

Squad General Requirements

(Requirements 1)

- To commit and attend all training session including holiday and extra training sessions – holiday training is vital for maintaining fitness and skill in all forms of gymnastics.
- To attend all competitions and competition training unless discussed previously with head coaches.
- To inform coaches via email coach@hartgymnastics.org.uk of any planned absence 2 weeks in advance and illness as soon as possible along with reason for absence.
- For gymnasts to arrive on time and attend training with a positive and hard-working can-do attitude to achieve their best each session.
- For gymnasts to show respect to coaches and peers
- For gymnasts to practice, maintain memory of all new routine choreography so that coaches and continuously help work to improve their competition routines.
- To be able to successfully remember and execute their routine.
- To have an attendance rate of 80% or above.
- For gymnasts to work on and maintain their fitness and flexibility at home during periods of low training.
- To attend all sessions with the correct attire and equipment – equipment requirements can be found in the squad handbook.
- To have open and clear communicate between all.

Squad gymnasts' skill requirements:

(Requirements 2)

Artistic

- 10 Chin ups in over and under hang
- 10 Leg lifts
- To be flat in at least two leg splits
- Walkover forward & backwards, Flick

Development Artistic

- 5 Chin ups in over and under hang
- 5 Leg lifts
- To be flat in at least two leg splits
- Upward Circle, backward walk over/kick over.

Aerobics

- 10 press up in and out (bicep & triceps)
- 10 leg v-sits with straight legs
- Straddle & L hold
- To be flat in at least two leg splits

If any of the above attributes from requirements 1 and 2 are not met gymnasts will be withheld from competitions and will be places on a 3-month trial. If at this point improvement is not shown gymnasts will be offered an alternative class within the club.

BEHAVIOUR STANDARDS

All Squad Gymnasts must adhere to the standards of behaviour outlined below at Hart Gymnastics Club. We do not condone disrespectfulness towards other gymnasts and/or staff. If behaviour fall below the standard, we expect and would like to advise all parents / guardians of the approach we will be taking should such a situation arise.

We expect high level standard of behaviour during all gymnastics sessions, whether it's moving around the hall, waiting their turn or during exercises. We expect all gymnasts to always agree to the following behaviours:

- Always enter calmly and quickly and be ready for gymnastics
- Listen when a coach, other adult or child is speaking.
- Speak politely to each other.
- Concentrate on our gymnastics and not disturb other people when they are working on an exercise
- Follow instructions
- Look after both gym and personal equipment and keep things in their proper places

Having all gymnasts adhering to these behaviours enables us to:

- create a calm and safe environment, physically and emotionally
- set high expectations of all gymnasts
- raise the gymnast's self-esteem
- develop their full potential as an athlete
- provide a challenging, interesting and relevant sessions.

If a gymnast does not follow these expected behaviours or is disrespectful to any member of staff or other gymnast, they will be sent home immediately.

If they are sent home 3 times in a row, there will be a meeting held to discuss their future at the club.