



Kara Kara Rhythmic Gymnastics Club

Training Set up and packing down Policy 2015

Setting up a gym and packing down can be a very large job for one or two people, but many hands make light work.

Therefore to enable the smooth running of our club, when becoming a member of Kara Kara RG Club you are agreeing to assist in these procedures as per this schedule.

Coaches & senior gymnasts will be on hand to help teach younger gymnasts & parents the intricacies of this job & to answer any queries on set up / pack down.

Monday nights

Time	Level	Mats
4:45 – 5pm	7	Roll out 4
4:45 – 5pm	3 & 4	Roll out 7
8pm – 8:15pm	5-7	Pack up all mats

Wednesday Nights

Time	Level	Mats
4:45pm – 5pm	Intro RG	Roll out 2
4:45pm – 5pm	F1 & F2	Roll out 4
5:15pm – 5:30pm	3 & 4	Roll out 4
8pm – 8:10pm	5	Pack up 3
8:30pm – 8:45pm	7	Pack up 7

For gymnasts in level **Intro RG, F1 & F2** it is expected that parents assist in the moving or rolling up the mats. From **level 3 onwards** we encourage gymnast to start learning how to roll the mats up. From **Level 4** gymnasts are able to start moving the mats once rolled.

All level gymnasts are able to roll the mats out & assist with the Velcro.