

City of Canterbury Rhythmic Gymnastics Club

Guide to Volunteering and Supporting our Club



Parents' Guide to Volunteering and Supporting the Club

Why volunteer? Sometimes people don't think they have anything to contribute, or are put off by the dauntingly long list of tasks that are in circulation at committee meetings. The well-intentioned raised hand of good intent during a weak moment can spiral into becoming a fully non paid member of the volunteering community for years to come, and has been known to strike fear into the kindest of hearts and dampen the strongest of spirits. We feel your pain! Therefore this guide is intended to help you understand how you can offer your support throughout the year.

We work hard to bring in fundraising to the club. As a not-for-profit organisation it makes a big difference and helps us substantially. It is thanks to the hard work and efforts of committee members, parents and gymnasts that we can run a successful club and are able to subsidise costs where we can.

All our volunteers are known to the Club, either as parents, carers or gymnasts. We are a positive and inclusive club, and have written codes of conduct for our Parents and the Club to follow.

How can you help us?

What: Carpets

When: Regularly, before and after training sessions

How: Helping to roll carpets at the beginning and end of training sessions. Please wait until the coaches call you into the hall.

- Also volunteering to vacuum carpets during a Friday training, home events and competitions - a sociable team event! Hoovers and extension leads are welcome too!

What: Competitions at other venues run by British Gymnastics or other clubs

When: Throughout the year

How: Parents/guardians of gymnasts competing at other venues. Each club is expected to offer one or two parent volunteers at competitions, typically selling tickets and programmes or manning any merchandise stalls.

What: Inter House Club Competitions

When: Check your club Calendar for updates

How:

- Help with setting things up in the morning (usually from 9.30), before the competition starts.
- During the competition, helping with music and scores.
- Tidying up and dismantling, after the competition finishes.

What: Canterbury Cup Competitions

When: Check your Club Calendar for updates

This is our biggest event that we run during the year! Without a considerable amount of support from parents and gymnasts it would be impossible for this event to run.

For this reason, as a starting point we make it an expectation for all squad gymnasts and parent/s/ guardians to support the event with some of their time. It is not compulsory for Recreational and non-competitive gymnasts /parents to offer help, although your support is always appreciated! We always make sure parents have the opportunity to watch their gymnasts perform; volunteering does not mean parents will miss key routines. The competition typically runs across two days and is our major fundraiser for the year – bringing in crucial income for the Club.

City of Canterbury Rhythmic Gymnastics Club

Guide to Volunteering and Supporting our Club



Closer to the competition, you will be able to sign up to roles and times that suit you. These slots will be available once the schedule has been completed, so you know when your gymnast is competing. The minimum time slot would be 2 hours of your time, volunteering also allows you free entry to the event and free tea/coffee.

How:

- Assisting with organisation in lead-up to event, e.g. food for judges and café, decorations, printing.
- Donations of cakes/ homemade goodies, and any raffle prizes.
- Help set up the night before the event starts, Friday evening from 5.30-9.30pm (any of your time is appreciated)

Support during the competition, in set time slots matched with when your gymnast is in:

- Selling tickets on the welcome desk
- Manning the café/ stalls
- Organising tea/coffee for coaches and judges
- Setting up the judges food for the breaks upstairs.
- Stewarding in the warm-up hall (Must provide CRB certificate).
- Announcing
- Helping with music and scores
- Supporting the Welfare Officer
- Runners (gymnasts) to help judges, Welfare desk and event organiser
- Tidying up and dismantling, after the competition finishes

What: Summer and Christmas Show/ Display

When: Check the Club Calendar for updates

How:

- Donations of cakes and food for the café
- Help with setting things up, before the show starts (both the evening prior and the morning of the event)
- During the show manning the welcome desk, café, any other stalls
- Helping with the music
- Tidying up and dismantling, after the show finishes

Thank you in anticipation!

CCRGC Committee