



MEMBER'S HANDBOOK



WELCOME TO CENTURION GYMNASTICS CLUB

Since 1989, Centurion Gymnastics Club (CGC) has been a place where gymnasts of all ages and skill levels can thrive. With a world-class facility and passionate coaches, we continue to offer the best in gymnastics training, development, and community.

OUR ORGANIZATION

At CGC, we are proud of our heritage and dedication to excellence.

- Established: **1989**
- FIG Certified Equipment: **1992**
- Best-equipped facility in **Southern Africa**
- Specialized junior gym for ages **18 months to 10 years**
- **700+** members in various classes
- **16 coaches**, including 5 full-time staff

We've developed gymnasts who excel at Regional, Provincial, National and International events, and we continue to mentor the future leaders of gymnastics.

OUR MISSION

At CGC, we focus on building strong relationships between children and their parents, teaching life lessons through the joyful art of gymnastics.

Our slogan, **Creating Life's Champions**, reflects our commitment to developing skilled gymnasts who grow into confident, resilient individuals. We aim to:

- Foster **Skill Development and Confidence** from the earliest ages
- Promote **Health and Well-being** with active lifestyles
- Create a **Positive, Inclusive Community**
- Encourage **Lifelong Engagement** with gymnastics
- Instil the values of **Dedication, Respect, and Teamwork**

OUR VALUES / WINNING WAYS

Our values guide every aspect of training and interaction at CGC:

- **Integrity:** Honesty, fairness, and transparency
- **Perseverance:** Resilience, even from the smallest victories
- **Passion:** Joy in mastering skills and moving with purpose
- **Excellence:** Striving for personal bests in skills and sportsmanship

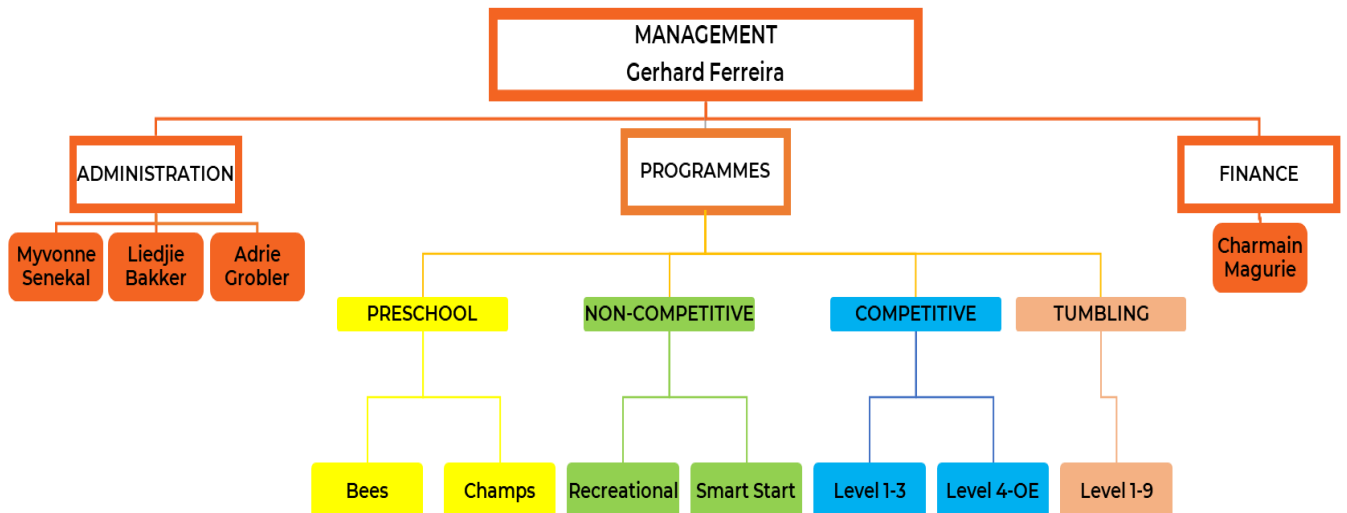
- **Respect:** Valuing diversity and inclusion
- **Sportsmanship:** Grace in winning and dignity in setbacks
- **Team Spirit:** Celebrating collective success

OUR PHILOSOPHIES

We believe gymnastics goes beyond the gym—it builds character, confidence, and a love for movement.

