

Ennis Gymnastics Club



Gymnastics is a foundation sport for all other sports. This is because it develops agility, balance, coordination and speed (the ABC's of athleticism). These physical qualities are inherent in all sports. For this reason, all children will benefit from exposure to gymnastics during their first eight years. Participating in gymnastics at an early age, children will acquire "physical literacy", which is the foundation for life-long participation in physical activity and for successful performance at the elite level of sport".

Dr Istvan Bayli - world-renowned expert in Long Term Athlete Development (LTAD)



★ **PERSEVERANCE** ★ **TEAMWORK** ★ **AGILITY** ★ **DETERMINATION** ★

★ **INTRODUCTION**

Ennis Gymnastics Club was founded in 1993 by Clare O'Sullivan. It was Clare's ambition to create a gymnastics program that would be suitable for children of all ages and abilities.

EGC has grown from very humble beginnings to a new state of the art facility in Ballymaley Business Park, Ennis, Co Clare.

At Ennis Gymnastics we believe that children should be participants and not observers.

We believe that the best way to encourage a love of movement and sport is to provide instruction that enables the successful accomplishment of small steps so that an expectation of success and enjoyment is fostered.

We believe that every child has talents and abilities and that it is our mission to help our students develop those talents. And we believe that gymnastics training is the best possible way to build basic physical skills; lay a foundation for future success in athletics, academics, and the performing arts; develop self-esteem, courage, grace; and foster a belief in one's ability to encounter and overcome adversity.

Ennis Gymnastics has highly trained staff and only uses the very best of specialized gymnastics equipment to carry out its programs in complete safety.

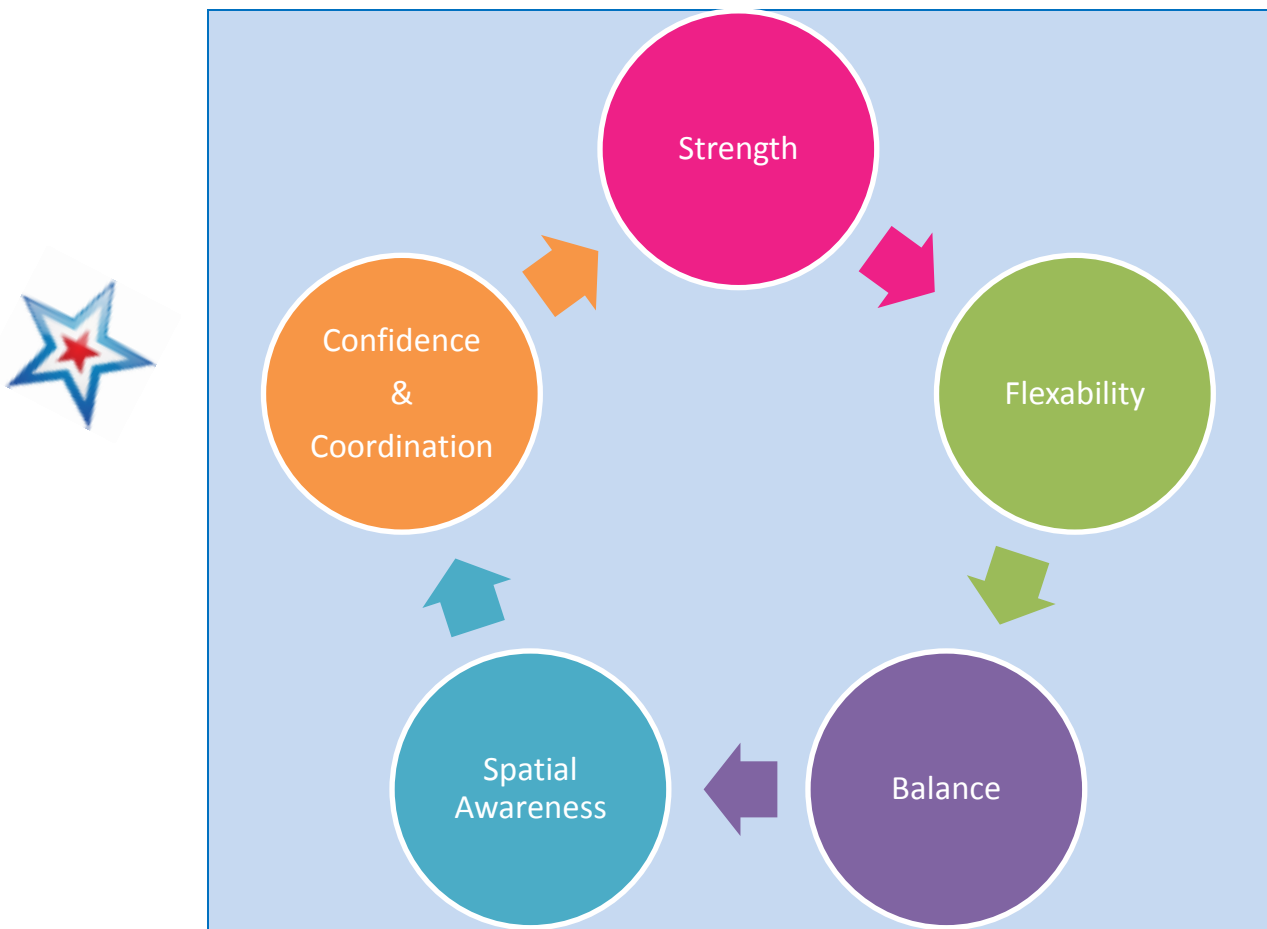
Remember our Club Motto: "Strive to be the best you can be".



