

# Bhoir Gymkhana

## Frequently Asked Questions (FAQ)



### 1. Why do Gymnastics?

There are many benefits of Gymnastics, both physical and mental. Gymnastics helps to build strength, flexibility, balance and hand-eye coordination. Gymnastics is a way for kids to keep fit and develop the habit of staying active. Gymnastics classes are also a place for kids to make friends in a safe, supervised environment. It can help teach kids how to follow directions. And teaches them important mental strength: perseverance, patience, mental toughness.

### 2. What type of Gymnastics classes are there?

Gymnastics has five major disciplines- Artistic, Rhythmic, Acrobatics, Aerobics and Trampoline & Tumbling. Most Gymnastics gyms focus on Artistic Gymnastics. It's the most popular, and what you usually see on TV. If a gymnast wants to focus on other discipline you will know it. We follow Gymnastics levels program from 1 to 5, after level 5 our gymnast progress to competitive training.

### 3. How old do I have to be to start Gymnastics?

You can start Gymnastics as soon as you are crawling!, but we cater students after the age of 4 as they are quite ready to follow training instructions.

### 4. Am I too old to start Gymnastics?

You are never too old!!, Yes, if you start Gymnastics later in life you might not be able to progress to the same levels as gymnasts that started at a young age. But, that doesn't mean you can't have fun and enjoy some of the other benefits of Gymnastics. Gymnastics, like other sports, is a way to stay fit. You can enroll for adult Gymnastics class, if you are above 15.

### 5. What do you wear to Gymnastics class?

Bhoir Gymkhana provides uniform, which is Gymnastics shorts and gym t shirt. Most competitive boys and girls wear leotards to Gymnastics class. Hair should be worn so that it will not obstruct the vision, and mind the clips that like to fly out and get underfoot! No jewellery is allowed in the Gymnastics area. We can certainly make exceptions for medical or religious issues. The key considerations are keeping the body free to move unobstructed, and maintaining the coach's ability to quickly spot or catch the kids without getting tangled up in clothing!

### 6. Where can I buy Gymnastics leotards?

You can buy Gymnastics leotards at Bhoir Gymkhana reception, ordering one may take time as they are tailor made.

### 7. Where can I buy Gymnastics grips, belts and Gymnastics shoes?

You can buy online or import, but we do have a stock at reception of various sizes and cheaper prices as we order in bulk.

### 8. How do I become a better gymnast?

You can get better at Gymnastics by practicing. The power of repetition is one of the biggest keys to becoming a better gymnast. It's the principle that the more you practice something, the better you will be at it. If you're looking to improve your Gymnastics score, you can work on perfecting your form. Making sure your toes are pointed, your legs and arms are straight are some of the best tips for improving your Gymnastics score.

### **9. What skills do I need to move to the next Gymnastics level?**

Every level is progressed by achieving 80 percent skills defined in the syllabus along with securing good grades in fitness parameters. Sometimes you can progress to the next Gymnastics level based on your skill level but you also need your coach to believe you are ready for the next level before advancing. Your coach might have other reasons like wanting you to improve your strength or form before they let you move up. If you want to know the skills you need for each level, you can log in to your student/parents login portal on [www.bhoirgymkhana.com](http://www.bhoirgymkhana.com).

### **10. Why does Gymnastics on TV have different scoring?**

Once you have completed all the Gymnastics levels, you become an elite gymnast. Those are the gymnasts you see on TV (most of the time). Elite Gymnastics meets use international Gymnastics federation (FIG) rules. FIG scores have two components. The D-score (or difficulty score), and the E-score (or execution score) are added together. The base score for the E-score is a 10.0, like it is in the lower Gymnastics levels. Judges take deductions from the E-score based on the execution and artistry of the routine. The D-score is based on how difficult the routine is. It is open-ended. This is why the end score can be greater than a 10.0.

### **11. Can a parent become a Gymnastics judge?**

To become a Gymnastics judge you will need to pass the judging test. Different judging level are district, state, national and then international by becoming a member of District Association. You can download the judging manual from FIG website. You can also register at gym reception to attend a paid workshop on Gymnastics judging.

### **12. When shall I drop off my child(ren) for classes and pick them up?**

Parents are advised to stay on-site during their child's class, if they feel their child is more comfortable with your presence. Otherwise, please ensure to drop off your child not more than 10 minutes before class time and to be back at the gym at least 5 min before class ends to collect your child.

### **13. Do you offer make-ups classes?**

No, we do not offer make-up classes. However, we provide extra training to our students during competition period to improve their competitive performance.

### **14. Why is there an admission fee?**

This is a onetime registration fees to cover the reception, ancillary services, security services and record management charges. We only charge training fees subsequently.

### **15. Can both of my kids attend the same class at the same time?**

The placement of your children depends on their individual age and skill level. We will try our best to offer you classes where you can bring both of your kids on a single day.

