



TOTAL GYMNASTICS  
ACADEMIES

THE BETH TWEDDLE ACADEMY

# PARENTS HANDBOOK



## INSPIRE A GENERATION

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# WELCOME TO TOTAL GYMNASTICS

## THE BETH TWEDDLE ACADEMY

Thank you for choosing our classes for your child's gymnastics experience. My aim is to ensure that every child has the opportunity to have a go at gymnastics, and learn the basic fundamental movements of my favourite sport in a fun, safe and structured environment.

During my gymnastics career, the support from my parents was essential. They were my taxi service to and from gym, my cooks, a shoulder to cry on after a bad day and the people I wanted to celebrate with when I learnt something new. I would like to thank you for taking the time to get your children into gymnastics and supporting them throughout their journey with us.

As you will see in this pack, my mum has given you some of her thoughts and tips from one parent to another as you help your child progress through the academy programme.

I wish you and your child a happy and successful experience with us.

Beth  
Tweddle  
X GRR



# ABOUT **BETH TWEDDLE**

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Beth was a lively and energetic 7 year old when she was entered into a gymnastics programme at her local club, Crewe and Nantwich, where her talent for the sport was recognised by her coaches. After competing at her first British Championships she moved to train at the City of Liverpool Gymnastics Club at the age of 12 where she trained under the watchful eye of her personal coach, Amanda Reddin.

Her biggest achievements include becoming World Bars Champion in Aarhus in 2006 and again in Rotterdam in 2010, European Bars and Floor Champion in 2009 and 2010, European Bars Champion in 2006 and 2011 and World Floor Champion in front of a home crowd at the O2 arena in London, 2009. She has also competed at 3 Olympic games; Athens 2004, Beijing 2008 and London 2012.

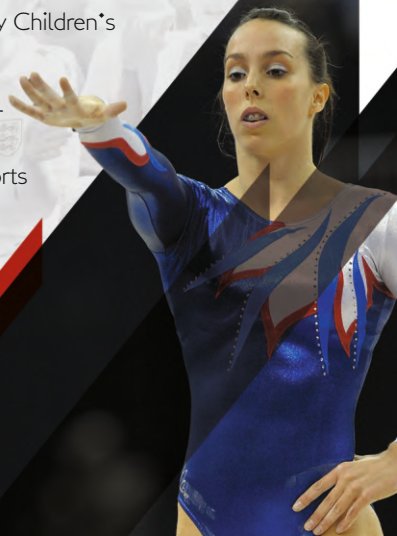
Her one aim was an Olympic Medal and in London 2012, after recovering from a knee injury she sustained just 100 days before the games began, she produced one of the most difficult bar routines in the World to gain a Bronze Medal, making her the first female gymnast to medal at any Olympic Games for Great Britain.

Following her successes in the World and European Championships, Beth was also appointed Member of the Order of the British Empire (MBE) in the 2010 New Years Honours list which Beth describes as her "biggest achievement outside of gymnastics". She also has a skill on bars named after her as she was the first female gymnast to perform it successfully in an international event; it is called "The Tweddle."

Always wanting to try something new, after hanging up her handguards in 2013, Beth took part in ITV's Dancing on Ice and won the show in 2013 with her partner Daniel Whiston. She returned to the show in 2014 for the "All Stars" final series and finished 3rd with her new skating partner Lucasz Rozycki behind Ray Quinn and Hayley Tammadon.

Beth is a patron for the North West Air Ambulance, Alder Hey Children's Charity and The Princes Trust.

Beth was born in South Africa and moved to Cheshire with her parents Ann and Jerry and her brother James at just 18 months old. Beth moved to Liverpool in 2004 to begin a degree in Sports Science at Liverpool John Moores University where she graduated with a 2:1. She has since completed a diploma in Sports Massage and is also a level 3 qualified gymnastics coach.



