

Group	Lead coach/es	Assistant coaches
Berry	Lauren	-
Junior Coral	Chris	Eleanor/Ella/Lisa
Senior Coral	Chris	Eleanor/Jo
Peony	Em	Hannah
Rose	Katie	Em/Eleanor/Chris
Blush	Lauren	Ella
Cerise	Carley	Lauren/Katie/Ella

### Cerise

Train 16.5 hours per week Monday, Tuesday, Thursday and Saturday. Train 4 pieces working towards high level 4-piece comps.

Year 4+

### Senior Coral

Train 2 or 4 hours per week Wednesday, Friday or Saturday.

Train 4 piece may compete 2/3/4  
School Year 7+

Future plans to increase to max 6 hours

### Blush

Train 14.5 hours per week Monday, Tuesday, Friday and Saturday. Train 4 pieces working towards mid-level 4-piece comps.

Year 4+

### Rose

Train 10 hours per week Tuesday, Thursday and Saturday. Train 4 pieces working towards lower level 4-piece comps. Will move into Coral in August of Year 9.

Year 4 - Year 9

### Junior Coral

Train 2 or 4 hours per week either Wednesday, Friday or Saturday.

Train 4 piece may compete 2/3/4.  
School Year 2-6

Future plans to increase to max 8 hours

### Peony

Train 6 hours per week, Wednesday and Thursday. Train 4 pieces working towards first grade. Will move in August after completion of first grade to Junior Coral, Rose, Blush or Cerise.

Year 2 and Year 3

### Berry

Train 1 hour in a development group, either Monday, Tuesday or Thursday. Are required to attend a recreational session in addition. Will move in August at the end of Year 1.

Reception-Year 1

***Please note this is an example structure of how gymnasts may progress through our competitive programme. However, we remain committed to looking at gymnast's individual progress and deviating from the above to give gymnasts their best possible experience.***