- **Personal Growth:** We help gymnasts develop coordination, motor skills, discipline, and resilience.
- **Teamwork and Respect:** From an early age, we foster teamwork and social skills.
- **Excellence through Effort:** Success is about the effort put in, not just the outcome.
- **Fun and Enjoyment:** Learning is fun, especially for our youngest members.
- **Safety and Well-being:** We ensure age-appropriate training and equipment.
- **Lifelong Passion:** Inspiring a love for gymnastics that lasts a lifetime.

CLUB STRUCTURE



PROGRAMS WE OFFER

- **Beginner Classes:** Introduction to the fundamentals of gymnastics in a fun, safe setting.
- **Intermediate and Advanced Training:** Skills development for children progressing in gymnastics, with tailored coaching.
- **Competitive Teams:** For gymnasts aiming to compete regionally and nationally.
- **Specialized Clinics:** Periodic workshops focusing on specific skills like tumbling, bars, or flexibility.
- **Adult Classes:** For adults 18+ years. Non-competitive.

FACILITIES

- **State-of-the-Art Gymnastics Equipment:** Designed for safety and functionality.
- **Observation Areas:** Parents can watch their children grow and progress.

BENEFITS FOR YOUR CHILD

- **Physical Development:** Improved strength, flexibility, coordination, and balance.
- **Mental Growth:** Enhanced focus, discipline, and goal-setting abilities.
- **Team Spirit:** Building friendships and learning collaboration through group activities and team events.

PARENTAL SUPPORT AND INVOLVEMENT

- **Regular Updates:** Stay informed with newsletters and parent meetings.
- **Workshops for Parents:** Learn how to support your child's gymnastics journey.
- **Volunteer Opportunities:** Be part of our events and competitions.

ADDITIONAL BENEFITS

- **Merchandise and Apparel:** Branded clothing and equipment for your little gymnast.
- **Discounts and Loyalty Programs:** Special offers for long-term members.
- **Birthday Parties and Special Events:** Host unforgettable celebrations at our facility.

YOUR COMMITMENT

- **Safety First:** Ensuring your child follows the gym's safety guidelines.
- **Attendance:** Encouraging regular attendance to maximize progress.

- **Communication:** Open channels for any concerns or questions.

OUR COMMUNICATIONS CHANNELS

Telephone: 012-663 6639




Website: www.cgclub.co.za

Email addresses:




- **Preschool:** info@kids-first.co.za
- **Admin:** admin@cgclub.co.za
- **Finance:** finance@cgclub.co.za

Office Hours: Mon – Thu 09:00 to 12:00; 13:30 to 17:00
Fri 09:00 to 11:00; 13:00 to 17:00

Best way to Communicate with us:

 <p>Telephonically:</p> <ul style="list-style-type: none"> • Quick queries • To inform us of absences 	 <p>Email:</p> <ul style="list-style-type: none"> • Class changes • Scheduling appointments • Raising concerns • Financial inquiries • Responding to competition/event entries • Cancellations 	 <p>Parent Portal via the website www.cgclub.co.za a one-stop platform to:</p> <ul style="list-style-type: none"> • View class info • Access past email correspondence sent • View accounts • Add students • Log absences
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How the Club will communicate with you: Gymnasts, families, staff, and the broader community:

 <p>Telephonically:</p> <ul style="list-style-type: none"> • Adress concerns • Resolving Quick Queries 	 <p>Email (our main method of communication):</p> <ul style="list-style-type: none"> • Newsletters • Announcements • Statements/accounts • Entry forms and Competition details 	 <p>Social Media & Website:</p> <ul style="list-style-type: none"> • Quick Updates/Reminders • Calendar • Results
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OUR RESPONSIBILITIES

Our commitment:

- **Safe Environment:** We ensure safety in all our facilities.
- **High-Quality Coaching:** Providing expert coaching and support.
- **Fairness and Inclusivity:** Fostering an inclusive, respectful atmosphere.
- **Positive Behaviour:** Encouraging sportsmanship and teamwork.
- **Clear Communication:** Open communication with families and gymnasts.
- **Long-Term Development:** Supporting gymnasts in their physical and emotional growth.
- **Community Engagement:** Promoting gymnastics beyond the club.

