

TuksTrampoline



TuksSport

VENUE:

Rembrandt Hall, Hillcrest Sports Campus

TRAINING TIMES:

Mondays, Tuesdays, Wednesdays, Thursdays

13:00 - 15:00: All levels

Additional 15 minutes, gymnasts to assist with putting up of equipment

14:45 - 16:15: Beginners and all levels

16:00 - 17:45: All levels

Additional 15 minutes, gymnasts to assist with putting away of equipment

Fridays

According to special arrangements

It is very important to adhere to the training times as we need to plan for the training sessions and keep the group numbers such as to ensure optimal attention. Pending numbers, training times, even days may change. PLEASE BE AT TRAINING VENUE 5 MINUTES PRIOR TO TRAINING TIME

The first training session is free of charge and without any obligation, however, indemnity form must be filled in before first training session. Nobody is allowed on equipment if indemnity form has not been signed, submitted and received by Helen. She needs to forward copy to University and coaches. After first training session gymnasts, parents can go home discuss and decide whether they would like to join Tuks, if not, registration form will be destroyed.

We train during school holidays, except December school holidays. Training also take place on public holidays except on Christian religious holidays.

- All parents are kindly requested to please sit upstairs in the seating area. Parents are not allowed on the floor during training.
- Please make sure that you are on time for your trampoline classes, time slots as registered.
- Trampoline shoes or socks are compulsory.
- Watches or any form of jewelry are not allowed during training or competitions.
- Shoulder length hair and longer should be worn in a ponytail or bun.
- Kindly do not discuss any issues with coaches during training, but after training when equipment has been put away.
- **Canceling of Trampoline classes must be in writing and submitted to Helen one Term in advance. Gymnasts are not allowed to cancel 4th term if they've trained during 3rd term. Regretfully this rule became necessary since some gymnasts stopped competing by end of 3rd term and then stop training. Coaches need the 4th term funds for salaries and gymnasts must be prepared for the next year.**

CONTACT DETAILS:

Helen: (For all inquiries)

helen@trampolinesport.co.za, 082 921 6301

Ilze: (Sport Manager)

Ilze.Wicksell@up.ac.za, 084 404 4004

Tiaan: (Head Coach)

tiaanvdwalt@gmail.com, 082 376 1784

Lucky: (Assistant Head Coach)

benjaminr02@hotmail.com, 071 876 1929

Tuks club competitors have qualified, were selected and represented South Africa and competed at the following competitions: Region V, African Championships, Indo Pacific Championships, World Age Group Championships, World Championships, World Games and Youth Olympic Games.

Only 2 gymnasts in SA could qualify for the Youth Olympic Games, both gymnasts coached by Coach Tiaan.