# WHAT ARE THE BENEFITS OF GYMNASTICS?

Research has shown that children who do gymnastics from a young age provide many benefits to their general health and wellbeing including;

- Improves strength, flexibility, co-ordination and movement.
- To maintain a healthy lifestyle.
- Impact training (plyometric training or jump training) on floor and vault can improve bone density in children.
- Provides the children with a chance to socialise with others and make new friends.
- Improve mental skills such as concentration and problem solving.
- Enhances the children's discipline.
- To let them experience a fun and engaging activity in a safe environment.
- Improved confidence.
- Skills that are learnt progressively eliminate the fears of learning new skills.
- Enhances leadership skills.
- Teaches them basic balancing and movement skills that are useful when partaking in many other sports.

## TOTAL GYMNASTICS BETH TWEDDLE ACADEMY (TGA)

The TGA programme follows the British Gymnastics Proficiency Awards Scheme and the Advanced Proficiency Awards Scheme. We aim for children aged 8+ to attend these classes and develop their gymnastics skills by training for 2 hours at a time, allowing them to progress through the programme at a steady pace. The children will learn key rolls, balances, travelling and jumping skills and work with a variety of apparatus including benches, beams, vaults and bars (venue permitting).

The academy programme teaches the children a wide variety of basic skills and qualities that will aid their development in other sports, or if they wish to make the step into a higher level gymnastics club. It also has an exciting rewards scheme with badges and certificates for children to achieve as they progress.





# WHY IS THE TOTAL GYMNASTICS BETH TWEDDLE ACADEMY DIFFERENT TO OTHER GYMNASTICS CLUBS?

- Although there is a Lead Coach at each venue, your child will have their own personal coach and work in a group of no more than 8 - 10 gymnasts to 1 coach. They will be grouped on their ability to allow the coaches to learn more about the children on an individual basis and cater specifically for their needs within the gym.
- Coaches are specifically trained to teach our classes in a way that we believe provides the gymnasts with the best experience possible – creative, structured and fun  
Motivational rewards throughout the term including Star Gymnasts awards, Gymnast of the Term, 100% attendance and badges and certificates for each individual level achieved
- We deliver our sessions in leisure centres and school halls so our classes are very accessible and inclusive and aim to provide you and your child a great first experience of gymnastics

## TOTAL GYMNASTICS ACADEMY JOURNEY

Children are initially entered into a class by age and will be then moved around the groups by ability as recommended by their personal coach. Any child aged 8+ will enter one of our academies for a 2 hour class.

Total Gymnastics Academies are committed to providing as much opportunity for children in local areas to take part in gymnastics as we possibly can. As well as creating these opportunities we are also keen to develop the gymnasts and to help them to go as far as they can within the sport.

As we are keen to promote development within the sport, Total Gymnastics Academies are looking to feed gymnasts through to higher performance clubs if they show particular talent and dedication. We do, however, realise that not every child wants to become an elite or competitive gymnast; they prefer to come and enjoy a one hour session a week learning basic skills. For this reason if we feel your child would progress further at another club, we will discuss the matter with yourselves and leave the decision entirely up to you. If your child chooses or is chosen to move to another club we would like to stress that they are always welcome back at any of our academies and there should be no pressure on them to move to another club.



# WHAT TO EXPECT FROM EACH TERM OR AWARD

As each child has a different ability when they come to the gym, the level that your child will start at will be decided by their coach once they have had a chance to assess what skills they are capable of doing. Regardless of when they join or what group they go into each child will be assessed individually as to where they will start in the programme.