OUR EXPECTATIONS

To build a successful gymnastics journey, we expect commitment from both gymnasts and families:

- **Commitment to Training:** Attend regularly and put forth your best effort.
- **Respect for All:** Treat coaches, peers, and staff with respect.
- **Positive Attitude:** Display sportsmanship and maintain a positive mindset.
- **Adherence to Rules:** Follow all safety guidelines and club policies.
- **Family Support:** Ensure consistent attendance and encouragement.
- **Commitment to Growth:** Embrace challenges and strive for personal improvement.

OUR PARTNERSHIPS

We believe in the power of working together:

- **Parents:** You are our partners in your child's growth and success.
- **Coaches:** We support our coaches in helping gymnasts reach their full potential.
- **Community:** Building relationships with local schools and businesses.
- **Sponsors:** Collaborating with sponsors to enhance our programs.
- **Gymnastics Bodies:** Aligning with national standards to promote the sport.
- **Other Clubs:** Promoting healthy competition and shared learning experiences.

GETTING OFF TO WINNING WAYS

Setting Goals for Success

- **Individual Goal-Setting:** Coaches work with gymnasts to outline realistic short-term and long-term goals (e.g., mastering a cartwheel or qualifying for a competition).
- **Parental Role:** Educate parents on how they can support these goals, such as consistent encouragement and fostering a positive attitude toward practice and effort.

Safety First

- **Guidelines and Expectations:** Introduce gym rules, including proper attire, punctuality, and respect for others.
- **Warm-Up and Injury Prevention:** Emphasize the importance of proper warm-ups and cool-downs to prevent injuries.

Building Skills and Confidence

- **Initial Assessments:** Allow coaches to evaluate each gymnast's starting skill level to tailor their training plan.
- **Encourage Participation:** Help new gymnasts integrate into group classes or teams, encouraging them to engage with peers.
- **Celebrate Small Wins:** Highlight progress early on, whether it's learning a new skill or demonstrating teamwork.

Communication and Collaboration

- **Regular Updates:** Inform parents of weekly progress through newsletters or apps.
- **Open Door Policy:** Encourage feedback and questions from parents and gymnasts to build trust and address concerns quickly.

Embracing Team Spirit

- **Team Introductions:** Host icebreaker activities or team-building exercises for gymnasts.
- **Parent Involvement:** Invite parents to watch practices or participate in parent-coach meetings.
- **Community Spirit:** Share upcoming events like competitions, showcases, or family fun days.

Winning Attitudes for Life

- **Gymnastics as Life Lessons:** Share how the discipline, focus, and resilience learned in gymnastics will benefit gymnasts in school, relationships, and future careers.
- **Encouraging Growth Mindset:** Promote the idea that effort and perseverance are the keys to success, not just innate talent.

Motivation and Inspiration

- **Role Models:** Introduce gymnasts or alumni who've excelled in gymnastics and can inspire new gymnasts.
- **Positive Reinforcement:** Highlight the importance of celebrating effort, teamwork, and improvement, not just medals and accolades.

OUR FEES

Annual Club Membership Fee:

Members (new & existing) will pay an annual fee per family. No fee will be payable with the enrolment of additional children during the same year.

Gymnastics South Africa (GSA) membership Fee - 2025:

Non-competitive and Preschool gymnasts: R100

Competitive gymnasts: R600

Payable by 28 February and is non-refundable.

Tuition Fees:

The Club follows the Government School calendar.

Our Fees are based on a TERM (9 to 10 weeks) **and** training hours per week.

Fees are payable In Advance.

We allow 3 x instalment payments for a full term.

OUR SPORT – GETTING TO KNOW GYMNASTICS

Gymnastics combines strength, flexibility, agility, and grace. CGC focuses on **Artistic Gymnastics and Tumbling**.

