

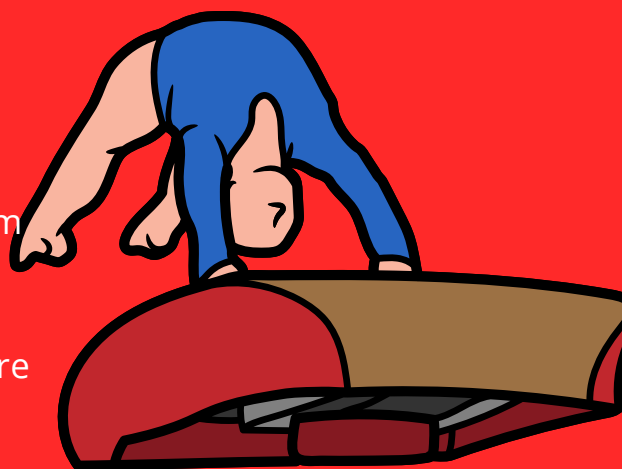
FLOOR & VAULT

Hart GYMNASTICS

COMPETITION TEAM

WHAT IS FLOOR & VAULT COMPETITION TEAM ?

The Floor & Vault (FV) team will train every Saturday term time. FV team members will also be required to attend holiday training. The FV team is a branch of our competitive squad, which gives gymnasts of all ages more opportunities to progress and compete in gymnastics.



EXPECTATIONS

To be a member of the FV team members will have to adhere to the following expectations:

- Commit and attend training each week - if gymnasts miss more than 2 sessions a term without clubs prior knowledge/ consent, their position on the team will be reconsidered
- Enter and compete in competitions offered. The FV team is a competition team and therefore we expect them to compete or take part in all events offered to them.
- Must attend in appropriate attire: Team leotard, hair tied back, no jewellery. (Competition attire will also need to be purchased when required)
- To abide to all club policies & procedures.



WHAT'S THE DIFFERENCE TO FV TEAM & SQUAD?

The FV Team will only train & compete on Floor & vault. They will not train or compete on the other apparatus such as bars & beam like our artistic squad.

ANY THING ELSE?



If you have any questions or queries please do not hesitate to contact us via email info@hartgymnastics.org.uk or telephone 07878125374

We hope you and your gymnasts decide to join the team, however if they do not wish to please send us an email stating this.

They may return to their usual session or attend our Advanced gymnastics session on a Saturday.

*****Please note the FV team positions are revaluated each term based on progression & commitment.**

