LJ DANCE & GYMNASTICS

WELCOME PACK

www.lj-dance.co.uk
07976121371

WELCOME

Welcome to our LJ DANCE & GYMNASTIC FAMILY!
This is an introduction pack with all the information you need to know about our fabulous club.

WHAT TO EXPECT:

·We have fabulous, dedicated coaches that are always delighted to greet new and existing members.

·We hope this is an exciting start to your child's gymnastic/ dance journey and that they have the best time in their new class.

· We will introduce them to some of our existing members and they will assist them through their first session, to hopefully help with any nerves.

·Unfortunately, for safeguarding purposes, parents are unable to enter the premises that we use for our classes. We will do our best to take some photos/videos of your young aspiring dancers/gymnasts in action if you are happy for us to do so.

MEET OUR TEAM

Laura Martland

Head Coach & Owner

Laura has trained in both dance and gymnastics from a very young age.

She has been British acrobatic gymnastic champion on many occasions,

She has also competed at international competitions around the UK and abroad.

Laura graduated with a degree in Dance, Performance, and teaching at Preston

university. She is a level 3 acrobatic gymnastic coach and has first aid training,

safeguarding training and is DBS checked.

Laura has been a coach for 20 years and a club judge for 14 years.

Laura is very passionate about her work and loves being able to have the opportunity to share her passion for dance & gymnastics with the children she teaches.

Lynn Martland

Acro head Coach & Judge

Lynn has coached acrobatic gymnastics for over 20 years.
She is a level 4 acrobatic gymnastic coach and regional judge.
Lynn has judged at gymnastic competitions all over the country & abroad for many years. Lynn has first aid training, safeguarding training and is DBS checked.
Lynn has been a devoted acrobatic coach since her daughter Laura was introduced to the sport at the age of 9. She loves seeing the enjoyment the gymnasts get from their classes, the friendships they make and their progress.

Sharon Harrison

Acro level 2 Coach & Judge

Sharon is a level 2 acrobatic gymnastic coached and club judge.
She has coached with us at LJ for 12 years.
Sharon has first aid training, safeguarding training and is DBS checked.
Sharon is a dedicated and enthusiastic coach who began her gymnastic journey as a parent. She very quickly developed a love & passion to learn more about the sport and wanted to become more involved as a coach. Sharon now loves sharing her knowledge with our members and watching them grow as gymnasts.

Kath Leatherbarrow

Acro level 1 coach & Welfare officer

Kath is a level 1 acrobatic gymnastic coached and
has coached with us at LJ for 12 years.
Kath has first aid training, safeguarding training and is DBS checked.
Kath is also our club welfare officer. Gymnasts or parents can talk to Kath if they have any concerns.

Kath has coached acrobatic gymnastics for years. She original began her coaching career at the club Laura trained at and has grown in knowledge over the years.

She is a dedicated part of the LJ team and loves being a part of the gymnasts development.

'Its a huge pleasure to watch our members grow, over the years at LJ I have watched many gymnasts grow from shy little children to confident, supportive young adults and it gives me so much happiness being able to be a part of their gymnastic journey.'

Tia Hopkins

Acro level 1 coach

Tia is a level 1 acrobatic gymnastic coach.
Tia has first aid training, safeguarding training and is DBS checked.
Tia started her gymnastic journey as one of our gymnasts and has trained with us for 11 years!

'I grew a passion for the sport and wanted to develop this passion and knowledge as a gymnast to help others.

I love being able to share my experience and knowledge with our younger members.'

Grace Harrison

Street dance teacher

Grace teaches our street and commercial classes and has danced at LJ since the age of 14,
Grace became a big part of our LJ family and quickly developed a passion for teaching after studying dance and teaching at college.
She has first aid training, safeguarding training and is DBS checked.
'I love teaching because I get to share my passion for dance with the next generation. Dance has given me so many amazing experiences, which is why I love being able to pass that on to others. After starting my own dance journey here, I am honoured to now be teaching a class that I once stood in myself. The best part of teaching is watching my dancers grow in confidence, develop their skills, and achieve things they never thought possible. There is nothing more rewarding than seeing how far they come and feeling proud of how hard they work and everything they accomplish. My aim is to create a positive, supportive environment where every dancer feels encouraged to work hard, believe in themselves, and enjoy every step of their dance journey. I hope to inspire the same love for dance that I had while growing up, whilst helping my students make lasting memories, and become the best dancers they can be.'