Preschool Gymnastics:

For children aged 18 months to 6 years, our focus is on developing motor skills, coordination, and body awareness through fun, age-appropriate activities.

Women's Artistic Gymnastics (WAG)

WAG features four apparatus:

- **Vault:** Powerful runs and flips over the vault table.
- **Uneven Bars:** Fluid, controlled movements between bars.
- **Balance Beam:** Routines on a narrow beam showcasing poise.
- **Floor Exercise:** Choreographed tumbling routines set to music.

Men's Artistic Gymnastics (MAG)

MAG involves six apparatus:

- **Floor Exercise:** Power tumbling routines.
- **Pommel Horse:** Continuous leg swings.
- **Still Rings:** Strength-based holds and swings.
- **Vault:** High-energy vaulting skills.
- **Parallel Bars:** Strength and flips on two bars.
- **Horizontal Bar:** High-flying release moves on a single bar.

Tumbling

Performed on a trampoline and air track, tumbling focuses on power, precision, and speed. Gymnasts perform sequences of flips and twists that test their strength and control.

Acrobatic Gymnastics

In future we will also introduce acro as an additional discipline to our club. A dynamic and team-based discipline where pairs or groups of gymnasts perform routines combining dance, tumbling, and intricate partner balances. It emphasizes trust, coordination, and creativity.

OUR PATHWAYS: THE JOURNEY THROUGH CGC

At Centurion Gymnastic Club we provide a structured pathway that supports every gymnast's growth, from their first steps into the gym to achieving their competitive dreams. Here's what you can expect:

1. Entry-Level Pathways

- **Preschool Classes:** A fun introduction to movement, balance, and coordination for our youngest gymnasts.
- **Recreational Gymnastics:** Perfect for children exploring gymnastics in a non-competitive, supportive environment.
 - Focus on developing fundamental skills like rolls, cartwheels, and handstands.
 - Regular progress checks to celebrate milestones.

2. Development Pathway

- **Skill-Based Progression:** Gymnasts move through structured skill levels, from beginner to advanced.
 - Coaches assess readiness for the next level and ensure each gymnast feels confident in their progress.
- **Pre-Team Programs:** Preparation for competitive gymnastics, focusing on discipline, technique, and teamwork.
- **Workshops and Clinics:** Specialized sessions to refine skills like vaulting, tumbling, and bar routines.

3. Competitive Pathway

- **Entry-Level Competitions:**
 - Participation in friendly, in-house meets or local events to build confidence.
 - Every gymnast receives constructive feedback and recognition for their efforts.
- **Regional and National Competitions:**
 - Advanced gymnasts compete in leagues and tournaments, representing the club.
 - Comprehensive support, including routine choreography, psychological preparation, and travel arrangements.
- **Elite Opportunities:**
 - For gymnasts showing exceptional potential, we offer tailored training to qualify for provincial, national, and even international events.

4. Alternative Pathways

- **Performance Teams:** Gymnasts who enjoy the art of gymnastics without a competitive focus can join teams that participate in showcases and exhibitions.
- **Leadership and Coaching:** Older gymnasts can train as junior coaches or mentors, giving back to the club and inspiring younger gymnasts.

Rewards and Recognition

- **Achievement Awards:** Celebrating skill mastery and progression with certificates, ribbons, and medals.
- **Team Trophies:** Acknowledging collective success in competitions and team spirit.
- **Annual Awards Night:**
 - Categories like "Most Improved," "Best Team Player," and "Gymnast of the Year."
 - Recognition for consistent attendance, sportsmanship, and outstanding achievements.
- **Scholarships and Sponsorships:** For dedicated gymnasts, we offer support to help them pursue further training or higher education.

Your Gymnast's Journey

We're committed to guiding every gymnast through a pathway that matches their goals, whether recreational or competitive. Together, we'll celebrate every accomplishment and encourage them to aim higher with each step of their journey.

