

SEASON 12

Gymnastics Squad Handbook



- 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 in which we will send important messages and updates.

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 pride in their achievements.

'Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.'

- Pelé



- 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 skills within gymnastics, 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 punishing '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 recreational session if we feel this is better for them.



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

- Training & Classes -

Training for your child's team will be on specific day/s each week as detailed in the table below. Training TWICE a week is compulsory and 100% attendance is expected.

<u>Team</u>	<u>Training Day 1</u>	<u>Training Day 2</u>	<u>Potential Competition Dates</u>
Tiny Development (Girls & Boys)	Tuesday 4-5pm	Additional Class Preferably Friday 5pm or Sat 10-11am	The competition structure is changing a lot this year. We are awaiting some of the dates for events and so will send these out at the earliest opportunity. We intend for the majority of our groups to undertake: <ul style="list-style-type: none"> - 1 in house competition - Regional or friendly 4 piece competition - Acro & Tumble Competition or display - Flyers Gymnastics Showcase
Mini Level 10 (Girls & Boys)	Tuesday 5-6:15pm	Additional Class Preferably Friday 5pm or Sat 9-10am	
Youth Level 10 (Girls & Boys)	Tuesday 6-7:30pm	Friday 5-6:30pm	
Girls Youth Level 9	Wednesday 5-7pm	Saturday 9-11am	
Boys Level 8/9	Friday 6:30-9pm	Wednesday 6:45-8pm	
Girls Level 8/9	Friday 6:30-9pm	Monday 5-6:30pm	
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 they will perform at regional and club competitions.		

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. We have boys and girls options for these.
- Girls hair must be tied back neatly in French plaits.
- Boys with longer hair should be tied back & kept off the face.
- Gymnasts should train with bare feet or gymnastics shoes only.
- Jewellery must be removed.

For external competitions, gymnasts will also need a competition leotard which can be hired from the club.



Girls Training Leotard



Girls Competition Leotard



Boys Competition Leotard



Boys Training Leotard

Attendance, Training & Competitions

- Athletes are expected to have a very good level of behaviour, focus and attitude at training.
- 100% attendance is expected. Any gymnasts who exceeds 5 unauthorised absences in a year will lose their space in squad.
- Competitions are compulsory for squad members once we assess that they are ready to compete. All gymnasts who are ready to compete will be expected to do so, unless we are informed otherwise.

'The only limits in life are the ones we set ourselves' - Nile Wilson

- Summary of costs -

Summary of costs

Annual membership	Monthly training fee	Competition fees	Leotard
£45 includes: - Annual insurance with IGA - Gymnast Training Journal	1hr/week - £44 / month 1hr15min/week - £55/month 2hr/week - £79/month 3hr/week - £109 4hr/week - £138	Approx £65 per competition (1 - 4 per year depending on ability level)	Training Leotard* Girls: £28.95 Boys £22 Girls Competition Leotard Hire: £15/event (max charge capped @ £40/year) *Larger/'Adult' Sizes have VAT added*

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!



JUST BEFORE YOU GO...CHECK OUT BELOW!!

-Flyers Disney Display Team -

A whole new world



This season we are starting a display team who will attend an international competition 'Gymnastique Magique'. This will take place close to Disneyland Paris in September/October 2025.

The gymnastics display team will be open to squad members as well as other members of the club and is not compulsory.

'Gymnastique Magique' is an event that combines a fun & relaxed atmosphere with the excitement of competition. This event is solely floor based and clubs are judged on floor skills, acro skills, choreography and costumes. However, we will not only be just attending the competition...included in the trip fees are day passes to both Disney AND Universal over 3 days. We've heard incredible things about this event and are thrilled to be offering this experience to our gymnasts this year.

If this something you and your gymnast would be interested in, please complete the interest form using the link below:

<https://www.flyerssportsacademy.com/disney>

