



Hull High Fliers Trampoline Club

QUESTIONS WE CAN ANSWER BEFORE YOU THINK TO ASK!

What coaching qualifications do coaches hold?

All coaches are qualified British Gymnastic Coaches ranging from Assistant Coach up to High Performance

How do I know my child will be safe?

All coaches and adults in the session hold CRB certificates. The club has been awarded Gymmark and Sportsmark the sign of a club that has been inspected and proven to run a safe child friendly environment. Most coaches have Child Protection training and first aid and there is always an appointed person for first aid at each session.

Who should I speak to if there is a problem?

Marie Walker is the club welfare officer. She is NHS trained in Child Protection and she has also gone through the British Gymnastics training. If Marie is not at the session she can be contacted by phoning her or you could speak to the Head Coach at the session or one of the trampoline buddies who would direct you to who is best to speak to. Full details are in your members handbook.

What does my child require to bring with them?

Your child must wear socks or trampoline shoes. Jewellery must be removed and long hair tied back. Water in a plastic bottle may be brought to drink but we ask that they do not bring food or sweets.

Can I stay with my child?

All spectators must watch from the balcony. As stated above, all adults in the room have been CRB cleared so unchecked adults would undermine our safety. Under 7's are escorted to and from the toilet, so there should not be any need for you to stop and little ones are usually much better when parents are not around.

When will my child compete?

Routines vary for each age group. But as soon as your child can do their relevant routine consistently they are invited to compete. If they choose not to, that is fine as we are a club open to all levels.

As a parent I may have a skill that may be useful to the club. How do I volunteer?

We are **always** in need of help and welcome volunteers. Just make yourself known to Liz Backhouse our volunteer coordinator or speak the session Head coach who will put you in contact with her. Some of our current advanced coaches started off as parents watching from the sidelines. Besides coaching, other ways people can help are with fundraising, administration at events, transportation of equipment for big events, photography. We do not know your skills if you think you could be helpful please chat to us.

What ages do you cater for?

In a unique joint venture with Hull Gymnastics Academy during term time we run **tumbletime** a preschool session involving both trampolining and gymnastics on Tuesday mornings 10 – 11 am. On Friday afternoons we have “**minitramp**” at Woodford Leisure Centre. There is no need to book and no membership fee for these sessions. The trampolining at both of these sessions is taught by Julie Williams our Director of Coaching who is a High Performance Coach and former PE teacher. She has twenty years experience of preschool so they get off to an excellent start. At the other end of the scale we have “**motiv8**” adult sessions on Mondays and Wednesdays where normal session fees apply so come along and try yourself, its addictive!!!



Hull City Council Club of the Year 2004