Lucy Davies

Acro assistant

I love coaching because it allows me to be part of a community and to inspire young gymnasts. Watching younger gymnasts grow in confidence as they learn new skills is incredibly rewarding, and being able to celebrate their progress when they master something new is one of the best parts of the role.

It's especially rewarding to see how much a gymnast lights up after working hard to achieve a skill they may have struggled with. Seeing their determination pay off and knowing I've helped support them along the way is what makes coaching so fulfilling for me.

WHAT YOU NEED & WHAT TO WEAR

Dance

.Street dance- Something comfortable ie joggers/leggings and a t-shirt and trainers.

.Contemporary dance- options: Leotard and tights,
Leggings or shorts,
2 piece or t-shirt
We would also recommend bringing joggers and socks for floor work.
.Hair must be up and tidy

Jazz- 2 piece or leotard with tights, shorts or leggings

Please ensure your child brings a drink or two to classes as they work extremely hard and will need a drink.

Gymnastics

.Gymnasts can wear shorts & t-shirt for their trial if they don't have a leotard. If they decide to join, they will need a leotard or crop top & shorts (fitted not loose).

.Hair must be in a tidy bun (untidy hair can get caught when learning and performing skills so we want to make sure it's out of the way and tidy, this is also good practice for competitions)

.British gymnastics insurance policy voids the wearing of jewellery (This includes clear plastic earrings) If a child has only recently had their ears pierced then earrings must be covered by a parent or guardian prior to class with either plasters or micropore tape.

Please ensure your child brings a drink or two to classes as they work extremely hard and will need a drink.

We do have our own uniform but it is not compulsory unless participating in competitions
This can be purchased from our online shop.

PAYMENT

Trials

We offer pay weekly sessions as a trial for all our classes. We aim to start new members at the beginning of a month, this means that they can attend the full month and pay as they go. If they are only able to attend mid-month this is no problem, but they will only receive weekly classes during that month.

Costs per session (trial period ONLY):
Mini contemporary £5
Senior contemporary and senior street £8
Jazz and junior street £5.50
Gymnastics £6.50

If they enjoy their trial sessions with us and want to join, fees will then change to monthly. Monthly fees depend on which class they decide to join.

Monthly fees

Costs per month:
Junior contemporary £17
Senior contemporary and senior street £31
Jazz and junior street £21
Gymnastics Friday juniors & inters £23.25
Gymnastics Monday Mini's & Monday juniors £22.25
Development £45.50
Elite £64.50

Fees may change every 12 months

Account details for fees:
LJ DANCE
010514
37205307

HOW PAYMENT WORKS

Payment for classes are to be made via direct debit/standing order.
Direct debits/standing orders must be set up by parents to come out on the **1st of each month.**

How monthly payments work

01 Dancers and gymnasts will have a total of 7 weeks deducted from their payment (Our Monday classes have 10 weeks deducted due to 3 bank holidays):

·3 weeks off for Christmas
·2 weeks in the summer
·1 week at Easter
·1 week for any session that may need to be cancelled by Laura unexpectedly.

02 Payment will be for a total of 45 weeks (42 for Monday classes), which will be split over 12 months. If we must cancel for any other reason, classes will run via zoom were possible or members will be offered the option to come to another session. This does not apply to the elite as they receive 30 minutes free every week. This time is banked for any classes that may have to be cancelled.
Direct debits/standing orders must be set up to come out on the 1st of each month, You will be given a maximum of 8 days to pay, any late payments will include a late payment fee of £5

03 If a child decides to leave part way through a month, this month will not be refunded. **4 weeks' notice must be given prior to leaving** to allow us enough time to help us plan, cost, staff and numbers. This means that if you inform us at the end of a month that your child wants to leave then the following month must still be paid for.
·**Cancellation of class payment is the responsibility of the parent/guardian,** and no monies will be refunded if a direct debit/standing order is not cancelled.

