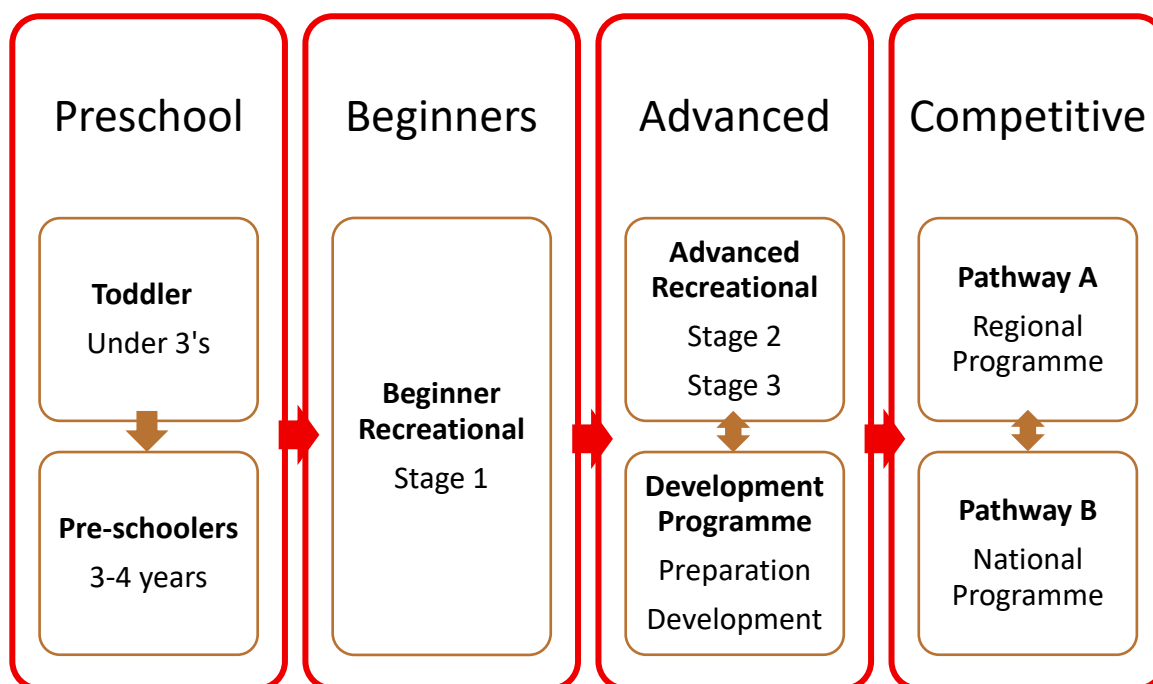


Tumbles Women's Artistic Competitive Pathway 2025/26



Tumbles Gymnastics Pathway

Helping every gymnast reach their full potential

Step 1 - Preschool Gymnastics

For ages 12 months – 4 years. Completing Perfect 10 levels 1-4.

→ Move to Stage 1 (Beginner Gymnastics) when starting school.

Step 2 - Stage One (Beginner Gymnastics)

All school-age gymnasts follow our Perfect 10 progressive system:

Stage 1 (Levels 5–6) with 57 stars needed to advance to Stage 2.

→ Gymnasts progress to Advanced Recreational or may be invited to the Preparation/Development Pathway if showing strong potential for competitive gymnastics.

Step 3 - Advanced Gymnastics

This splits into two possible branches:

- Stage 2 (Levels 7-8) with 57 stars needed to advance to Stage 3 → Stage 3 (Levels 9-10) (progressive skill-building)
- Preparation → Development (Invite only): For gymnasts with strong basics, flexibility, strength, and focus. Builds readiness for competition

