

Team Programme

Description

Entry into our competitive teams is by selection only.

We offer competitive gymnastics for every level. Gymnasts move through the squads as their skills and strength increases. Gymnasts who are selected for Squad must display that they are physically and mentally capable of this programme, have potential to succeed, are individually motivated to learn, and are dedicated to the sport and Tumblers Gymnastics.

Pre-Team

Excel Squad Programme		
Pre-Team	Training hours: Monday 4:30 – 8:30pm Wednesday 4:30 – 8:30pm Saturday 12:30 – 4:30pm Cost £105	Gymnasts will have an introductory experience with a gymnastics team and competitions. If they are successful at Pre-Team they can then be selected for our Excel Squad Programme

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Excel Squad Programme		
Gold Squad	Training hours: Monday 4:30 – 8:30pm Tuesday 4:30 – 8:30pm Wednesday 4:30 – 8:30pm Thursday 4:30 – 8:30pm Saturday 11:30 – 3:30pm Cost: £138pm	The gymnasts from this group can be selected for either the National Grades or Compulsory Competitions. Gymnasts will aim to compete at the FIG Qualifier or the British Championships. Becoming an elite gymnast requires an enormous commitment from athletes, families, and coaches. Most elite gymnasts train more than 20 hours per week.
Silver Squad	Training hours: Monday 4:30 – 8:30pm Wednesday 4:30 – 8:30pm Saturday 8:30 – 12:30pm Cost: £105	This group of gymnasts will be competing in Regional and National Grades and will follow the classic challenge pathway. This level requires an extreme amount of strength and flexibility to be capable of attempting the more difficult skills.
Bronze Squad	Training hours: Tuesday 4:30 – 8:30pm Thursday 4:30 – 8:30pm Cost: £80	This is the first level of the competitive pathway and focuses on developing gymnasts to compete at floor and vault Competitions. As progress is made along this pathway, they will begin to compete on all four pieces of apparatus.

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Monitoring Cards

Children can often struggle to maintain a certain level of progress for a variety of reasons. In this case your child will be placed on a monitoring card. This is to monitor performance and progress to see where the issue may lie. If a solution cannot be found through this method you may be offered a lower-level squad, a squad in a less intensive discipline or a move to recreational gymnastics. Please understand that whilst a move may be disappointing for you and your child the club needs to do what is best for the gymnast long term and their competitive potential.

Competition Attire

The following items are compulsory for all Squad members:

1. Competition Leotard
2. Competition Tracksuit
3. Tumbles Backpack
4. Tumbles T-shirt

Training Attire

The following items are required for all Squad members:

1. Training TAG Leotard
2. Tumbles Backpack
3. Tumbles T-shirt
4. Tumbles Hoodie or Zoodie
5. Tumbles training leggings
6. Handguards and wristbands
7. Gloves and loops

British Gymnastics Membership

All squad gymnasts require British Gymnastics membership