SCHOOL PROGRAM

Gymnastics is a core constituent of the Department of Educations' Physical Education Programme. Having a Gymnastics School Program will cover the schools obligation to provide a sport as part of the PE curriculum. In much the same way that schools bus their classes to swimming pools around the county, the same is being done for gymnastics throughout Europe. We are making our dedicated facility available to schools throughout the county. Schools may even come together to share buses etc. We can design and cater a program to suit you. This service covers your class curriculum and more within an eight week program!

Gymnastics is a core sport which helps to develop children's all round motor skills. It enables children to carry on these skills into many other sports that they may participate in.



It is a great introductory sport for young children between the ages 4-12's it works on all the basic fundamentals of movement and instils confidence in their ability to interact with other children in a physical capacity.



If you think gymnastics is not for you – more of a GAA, Rugby, Soccer or Athletic type – remember, gymnastics training is both fun and challenging. It will provide you with the strength, flexibility and spatial awareness which in turn also leads to greater confidence and coordination. Ultimately this will help you become the next top star in your field.....





MEET OUR TEAM

Ennis Gymnastics Club coaches have over 10 years coaching experience each, from school and recreational level to club, national and finally to international level.



Clare O'Sullivan	DOB:	2/07/1969
Qualifications:		
Year 1989 - 1991	P.E teacher and Senior School Gymnastic Coach Waterford Junior School & Newtown School Junior and Senior School, Co Waterford.	
Year 1990:	Sports Acrobatics Introductory Course.	
Year 1991:	National Diploma in Business Studies (Recreation and Leisure).	
Year 1992:	National Certificate in Exercise and Health Studies.	
Year 1999:	Women's Artistic Coaching Level 1.	
Year 2000:	Men's Artistic Coaching Level 1.	
Year 2003:	Men's Artistic Club Judging Course.	
Year 2004:	Qualified Club Judge Ladies Artistic.	
Year 2011:	Women's Artistic Coaching Level 2.	

Gillian White	DOB:	11/09/1984
Qualifications:		
Year 1999:	General Gymnastics course.	
Year 2000:	Men's Artistic Coaching Level 1.	
Year 2000:	Men's Artistic Club Judging course.	
Year 2008:	Women's Artistic Coaching Introduction course.	
Year 2008:	Women's Artistic Coaching Level 1.	
Year 2009:	Women's Artistic Club Judging course.	
Year 2011:	Women's Artistic Coaching Level 2.	

Other key members of the team include our Assistant Coaches, Megan O'Brien, Patrick Tierney & Veronica Keane.



CLASS STRUCTURE AND FEE SCHEDULE:

TERM LENGTH - Each class is run for 45 minutes over a term of 8 weeks.

TERM FEES - €40.00 per child for 8 week term.

CLASS STRUCTURE - We offer very structured classes for schools, beginning with the basics of gymnastics and movement and moving up through the levels at a steady pace. Our School Grade System has been specially designed for school children who may not have participated in the sport before.

Example Plan:

Time

Activity

12 minutes	Warm up and stretching
10 minutes	Bars
10 minutes	Beam
10 minutes	Floor
3 minutes	Cool down of muscles

At the end of every term, each child will be graded in conjunction with our program. With each grade passed, they will receive a certificate of completion. A child working hard may complete many grades, during the term.

For more information on our club, please log on to our website:

www.ennisgymnasticsclub.com



OUR CLUB & EQUIPMENT:



Ennis Gymnastics Club recently moved to its new location in the Ballymaley Business Park, Ennis Co Clare. For many years we were located on the Gort Road Industrial Estate, also in Ennis. We aspire to have the best gymnastics venue in Southern Ireland.

We offer a broad range of equipment including, a full sprung floor, beam, asymmetric bars, spring boards, beam, and vault. In addition to a full range of landing mats, trampet, obstacle course pieces and a full air track.

INSURANCE & CHILD PROTECTION

Our insurance policy is with Heavey's Insurances; All coaches and participants are covered under this policy. Our Coaches are experienced, and have been trained specifically to coach gymnastics programs. We frequently conduct our own staff assessment and training to ensure high proficiency and retain a high level of teaching. All Ennis Gymnastics Coaches have Garda vetting for working with children; (schools can receive a copy of Garda Vetting forms on request) and all have attended the required Code of Ethics Awareness Course. The club also has two Child Protection Officers.

SAFETY

Safety is our first priority. The focus on safety is evident; our coaches ensure that all activities are done with the safe use of equipment, using correct coaching skills and providing sufficient support and supervision to the participants to prevent injury. All classes are started with a full warm up which in turn reduces risk of injury.

RULES

Rules are put in place to ensure fairness (all participants follow the same procedures) and safety (participants follow safe procedures). Following the correct rules is particularly important as a variety of apparatus are used in different ways. The rules that govern each apparatus are different and must be adhered to at all times. It is essential that each child LISTENS to their coach and as a result will be able to concentrate on the task required of them.





REFEREES

As previously mentioned, Ennis Gymnastics Club has or is already teaching at schools in County Clare. Below is a list of referees from both current and previous schools attended.

Contact:	Club/School/Program
Ms. Rosemary Corry, Principal	Inch National School*
Mr. John Burns, Principal	Barefield National School**
Mr. Ger Loughnane	St Aidan's National School, Shannon
Sister Eileen	St Claire's Special Needs School

Providing Gymnastic Coaching Services at: *Inch school for 3 years **Barefield National School for the past 12 years



CONTACT DETAILS

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