

ENIGMA
GYMNASTICS
CLUB



A quality club

Are you aware we are an accredited club?

Our Club was awarded Active Fife's ClubFife Gold Star status in March 2016.

Such status recognises the value and commitment we give towards developing high quality and welcoming environments for our members. The scheme asked us to look at the way in which the club operates including affiliations & partnerships, management, development, membership, child protection, health & safety and facilities.

This scheme is designed to help voluntary sports clubs operate efficiently and effectively.

It helps our club to take a systematic look at what we do, and decide exactly where improvements may be needed. It is also a means of identifying and rewarding our Club for the way we operate.

The status is reviewed on a regular basis.

How is our club governed?

Our Club Constitution is an evolving document which establishes the fundamental rules and principles by which we operate.

It exists to promote, foster and encourage the activities of all members belonging to Enigma Gymnastics Club.

The club's constitution can be downloaded from our web site: www.enimagymnasticsclub.co.uk.

What is the culture, values and ethos in our club?

At Enigma Gymnastics Club we are proud to say we are following the Positive Coaching Scotland (PCS) programme. The programme operates due to a partnership between sportscotland, the Winning Scotland Foundation and Fife Council and has the main aims to develop gymnasts in and out of the gym hall. The programme is about creating a positive environment in youth sport - one which focuses on encouraging effort and learning, improving personal performance, fostering a competitive, but fair, sporting mentality and dealing positively with mistakes

The programme is an educational resource which provides support to key influencers in a youth sport environment. It educates and equips coaches, parents, club leaders, teachers and young people to generate and capitalize on a positive environment, swaying a reduction in drop out and an increase in

participation and performance, as well as the development of life skills through sport

The PCS programme for clubs is a “cultural change” model helping us to create the right environment for our gymnasts, coaches, club leaders and parents/carers and considers, through 3 key principles areas and topics such as; Respect, Resilience, Relationships, Mindset, Praise, Confidence, Goal Setting, and more.

Regardless of your role in our club, coaches, parents, club leaders and gymnasts, can benefit from better understanding key elements within a youth sport environment and accessing tools to put into practice.

To date, our club has participated in a Club Leaders Workshop where we looked at our current club set up and how this programme can make sure we effective. Members of our committee and our Lead Coach attended this session and are committed to developing PCS.

Some of our coaches have attended a Double Goal Coach Workshop. We are committed to ensuring all of our coaches attend further workshops and as such all class coaches have completed mandatory online training modules from British Gymnastics entitled “Positive Coaching”.

We are keen for our parents and carers to attend Positive Sporting Parents meetings. This will be delivered at the club, while the children are taking part in their normal activities and will give parents practical ideas how to support our club with the PCS programme.