BADGE AWARD NUMBER	WHAT TO EXPECT
8	The badge 8 award aims to introduce your child to the basic fundamental shapes and movements that are used within gymnastics. As this is a progressive scheme badge 8 will teach your child the beginning of many skills and throughout this badge they will begin to learn balancing, rolling, jumping, travelling and sequences.
7	Having already learned the basic movements, this badge will aim to increase your child's knowledge of the different ways that their body can move within the same skill and also performing previously taught skills in a more challenging environment. We will also be introducing basic gymnastics jumps to your child in shapes that they have previously learned. They will work on basic hand-eye co-ordination and conditioning exercises which will help to build up their awareness of apparatus and their strength to enable them continue to progress their skills.
6	Badge 6 introduces a lot more co-ordination skills to your child, introducing the entry and exit of both forward and backward rolls, the beginning of the technique for using the springboard for vault work and introducing your child to taking weight on their arms in preparation for handstand work. During this badge your child will continue to work on their conditioning and we will introduce more difficult exercise throughout this term. This badge also continues to work on co-ordinations skills and brings in a partner to make this more difficult.
5	Badge 5 will see the introduction of more apparatus. Your child will be using benches to introduce the beginning of the cartwheel action and springboards which will be used for forward rolls and the beginning of their vault work. This badge will also include more complex balancing and co-ordination work with the introduction of partner balancing and more hand held equipment for their hand-eye co-ordination development. Throughout this badge there will be more focus on their flexibility work, although they will be working on this throughout all of the badges this is the first stage where they will need to be able to show flexibility work to achieve their badge. They will also continue to increase their conditioning exercises to further improve their strength for the more difficult work to come.
4	As we work towards badge 4 we will introduce skipping as part of the fitness aspect to the badge and we will also introduce basic leaps to your child. There will also be more complex individual balancing such as frog balance and shoulder stand which requires a lot of core strength which they will have been working on from the conditioning in previous badges. They will continue to progress the basic cartwheel action using the bench and also they will be using the springboard to learn backward rolls. They will also continue to work on partner and co-ordination work. For your child to achieve this badge they will also be working on moving their jumps from just on the floor to performing them from apparatus which they will need for the work in the badges to come.
3	During this badge you will see quite an increase in the skills your child will be achieving. During this badge they will continue to work on their fitness with skipping, introducing a longer period of time they have to be able to achieve this for and more complex flexibility work. Throughout this award your child will be working towards forward rolls and cartwheel on the floor without the use of apparatus and we will also introduce headstand work to your child. This is the first badge where your child will begin working on basic vaulting skills on the apparatus with the introduction of squat on a vault or a box top and straight jump off. The hand-eye co-ordination work will progress into using the hand held equipment in a sequence and we will also introduce teddy bear rolls with a partner to increase their ability to work in a team.

## 2

As with the last badge there is quite a big increase with the level of skills your child will be trying to achieve when working on badge 2. They will be working towards achieving their headstand with their legs straight and backward roll on the floor without using equipment. This term will also see you child progressing their cartwheel from the floor working this skill off the end of the bench and we will begin working toward more difficult jumps on the floor including a straight jump with a half turn. Your child will continue to work on their co-ordination sequences and partner balancing. We will also be increasing the fitness, flexibility and strength work during this term to enable your child to achieve the skills needed to pass this badge. Their vaulting will remain as squat on a vault or a box top but will include harder jumps from this.

## 1

As with the previous two badges there is another big increase in the skills that your child will need to achieve before passing this badge. Throughout this term a lot of the work will be focussed towards handstand work, firstly working towards this skill with the use of apparatus, moving towards performing this skill on the floor without help and finally introducing the handstand into a forward roll. Their vaulting work will progress to a straddle on a vault or box top with a straddle jump off. This badge will also see you child increasing their co-ordination sequences to include using hand held equipment whilst also performing balances and leaps included in this. Your child will also be doing more complex partner work during this badge which will include a short routine with a partner which will include a mixture of rolls, balancing and jumps.

As this badge is achieved your child will come to an end of their basic British Gymnastics proficiency awards and they will then be progressed on to the British Gymnastics advanced awards.

## ADVANCED PROFICIENCY AWARDS

Once your child has reached this point in their awards they would then begin to work towards the British Gymnastics advanced awards. These awards offer a huge variety of new skills for them to begin working on. These awards are split into six different categories which include Fitness, Apparatus, Floor, Hand Held Apparatus, Partner and Group Work and Vault. All six of these categories are then separated into three different levels; Bronze award, Silver award and Gold award.

The fitness badges are split into four sections; strength and power, pulse raising, flexibility and co-ordination and all of these sections need to be achieved before your child can pass any of the fitness badges.

Apparatus; throughout the three available badges on apparatus, your child will transfer skills that they have learned on the floor up on to the apparatus which includes beam/bench, bars and vault and they will combine a mixture of skills, travelling, jumping and support work – all at different levels and which will be progressively harder will need to be achieved in order to pass the badges.

Floor; again there are three different badges that your child will work towards. The skills on these awards include one handed cartwheels, rolls, backwards and forwards with different entries and exits, headsprings, handsprings, forwards and backwards walkovers, back flip preparations and standing back flips.

