

V9.03 NJP  
2012-01-21

## Cambridge Cangaroos. 2011-12: January 2012 : Sessions



Location (Session Code)	Day	Session Time	Setup Time	Term Start and End Dates	Session Not Run	Weeks	Trampolines	Max People	Suggested Age Range	Full Term Fee	Coaches
CRC (CM1) FULL	Mon	17:00-18:00	16:45	09/01/12 – 26/03/12	13/02/12	11	4	16	6 – adult	£55.00	3: Fiona, Michele, Luis, (Byron)
CRC (CM2)	Mon	18:00-19:00		09/01/12 – 26/03/12	13/02/12	11	4	16	6 – adult	£55.00	2: Luis, Michele, (Sophie K-T), (Byron)
CRC (CM3) FULL	Mon	19:00-20:00		09/01/12 – 26/03/12	13/02/12	11	4	16	6 – adult	£55.00	2: Luis, Ali, (Byron), (Gayle)
Sawston (ST1) FULL	Tues	18:15-19:15	18:00	10/01/12 – 27/03/12	14/02/12	11	4	16	6 – 16	£55.00	2: Ali, Imogen P, (Naomi), (Frances)
Sawston (ST2) FULL	Tues	19:15-20:15		10/01/12 – 27/03/12	14/02/12	11	6	24	7 – adult	£55.00	4: Tony, Emily, Emma A, Michele, (Ellie), (Naomi)
Sawston (ST3)	Tues	20:15-21:15		10/01/12 – 27/03/12	14/02/12	11	6	24	12 – adult	£55.00	3: Tony, Emily, Emma A
CRC (CW1) FULL	Weds	18:30-19:30	18:15	11/01/12 – 28/03/12	15/02/12	11	4	16	5 – adult	£55.00	2: Fiona, Michele, (Callum)
Linton (LW1)	Weds	18:45-19:45	18:30	11/01/12 – 28/03/12	15/02/12	11	3	12	5 - adult	£55.00	1: Ali, (Chris H)
Linton (LW2) FULL	Weds	19:45-20:45		11/01/12 – 28/03/12	15/02/12	11	3	12	5 - adult	£55.00	1: Ali
Saffron Walden (SWT1) FULL	Thurs	17:15-18:15	17:00	12/01/12 – 29/03/12	16/02/12	11	2	8	6 - 16	£55.00	1: Francoise, (Sue)
Saffron Walden (SWT2) FULL	Thurs	18:15-19:15		12/01/12 – 29/03/12	16/02/12	11	2	8	6 - 16	£55.00	1: Francoise, (Joscelin)
Saffron Walden (SWT3) FULL	Thurs	19:15-20:15		12/01/12 – 29/03/12	16/02/12	11	2	8	10 - 16	£55.00	1: Francoise, (Grace)
Sawston "Roos" (R1) FULL	Sat	09:00-10:00	08:45	7/01/12 – 31/03/12	18/02/12	12	5	20	4 – 8	£60.00	Francoise, Imogen P, (Grace), (Bex), (Frances)
Sawston "Roos" (R2) FULL	Sat	10:00-11:00		7/01/12 – 31/03/12	18/02/12	12	2	8	4 – 8	£60.00	Imogen P, (Jess)
Sawston "Roos" (R3) FULL	Sat	11:00-12:00		7/01/12 – 31/03/12	18/02/12	12	1	4	4 – 8	£60.00	Imogen P
Sawston (SS2) FULL	Sat	10:00-11:00		7/01/12 – 31/03/12	18/02/12	12	2	8	7 – adult	£60.00	2: Francoise, David
Sawston (SS3) FULL	Sat	11:00-12:00		7/01/12 – 31/03/12	18/02/12	12	3	12	7 – adult	£60.00	3: Francoise, Sonia, David
CRC "Roos" (RC1) FULL	Sat	08:45-09:45	08.45	7/01/12 – 31/03/12	14/01/12, 28/01/12 18/02/12	10	1	4	4-8	£50.00	Byron
CRC (CS1) FULL	Sat	08:45-09:45	08.45	7/01/12 – 31/03/12	14/01/12, 28/01/12 18/02/12	10	3	12	6 – adult	£50.00	2: Ali, Luis (Kim)
CRC (CS2)	Sat	09:45-10:45		7/01/12 – 31/03/12	14/01/12, 28/01/12 18/02/12	10	4	16	6 – adult	£50.00	2: Ali, Luis (Kim), (Sophie K-T)
CRC (CS3) FULL	Sat	10:45-11:45		7/01/12 – 31/03/12	14/01/12, 28/01/12 18/02/12	10	4	16	6 – adult	£50.00	2: Ali, Luis (Kim), (Gayle)

Member Name(s)	Session(s) Required, plus preferred coach if any	Membership Fee	Session Fees	Total Cash/ Cheque

Note that yearly Club Membership is payable in addition to the session fees



British Gymnastics Registered Club – 41977 Insurance certificate: RTT111297 - 41977



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A yearly (Oct 2011–Sep 2012) club membership is payable in addition to session fees. Membership details, form and policies on pages 8 and 9.