GYMNASTIC MEMBERSHIP

All our gymnasts must have British gymnastics & club membership to train with us.
Gymnastic membership is a **total of £51 for the year.**
After their trail period is up gymnasts must register with British gymnastics. They will need **community membership at £26.**
Gymnasts will also need **club membership, this is £25** and payable to the membership account.

All gymnastic membership must be up to date for gymnasts to train with us.

Link to register your BG membership:

https://www.british-gymnastics.org/memberships

British Gymnastics

GYMNASTICS DANCE EST 2011

OUR REGISTRATION PORTAL

New members will need to register their child onto our online portal.
Here you will get notifications on competitions, updates, events etc.
These will be specific for the classes your child is enrolled on. You will receive monthly invoices to help you keep a track of your payments. **Please note, you cannot make any payments through the portal (except trials), all payments will need to be sent via bank transfer or standing order.**
Please ensure you read through the terms and conditions before clicking. Once you have signed up, please enrol your child/children in the classes they are wanting to attend. It should be pretty straight forward but if you're having any trouble, please let me know. We will try to update and make it as easy as possible. Please make sure you download the classmanager app and accept to receive notifications so if anything comes up that you need to be aware of, you will receive a notification on your phone and you're not having to look back on emails. Please click on the link below to register if you haven't done so already

https://app.classmanager.com/portal/lj-dance-and-gymnastics/register

RULES & REGULATIONS

- Appropriate clothing must be worn, this depends on the class you are participating in (See above) This is for the health and safety of all dancers/gymnasts
- No jewellery is to be worn, this includes clear plastic earrings for gymnastics
- Gymnasts- Hair must be up in a tidy bun. This is for the safety of our gymnasts. Dancers- hair must be tided up
- If members have acrylic nails, they must be at an appropriate length (short). Acrylic nails are not advised.
- Any form of bullying will NOT be tolerated! Any dancer/gymnast found to be bullying, parents will be informed, a warning given and this will be reported to the welfare officer. If it continues, the dancer/gymnast will not be allowed to participate in any more classes undertaken with LJ Dance (Dance or Gymnastics)
- All members must be courteous, supportive and respectful of each other. If any member behaves inappropriately or disrespectfully, they will not be allowed to join in with the session, in an extreme case a parent will be contacted and asked to collect them from the class.
- Gymnasts/ dancers/coaches & parents must use appropriate language at all times
- Class payment must be paid on time, failure to do this will result in your child being unable to participate in class until payment is made. If payment is over a month behind, that dancer/gymnast will unfortunatly lose their place.
- Dancers/gymnasts, parents and coaches must treat the dance/gymnastic space and equipment with care and respect.
- Any valuables brought into class by the dancers/gymnasts/coaches are done so at their own risk, LJ Dance will not be held responsible for any loss or damage to items.
- No food is to be consumed by the dancers/gymnasts whilst participating in the session.
- No chewing gum!
- All gymnasts must have British gymnastics & Club membership, without membership gymnasts are unable to train.
- No child is to leave the premises without a parent or guardian. If a child is walking, a message must be sent to Laura to inform her of this. This also applies if your child is being collected by another parent/guardian
- Every child must wait inside the venue for a parent/guardian to collect them unless a parent/guardians has informed us otherwise.
- If any parent/guardian feels they may be late collecting their child, please ring a coach at the earliest opportunity.
- If a child is unable to attend a session for any reason, please inform a coach.
- Social Media: Participants and guardians should use social media responsibly, ensuring LJ Dance & Gymnastics is represented positively.

All our policy's can be found on the British gymnastics website

Anyone failing to abide by these rules will not be allowed to participate in classes.
Thank you!

LJ DANCE & GYMNASTICS

Thank you!

We are a small family with incredible coaches who aim to inspire, encourage and develop the skills of children in dance & gymnastics

Not only will our club allow children to gain skills and knowledge of dance and gymnastic techniques but also allow them to gain life long skills and friends, be creative, gain and encourage team support, confidence, fitness and many more...

We hope you enjoy your time with us!

Laura@lj-dance.co.uk

If you would like to contact our head coach, you can contact Laura on: 07976121371

If you have problems or concerns and would like to speak to our Welfare officer, you can contact Kath on: 0790928697