Vault; on each of the three badges available your child will work using both a springboard and a trampette to work through rebound jumps in various shapes, they will also work towards squat on and through and straddle on and over from the springboard. They will also work towards handspring to lie flat on their back and handspring to stand from the trampette and also the beginning of front somersault from the springboard and the full skill with support from their coach.



# TOP TIPS AND ADVICE FROM

# BETH AND HER MUM

## ANN TWEDDLE

We realise there is a lot of information to take in and you may not know what to expect from our classes, or how your child will react to the gymnastics environment. We asked Ann, Beth's mum to give you some tips on how to approach the classes and how you can help your child throughout the programme.

### WHAT WAS BETH LIKE WHEN SHE FIRST STARTED GYMNASTICS?

When Beth first enrolled in a gymnastics class she was not particularly interested in it. In fact she actually said she did not want to go! We did not force her but persuaded her and luckily we knew that when she was in the class she actually enjoyed it.

Her coach also encouraged her and it is so important to build up trust. It was when she did her first small competition that the "light bulb" moment happened and she realised that she really loved it. She was actually very shy but when she stepped on the gymnastics floor she came alive. Every child should be given the chance to find out what they enjoy and sometimes it takes a time.

It can be quite daunting for some children starting a new sport with lots of new faces, but by this age they should be in full time school so it is really important that you encourage them to undertake activities without the security of having a parent there and develop their social skills with other children their age as well as learning to take instructions from a teacher or coach.

### HOW DID BETH GET INTO GYMNASTICS?

Like many young children Beth was incredibly lively and she needed something to help use up this excess energy. We tried various activities but the gymnastics happened because some friends were taking their daughters to a class. She started just doing one session a week for about one hour. If your child is a little nervous it is a great idea to try and persuade a friend to take up the same activity to make them feel more comfortable.

It also gave me an hour or so to have a bit of "me" time and do the shopping, read a book or go and meet friends for a coffee.





## HOW CAN I HELP MY CHILD DEVELOP THEIR SKILLS AT HOME?

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This is where I would say rely on the professionals and talk to the coach. It is important not to push and leave the training to the coach. We never practised gymnastics at home although she may have done some conditioning exercises or stretching. However this was always after speaking to the coach. Remember that the gym is a safe environment with soft mats, home is not. However I do remember having a daughter who was always upside down!

## WHAT SHOULD THEY BE TAKING TO THEIR GYM CLASS?

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When Beth was younger we used to pack her gym bag for her, but I did used to ask her to sit with me whilst I did it and to help me. Eventually she learnt to pack the bag on her own and take what she needed to gym. I felt this taught her a bit of independence and it certainly helped her when she travelled the world with her gymnastics as she knew exactly what she needed!

- Suitable clothing; you may wish to purchase a leotard once they are settled in to the class but a T-shirt and shorts will be fine to start with. Remember they will need warm clothing when they leave and hoodies can be purchased too. They will not wear shoes or socks when they are training but you should make sure they come in appropriate footwear.
- Beth always had a drink - water or still juice is best for them to have during their sessions.
- A bag to carry it in - you don't have to have a Total Gymnastics Academies bag, although they are available to purchase from their online shop [www.totalgymnastics.co.uk/products](http://www.totalgymnastics.co.uk/products)
- Your child's progress booklet - this will be given to you by your child's coach on their first day and must be brought with them every week so that the coach can keep a record of the skills they have been learning.
- Remember not to take any valuables in as they can get mislaid
- If your child has long hair make sure it is tied back in a ponytail or bun for the class.
- As the children get a little older and more mature, they may want to bring some deodorant or body spray as they will be worked very hard in the gym by the coaches!
- Remove any jewellery for safety reasons
- A healthy snack as they may be hungry when they finish. They shouldn't be eating when they are in the gym as being upside down after having food can be a disaster!