**Session Details and Fees** (shaded sessions are full but please contact us to go on the waiting list). Term fees are payable in advance for the whole term, with a discount for multiple sessions – see the next page for details on this discount.

**Completed forms and/or payment** to be returned to: Neil Pike, 6 Mandeville Rd, Saffron Walden, CB11 4AQ, or email me via [treasurer@cangaroos.org](mailto:treasurer@cangaroos.org), or give to a member of the committee or coach in a **sealed named envelope** at your first session. Loose cheques and cash make it very difficult for me to reconcile who has paid and who hasn't. (Name on cheques don't always uniquely match the bouncer last name)

**Payment Details.** Preferred payment method is via bank transfer to :- **Cambridge Cangaroos TC. Barclays. Sort Code 20-74-05. Account No 10087254.** Any cheques made payable to "Cambridge Cangaroos".

**Membership Types and fees.** British Gymnastics (BG) Bronze Membership is all that the majority of members will require whether they compete or not. Only members at grade A-D who wish to compete at BG competitions, or level-1 coaches, require BG Silver Membership.

**Member and Trampoline Numbers.** The number of trampolines available and the maximum bouncers/members per session are shown.

**Dates.** Dates as shown – one week off for half-term usually – to give the coaches a break!

**Coaches.** The number of coaches at each session is shown.

**Session Fees.** The session cost is a factor of the hall hire cost, the number of coaches (higher grade coaches cost us more) and the number of bouncers we can have per session – which we restrict to 4 per trampoline to ensure a good amount of bouncing time for everyone.

**Locations :** Address information for the sessions

- Sports Hall. Sawston Village College Sports Centre, The Village College, New Road. Sawston. CB22 3BP
- Sports Hall. Cambridge Regional College. Kings Hedges Road, Cambridge CB4 2QT
- Sports Hall. Saffron Walden County High. Audley End Road, Saffron Walden, Essex. CB11 4UH
- New Gym. Linton Village College. Linton. Cambs. CB21 4JB

**Warm-up:** All sessions include 15 minutes for warming up. Members must be there for the time stated to either assist in setting up and/or to take part in the warm-ups. This is mandatory.

**Ages.** There is no upper age limit apart from for the Roos - under 8's are strongly encouraged to start here. Adults are welcome at all other sessions. See the booking form for recommended age ranges – these are just recommendations and individual circumstances can override these.

**Roos.** Due to their young age, all new Roo's members will be invited for a two week trial (first free, second £5) before joining the club – that way you don't enter into a commitment with the club for a years membership and a terms worth of sessions if they don't get on with it. The ultimate decision on whether the child can join is made by the coach based on their ability to bounce safely and follow instructions.

## Q & A

**What do I need to wear?** Socks are essential! Other than that, typically shorts/tracksuit bottoms and t-shirt. Jeans are not suitable as they restrict movement too much. Long hair must be tied up. No jewelry. Getting hair/jewelry/toes caught in a trampoline bed is not a pretty sight!

**Can I try it out before joining?** Yes – if there are available spaces in the session. Our BG membership/insurance allows for two “taster” sessions before they have to join the club to be covered. The first taster session is free with the second at normal session rate.

**How is the club run?** The club is run by a committee of un-paid volunteers. More volunteers for the committee are always welcome! The coaches are paid a sliding scale based on their qualification level. The club is strictly non-profit – any surplus funds are used for purchase of new equipment, equipment maintenance, kit for stock, and the required BG memberships, CRB checks, child protection courses, judging courses etc. for all the un-paid volunteers (committee and others) without which the club could not run.

**Is the club competitive or recreational?** We are a competitive club, so members are trained through the BG awards scheme towards performing routines that would allow them to compete at BG competitions. However, competing is purely voluntary, so if you’re bouncing purely for fitness and fun you are still very welcome. For more information on how competitions run see [http://www.cangaroos.org/comp\\_structure.htm](http://www.cangaroos.org/comp_structure.htm)

**Do you have a session dedicated to adults?** No, but adults are welcome to bounce at most sessions, check the age guidelines for each session, space permitting. The Sawston later Tuesday session (ST3) is mainly adults.

