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TAISO GYMNASTICS TRAINING CENTRE

Pre Tens and Senior Programs – Policies

The philosophy of this program is as with all of TAIISO's programs, one of fun, fitness and fundamentals however more emphasis can be placed on strength and flexibility, conditioning and execution of skills. Senior Gymnasts can progress at their own rate following TAIISO's Junior Olympic Chart System.

TAISO's previous charts are adjusted somewhat to reflect 'skills' from the JO Program and fit harmoniously. Gymnasts will continue to be challenged in a positive atmosphere.

JO Compulsories 2 & 3 as well as optional skills will also be incorporated into the Senior Program. Pre Tens gymnasts follow the Gymnastics Nova Scotia TENS Program.

The programs following a weekly schedule allowing gymnasts as much event/skills training as possible.

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 Pre-Competitive Coordinator, Kali Brocklehurst. If gymnast or parent/guardian are not satisfied with the results of this response by the instructor, they may contact Kali to address the issue further at 865-8798 or at taiso.kali@gmail.com

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

A break is scheduled within the training sessions for the Senior class. Gymnasts have this time to snack in the TAIISO kitchen (away from the cubbies and gym entry please) - the best suggested snack food for training and life - veggies, crackers, cheese, water, fruit... There is a fridge for break snacks. TAIISO 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 you don't wish to be thrown out.

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

UNIFORM: It is TAIISO policy that have a TAIISO gymsuit. Gymnasts will be sized for gymsuits during the first 2 weeks of classes. Contact Kali 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.

Thank you ☺