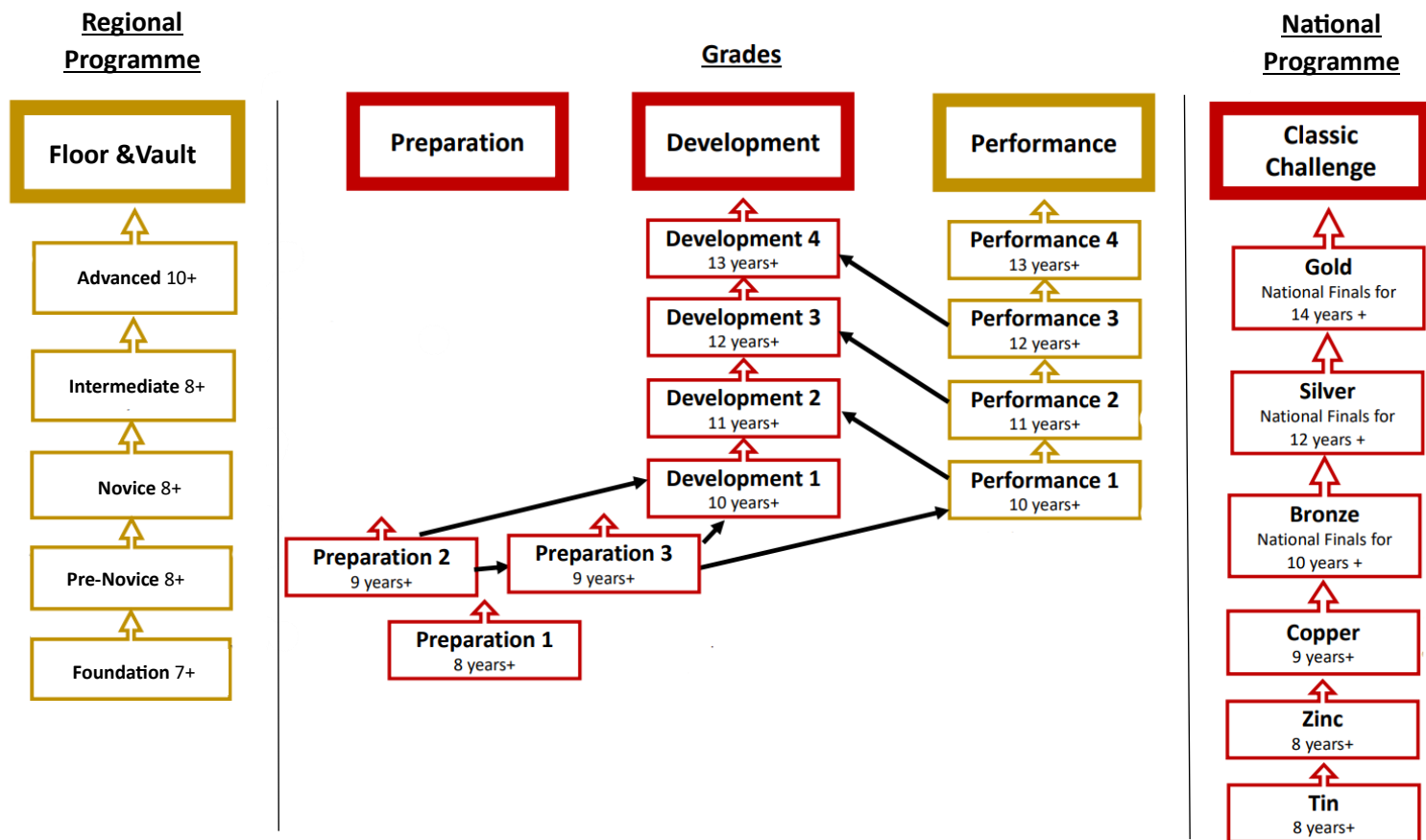
→ Leads to Competitive Pathways when ready via Coach assessment and a trial.

Step 4 → Competitive Gymnastics

Two main competition tracks:

- Regional: Local competitions (Foundation → Advanced). Moderate time commitment.
- National: British Gymnastics Pathway – NDP Grades & Classic Challenge (Tin → Gold).

Competition Pathways



Development Programme

- For gymnasts aged 5–7 years.
- Focus: Building strength, flexibility, and core skills.
- Competitions: *In-house only* (non-regional).
- Purpose: Preparation for entry into the Regional or National pathways including grades.