OUR UNIFORM AND TRAINING KIT

PROGRAMME	BOYS	GIRLS
Pre-School Bees & Champs	Club shirt; Shorts & Socks	Club shirt or sleeveless club leotard & socks
Non-competitive Smart Start Programs	Club shirt, shorts, club leotard & socks	Club shirt and/or sleeveless club leotard & socks
Competitive Programmes Level 1 – Olympic	Club shirt, shorts, club leotard, white gymnastics longs & socks. Grips – high bar & rings – ask your coach when you need to acquire grips.	Club shirt, leotard, ski-pants, socks. Grips (Uneven Bars) – ask your coach when you need to acquire grips.
Competitions / Trials	Club / Regional leotard, white shorts, longs & socks. Club tracksuit top or regional tracksuit	Club / Voluntary leotard, club tracksuit top or regional tracksuit.

CODE OF CONDUCT FOR GYMNASTS, COACHES, AND PARENTS

A positive and respectful environment is essential for the success and well-being of everyone at CGC. Our Code of Conduct outlines expectations for gymnasts, coaches, and parents to ensure a supportive and productive atmosphere.

For Gymnasts

As a gymnast, you are expected to:

- 1. Respect the Gym:**
 - Treat equipment, facilities, and peers with care.
 - Follow safety rules at all times.
- 2. Be a Team Player:**
 - Encourage and support your teammates.
 - Avoid negative comments or behaviours toward others.
- 3. Commit to Growth:**
 - Attend practices regularly and arrive on time.
 - Put forth your best effort during training and competitions.
 - Listen to your coaches and strive to improve.
- 4. Exhibit Sportsmanship:**
 - Celebrate your achievements and those of others.
 - Accept feedback gracefully and use it to grow.
- 5. Uphold Integrity:**
 - Be honest and fair in your actions.
 - Avoid behaviours like cheating or unsportsmanlike conduct.

For Coaches

As a coach, you are expected to:

1. **Prioritize Safety:**
 - Ensure all activities are conducted in a safe environment.
 - Provide proper instruction and supervision at all times.
2. **Model Respect:**
 - Treat all gymnasts, parents, and colleagues with dignity and fairness.
 - Avoid favoritism and maintain professional boundaries.
3. **Encourage Excellence:**
 - Set clear expectations and goals for gymnasts.
 - Celebrate both effort and achievement.
 - Foster a growth mindset and encourage persistence.
4. **Communicate Effectively:**
 - Provide constructive feedback in a respectful manner.
 - Maintain open communication with parents and gymnasts.
5. **Act with Integrity:**
 - Follow ethical coaching practices.
 - Continuously improve through professional development.

For Parents

As a parent, you are expected to:

1. **Support Your Child:**
 - Encourage your child's participation and effort, not just results.
 - Refrain from placing undue pressure or unrealistic expectations on your child.
2. **Respect Coaches and Officials:**
 - Trust the expertise and decisions of the coaching staff.
 - Avoid interfering with training or competition management.
3. **Promote a Positive Atmosphere:**
 - Cheer for all gymnasts, not just your child.
 - Avoid negative comments or behaviors at events and practices.
4. **Communicate Responsibly:**
 - Direct concerns or questions to the appropriate club representative in a respectful manner.
 - Attend parent meetings and stay informed about club activities.
5. **Be a Role Model:**
 - Demonstrate sportsmanship, respect, and courtesy to all gymnasts, coaches, parents, and officials.
 - Comply with all club policies and procedures.

Consequences for Violating the Code of Conduct

1. **Gymnasts:**
 - A verbal warning for minor infractions.
 - Temporary suspension from activities for repeated issues.
 - Dismissal from the club for severe or ongoing violations.
2. **Coaches:**
 - Review and warning for breaches of conduct.

- Mandatory training or supervision for repeated concerns.
 - Termination for severe misconduct.
- 3. Parents:**
- A meeting with club management for inappropriate behaviour.
 - Restrictions from attending practices or events if violations persist.
 - Potential removal of their child from the club for serious breaches.

By adhering to this Code of Conduct, we can create a thriving environment where gymnasts can succeed and enjoy their journey. All members are required to sign the Code of Conduct agreement at the start of the season.

This booklet provides a glimpse into what makes Centurion Gymnastics Club special. Whether your child is just starting out or aiming for higher levels, we are excited to support their journey in gymnastics!