



Important Information Ahead Of Your First Visit To Our

Hindhead (Amesbury) Venue

Hindhead (Amesbury) Venue Address:

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

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

Where to park and where the classes take place:

Access to the school is from the front entrance on Hazel Grove. Please note that you MUST drive into Hazel Grove from the Hindhead end, otherwise you will be greeted by a set of bollards!! As you approach the school aim to use the 2nd car park on the right, which is situated just after you pass the main school building. Please honour the one-way system in the car park and ensure you do not use the marked staff bays if your class time is during the school week. If this car park is full then you may need to park on the road or use the additional car park situated just before the main school building and walk down. 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 a few minutes before your child starts their class so that they have time to go to the toilet before their class starts. There are changing rooms in the sports hall for both the boys and the girls if your child needs to get changed, however please make every effort to bring your child to the gym already changed. **Please note that the Amesbury School policy does not permitted parents to enter the changing rooms, therefore it is important that you honour this policy. If you need to assist your child with getting ready, 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 the coaches attention during a session.** A coach will come to the door at the beginning and end of each session, therefore 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, therefore 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:

Paul Reeve - 07970 826126

If the regular lead coach will not be there one week you will be provided 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 to 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 we are 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:

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 towards the end of each term so that you have an opportunity to see what your child/children are working on and how they are progressing.

Water Bottles:

So that your child can stay hydrated during the session, please send them with a water bottle. It MUST be a sealed bottle, preferably a sports bottle with sports cap, have their name clearly displayed on it and ONLY contain water.

Stay up to date with information:

The best and fastest way to stay informed of any information is via the club's Facebook and Instagram Pages. 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



Instagram: theexcelgymnasticsacademy

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

Kind regards

Paul Reeve

Director of Coaching

Excel Gymnastics Academy

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Excel Gymnastics Academy UK



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