Regional Programme

- Three competitive levels:
 - Novice – Foundation Level competitions.
 - Intermediate – Pre-Novice & Tin competitions.
 - Advanced – Novice/Intermediate & Zinc competitions.
- Focus: Developing competitive experience and readiness for higher-level competition.

National Programme

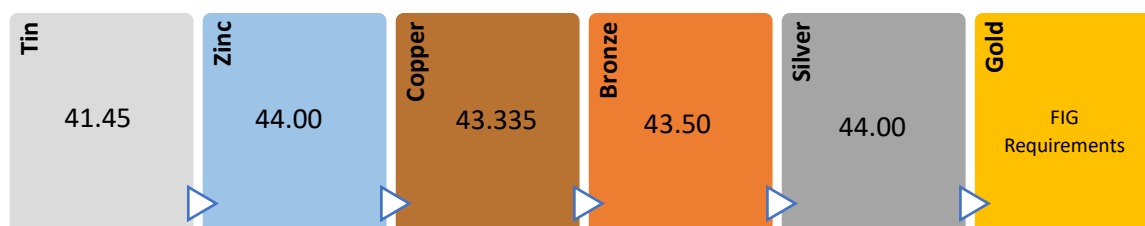
- Follows the Classic Challenge structure with six competition levels:
 - Regional Levels: Tin, Zinc, Copper
Includes Preparation and Development Grades
 - National Levels: Bronze, Silver, Gold
Includes Performance Grades
- Focus: Competing at the highest regional and national levels.

Progression Through Levels

National Pathway

Gymnasts who achieve the required qualifying scores at their current level will progress to the next level in the following competition year. To move up, the qualifying score must be achieved twice in competition — one of which must be at the North West Championships.

If a gymnast does not meet the required score, they will remain at the same level for an additional year to continue developing confidence, consistency, and skill mastery.



Regional Pathway

To ensure fair progression and continued challenge, gymnasts competing in Pre-Novice, Novice, or Intermediate levels must move up a level for the following competition year if they place within the positions outlined below at the North West Championships.



This rule applies only to North West Championships results and not to County competition placings.

Number of Gymnasts in Competition	Placings Required to Move Up
Up to 2 gymnasts	No move-up required
3 – 5 gymnasts	1st Overall
6 – 9 gymnasts	Top 2 Overall
10 – 13 gymnasts	Top 3 Overall
14 – 17 gymnasts	Top 4 Overall
18 – 21 gymnasts	Top 5 Overall
22 or more gymnasts	Top 6 Overall

Gymnasts who achieve a required placing will compete at the higher level (or higher if applicable) in all North West Regional and County competitions during the following calendar year.

Squad Training Groups at Tumblers

At Tumblers Gymnastics, gymnasts are placed into training groups based on their age, ability, commitment, and competition readiness.

In gymnastics, competition age groups are determined by the age a gymnast turns within the calendar year, not their current age.

The tables below outline each training group, including weekly training hours, minimum ages, competition expectations, and entry requirements.

Development Programme				
Group	Age	Training Hours	Competitions	Entry Requirements
Preparation Squad	Ages 5–6 (Born 2021–2020)	2 hours + Stage 2/3 class	In-house competitions only	Must have passed Stage 1. Coach identification and trial.
Development Squad	Ages 6–7 (Born 2020–2019)	6 hours	In-house competitions only	Coach identification and trial.

Regional Programme				
Group	Age	Training Hours	Competitions	Entry Requirements
Novice Squad	8+	4 hours	Foundation-level competitions	Completed Stage 3. Coach identification and trial.
Intermediate Squad	8+	8 hours	Pre-Novice / Novice and Tin competitions	Demonstrates the required skills for Pre-Novice and Tin level.
Advanced Squad	8+	12 hours	Intermediate / Advanced and Zinc competitions	Achieved top placings and required to move up

National Programme				
Group	Age	Training Hours	Competitions	Entry Requirements
Tin Squad	8+	8 hours	Tin and Preparation Grades	Has required skills for Prep 1 and Tin.
Zinc Squad	8+	12 hours	Zinc and Prep/Dev Grades	Achieved qualification score.
Copper Squad	9+	16 hours	Copper and Dev Grades	Achieved qualification score.
Podium Squad	10+	18+ hours	Bronze, Silver, Gold & Performance Grades	Achieved qualification score.

