.com) - 084 472 0306

### **WELCOME !!!**

We are pleased that you have chosen our program for your child. Our sport requires more strength, conditioning, flexibility and dedication than most sports do and a lot more time to master. The discipline, patience and maturity that these children learn will last a life time and help mould them into what we feel will be better adults.

Because of the difficulty of the sport, several times during your child's career, they may come to you upset at failing to reach a goal, or win an award at a competition. Try to help them understand that it is an individual sport and if they feel they have improved, they have succeeded, and that is what is most important.

It is our desire to keep rules and regulations to a minimum. However, certain basic policies are necessary to help avoid misunderstandings. We will be happy to discuss individual situations which may make the following guidelines workable. If you have any questions please contact Mandy or your instructor.

Your comments, suggestions and criticism are welcome. We are here for you. Allow us to be of better service to you by letting us know your concerns. We look forward to getting to know you and your child and hope we will have a happy long lasting association together.

### **"OUR QUOTE"**

**CHAMPIONS ARE NOT MADE IN STADIUMS  
CHAMPIONS ARE MADE FROM SOMETHING DEEP INSIDE OF THEM  
.... A DESIRE .... A DREAM .... A VISION ....  
THEY HAVE TO HAVE THE LAST MINUTE STAMINA  
THEY HAVE TO BE A LITTLE FASTER  
BUT THEY MUST HAVE THE SKILL AND THE WILL  
BUT THE WILL MUST BE STRONGER THAN THE SKILL**

### CLOTHING REQUIREMENTS

Please make sure your child is properly dressed. T. Shirt and Shorts will be acceptable to start. At competition level the correct club gym attire will be compulsory. GIRLS hair MUST be tied back at all times.

Watches/Jewellery etc are to be left at home.

Please mark all gym clothing/ accessories, with the gymnasts full name.

If you have good quality uniforms which your child has outgrown, please place in bag clearly marked with price and we will be happy to try and find a buyer for you.

### COMPETITIONS

Parents will be notified in advance of competitions and the respective costs.

There will be an entry fee for the gymnasts to participate. Competitions entry fees must be paid prior to the closing date in order for your child to participate.

Teams selected to represent the club will remain the duty of the selection committee alone. Gymnasts are expected to follow the rules laid down by the club, Provincial and National Bodies when representing them at competitions.

No one is allowed in the competition area except gymnasts, officials and coaches. Contact with parents, friends, etc is restricted to before and after and NOT during the competition. Gymnasts are not to leave the competition area for any reason without permission and parents must not remove gymnasts from competitions until they have been dismissed by their coach.

Gymnasts are responsible for their own clothing etc. These items are not to be left with parents, but kept in a sports bag, with them at all times.

### CLOTHING REQUIREMENTS AT COMPETITION LEVEL COMPULSORY

Club Tracksuit, Club Leotard, white socks, gym shoes (girls)

Club Tracksuit, Club Vest, white socks, gym shoes (boys)

### TRAINING ATTIRE

It is preferable that they train in Leotards (girls) and Vests (boys).

Shorts, T.Shirts, Costumes are acceptable

**Gym shoes/socks are COMPULSORY on trampoline**

### CLOTHING SHOP – (LITTLE CHERUB) (Leotards, Gym Shoes, Shorts)

#### PLEASE CONTACT

ANTHOULA BUCHNER

TELEPHONE NO: 041-3748843

CELL NO: 082 296 7417

ADDRESS: 39 WESTBOURNE ROAD, CENTRAL.

CLUB TRACKSUITS: Ashron: 073 344 5675

### GUIDELINES FOR PARENTS

1. Parents, please ensure your child is at the gym on time and fetched promptly after class.
2. Children are not allowed to run around and cannot be on the equipment without a coach present.
3. Spectators/Parents will not be allowed to watch training sessions, unless previously arranged with Coach in charge. (eg. Child's first lesson) **Viewing day for all parents will be the last day of the school term**
4. In order for your child to get the maximum benefit from lessons, we will appreciate your co-operation if you, as parents **do not interrupt coaches during class time.** Please arrange an appointment after hours with the coach.
5. **Parents should not attempt to coach a gymnast in any skills – leave the coaching to us.** If you wish to work with and assist your child, focus on strength building and stretching exercises at home.
6. It is the responsibility of the parents to inform the coaches if their child has any physical problems or of any change in their general health.
7. Missed classes cannot be made up.

**NB PLEASE NOTE THAT THERE WILL BE NO GYM ON THE 1<sup>ST</sup> AND LAST DAY OF EACH SCHOOL TERM**

### RESPONSIBILITY OF THE GYMNAST

#### (Parent to please inform children)

1. Gymnasts are to arrive on time and remain until the training session has ended unless prior arrangements have been made with the coach.
2. No gymnasts are allowed on the apparatus outside their normal training times. Gymnasts should not eat during workouts and at no time is food / sweets to be brought into the facility. Chewing gum is strictly forbidden in the gym.
3. Gymnasts will be given a break during their session, tuck shop facility is available during this time, so please support.
4. Gym bags must be placed in the specified areas.
5. Distracting or disruptive behaviour, will not be tolerated at any time.
6. Gymnasts are responsible for their own belongings and are discouraged from bringing unnecessary items (toys/games) etc to the gym.
7. Let the instructor know if you are feeling sick or faint.

### **NO CELL PHONES**

**Should a parent or child have any emergency this can be dealt with via**

**Mandy : 073 300 3478**

**WE STRIVE TO NOT ONLY PRODUCE THE BEST BUT TO KEEP OUR GYMNASTS  
HAPPY AND JUMPING FOR JOY!**

OUR PROGRAM IS BASED ON THE LATEST TECHNIQUES PRACTICED ALL OVER THE  
WORLD