

SEASON 9

Gymnastics
Team Information Pack



- Welcome -

This info pack contains everything you need to know about our gymnastics teams at Flyers.

Please read through thoroughly so that you know what to expect as a team parent.

If you would like to accept the place that you have been offered, please email us back to confirm. Once our teams are finalised, we will create a parents WhatsApp group which we will use throughout the year to keep everyone updated.

It is our continued goal at Flyers to encourage all gymnasts to train to their fullest potential and to provide them with as many opportunities as possible to develop. We hope that within our programme they feel welcomed, comfortable and develop lasting friendships, self confidence and a strong sense of #FlyersFamily pride.

This season we have 3 squad teams:

- Mini development (U8's)
- Youth & Junior Development (U15's)
- Youth & Junior Artistic (U15's)

All of our teams members will be expected to compete at our annual in house competition and may also be selected to represent the club at the IGA regional or national competitions.



'I love the fact that you all have to work together on your team. You give each other advice to make each other better and when others improve or do well you always feel proud of each other. There's always someone looking up to you so it makes you want to train better and harder to be a good role model which is what I love.'

- Athlete & Junior Coach Mia

- How teams are chosen -

With squad training, we aim to select gymnasts who we think have the physical and mental potential to work towards a higher level of gymnastics skill as well as the drive and desire to do so.

Developing elite gymnastics skills requires a high level of focus, physicality, dedication and commitment. We do not believe in the harsh and overly strict 'old school' methods of elite training and we look for gymnasts who are personally motivated, love their sport and have the work ethic to succeed.

While it is possible for us to assess physical abilities in try-outs, sometimes it is not until team training that we are able to determine whether squad training is the right fit for a child. We therefore offer spaces based on our best judgement but from time to time, we may move gymnasts to a different team or session if we feel this is necessary.



'The bird that dares to fall is the one that learns to fly'

- Training & Classes -

Training for your child's team will be on a specific day and time each week as detailed in the table below. Gymnasts are welcome to attend this session as their only class but we also encourage them to attend other classes too.

Tumbling is a great option to compliment team training as these sessions dedicate a whole hour or more to developing floor skills. This can really help when working towards more tricky skills like walkovers, handsprings or somersaults.

<u>Team</u>	<u>Training Day</u>	<u>Location</u>	<u>Potential Competition Dates</u>
Mini Development	Wednesday 4:30-6:30	Caterham School	Gymnasts will compete at 1-4 competitions depending on ability. The dates below have been released but without full details. Not all will be the appropriate level for our teams. We will notify parents when further information is available. November 2021 20th Feb 2022 10th April 2022 24th April 2022 15th May 2022 12th June 2022
Development	Friday 5:30-8:30	West Hatch School	
Artistic Gymnastics	Friday 5:30-8:30	West Hatch School	
Team Information	All teams will work towards advanced skills across all apparatus. Sessions will focus on building a foundation of strength, flexibility and excellent technique. Team training is designed to make sure the gymnasts are learning the correct techniques safely. They will work towards developing competitive routines which we hope they will perform at regional and club competitions, IGA Gymnastics National Competitions + Promotional Events.		



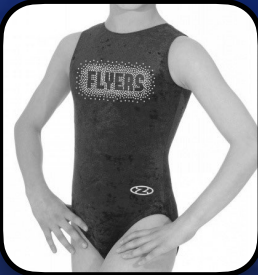
Since I've been at flyers all the coaches have made me feel like I'm part of something special and have inspired me to become a better person from the team training or achieving new skills. Things I wouldn't been able to do without the coaches.

- Athlete Neve

- Team Expectations -

Uniform

- **Team members must wear a club training leotard for all sessions. Matching shorts or leggings may be worn too.**
- **Long hair must be tied back neatly, in French plaits if possible.**
- **Gymnasts should train with bare feet or gymnastics shoes only.**
- **Jewellery must be removed.**



Leotards may be worn with shorts or matching leggings and can be ordered when completing a re-registration form. We don't currently have a photo of the boy's leotard but please email us for details of this. For external competitions, gymnasts will also need a competition leotard, however we will contact competitors with details of how to order these closer to events.

Training & Competitions

- **Athletes are expected to have a very good level of behaviour, focus and attitude at training.**
- **100% attendance is expected, however in the event that you need to miss a session, advance notice must be given. We may ask your child to attend a catch up session.**
- **Competitions are compulsory for squad members once we assess that they are ready to do so. If your child is chosen to represent the club, we will let you know via email.**

*'Thoughts create feelings which create behaviours.
Think right, feel right, do right' - Coach Caric*

- Summary of costs -

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Annual membership	Monthly training fee	Optional Extra Tumble (1hr)	Competition fees	Leotard
£25 includes: - Annual insurance with IGA	Mini Development (2h training) £67 / month Development or Artistic (3h) £99 / month	+ £26.60 + £ 23.40	Approx £20 - 40 per competition (1 - 4 per year depending on ability level)	Training Leotard: £35 Competition Leotard: Approx £40

We hope that this pack has provided you with all of the information that you need for the season ahead. If you have any questions throughout the year, please double check this pack or the emails that are sent out as one or the other should have all of the answers within them.

That's all from us.

We look forward to seeing you for the best season yet!