Commitment, Training, and Squad Placement

Being part of a competitive gymnastics programme is a significant commitment for both the gymnast and their family. Training takes place year-round, with only two weeks off at Christmas, and attendance at all scheduled sessions is essential for safety, skill development, and progress.

Gymnasts must attend on their assigned training days, as programmes are set according to the needs of each squad. Punctuality is crucial, as warm-ups and conditioning at the start of each session are vital to prevent injury and prepare for training.

Wigan Venue Training Times							
Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preparation							11:00 – 1:00
Development		4:30 – 6:30			4:30 – 6:30		9:00 – 11:00
Novice Option1 Option 2		6:30 – 8:30	6:30 – 8:30		6:30 – 8:30	2:30 – 4:30	
Tin				4:30 – 8:30		12:30 – 4:30	
Intermediate		4:30 – 8:30					9:00 – 1:00
Zinc	4:30 – 8:30		4:30 – 8:30		4:30 – 8:30		
Advanced – TBC							
Copper	4:45 – 8:45		4:30 – 8:30	5:00 – 9:00		12:30 – 4:30	
Bronze, Silver, Gold	4:45 – 8:45	5:00 – 9:00 (Lowton)		5:00 – 9:00		10:00 – 4:30	

Lowton Venue Training Times							
Training Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preparation						12:30 – 2:30	
Development	5:30 – 7:30				6:00 – 8:00	2:30 – 4:00	
Novice Option1 Option 2		4:30 – 6:30 6:30 – 8:30				12:30 – 2:30 2:30 – 4:30	
Tin			4:30 – 8:30			12:45 – 4:45	
Intermediate		5:00 – 9:00		4:45 – 8:45			
Zinc	4:30 – 8:30		4:30 – 8:30				9:00 – 1:00 (Wigan)
Advanced - TBC							
Copper Bronze, Silver, Gold	Due to the competition equipment required we only offer this level at our Wigan venue.						

Squad placements run from 1st November to 31st October each year. Gymnasts' progress is reviewed twice yearly to ensure safe and effective development. Coaches' complete evaluation forms and share them with parents in November and April. Evaluation results may adjust a gymnast's competition level to ensure appropriate challenge, confidence, and long-term success.

Evaluations include:

- Readiness for competition
- Progress in strength, flexibility, and skill development
- Attendance and commitment to training

A traffic light system is used for clear feedback:

- Red – Skill is new or in early learning stages
- Amber – Skill is developing and improving
- Green – Skill is consistent and well established



Competition Information

Competition Seasons

There are two competition seasons each year:

Season 1: February – May

Season 2: September – November

Competition dates for the following year are released each December. These will be emailed to all families and added to the online calendar on our website.

Participation is compulsory for all competitive gymnasts. Where possible, we aim to offer at least two preparation or control competitions before any major event. As these are hosted by local clubs, dates may be confirmed later in the year — we'll share details as soon as they're available.

Competition Readiness

Before each competition entry deadline, gymnasts will attend control sessions to assess readiness. Gymnasts must be physically prepared and confident, as safety and wellbeing are our top priorities. Coaches may withdraw a gymnast if they feel they are not ready — this will always be communicated clearly.

Our programme structure and training hours are designed to support steady, healthy progress. Gymnasts must turn eight within the competition year to be eligible. We focus on confidence and long-term development over rushing through levels.

Competition Entries

When entries open, families will receive an email link to confirm availability. If your child is unable to attend, please complete the form and explain their reason for non-participation.

North West competitions are mandatory for all gymnasts to meet level progression criteria. In exceptional cases, coaches may assess skills individually to determine readiness to move up.

Competition schedules are externally organised, and we usually receive timeslots two weeks before the event. We have no control over the day or time your child competes — please avoid emailing to ask, as we won't have this information earlier. The lead-up to competitions is a busy time for the club, and we appreciate your patience and understanding.