## HOW DO I KNOW IF MY CHILD IS **DOING WELL IN THEIR CLASS?**

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At the beginning it is all about whether they are enjoying it. Sport should be fun. Be guided by the coach who will be able to tell you how they are progressing. Gymnastics is a slow process. Beth started at the age of 7 and it took her 20 years to win her Olympic medal. There is all the time in the world at this stage so let them enjoy it. Remember that not all children progress at the same rate. It is important to support your child by getting them to class on time and praise or encourage them.

The academy coaches are also encouraged to use the social media sites such as twitter and facebook where they will write bits about what was taught in the session, who their star gymnasts were and they also post videos and photographs (if you have given them permission to do so) so you can see what they are learning. They also write individual gymnast reports at the end of every term which you will find when you login into your account on the Total Gymnastics website [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk)

## WHAT SHOULD I TALK TO MY **CHILD'S COACH ABOUT?**

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- If your child has any worries about what they are doing in the class then talk to the coach. They may be able to help by giving extra support and guidance.
- If your child has been unwell or has any specific health issues then it is important to mention this to the coach.
- By all means talk to them about your child's progress but it is important to be advised by your coach. They will tell you when it is time for your child to progress to another class - too many parents push their child forwards when they are not quite ready.
- If your child is having any problems with any of the children in the class, make sure to speak to the coach as bullying is not accepted in the academy classes.

## HOW DID YOU KEEP A RECORD OF **EVERYTHING BETH HAD ACHIEVED?**

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We have nearly a hundred scrapbooks which I am trying to persuade Beth to take to her flat. We collected every paper clipping, internet story and all the items from competitions. It is wonderful to look back at the early competitions before we knew how much she would achieve. It is important to celebrate every little step.

We also videoed every competition and I have now transferred them on to DVD. Although Beth has not lived at home for over 10 years her room is like a little museum of her career. Time goes so quickly so it is important to celebrate every little achievement.



## QUESTIONS OR QUERIES

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If you do have any questions or feedback about the Beth Tweddle Academy classes, quite often your child's personal coach or the lead coach at your chosen venue will be able to help you. If not please give our office a call on 0161 979 0611 or email us at [info@totalgymnastics.co.uk](mailto:info@totalgymnastics.co.uk) and our customer service team will direct your questions to the most appropriate person. We really welcome any feedback on the programme too, so that we can continually learn and develop.

# TERMS AND CONDITIONS

## BOOKINGS

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### Benefits of Direct Debit:

- This is our exclusive, regular monthly payment method – just like your gas, electricity, phone, TV etc.
- Saves you time and guarantees your child's place, with no hassle of rebooking
- Allows you to choose any day of the month for payment
- Easier to budget with smaller, more manageable payments
- Simple to set up over the phone or online, within minutes
- Ensures your payment is protected under the direct debit guarantee

As a rule, TGA do not offer taster sessions unless they are part of a wider promotion, or if there is a medical issue. We believe it takes more than one session for your child to settle into their classes.

## AWARDS

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Up to one Award is included in the price of the course fee, providing the participant achieves the criteria for an award. Awards are given at the end of term once a gymnast has achieved the skills for the award.

If a child does not achieve an award within the term, which can be the case as the skill level increases in difficulty on the higher awards, they will receive a certificate congratulating them on all their hard work towards their next badge

## MEMBERSHIP

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All gymnasts are required to become bronze members of British Gymnastics to provide them with insurance. The membership fee is £17.00 for the membership year (October 1st - September 30th). This will need to be purchased once your direct debit is set up. You can do this by logging onto British Gymnastics: <https://register.british-gymnastics.org/gymnet/register/registerstart>

If the membership process has not been completed by the gymnasts first session, those without insurance will unfortunately be unable to take part in their lessons and refunds will not be available. If you experience any problems with the membership process, you can call the British Gymnastics customer service team on: 0345 129 7129

Please note each membership year there are sometimes increases in the cost of this membership at British Gymnastics discretion. If this occurs you will be informed as soon as possible.

The process can take time; however you will receive a membership card and number from British Gymnastics through the post which you must keep safe for future reference.



## MEMBERSHIP

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This membership provides a comprehensive level of insurance for the gymnasts and provides them with the opportunity to work in a safe and child friendly environment. If you have any questions or queries about the British Gymnastics insurance, please visit <http://www.british-gymnastics.org>Membership>Benefits & Fees>.

