





# - Welcome -

This info pack contains everything you need to know about our gymnastics teams at Flyers.

Please read through thoroughly so that you know what to expect as a team parent.

If you would like to accept the place that you have been offered, please fill out the form linked in the email. Once our teams are finalised, we will create a parents WhatsApp group which we will use throughout the year to keep everyone updated.

It is our continued goal at Flyers to encourage all gymnasts to train to their fullest potential and to provide them with as many opportunities as possible to develop. We hope that within our programme they feel welcomed, comfortable and develop lasting friendships, self confidence and a strong sense of #FlyersFamily pride.

**This season we have 3 boy squad stages:**

- **Pre Development Squad (5 - 10 years)**
- **Development Squad (6-10 years)**
- **Junior Elite Squad (7-16 years)**



**All of our teams members will be expected to compete in external competitions & events as well as our annual in house competition.**



I love being in the Flyers squad. Every session is so much fun no matter what we are doing. The coaches are amazing as they make sure whatever we do pushes us to make us stronger, however, the work is never too hard, and it's always to the best of our ability. The coaches are very supportive in helping us reach our goals. I cant wait for my weekly sessions - going to gymnastics is always my favourite part of the week. I have gotten so much stronger & better since attending the squad. I can't wait to see what else I can achieve in the future!  
*J. Leslie (Elite Squad Gymnast)*



# - How teams are chosen -

**With squad training, we aim to select gymnasts who we think have the physical and mental potential to work towards a higher level of gymnastics skill as well as the drive and desire to do so.**

**Developing elite gymnastics skills requires a high level of focus, physicality, dedication and commitment. We do not believe in the harsh and overly strict 'old school' methods of elite training and we look for gymnasts who are personally motivated, love their sport and have the work ethic to succeed.**

**While it is possible for us to assess physical abilities in try-outs, sometimes it is not until team training that we are able to determine whether squad training is the right fit for a child. We therefore offer spaces based on our best judgement but from time to time, we may move gymnasts to a different team or session if we feel this is necessary.**



*'The bird that dares to fall is the one that learns to fly'*

# - Training & Classes -

**As a minimum requirement squad gymnasts will have to attend one team training session, one tumble class & will be provided with one homework activity per week. We expect athletes to be proactive with their training and work on strength and flexibility both in and out of the gym.**

**Team training sessions primarily focus on developing skills & routines on the apparatus while tumble classes specifically develop floor skills such as walkovers & handsprings.**

<u>Team</u>	<u>Training Day</u>	<u>Potential Event Dates</u>
<b>Pre-Recreational Squad</b>	<b>Tuesdays 5 - 6pm / 6 - 7:15pm + Level appropriate tumble class</b>	<p>Gymnasts will compete at 1-4 competitions depending on ability. The dates below have been released but without full details. Not all will be the appropriate level for our teams. We will notify parents when further information is available.</p> <p><b>22nd &amp; 29th October - Gymfinity</b>  <b>26th Dec - IGA Development</b>  <b>2/3rd December - Xmas spectacular</b>  <b>15th December - Flyers Winter Showcase</b></p>
<b>Development Squad</b>	<b>Fridays 5 - 6:30pm + Level appropriate tumble class</b>	
<b>Junior Elite Squad</b>	<b>Fridays 6:30 - 8:30pm + Level appropriate tumble class</b>	
<b>Tumble (All gymnasts)</b>	<b>Monday (combined with trampolining ) 6:30 - 8:15pm</b> <b>Tuesday 7-8:30pm (Advanced)</b> <b>Wednesday 5/6/7pm (Intermediate)</b>	
<b>Team Information</b>	<p>All teams will work towards advanced skills across all apparatus. Sessions will focus on building a foundation of strength, flexibility and excellent technique.</p> <p>Team training is designed to make sure the gymnasts are learning the correct techniques safely. They will work towards developing competitive routines which we hope they will perform at regional and club competitions, IGA Gymnastics National Competitions + Promotional Events.</p>	



# - Team Expectations -

## Uniform

- For team training gymnasts must wear a club training leotard and team training wear for all sessions. Competition leotards must be worn for all events. When arriving to competition gymnasts must have Flyers branded team wear.
- Long hair must be tied back off (if applicable). Watches, fitbits or any jewellery must be removed.
- Gymnasts should train with bare feet or gymnastics shoes only.
- Hand guards are strongly recommended for all 4 piece athletes.
- All practice wear can be purchased from the Little Stars club page. (<https://www.littlestarsleotards.co.uk/club-login/> Password - FLY£RSSA)
- A competition leotard order form will be emailed to you.



## Training & Competitions


- Athletes are expected to have an exceptional level of behaviour, focus and attitude at training.
- 100% attendance is required. In the event that you need to miss a session, advance notice must be given via whatsapp/email and an absence form completed. We have a 3 strike rule for attendance, details below.
- Competitions are compulsory for squad members. We will update you with event dates at the earliest possible opportunity.

Excused Absences*	Unexcused Absences
Serious Injury or contagious illness e.g. norovirus	Homework/ revision / coursework
Compulsory Graded School Events	Birthdays / parties - your own or someone elses
Family Bereavement	Grounding/ parent punishment

ATHLETES MUST NOT MISS TRAINING DUE MINOR ILLNESS/INJURY/TIREDNESS- if you are injured or unwell, let us know as early as possible so that we can adjust our session plan, but still come to training so that you can watch the session and keep up to date with everything. Please note that on our competitive teams a maximum of 3 absences will be permitted for sickness.



# - Summary of costs -

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Annual membership	Monthly training fee	Tumble	Competition fees	Leotard
£29 includes:  - Annual insurance with IGA	Pre-Recreational (1hr or 1hr 15mins training) £39 / £49 month  Development (1.5hr training) £59 / month  Junior Elite (2hr training) £69 / month	£35.10 or £53.10 depending on ability and length of session.	Approx £40-60 per competition  (1 - 4 per year depending on ability level)	Boys TRAINING leotard £25 - £30 Boys COMPETITION leotard £25 - £30    Boys training & Competition Leotard

**We hope that this pack has provided you with all of the information that you need for the season ahead.**

**This season we are hoping to have a team mum/dad/carer for each team. This specially appointed person will be responsible for organising team socials and helping coaches and parents with communications and helping with ideas to make our squads even more exciting. If you are interested in applying then please drop us an email. .**

**That's all from us.  
We look forward to seeing you for the best season yet!**

