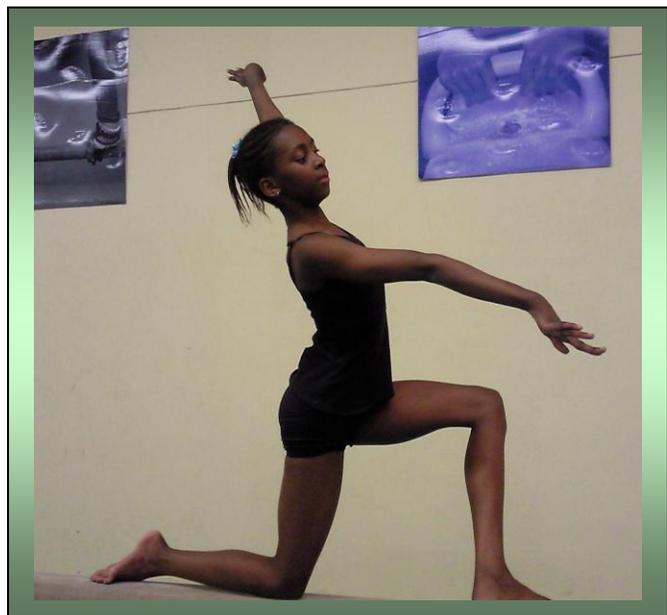




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General overview

Visions Gymnastics Club is presently based at Hillfox Shopping Centre in Weltevreden Park (main branch) with three smaller branches in Randburg, Beaulieu College and Ferndale recreation centre. Visions gymnastics club is a well established artistic gymnastics and trampoline training facility for some of the top gymnasts in the country and they have some of the best coaches available. Visions Gymnastics Club's vision is to improve Artistic Gymnastics in South Africa by achieving the following:

- To coach gymnasts from Visions Gymnastics Club to qualify for the Olympic Games
- Improvement of world and Commonwealth rankings
- Winning the African gymnastics championship titles
- Help children from poor and under-privileged communities to participate in gymnastics

Our facility at Hillfox is a dedicated training facility, used for coaching of gymnastics, coaches' education and coaching courses, including FIG international coaches' qualification courses. Our Club assists other lesser fortunate clubs with coaches education as well as letting them have the use of our facility for training purposes when required. Schools and Nursery schools have also had the benefit of using our facility for events. High performance gymnasts from throughout the country often attend training sessions at our gym.

Background and History

Visions Gymnastics, formerly known as Visions Academy of Gymnastics, originated in 1999 with the amalgamation of two of the strongest gymnastics clubs in the country - Ferndale Gymnastics Club (owned by Adele Heine) situated in Randburg and Euro Gymnastic Academy (owned by Glenn Joselowitz) situated on the West Rand. There was a need to establish a professional full time training venue for international caliber gymnasts. A suitable venue was found on the West Rand at the Hillfox Value Centre where the Club is still based today.

The two former clubs as well as the amalgamated product, Visions Gymnastics, have produced International team members for South Africa since 1987. Since the amalgamation their results were very impressive and combined achieved the following:

- Over 1900 Provincial gymnasts (up to 2013 season)
 - A World champion in tumbling
 - 3 African all around Champions
 - 40 National Protea team members
 - 27 Federation gymnasts
-



- 59 National champions
- 4 National gymnasts of the year
- The national Women's Champion 2000, 2001 and 2003
- The National Men's Champion in 2004, 2010, 2013
- 7 International and National judges
- 5 Protea coaches
- 9 Federation coaches
- 21 Provincial coaches
- 5 National coaches of the year
- A Brevet International coach and judge
- 50 PDI gymnasts and has a "Happy Handstand" Project for them.
- Running classes in underprivileged Hillbrow for up to 120 children in association with MES and HYPROP



The next generation of champions

Visions currently employs 12 full time, highly qualified coaches of whom 2 are National team coaches and 7 are Provincial coaches. There are also 5 part time coaches and 2 people in administrative positions and 2 people as cleaning staff.

Visions Gymnastics Club's services

Visions gymnastics club is a Men's and Women's artistic and trampoline gymnastics club. Visions would like to provide as many children as possible with an opportunity to physically develop to the best of their ability through the sport of Gymnastics.

- Visions Gymnastics Club offer 30minute pre-school classes daily.
 - Recreational and competitive classes are offered daily from 14h00 to 19h30 and Saturdays from 08h00 to 13h00.
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- Additional services include biokinetics, physiotherapy, sports nutrition and sport specific psychology. These additional services are conducted by outside experts.
- Visions Gymnastics Club also offers displays done by the high performance team as part of corporate promotions and functions to interested companies.



Mission Statement and Long-term Objectives

Our Mission Statement reads:

**“Vision without action is but a dream,
Action without vision just passes the time,
Vision with action can change the world! “**

At Visions we believe in the development of the child as a whole – mentally and physically. A physically well developed and coordinated child can cope so much better in life and that is the opportunity we want to give each and every child. Gymnastics is a sport which covers every aspect of physical, emotional and mental development of a child.

As stated in our mission, we would like to provide each and every child with an opportunity to physically develop to the best of his/her ability. This doesn't mean that each child will become a World Champion, but that each child will be physically fit and strong enough to feel like a world champion.



Recreational Gymnastics covers the pre-school to beginner levels of gymnastics. This section also caters for older children who want to keep fit and not go into competitive gymnastics.

Affiliations and Certification

Visions Gymnastics is affiliated to Central Gauteng Gymnastics Association as well as to the National body, the South African Gymnastics Federation.

All training programs for facilitators at Visions are accredited by SAGF (South African Gymnastics Federation) and appropriate certificates are issued when a candidate has passed the training course.

Visions Gymnastics is also affiliated to the United States Association of Independent Clubs. This affords our gymnasts the opportunity to compete internationally without making national teams.

Quality Assurance

Coaches are assessed on a regular basis to ensure that the required standards are being maintained. This is directly linked to gymnasts' results. The standard of their work is measured according to their gymnasts' success rate at regional, national and international competitions.



Equipment is checked on a regular basis to ensure it is safe to use. Equipment is cleaned daily and checked by coaching staff.



Gymnastics is a sport which positively shapes young people, teaching them discipline, determination, perseverance and humility - all attributes associated with future success.

These young people are the business entrepreneurs of the future.

VISIONS GYMNASTICS AND MES ARE COMMITTED TO
“LEADERSHIP THROUGH GYMNASTICS”
HOPE YOU WILL PARTNER WITH US TO HELP BRING THIS ABOUT...
