



Dynamyx

Gymnastics Club of St. Albert

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Please read the following prior to your field trip at Dynamyx Gymnastics Club.

Please try to arrive 10-15 minutes early. Read through the items listed below to ensure the field trip runs as smoothly as possible.

What is the adult to child ratio?

-We require at least one parent/teacher for every 5 children.

-Please have the children, volunteers and parents wear nametags. If possible, please separate the children into equal groups. (No more than 5 groups please.) If each group has a different color on their name tag, the coaches can easily recognize where each child belongs.

How should the children be dressed?

-All children must have bare feet. (For medical reasons, please use bandages to cover open sores/warts on their feet.)

-Children should be dressed in T-Shirts, shorts or sweats so they can move easily. (No jeans, dresses or skirts.)

-No rings, watches, or dangling earrings should be worn.

-Long hair must be tied back.

How will our time be spent at the gym?

-The group will play a game and stretch as a big group. While one coach is leading the group through the game, a second coach will be available to lead a tour around the gym so the adult helpers can get acquainted with the gym.

-Following the game and stretch, the coach will go over safety with the children and parent helpers.

-The coaches will then split the class into smaller groups, and the children will rotate around the gym exploring the equipment at various stations. (Rotations typically last about 5-10 minutes.) The coaches will float around the gym offering assistance wherever needed. Parent helpers will actively watch the children, ensuring the children stay with the group and follow the rules set by the coach. The coaches will tell you when to rotate to the next station.

-The field trip may end with parachute games or free time depending on an agreement made between the coach and the teacher.

We wish the children have fun and leave knowing:

-How to do a safe landing (freeze position)

-The names of some static positions such as tuck, pike, straddle, stork stand, v-sit and knee scale.

-The names of various pieces of equipment such as the bars, balance beam and vault.

Please find enclosed a waiver form that needs to be filled out and returned the day of your field trip. Absolutely no one will be allowed in the gym without the waiver signed. If the same class is coming

more than once, you only need one waiver form signed, for up to three field trips. Please write the dates at the top of the waiver form that you are coming.

Please provide us with the number of children that will be attending the field trip. We look forward to seeing you. If you require anything further, please do not hesitate to contact me at 780-458-3153.

Yours sincerely,

Kristin Rosichuk,
Program Coordinator