

TAISO GYMNASTICS TRAINING CENTRE
Two Hour a Week Intermediate Gymnastics Program - Female

The philosophy of the Two Hour a Week program is as with all of TAISO's programs, one of fun, fitness and fundamentals. Gymnasts progress at their own rate within the TAISO Junior Olympic Chart System. TAISO's previous charts have been adjusted somewhat to reflect 'skills' from the JO Program and fit harmoniously. Charts are given at the end of each term. JO Compulsories 1 & 2 will also be incorporated into the Intermediate Program. The Two Hour a Week Program follows a weekly schedule allowing gymnasts as much event/skills training as possible.

Although, children are moving into the Intermediate program, they may not have completed all 4 Levels on the Junior Charts. The Junior skills will be worked on, along with the Intermediate skills.

COMMUNICATION is most important. While every effort is made to communicate clearly, there may be occasions when a gymnast, parent or guardian have concerns they wish to address. Please follow the established procedure.

Gymnast and parent/guardian should first contact the instructor with concern(s) either after class or by leaving your name and phone number with Receptionist or in black mailbox beside the reception desk. The instructor will respond to this communication in a timely manner, noting it to the General Administrator, Michelle DeBay.

If gymnast or parent/guardian are not satisfied with the results of this response by the instructor, they may contact Michelle to address the issue further at 865-8798 or by email at the above address.

Please let us know if a class will be missed as it may affect the schedule.

A break is scheduled within the training sessions. Gymnasts have this time to snack in the TAISO kitchen (away from the cubbies and gym entry please) - the best suggested snack food for training and life are veggies, crackers, cheese, water, fruit... There is a fridge for break snacks. TAISO is a NUT free environment. NO products with any type of nuts allowed. **Please** pick up after and leave no mess. If bringing water bottles, please put in the fridge, NOT in the gym. The fridge is cleaned on a regular basis so don't leave any items or they will be thrown out.

Please **carry all footwear** into the washroom and use hangers there. Foyer cubbies are for gymnasts from the one hour/week classes.

Our annual TAISO Cup Competition is held in February, and the girls have the chance to "compete". This is not a high pressure meet but one organized to give each gymnast an opportunity to perform and meet gymnasts from other TAISO groups.

TAISO office hours vary and office staff is available only at certain times. If you need administrative assistance, please call the gym or check the office hours posted in the mezzanine, foyer and on TAISO's website.

Most instructors have put in a long day. Please be prompt when picking up your daughter.

UNIFORM: It is TAISO's policy that each Intermediate – Senior Gymnast have a TAISO gymsuit. Gymnasts will be sized for gymsuits during the first 3 weeks of classes of the Term, or when your daughter joins this program. Contact Kali Brocklehurst at taiso.kali@gmail.com with any questions regarding suits. Coaches are not responsible for suits, please do not ask them. Please note: Gymnasts may wear other gym suits for training with gym shorts if preferred but 1/2 suits with bare midriff or spaghetti straps are unacceptable.