



2024

GENERAL INFORMATION LETTER

Dear Parents,

Welcome to all our existing and new gymnasts and their parents at BUG Gymnastics Club. We hope you train well and the parents enjoy the gymnastics with the children.

OBJECTIVES OF BUG Gymnastics

- The club aims to promote enjoyable participation in gymnastics and to develop the gymnasts satisfactorily as sports people and as balanced individuals.
- The club aims to provide quality coaching to the enrolled members of the club, in order to participate in competitions at local, provincial and national level.

The gymnastics club is also involved in the training of the NWU's Human Movement Science and Sport Science students and it is part of the club's constitution that "... students are offered the opportunity to participate in coaching or other club activities, also in the field of gymnastics, general leadership and management functions as well as sports and coaching principles." Each year there is a period when students attend their practical hours for the accreditation of the GL qualification at the club as well as various other opportunities (such as competitions) that should be arranged and managed by students as part of their curriculum. The students are then evaluated in collaboration between the two institutions. **All coaches of BUG Gymnastics are qualified coaches and / or judges (on different levels) and are registered with the South African Gymnastics Federation annually.**

PROGRAMS:

There are two sections in the club, namely:

1. Competition-orientated participation and
2. Developmental participation.

The emphasis in both these sections is to enjoy participation and exercise, and to develop the child holistically. For the gymnasts who want to be top athletes in gymnastics, there is an opportunity to reach their full potential, and for the development gymnast there is an opportunity to do gymnastics exercises as part of their motor development. For the developmental gymnast, the emphasis is not on the pursuit of prizes and awards. However, if a gymnast chooses competitive-orientated participation there are a number of criteria that he / she must comply with, as set out in the constitution and the rules of the club.

BUG Medal/STARS Program
Club Program for all Gymnasts.

GYM → STARS PROGRAM 1 2 3
N:A:S → STARS PROGRAM 3 4 6
I:I:C:S → Level 4-8

Gymnast are evaluated annually and receive the appropriate Badges/Medal and certificate

SAGF Levels-Program
Official program for competition participation by SAFG.
Level 4-8 (Girls)
Level 4-8 (Boys)
Gymnasts can obtain Provincial colors and compete at Interprovincial and national level.



FEES

Coaching Fees

Registration for all New gymnasts for – R300.00

(This fee is for general admin for the year and Prize-giving fees)
(Must be paid immediately)

Re-registration for all existing gymnasts for – R250.00

(Must be paid immediately)

Registration fees for Badges/Medal program/Stars 1-3 gymnast – R300.00

Registration fees for Badges/Medal program/Stars 4-6 gymnast – R350.00

Registration fees for Badges/Medal program is for Level 4 and up - R200.00

(The Badges/Medal program is an evaluation that we do and at the end of the year at Prize-giving, if the gymnast passed it, he/she gets a report, certificate with a badge or a medal)

(Must be paid by 31 March)

Stars books will be kept at the club and if a parent wants to see the gymnast booklet they can arrange with Jealene then they can sign it out for a training session.

Clothes for new gymnasts fee – fee is not yet available

(This includes a leotard and ski-pant)

Coaching fees are payable in advance for 10 months (February to November), and can be paid quarterly or in 10 monthly installments.

IMP. If your child(ren) wants to stop gymnastics, a month's payable notice advance must be given in writing on a Cancellation letter. Without the Cancellation letter your account can not be finalized. (For example if you cancel in March then you still need to pay for April.) Cancellation letters are available at Jealene on request and are now available on our website. (<https://buggymnastics.co.za/cancellation-letter-2/>) Gymnasts who are absent for more than 1 month (4 weeks) with no notice will be considered inactive members and their places will be given to new gymnasts. From 1 March 2019 only people that paid the full year or 2 quarters in advance, will receive paybacks. R75 banking costs will be deducted

before we pay you back. Parents that must get a payback must get a form from BUG so that we can approve the payback. If we do not get a cancellation letter we will automatically send you an invoice for your monthly classes. This is just an arrangement so that

All fees must be paid before 30 November 2024. Competition fees

Because the gymnastics standard in the province is very high, only gymnasts identified by the coaches will be entered for competitions. Competitions' entry fees must be paid in advance for each competition. Gymnasts who withdraw after the entry fees have been submitted (or not participating without sufficient prior notice) is still liable for paying the entry fee. Only gymnasts registered with SAGF may participate in the provincial competitions.

The Registration Fees for SAGF are payable by 28 February for Competition gymnasts that do North West, Zone and Gym Games competitions: R790.00

Late Registration Fee after 28 February is: R1090.00

(This is a registration fee; you still need to pay this plus the competition fees)

All new gymnasts will start on our Stars program and can only compete in SAGF-competitions once they finish with Stars 6.

Stars 4-6 gymnasts will have an evaluation competition, once a year, at the end of the year. Time, place and amount will be confirmed.



Children that want to participate in the North West competition must do 3 friendly competitions before they can do the North West competition.

L4+ gymnasts do compete in the NW championship. They do get full NW colors (**NW tracksuit and leotard for the boys and own-choice leotard for the girls**) and can then compete in the Gym Games where the whole country's best gymnasts compete for a week against each other.

