



Important Information Ahead Of Your First Visit To Our Hindhead Venue

Hindhead Venue Address:

Amesbury School,
Hazel Grove,
Hindhead,
Surrey,
GU26 6BL

To see where our Hindhead Venue is located on the map click [here](#)

Where the classes take place and where to park:

The Gymnastics classes take place in the sports hall and access to this building is through the large gate in the car park, not through the main entrance to the school. To clarify which car park to use, the one that the school have requested we use is on Hazel Grove. If you aim to use the 2nd car park on Hazel Grove, which is situated just beyond the main school building when approaching the school from the Hindhead direction, however if this car park is full then please use the top car park just before the school building and walk down. Please ensure you do not use the marked staff bays if your class time is during the school week. You MUST drive into Hazel Grove from the Hindhead end otherwise you will be greeted by a set of bollards!! The entrance to the school grounds is through the large black gate in the 2nd car park and then the sports hall is dead ahead of you. Can I please ask that you walk around to the front of the Sports hall and only use the door in front of the tennis courts where the changing rooms are situated.

Before the class:

Please aim to arrive 10 minutes before your child starts their class so that they have time to get changed and go to the toilet before the class starts. There are fairly large changing rooms in the sports hall for both the boys and the girls. **Please note that the Amesbury School policy does not permitted parents to enter the changing rooms during the hours they have pupils on site, therefore if you attend the club before 6pm on a weeknight then you must honour this policy. If you need to assist your child with getting ready then please use the disabled toilet.** When it is time for your child's class they will line up at the door and the coach will come and collect them. **Please can I kindly ask that parents do not open the door and walk in the gym or try to get a coaches attention during a session.** A coach will come to the door at the beginning and end of each session so if you have a question please ask them then.

At the end of the session:

Please be there in good time to collect your child. We will not allow the children out of the gym if a parent is not there to collect them so please do not ask your child to meet you in the car park. If you know you are going to be a few minutes late, please inform the coach before your child's class starts so that we are aware. If however there is an unforeseen problem and you are going to be late please text the lead coach to notify them as they will not be able to answer the phone during the session.

Lead Coach Numbers:

Wednesday and Friday Sessions: Paul Reeve - 07970 826126

Saturday Sessions: Catherine Massie - 07703 045292

If the regular lead coach will not be there one week I will provide you with an alternative number for the lead coach that day.

What to wear:

We do have a club kit which is a leotard for the girls with gym shorts or leggings as optional extras. For the boys it is gym shorts and a club T-shirt. To view the club kit and place an order [click here](#)
In the meantime the gymnasts can wear their own kit. It is very important that the clothing is suitable for gymnastics and allows full range of movement. Gymnasts must have bare feet for training unless they have specific gym shoes (Socks must not be worn unless there is a medical reason that I am made aware of)

For Girls:

Preferably leotard with the option of gym shorts or leggings.

If they do not have a gym leotard then shorts and T-shirt (preferably cycling shorts or gym shorts and a fitting t-shirt)

Please do not wear baggy clothing as this can be dangerous when coaches are supporting the gymnasts and it can get caught on equipment.

For Boys:

Shorts and T-shirt (Preferably gym shorts and a fitting t-shirt but please make sure they are stretchy shorts and strictly no shorts with belts, buttons or zips!)

Please do not wear baggy clothing as this can be dangerous when coaches are supporting the gymnasts and it can get caught on equipment.

Boys are welcome to wear leotard and gym shorts if they would prefer.

Parent Viewing:

Unfortunately there is not a viewing gallery in the sports hall at Amesbury and due to Health and Safety reasons I cannot allow parents in the hall during training sessions. There will however be a viewing week each term so that you have an opportunity to see what your child/children are working on and how they are progressing.

Water Bottles:

As there is not a water fountain in the boys changing room I am happy for people to bring a water bottle if they feel they will need a drink during the session. However if you do bring a bottle in the gym it MUST be a sealed bottle preferably a sports bottle with sports cap and ONLY contain water.

Stay up to date with information:

The best and fastest way to stay informed of any information is via Twitter and Facebook. There are links to the pages on the club website but here is a reminder of the club accounts if you wish to like the pages:

 **Facebook :** Excel Gymnastics Academy UK

 **Twitter :** @ExcelGymAcademy

If you have any further questions then do not hesitate to contact me.

Kind regards

Paul Reeve

Head Coach

Excel Gymnastics Academy

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Excel Gymnastics Academy UK



@ExcelGymAcademy