**How many coaches do you have?** We have 1 Level-4, 6 Level-3 and 11 Level-2 coaches. We also have 2 Assistant (Level-1) coaches and 12 internally trained assistants (too young for the official BG level-1 course). We are always looking for more coaches, so if you’re interested in getting qualified please contact Tony, the head coach, who runs all the Eastern Region training courses. The club will find bursaries whenever possible so that there is no cost to you for doing it.

**Can I choose which coach I have?** For some sessions everyone rotates around all the coaches anyway. For sessions, typically Sawston, where bouncers tend to stay with a coach throughout, then yes, wherever possible we will try and accommodate your request. However, we have to keep the numbers balanced across trampolines so it will not always be possible for everyone to have their first choice coach.

**Are the trampolines at all the centres the same type and quality?** No, unfortunately they are not. The best trampolines are currently at Sawston where four of the six trampolines there are International competition grade trampolines and the other two are regional level grade, but still of a high quality. At CRC, the club has recently purchased two International competition grade trampolines and we have two regional competition grade trampolines. At Saffron Walden, the trampolines are one regional competition grade trampoline and one enhanced sports-centre grade trampoline. At Linton the club uses the school trampolines, but we have provided the school with a replacement bed and springs to improve one of them, currently there are 2 regional grade trampolines and a sports centre grade trampoline. Whenever club funds permit we are buying extra competition grade trampolines, but these are very expensive, so typically can only be purchased when we get a grant/external funding. The biggest problem the club has at all the centres is one of storage. Hopefully this is being addressed at some of the centres, which will allow us to increase the equipment level. Any contacts/suggestions for further grants/funds are most welcome.

**Once I've joined do I get preference for places in subsequent terms?** Yes, existing members always get to renew/change their session place(s) before we offer to the waiting list. You will be automatically re-booked for subsequent terms unless you let us know otherwise.

**If I miss a session due to weather/illness/other can I bounce free in another session to make it up?** Yes, as long as the other session has space and is deemed suitable by the coach – e.g. we're probably not going to let a 6 year old in with the mainly adult ST3 session. (Or vice versa). To check on availability/suitability ask your coach, or check the website under "help", which shows how full all the sessions are, and contact the coach for that session directly, or the treasurer.

**What happens if a session is cancelled?** Occasionally we may not be able to run a session due to last-minute unavailability of a coach, the hall not being available etc. In these circumstances we will usually add another session to the end of the term. If this can't be done then a refund or credit for that session will be given. If we know about a change in advance we will email affected members and amend the details on the website.

**Do I need to stay and supervise my child?** Parents are not required to supervise their children unless either the coach specifically asks you to stay or it's a Roo's sessions where parents must stay for the whole of the session unless otherwise agreed with the Roo's coaches.

**What time do I need to be there?** The session booking sheet contains the session start time and the setup time. For the first session of the day please get there 15 minutes before the session start to help the coaches with mats etc. For all other sessions get there 5 minutes early to warm-up.

**Who puts the equipment out?** We/you do, the centres don't typically assist (as the equipment is owned by the club not the sports centre). So it's down to coaches and bouncers/parents – the more folks that help, the longer the actual session can run. The coaches are happy to train you with the trampolines, but if you aren't confident to do that just help set out the mats, horses, end-decks etc. Don't be shy, and don't rush away at the end of the session, the equipment normally all has to be put away again!! Note that trampolines need two people to put them away, don't try on your own even after a coach has shown you what to do.

**Are all the coaches CRB checked?** Yes. Everyone who has contact with children - coaches and committee - is CRB checked.

**Is the club registered with ClubMark?** Yes, the club certifies with GymMark yearly - which is BG's enhanced version of ClubMark.

**Can I help out?** We're always looking for more volunteers to join the committee, become welfare officers or assist in other ways such as acting as officials for competitions, taking the register for sessions, collecting forms/money etc. Just speak to any committee member about it.

**What qualifications can I get?** You could take a coaching course/exam, or a judging course/exam. Becoming an assistant trampoline coach may be used towards GCSE qualifications (check with your exam board first).

**Does the club have a uniform?** Not a compulsory one, but you can buy club training t-shirts, polo shirts, tracksuits etc. if you wish. Details can be found at kit, we often have an amount of second hand kit that can be purchased as well. For some items we have to place a minimum order with the suppliers so we have to wait until there is enough demand. Note that if you are entering a BG grading competition then you have to wear a leotard (girls) or leotard and whites (boys) in the club colours whilst doing your routine.

