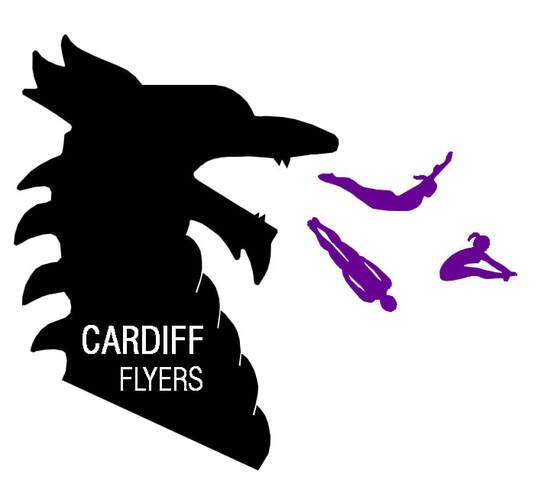
**Welcome to Cardiff Flyers!**

**We are thrilled to welcome you to Cardiff Flyers Trampoline Club! We have**

**put together a starter pack to help you get set up with ease and start bouncing.**

**Monthly Membership Payments**

Our monthly cost to train for 1-2 hours a week is £45pm, which is paid by direct debit on the 1st of every month. This cost is designed to even out for the whole year so that you will always know how much is coming out every month. To set up a direct debit, please click: <https://pay.gocardless.com/AL0002SPZJQHPA>.

Please be aware when setting up a direct debit for monthly membership, you are agreeing to money being taken out of your account on the 1st of every month. If there are issues with this or your financial circumstances change, please email the treasurer at [finance@cardiffflyers.com](mailto:finance@cardiffflyers.com) to discuss an alternative plan. You will be notified one month in advance if prices will change, and you have the right to opt out. If you wish to cancel our direct debit, please give up to 14 days before your next payment is due, so you are not charged.

If you are interested in training more times a week, please discuss options available with your coach.

**BG Membership (Insurance)**

British Gymnastics (BG) membership is a requirement for all performers of gymnastic disciplines and should be renewed annually. Cardiff Flyers is a BG affiliated club which means we meet the high standards of operating a safe, child friendly environment with experienced, qualified coaches. You MUST have valid BG membership to jump with us. To renew or apply for membership click the link: <https://www.british-gymnastics.org/renewal-options>.

**Medical and Photo Consent Form**

Please fill in our medical and photo consent form for each performer at <https://forms.gle/wrvnPqc9HxB3gc3q6>. If contact details change, this should be brought to the attention of the club and your coach should be informed of any change in medical circumstances. This form is mostly used in the event of an emergency to check any relevant information. We also ask that you affirm the photo consent to allow us to run effective advertisements for recruitments, as well as giving permission for coaches to record performers as a coaching tool which they will immediately delete. For more information about this, please see our ‘Code of Conduct’ at [Cardiff Flyers Policies and Documents - CARDIFF FLYERS TRAMPOLINE CLUB](https://www.cardiffflyers.com/policies-and-documents.html).

**Training Attire**

Gymnasts should wear socks and comfortable clothing to allow freedom of movement while at the same time not being open, loose or floppy for safety reasons.

Please do not wear any jewellery during training sessions or competitive events (this includes body rings/bars, nose studs or small stud earrings). Newly pierced earrings may be taped for 6 weeks, but should then be removed after this time for training sessions.

Please see our ‘Code of Conduct’ document for further information at [Cardiff Flyers Policies and Documents - CARDIFF FLYERS TRAMPOLINE CLUB](https://www.cardiffflyers.com/policies-and-documents.html). You can also find our Club Constitution and Policy documents via this link.

**Cardiff Flyers Club Kit**

KnM’s embroidery have designed Cardiff Flyer’s club kit, giving a range of options for all of your fashionable needs! If you are interested in checking out the products on offer, please visit: [Cardiff Flyers – K n M’s Embroidery Ltd (knmsembroidery.co.uk)](https://www.knmsembroidery.co.uk/collections/cardiff-flyers).

: Password: Flyers2021!

If you choose collection instead of delivery, we will also pick your purchases up to save on postage!

**Competitions**

There are a range of competitions held throughout the year for all abilities. If you are interested in competing, please speak to your coach to discuss routines/competition details.

**Leotards**

Leotards are required to participate in competitions and allow you to represent our club in style! Please see below for prices:

Girl’s leotard (child sizes) = £51.95

Girl’s leotard (adult sizes) = £62.95

Boy’s leotard (child sizes) = £32.95

Boy’s leotard (adult sizes) = £39.95

For a size guide, please click the link to our website: [Cardiff Flyers Trampoline Club Kit - CARDIFF FLYERS TRAMPOLINE CLUB](https://www.cardiffflyers.com/club-kit.html).

Please email [admin@cardiffflyers.com](mailto:admin@cardiffflyers.com) with the size and items you would like to buy, so Cardiff Flyers can add it to our bulk order.

**Attendance Awards**

Certificates will be awarded to performers who have achieved full attendance for three months\*.

*\*Isolating due to COVID-19 is an exception and attendance will not be affected.*

**Easy Fundraising**

Please join and support our club on Easy Fundraising. It is **free** to sign up and use - money is donated to the club when you shop online or even order a takeaway! Just click the link to get started: [Cardiff Flyers Trampoline Club Fundraising | Easyfundraising](https://www.easyfundraising.org.uk/causes/cardiffflyerstc/?q=cardiff%20flyers&cat=cause-autosuggest).

**Keeping updated**

Our announcements (e.g. session updates and changes) are primarily made on our WhatsApp group. Please speak with your coach to be added to this.

Find us on our Facebook and Instagram pages to keep up to date with club training, events and results:

Facebook: [Cardiff Flyers Trampolining Club - Home | Facebook](https://www.facebook.com/Cardiffflyers/)

Instagram:<https://www.instagram.com/cardiffflyers/?hl=en>

Website: [CARDIFF FLYERS TRAMPOLINE CLUB - Cardiff Flyers Trampoline Club Welcome](https://www.cardiffflyers.com/)

**Finished… let’s bounce!**