## VENUE

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You must comply with the venue's health and Safety rules at all times.

Children over the age of 8 years must change in their respective gender specific changing rooms

Where applicable (depending on facility location) car parking facilities may be made available for you. You may use these spaces only when attending the venue for your booked lessons and must only park in designated parking places.

We accept no liability for any loss or damage which may result from your use of the car parking facilities. All such use is at your own risk.

## GENERAL

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Total Gymnastics Academies will communicate by phone and email with regards to our gymnastics classes. Therefore we accept no responsibility if you have changed any of these addresses or numbers and not informed us of the change.

By booking on to a course, the participant is deemed to be fit and able to participate in the activity offered. If in doubt, it is your responsibility to seek advice from Your GP or other medical practitioner before attending the course.

If you need to contact Total Gymnastics Academies regarding your payment, our contact details are; telephone 0161 979 0611, email address, [info@totalgymnastics.co.uk](mailto:info@totalgymnastics.co.uk) and postal address, Total Gymnastics Academies, Elms Square, Next To Total Fitness, Bury New Road, Whitefield M45 7TA.

These terms may be reviewed and/or altered at any time. We will use reasonable endeavours to inform our customers of material or significant changes to the terms as far in advance as possible. Changes will be sent via email as our primary method of contact. Terms will also be available via our website and a link on confirmation emails

## GENERAL DATA PROTECTION REGULATION

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Total Gymnastics Academies is the data controller of the personal information you provide to us. This means the company determines the purposes for which, and the manner in which, any personal data relating to you and your child is to be stored and processed. We collect information about you when you register with us or book a place on to one of our courses or events.

Please read our Privacy Policy on our website here, <https://www.totalgymnastics.co.uk/privacy-policy>, for full details.

# CODE OF CONDUCT INCLUDING SAFEGUARDING AND WELFARE OF GYMNASTS

**Total Gymnastics Academies (TGA) Code of Ethics (adapted from the British Gymnastics Health and Safety and Child Protection Policies). This code of ethics was written with specific reference to parents and gymnasts. However, most aspects of this code are also applicable to other people involved in the sport.**

## INJURY OR ILLNESS

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If your child has sustained an injury at home please inform your child's coach before the session. If your child is not going to be attending a session because of illness or injury or they cannot make it for any other reason, please contact the TGA office to inform us.

## GYMNASTS CODE OF CONDUCT

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At TGA we expect the gymnasts to arrive on time and in the correct clothing for their training session. A high level of discipline is required in gymnastics, therefore we expect the gymnasts to listen to their coach and not to do anything the coach has not asked them to do. Hydration is essential during sport so every gymnast must bring a drink to every session. Still juices or water are preferred to energy drinks or fizzy drinks and the children should not bring any food, including chewing gum, to eat during their sessions. TGA feel very strongly about the welfare of all our gymnasts and it is for this reason that we ask if the gymnasts go to the toilet before or after the sessions as we do not want them walking about the centre on their own, primarily the younger gymnasts.



## PARENT'S CODE OF CONDUCT

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We do not discourage parents observing their child's sessions in our academies, however, TGA requests that if you wish to watch your child train to please watch in the designated viewing areas or windows and not sit in the gymnastics hall while the session is being conducted. Leave the coaching to the coaches; the coaches need to have the full attention and concentration of all their gymnasts at all times so that the gymnasts can perform to their best and correctly understand instructions. Please be aware, that in some venues, it is not possible to view the session from the viewing area every week, but observation sessions will be scheduled each term accordingly. Parents should not pressurise their children or offer coaching advice, but should be supportive of their child and be patient with the child's progress as every child will improve and mature at different times.

## ANTI-BULLYING POLICY

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TGA do not accept any form of bullying in their sessions. Bullying can be emotional, physical, racist, verbal or cyber and can occur between adults, children, gymnasts and coaches alike. TGA has an open environment and provides adequate supervision at all times to discourage bullying. The gymnasts should be encouraged to speak out if they have any problems and can talk to their coach if they have a problem. The coach will then either deal with the issue and make the parents aware, or inform the welfare officer for more advice. Gymnasts will be given a warning initially regarding their behaviour. If this does not improve, parents or guardians will be informed and in some cases, gymnasts may be asked to leave the club.