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**Do you run the Gymnastics Awards (Badge) scheme?** Yes, all members are encouraged to do these. See BG awards for details of the award levels. Each badge+certificate costs £3.00.

**What is the minimum age for Roos?** Typically four years old as before that we find the vast majority can't follow instruction and/or manage the powerful trampolines. All Roo's do two trial sessions before being taken on – if the coach thinks they aren't ready yet then they will tell you.

**What age does my child need to leave the Roo's sessions?** This will be down to individual circumstances and decided on by the member, parents and coach. They can move up to the main Sawston sessions at age 7 or older

**What is the difference between Roo's and other sessions?** Roos sessions always have a coach for each trampoline and also the age will always be 8 and under. We don't/can't guarantee a coach for every trampoline at other sessions.

**What happens to my young child at a non-Roo's session?** At non-Roo's sessions members typically rotate around trampolines, some with a coach, some not. Also the age range can be much wider, so a 5 year old may be with a 12 year old, 15 year old and 19 year old in a group. As long as you and your child are happy with this, then so are we.

**Do you run the recreational sessions at Sawston?** No. There are two recreational sessions at Sawston, one on Monday afternoons and the other on Saturday mornings 09:00-10:00. To book the recreational session at Sawston, contact the sports centre directly on 01223-712555.

**Do you run through the school holidays?** As long as the facilities are open then yes, sometimes we do if extra sessions need to be added or it's a bank holiday, teacher training day or something. If there is sufficient demand over the long summer holiday then we will also run sessions then.

**Who are the club welfare officers?** A BG club has to have at least one welfare officer – Cangaroos currently has two – Neil Pike (neilp at cangaroos.org) and Francoise Lucas (francoisel at cangaroos.org). It would be great to have welfare officers at all the sites – volunteers please! The club will pay for the course (don't worry, no exam). Please feel free to contact them for any welfare reason.

**Why do some sessions have more coaches than others?** Typically it's just down to availability. We've been increasing coach numbers wherever possible and running our own internal coach training courses to ensure a steady flow of coaches to replace ones we lose when they go off to university.

**Are you sponsored by anyone?** The club has had a number of sponsors who have contributed towards things like club tracksuits, club notice boards, trophies for the competition etc. If you know of anyone that would be interested in providing sponsorship or financial assistance, please put them in touch with us.

**Are competition entry fees refundable?** No. Once the club has paid the entrance fee to the competition organizers which has to be several weeks in advance, they do not refund us for any reason.

**Are the coaches first-aid trained?** Some are, some not. We're looking to get all our coaches qualified whenever suitable courses/dates are available. However, note that because we don't have our own facilities, the sports centres are liable for the first aid cover and we're not



technically/legally supposed to do anything ourselves. But there's no harm in having more of our own coaches qualified just in case!

**What dictates the cost of a session?** A number of factors – the length of the session, how much the hall hire costs us, the number/cost of coaches (higher grade coaches get paid more) and the number of members we can get into a session. Every session needs to run at break-even so that we don't have some sites subsidizing others. We then factor in all the sessions and come up with a standard session rate across all sites.

**Why does it cost more than recreational sessions run by a sports centre/school?** Because we have to pay market rate for hall hire; we pay our coaches the going rate (our coaches are much better qualified than sports centre staff); trampoline equipment needs maintenance/renewal on a regular basis; and the club and all its members have to join BG for insurance purposes. All of this means we can't compete on cost with sports centre run sessions and still break even.

**Can I get one to one tuition?** Just speak to your coach, or to Tony – note that these would be a private arrangement between you and the coach, nothing to do with the club – though we are happy for our equipment to be used as long as it is a Cangaroos coach doing the coaching.

**Do you run trampolining parties?** As per the one to one tuition, not through the club, but feel free to arrange through one of the coaches. Again, happy for club equipment to be used as long as party bouncers are appropriately/safely dressed.

**Can I train with multiple clubs at the same time?** Absolutely, we have no problem with that. Note that you can only compete at BG trampoline competitions for one club at a time, which is the club that holds your BG registration.

