



Zodiak G.C.

## Information for Parents

**Our Club**, originally the Dunfermline G.C. was formed in the early 70's – and has a long and very successful competition history in Women's Artistic (WA) gymnastics due to the hard work of the original gymnasts, coaches and judges. Re-named Dunfermline Zodiak in the 90's we continue to develop a healthy General section and a strong Artistic Competition Squad.

**All Gymnasts** begin in the Development Level 1 section on a Friday learning the basic skills of gymnastics and dance. They also train towards participation in Beginners 2 Piece competitions – Floor and Vault – these competitions are graded into various age groups with gymnasts performing either 6 floor skills for the younger groups and vault prep or 8 for the older gymnasts and vault. These are 'FUN' competitions – our Gymnasts have always done well at them winning many medals and trophies over the years. The competitions are held in Kirkcaldy, Leven or Edinburgh. Provided the Gymnast has attained the necessary skills, they are encouraged to take part in these competitions and all thoroughly enjoy the experience. If however, they don't want to compete they can continue in the Development squad but I need to make it clear that participating in competitions is what this Club is about!!

**Gymnasts** are regularly assessed and those showing gymnastics ability are moved into the Development Level 2 group which trains on a Tuesday as well as Friday – these children are working on more difficult gymnastic skills and conditioning and start more advanced training on the apparatus. They can continue to take part in Beginners but once they start working towards possible entry to the 'grades' compulsory competitions and/or the 8/9/10 Development Competition it is not always possible to do this.

Depending on the success of our Level 2 gymnasts, some will progress into the competition squad taking part in apparatus competitions organised by Scottish Gymnastics which are held in Perth. Some gymnasts may also be screened to be considered to trial for the National Squads and we currently have 3 squad members – Megan Slater in the Senior Squad, Lisa Chandler in the Start Squad and Beth McCulloch is a member of the Fife & Tayside Academy Squad. Again, this involves more training and attending squad sessions at Largs National Sports Centre, Auchterarder or Lasswade.

**Zodiak** cannot function without the knowledge and expertise of our Coaches and Judges – all of whom are registered with the governing bodies -British (BG) and Scottish (SG) Gymnastics. Several Coaches in the Club are also involved serving on the W.A. and General Panels of our Association and are Mentors and Tutors for B.G. Helping along with the Coaching Staff are our Parent volunteers - Treasurer ; Child Protection Officer and Fund- Raising Ladies - the commitment to Zodiak Gymnastic Club and to our gymnasts from everyone involved in this Club is enormous and greatly appreciated.

### **Coaching Staff:**

Senior Coach & Club Manager – Eleanor Knight;

Coaches: Alison Wilson (choreographer) Katrina Harper (Judge), Carys Harper (Judge), Scott Harper, Gillian Crawford, Willie Moyes (Judge) Audrey Creswell, Assistant Coaches, Lynn Slater, Yvonne Arnold

Junior Assistant Coaches – Shaunagh Fyfe, Jenny Holmes, Chloe Lawson, Sarah Black, Hannah Cameron.

### **Club Uniform :**

Our Club colours are purple leotards with white sweatshirt, navy pants

**Parents** are always welcome in the Club – you can assist the Treasurer, or get involved with coaching the younger gymnasts or the Fund raising activities or be a Committee member. I am aware that on a Friday evening it must seem chaotic – but trust me we know what we are doing and everyone in Zodiak works hard to give all the members of our Club a wonderful gymnastic experience! If we seem grumpy then please accept our apologies but remember most of us have also done a day's work before we come to the gym!!!

### **Useful Phone Numbers -**

Eleanor – phone after 9 pm.

Tel: 822761

(E-mail – [eleanor@zodiakgc.co.uk](mailto:eleanor@zodiakgc.co.uk))

Treasurer - Pamela Parker

Tel : 60522

Child Protection Officer- Marie Chandler

Tel: 735453

I hope that you have found this information useful, if you have any questions please feel free to phone or e-mail me and I will do my best to answer them!

Eleanor Knight