**All information is kept in strict confidence, however if an issue becomes more serious information may need to be shared with other parties.**

## SESSION REQUIREMENTS

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We ask that the gymnasts are prepared for each session and have the correct attire (see gymnasts code of conduct) and are physically and mentally ready to train. Your child must bring their Progress Booklets to every session. With regards to receiving badges, if the gymnast has not brought the book in for some of the sessions the coach cannot record what skills have been achieved, therefore the child may not receive their badge and certificate.

## TRANSPORT POLICY

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TGA request that all gymnasts are on time for each session and that parents are on time to pick their children up. As part of the British Gymnastics Safeguarding Children Policy the coach is required to stay with the gymnasts until they have all been returned to their parents. If for some reason, you are going to be late or someone else will be picking them up and the children do not know about it please contact the coach to inform them during the session. The coach is not allowed to take a child in a car without another appropriate adult present and without parental consent.

## PHOTOGRAPHY POLICY

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Parents and guardians are not permitted to photograph or film any element of the gymnastics sessions whilst they are in action. The only time photography will be permitted is during badge presentations when the gymnasts are being presented with their awards and the coaching team will make you aware of when it is appropriate to take these images. The coaches will, on occasion, take photographs or video footage of the children in action during their lessons to show you at the end, or to post on our social media sites or our website. This will not be done without written consent to do so from the child's parent or guardian.

## COMPLAINTS PROCEDURES

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If you have any complaints or concerns about your child, the coach, the centre or any part of your TGA experience, please do not hesitate to call us on 0161 979 0611. Alternatively, you can email [info@totalgymnastics.co.uk](mailto:info@totalgymnastics.co.uk). Once we are aware of the issue we will follow the correct channels to resolve the problem and keep you updated of any developments.

## TGA SAFEGUARDING CHILDREN COMMITMENT STATEMENT

"In a situation where a child is at risk of significant harm or has been harmed in connection with their involvement in gymnastics, the parent/carer should contact the club Welfare Officer who has the responsibility of referring any concerns of possible abuse to Children's Social Care Service/Social Services and/or the Police and informing British Gymnastics. Alternatively the parent/carer can contact Children's Social Care Service/Social Services and/or the Police direct. It is requested that where a parent/carer has made a direct referral to the Children's Social Care Service/Social Services and/or the Police, that the British Gymnastics Safeguarding and Compliance Officer and, if appropriate the Club Welfare Officer is provided with the details of the concern as soon as possible so that any necessary action can be taken to safeguard all children in the sport."

## KEY CONTACTS

All contacts are available via telephone or email.

Title	Name	Contact Number	Email
Cheshire Welfare Officer	Claire Alexander	07805 892 974	claire.alexander@totalgymnastics.co.uk
Merseyside Welfare Officer	Susan Farndon	07825 551 746	susan.farndon@totalgymnastics.co.uk
Greater Manchester Welfare Officer	Jenny Chapman	07825 551 742	jenny.chapman@totalgymnastics.co.uk
Essex Welfare Officer	Rachel Work	07841 029 063	rachel.work@totalgymnastics.co.uk
British Gymnastics Ethics and Welfare	Gemma Welch	0845 129 7129 ext 2346	gemma.welch@british-gymnastics.org
British Gymnastics Safeguarding and Compliance Team		0345 129 7129	

TGA Academies ask that if you wish to know more about the Child Protection Policies please visit the British Gymnastics website


## MERCHANDISE

Total Gymnastics Academies hoodies, t-shirts, drinks bottles, bags and leotards are available to purchase from our online shop [www.totalgymnastics.co.uk/products](http://www.totalgymnastics.co.uk/products) all products are sent via despatch bay to your home address and usually take between 3 and 7 working days to arrive if the stock is available.





Elm Square | Bury New Road | Whitefield | M45 7TA

 0161 979 0611

 [www.totalgymnastics.co.uk](http://www.totalgymnastics.co.uk)

 @totalgymnastics

 [www.facebook.com/totalgymnasticsltd](https://www.facebook.com/totalgymnasticsltd)