

Exeter Gymnastics Club



Holiday Improver Gymnastics Courses 2011 Application Form

Exeter Club Improver Courses are a great fun way to develop performance and will be organised in all school half-term and holiday periods in 2011. Any club member may attend the courses and their level will be accommodated in the training programme.

The Aim:

The aim of all courses is to improve performance levels with an enjoyable and challenging programme and to re-establish previous levels of ability during spells of growth etc.

Course Dates and Timings:

Course No 1/2011	Mon /Thu	9.00 am to 12.00 noon	21 st to 24 th February 2011
Course No 2/2011	Tue/Fri	9.00 am to 12.00 noon	31 st May to 3 rd June 2011
Course No 3/2011	Mon/Thu	9.00 am to 12.00 noon	15 th to 18 th August 2011
Course No 4/2011	Mon-Thu	9.00 am to 12.00 noon	24 th to 27 th October 2011

Course Activities:

1. Recreational gymnastics with Dance, Apparatus, Rebound, Air Track Acrobatics & Cheerleading Activities.
2. BAGA Award Schemes and the "County Award Scheme" will be worked on but will not be tested. Award scheme testing will continue to be held during the last two weeks of each gym term.
3. The Improver Course Element Achievement Scheme will be used to establish a reward Achievement Record for each course which will be recorded on the course participation certificate for each gymnast attending. Gymnasts should strive to achieve a greater number of passes on each course attended. There will be no extra costs for this reward scheme.
4. Awards to encourage:
 - a. Group Most Improved.
 - b. Overall Most Improved.
 - c. Course Element Record of Achievements
5. Courses are conducted by coaches qualified to the standards of the British Gymnastics Association.
6. Parents are advised that they may watch a short display of some of the work covered during the four days, this will be at 11.45 am on the last day of the course.

Course Fees are: (Non-Refundable):

Attending: 1 day = £20.00, 2 days = £30.00, 3 days = £36.00, 4 days = £46.00.

NB. The Club is registered as a 'Don't Stop Me Now' activity provider. If eligible you can use your funding for this course.

How to attend.

Each course has a limited number to guarantee a place, ask for a course application form, complete and return it with the appropriate fees as soon as possible. Advanced booking with fees may be made on any course. Gymnasts must be registered member of the Exeter Gymnastics Club and British Gymnastics.

Mike Euridge 01392 250381

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Exeter Gymnastics Club Improver's Course Attendance Application

Course No: Dates.....Days attending...../...../...../.....

Name.....DOB.....Age..... Grade achieved on previous Imp. Cse.....

Address.....

.....Tel.No.....

Emergency contact whilst attending Course.....

I do / do not agree to First Aid being administered without my presence. (i.e. Application of plasters & TCP antiseptic)

Parent/Guardian.....Signature.....Date.....

Fees enclosed.....with cheques made payable to EOGC. Thank you.

Exeter Gymnastics Club, Bull Meadow Park, Bull Meadow Road, Exeter EX2 4JF Tel: 01392 250381 Fax: 01392 435532

www.exetergymclub.org.uk

Affiliated to British Gymnastics, South West Amateur Gymnastics Assoc., Devon Amateur Gymnastics Assoc.,