Volunteer Commitment

Family support is vital to the success of our competitive programme. Volunteering is a required component for all competitive families and helps ensure our events run smoothly.

Families are expected to assist at:

- Tumbles-hosted competitions and events
- External competitions where the club must provide volunteers

Occasionally, we may request help with club projects such as moving equipment, setting up displays, or preparing for events. Your involvement directly supports our gymnasts and strengthens our club community.



Competition Attire and Rules

Attire

All competitive gymnasts must wear official Tumblers training and competition kit, updated every four years in line with the Olympic cycle.

Preparation & Development Groups:

- Tumblers Training Leotard
- Tumblers Training Kit
- Tumblers Backpack

Regional & National Groups:

- Tumblers Training Leotard
- Tumblers Training Kit
- Tumblers Backpack
- Competition Tracksuit
- Competition T-shirt
- Competition Leotard

Uniform information will be shared in advance, and items can be ordered through the club via the Tumblers website. Wearing the correct attire promotes team pride, discipline, and unity within the Tumblers community.

Rules

To ensure a smooth and professional experience at every event, please follow the guidelines below:

Arrival and Preparation

- Gymnasts must arrive 15 minutes before registration.
- They should be dressed and ready by the time warm-up begins.
- Once warm-ups start, no contact with parents is permitted until the competition has ended.

Competition Conduct

- Parents and siblings are not allowed on the competition floor at any time.
- Do not approach judges or meet officials under any circumstances.
- Poor sportsmanship will not be tolerated — all gymnasts should congratulate teammates and competitors

Awards and Presentation

- All gymnasts are expected to stay until the end of the awards ceremony in full competition attire.
- When on the podium, maintain a professional and proud appearance.
- Only Tumblers Slider Sandals or bare feet are acceptable on the podium.

Team Spirit

Gymnasts are encouraged to attend other sessions to cheer for fellow teammates and show support for the club.

We value sportsmanship, respect, and pride in representing Tumblers Gymnastics.



Working Together for Success

At Tumbles Gymnastics, we believe progress comes from teamwork — between gymnasts, coaches, and families. The following guidelines ensure every gymnast can train safely, confidently, and to their full potential.

Attendance & Commitment

Consistent attendance is vital for progress and safety. Gymnasts who miss sessions regularly may have their group placement reviewed. We ask families to avoid holidays or absences during the six weeks before major events.

Every gymnast's journey is unique — progress happens at different speeds. Our varied squad structure ensures each child can succeed and enjoy the sport at their own pace.

Behaviour & Conduct

All gymnasts are expected to show respect, effort, and positivity at every session.

Squad members should lead by example through good attitude, teamwork, and sportsmanship. Tumbles follows a three-strike policy for breaches of our Code of Conduct. Coaches use praise and positive guidance to promote confidence and responsibility, with consequences applied fairly and respectfully.

We recognise that some gymnasts may need additional support. Parents are encouraged to share any relevant information so coaches can provide appropriate guidance and ensure a positive experience for everyone.

Communication & Parent Guidelines

Clear and respectful communication helps us support your child's success.

- Email is our main communication channel — please check it regularly for updates, schedules, and announcements.
- Update us promptly if your contact details change.
- Each squad may have a parent WhatsApp group for informal reminders, but official information will always come by email.
- For queries, please speak to your child's coach before or after class, not during training.
- If your concern cannot be resolved directly with your child's coach, please contact one of the programme leads to arrange a meeting:
 - **Gemma Scott** – gemma@tumbles-gymnastics.co.uk
 - **Donna Maclean** – donna@tumbles-gymnastics.co.uk

All communication should remain courteous. Aggressive or disrespectful behaviour towards staff will not be tolerated.

Please allow our coaches to coach. Interaction between parents and gymnasts during training — even visual — can distract and risk injury. If your gymnast needs to leave early, please message the coach via the group chat.

We also recommend not watching every session; occasional observation allows you to notice real progress and helps gymnasts stay focused. Parental encouragement is always welcome — but from the sidelines, with trust in the coaching process.