

WhiteRose Gymnastics • TEAMS

Important Information

What Is TeamGym? [Click here](#)

Full Teams

(6-12 leading, + 2 alternate team members)
Apparatus - Tumble • Trampoline • Vault • Floor

Micro Teams

(3, + up to 2 alternate team members)
Apparatus - Tumble • Trampoline • Vault

All male, all female, mixed, and integrated/disability groups.

The 4 age categories are: (the age a team member will be on 31st December)

Primary Challenge (9-11 years)

Youth (10-14 years)

Junior (13-17 years)

Senior (16+ years)

WRG Expectations

Benchmarks • Aims

Strength/Fitness

Tuck, Mushroom, Pike & Straddle hold (5+ sec)
V-sit hold (20+ sec)
Arch hold & Dish hold (60 sec)
15 x Chin-ups (any grasp)
15 x Leg lifts (any grasp) - extended legs preferred
15 x Burpees (chest to floor)
30 x vault run lengths (15 meters)

Flexibility

Pike fold or Japana flat (both are preferred)
Splits [left or right] (both are preferred)
Bridge (shoulders over hands)

Skill

Handstand hold (3 sec)
Headstand [tucked position] (3 sec)
Backward & forward roll
Cartwheel & Round off
Backbend to Bridge
Handspring to Flat back (Vault with mat-stack)
Ability to pick up a basic Floor choreography sequence to music

Commitments

To The Team • Competitions • Uniform • Travel

Our priority will be to ensure that the strongest possible TEAMS are put forward to represent WhiteRose Gymnastics.

The Team

Team members (gymnasts, parents and coaches) will all be required to sign a form of commitment to one another and WhiteRose Gymnastics for maximum team benefit.

Competitions

WhiteRose Gymnastics Limited is registered in England & Wales • Address: Unit C5, Larsen Road, Goole, DN14 6XF • British Gymnastics Membership: 90318 • Company Number: 11878607 • VAT Number: 359 092 277 • W: www.whiterosegymnastics.co.uk • E: wrgareception@gmail.com • T: +44 (0)1405 766 277 • M: +44 (0)795 621 9369

- Annual meeting of planned competitions (NOV/DEC)
- Competition entry (full teams are roughly £100 shared)
- Potential spectator fees
- Increase in annual BG membership (from £20 to £80 per year)
- Uniform (WRG competition leotards and WRG tracksuits)
- Travel & Accommodation (depends on location of competition)
- Occasional Friday off school (e.g. for travel or podium training)
- Possible additional training sessions leading up to competitions

Multiple sessions per week

A higher frequency of tuition is required to safely prepare your child for tougher skills and an introduction to the competition environment. Therefore we require that your child attends as many of their designated TEAMS sessions as possible to link expectation, accountability, and commitment levels to the other TEAMS members.

For an invitation to these sessions, gymnasts must:

- attend training multiple times per week. This will be their usual advance (ADV) session and the Tuesday TEAMS session (minimum).
- be available to attend occasional extra TEAMS sessions in the lead up to a competition (Friday and Sunday)
- be available to attend competitions with all other TEAM members (normally hosted on a weekend day)
- show mental and physical resilience and determination (coaches will regularly test and measure improvements in areas such as flexibility and strength)

Types Of Competition • [Click here](#)

Inter-Club • Regional • National



That is absolutely fine! We understand that some children will not like these sessions, if they do not like the sessions, they will continue in their ADV session.

If you have any issues with this - please email office@whiterosegymnastics.co.uk