**You're full or don't have sessions at a time/location suitable for me, where else can I go?** Worst case we'll put you on the mailing/waiting list, but let us know where and when you want to bounce – if it's an existing centre for us we can try to find an available coach to run another session. If it's somewhere we don't currently run a session let us have contact details for the centre manager and we can see about setting one up. You can also try your local sports centre to see if they run recreational sessions. Other local clubs you can try are Cambridge University Trampoline Club (Leys School, adults only), Comberton Tiggers (Comberton Sports Centre), Ricochet Trampoline Club (Milton Keynes), Rotations (St Ives/Godmanchester) and Witchford Trampoline Club nr Ely (email [KWinwood@witchfordvillage.cambs.sch.uk](mailto:KWinwood@witchfordvillage.cambs.sch.uk))

**Who do I contact with further questions?** E-mail [info@cangaroos.org](mailto:info@cangaroos.org). The treasurer and head-coach get these. Or check the website for the committee's emails or you can contact the whole committee on [can\\_committee@cangaroos.org](mailto:can_committee@cangaroos.org)

**What if I have a query with the coaching?** Contact the head coach, Tony Fagelman – his email is [tonyf@cangaroos.org](mailto:tonyf@cangaroos.org)

**What if I have a non coaching issue?** Contact any member of the committee or the welfare officers ([welfare@cangaroos.org](mailto:welfare@cangaroos.org)).

## Club Membership Form October 2011 – September 2012 (only required once per year, not every term)

Club Membership Type (all members require BG membership) Membership fee is paid to the club and we pass on relevant amounts to BG and ECGA (see FAQ)	Sep 2011	Part year deductions
Club plus BG Bronze Member. Doesn't compete or competes at grade E-I. <b>**Most members have this**</b>	£27.50	n/a
Club plus BG Silver Member. This is required for grade D-A competitors plus level-1 coaches	£52.50	£3.35 per month after October
Club plus BG Bronze Pre-School Member (Must be 4 or younger at 1 <sup>st</sup> October 2012)	£20.00	n/a
Existing BG Member (2011-12 BG & ECGA membership already paid via another BG registered club)	£10.00	n/a

The membership fee covers one member from 1<sup>st</sup> October 2011 through 30<sup>th</sup> September 2012, which is how British Gymnastics membership years run. It must be paid in advance as the club insurance is through BG which requires **all** our members to be BG registered. Membership of ECGA is also included. **Note that the membership fee is separate to session fees which are payable in advance each term for each session.**

Multiple members can go on one form as long as names and dob for each are listed	Member Information	Parent/Guardian/Partner Information (for emergency contact, billing and correspondence)
Surname		
Forename		
Gender		
Date of Birth		
Address		
Town & Post code		
Telephone Number(s)		
Mobile Number(s)		
Email		
BG Membership type required (Bronze, Bronze Pre-School, Silver or via other club). If via another BG club please give the club name and your current BG member number.		
Any Relevant Medical Info / Conditions		

I have read the rules, policy documents and constitution of Cambridge Cangaroos Trampoline Club and agree to abide by them at all times. Copies are available at <http://www.cangaroos.org> If you are a new member, we will also need a "Policy Acceptance form" signed by both the member and/or parent/guardian as appropriate.

Signed ..... (performer – or parent / guardian if performer is under 18)

## Cambridge Cangaroos Policy Acceptance 2011/12

Signed copy required if we don't have one from you already

Multiple members from the same family can use the same form

Performers aged 14 and over should sign and take responsibility for the policies below. For performers under 14, parents are required to co-sign.

### Acceptance form: Membership Rules; Dress, Piercing & Adornments; Welfare; Disability; Use of Photographic Equipment; Equipment, Attire & Spotting

Acceptance of these policies is compulsory. The policies can all be viewed and downloaded from <http://www.cangaroos.org>

Performer's name \_\_\_\_\_ has been made aware of the Membership Rules together with the Code of Dress Policy and of any related risks associated with concessions in said policy. I accept full responsibility for my decision to *participate / allow my child to participate* and indemnify the coach, organiser or BG official against any responsibility as a result of my attire.

British Gymnastics would not authorise or condone unsafe clothing and consequently the wearing of unsafe clothing may invalidate the insurance.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Performer

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian (if required / delete as appropriate)

### Acceptance form: Use of Photographic and Recorded Images of a performer by the club

This acceptance is purely voluntary – if you don't agree at all just don't sign this section. The club has fairly regular articles and photos in the local press of fundraising events, competitions etc. The press like to include pictures wherever possible

Performer's name \_\_\_\_\_ agrees to use of their image in photographic and other recorded formats for promotion of the club. Said use would be strictly controlled and in accordance with the club policy on the use of photographic and recorded images of children, young people and vulnerable adults. This policy is in line with the BG Child Protection policy.

I do / do not (delete as appropriate) agree for said images to be labelled with the performers name. (No other personal details would be used).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Performer

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian (if required / delete as appropriate)

Cambridge Cangaroos Welfare Officers.