### **16. Will you notify or remind me about any offers and renewal dates?**

Yes. We use multiple communication media to put up notices to inform you of the deadline through whatsapp, notice chit, telephone and email if required. Do check the notice board, whatsapp and our webpage often for news that are important to know. Renewal fee can be paid any time before term ends.

### **17. Can my child's fees be extended if we are away on holiday?**

No, fees are not extendable, transferable nor refunded, but adjustment of fees are done during upgrading or downgrading training days.

### **18. How do I register?**

Drop by the gym during working hours and we will work with you to find an available and appropriate class for your ward. Registration involves simply finding the right class and filling out our trial registration form for a one week free trial.

### **19. How do I pay?**

We accept only cheque or online deposit for fees and cash or credit card payment for kit related payments.

### **20. How much Gymnastics training is required to reach national level?**

Ideally completing level 5, our gymnasts are ready to compete in Government and Association competitions. But it takes more than that to win a competition and to be part of state squad.

### **21. How are awards determined at Gymnastics meets?**

Awards are given out at Gymnastics meets by age groups. The age groups are determined by the Organizing Committee. Gymnasts are then ranked within their age group based on their scores. Individual all around winners are determined by maximum total on all events and individual apparatus winners are determined gymnast scoring maximum on that respective apparatus. Team awards are determined by taking a certain number of top scores in every event. The number of scores taken depends on the Gymnastics level.

### **22. Do I compete only after level 5?**

No, we do promote gymnasts from level 1 onwards in various competitions as per their age group and skill level.

### **23. Can I compete if I am a complete beginner?**

Yes! We have had many beginners' competitions where we provide them an opportunity to compete. We also have different types of competitions for our gymnast as per their levels and age groups.

### **24. What are the different competitions my child can compete?**

Yes! We encourage our gymnast to compete in various events as per their skill level and age groups. On average we have around 6-8 meets a year, mainly between October and February.

1. One or two of those are usually zonal level events within our facility
2. One or two are invitational zonal or state level events outside our facility.
3. One or two are invitational national level events outside our facility
4. One district level competition to select the thane district team and further competitions to compete till international level
5. One kdmc level competition to select the team for divisional competitions and further competitions to compete till world school games.

### **25. Do I have to compete all-around?**

While we encourage everyone to try to compete all-around, it is definitely not necessary. If you don't like competing on certain events or only like competing on certain events...that's okay! You can pick and choose which events you compete on.

### **26. Who pays for the club's travel to competitions?**

All travelling allowances for federation, associations and invitational events are funded by parents themselves. Only events organized by SGFI and SAI (national and international

events) are funded by government. Sometimes students get sponsorship from donors, public sector companies and other parents to support their expenses.

### **27. What kinds of events do you have beyond practice?**

We have various camps and workshops for our students in vacation like summer and Diwali camp. We also have special competitive camps for students during competition period. Lastly residential camps within India and abroad are also conducted once a year.

### **28. What are different avenues provided to increase competitive performance?**

We provide extended support to develop our student's performance with the help of allied sports sciences for ex;

1. Diet and nutrition
2. Psychology and counseling
3. Sports massage
4. Yoga therapy
5. Special Strength Training
6. Choreography and Dance
7. Other medical support and yearly medical check ups.

### **29. Are the coaches qualified?**

Yes! All our coaches are certified District, State, NIS or FIG qualified or at least international level gymnasts. Our technical director Mr. Pavan Bhoir is a FIG level 3 coach and has more than 10 years of experience and our head coaches Ravindra Shirke and Sumit Das are NIS qualified and more than 20 years of experience.

### **30. Do you offer scholarships or discounts?**

No, we do not have formal scholarships, but there are various government scholarships for national and international level medal winning students. We also help students in getting "khelo India", Sports Authority of India, krida Prabodhini and other corporate scholarships for meritorious students. Also there is no provision of any discounts, but there are time to time discount offers of which you can take benefit.

### **31. How to practice Gymnastics at home?**

You can practice Gymnastics at home with some home Gymnastics equipment. If you are going to get one piece of equipment, I would get a floor mat. With a floor mat you can practice basics like handstands, cartwheels, turns, and jumps with padding which decreases your risk of injury. You can also do conditioning exercises on your mat, like sit-ups and push-ups. Increasing your strength is the number one thing you can do to improve your Gymnastics, besides practicing. You can ask for a holiday program designed for your level.

### **32. How should I deal with fear and mental blocks?**

Fear in gymnasts is a tough situation to deal. We never want to force gymnasts into doing skills that they weren't comfortable with yet by themselves. Because while fear and mental blocks can make the learning process goes slower and be incredibly frustrating, it's also what keeps you safe. Fear is healthy because it prevents you from throwing skills that you don't know how to do yet, and injuring yourself badly. So, while coaching we focus on repetitions, physical spotting and lots of safety mats until the gymnast had done the skill so many times that their brain was convinced it could absolutely do the skills without help. We have qualified counselors to support our students, parents and coaches to get the best performance by removing the fear from gymnasts.