Bank details

Account holder:	BUG Gymnastics
Bank:	ABSA
Branch Code:	632005
Account Type:	Savings
Account Number:	678223972
Reference:	Gymnast No & Surname (The number is provided by the club)

CLOTHING

All gymnasts must wear **a leotard** during exercise. (Girls wear a leotard, ski-pants are optional and Boy's wear a leotard plus ski-pants.) Please **bring socks for the warm up** and floor exercises. For invitational,

Provincial & national competitions, the official club competition tracksuit of the club / province is compulsory for all gymnasts. Clothing orders will be taken in March and

July, and all orders must be given to the club manager together with proof of payment. If your child doesn't have a leotard they can wear the following:



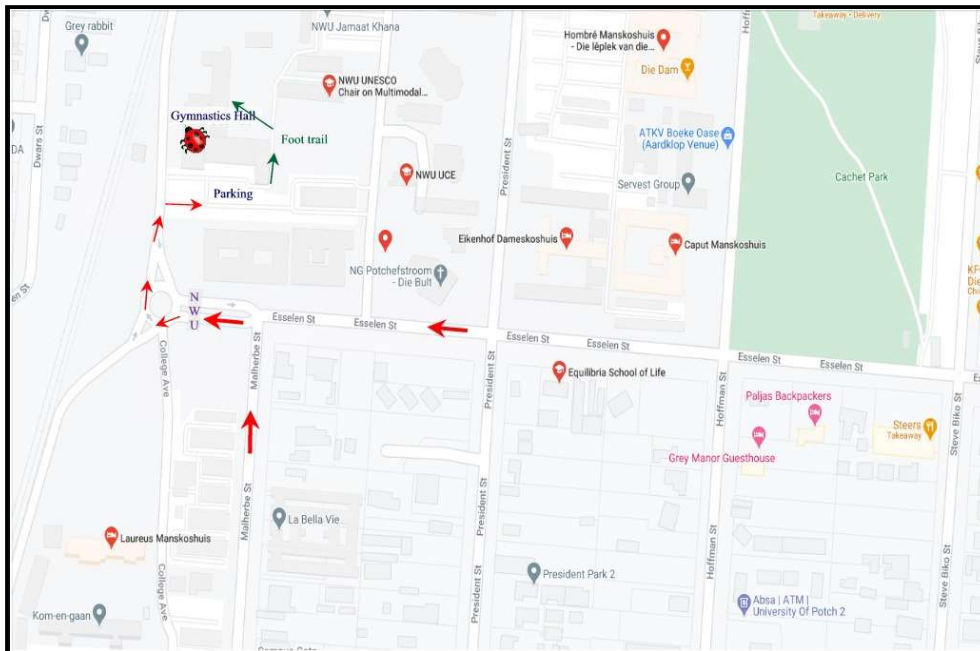
Bringing and Collection Gymnasts at the Club Hall

- You must please use **Esselen Street** for the pickup and collection of your child/ren.
- The Gymnasts must please be brought to the hall by the persons that bring them, and again collected hall after the workout.
- Please arrange with Eldi or Jealene if you cannot pick up your child/ren within 15 minutes of inside the entrance from the workout, please. The map to the parking is as indicated:



BUG Gymnastiek Klub Potchefstroom

www.buggymnastics.co.za



COMMUNICATION BY NEWSLETTERS AND WHATS APP

All information (urgent and reminders) is provided by means of WhatsApp groups throughout the year, to save costs.

Please make sure, in the beginning of the year that you are on a parent group of BUG's. If your child is doing competitions there will be a group for that as well. (Training for the existing gymnasts will start on the 10th of January 2024 so we would have placed you on a group by that time.) (New gymnasts will start on 29th January 2024 and you will be added to the groups by then.)(No parent will be allowed to place information on those groups, only BUG management.)

If your cell phone numbers of email address change throughout this year, please give it through to me at finance@buggymnastics.co.za of 064 658 7130.

The club management annually sends letters to parents for the schools in which the names of gymnasts, who obtained their North West colors in gymnastics, are recognized and further outstanding achievements are reported. The schools usually recognize gymnasts by means of bars, certificates or honorary colors, as well as photographs in the local newspapers. No beginner gymnasts will do SAGF competitions in their first year unless the parents specifically ask for it.

The gymnast will then be evaluated by the coaches and can participate in competitions if he/she is ready.

SAFETY AND FIRST AID

- All our coaches have do a First Aid course Level 1 / 2. They also do regular courses to ensure the safety of the gymnasts.
- We use Savlon to disinfect scrapes and wounds. If your child is allergic for it please let us know.

POPI Act

- No parent's telephone number and personal information of parents or gymnasts will be given to anyone.
- All information will be provided by means of Whatsapp and Whatsapp groups.
- All photos and videos that we take will not be used without the parents' consent for marketing.



PROVISIONAL COMPETITION DATES

Month	Levels	Place	Town	Which Competitions	Cost
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					
1 – 8 October	L4+	Gauteng	TBA	Gym Games	TBA
TBA	Stars 4-6	BUG Hall / Grass before hall	Potch	Stars 4-6 Competition	TBA
November					
TBA	Stars 4-6	Gauteng	Pretoria	Stars 4-6 Competition	TBA
TBA	All	BUG Hall / Grass before hall	Potch	Prize-giving and Concert	Free
Last week in Nov	All	BUG Hall / Grass before hall	Potch	Year end party for the children	Free
December		Holiday			

TBA = To be confirmed

Again welcome to the BUG family. You are welcome to give us information or even positive or negative feedback.

Gym Greetings, **Eldi Cloete** (Club Manager -074 602 0800, eldi@buggymnastics.co.za)

Gym Greetings, **Jealene Swart** (Clothing, Finance and Admin– 064 658 7130, finance@buggymnastics.co.za)