



IMPORTANT INFORMATION AHEAD OF YOUR FIRST VISIT TO OUR AMESBURY VENUE

Amesbury Venue Address:

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

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

Where to park:

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 ensure you honour the one-way system in the car park and do not use the marked staff bays if your class time is during the school week.** If this car park is full, you may need to park on the road or use the additional car park situated just before the main school building and walk down.

Accessing the School:

The entrance to the school grounds is through the large black gate in the 2nd car park. Please note that you **DO NOT** go through the school reception.

Automatic Gate Key Pad Entry:

The gate is automatic with a keypad entry system. If you sign up as a member you will be provided with the code. For your trial session you will just need to access the grounds when another parent enters the code.

IMPORTANT: THE GATE IS ELECTRIC AND OPENS AUTOMATICALLY WHEN YOU ENTER THE CODE. DO NOT PUSH OR PULL THE GATE AS THIS WILL DAMAGE THE MECHANISM.

For your reference, the gate will start to open 3 seconds after you enter the code and then close again 20 seconds after you go through the gate.

Drop off procedure for 5pm classes only:

(All other classes see the next section on 'Where to go for the classes')

- **Drop off at 5pm:** As you walk through the black gate onto the school grounds, you will see the door to the sports hall straight ahead of you. Please wait on the path outside that door until a member of the Excel Team comes to welcome the gymnasts. As the school is still in operation until 5.45pm, please do not enter the school grounds before 4.55pm and parents must return to the car park after dropping their child off.
- **Collection:** For collection, we use the door around the other side of the sports hall, therefore please see where you need to go in the section 'Where to go for the classes'.

Where to go for the classes:

As you walk through the black gate, the sports hall is straight ahead of you. As you look at the building, you follow the path to the left and walk around to the other side of the sports hall, which is situated by the tennis courts. Please wait outside the sports hall building to keep the entrance area clear for the gymnasts and to make the drop off and collection smoother.

Before the class:

Please make sure that your child is changed and has been to the toilet before the 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 permit 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, a coach will come to the entrance of the sports hall to 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, however for general questions and enquiries please email me at: paul@excelgym.co.uk.

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 me on the number below to notify me as I will not be able to answer the phone during the session if I'm coaching.

Director of Coaching:

Paul Reeve - 07970 826126

If I will not be available while there are classes operating, I will provide parents with an alternative number for the Lead Coach that day.

School Facility Use:

Please note that you must only come on to the school grounds to drop off and collect your child. The school do not permit us to use other facilities on the school grounds, such as the tennis courts, field or playground, therefore please do not hang around on the school grounds during or after your child's class. **Smoking is not permitted on the school grounds or in the car park and dogs are not permitted on the school grounds.**

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. There must not be any zips or buttons on the clothing. 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 that can be tucked in)

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 do not hesitate to contact me.

Kind regards

Paul Reeve
Director of Coaching
Excel Gymnastics Academy
Tel: 07970 826126

Web: www.excelgym.co.uk

 **Excel Gymnastics Academy UK**

 **theexcelgymnasticsacademy**

