

# West Bromwich Gymnastics and Trampolining Club



The West Bromwich Gymnastics and Trampolining Club is affiliated to the British Gymnastics Association which is the governing body for gymnastics within Great Britain and Northern Ireland. The Club is part of the West Midlands Region in the Home Country – England.

All of the Club's Coaches are volunteers who give of their time freely to promote the sport of gymnastics. Please note that fees paid by gymnasts are used to cover the costs incurred in running the sessions.

## I. INTRODUCTION TO GYMNASTICS

**West Bromwich Gymnastics and Trampolining Club  
is a competitive gymnastic club.**

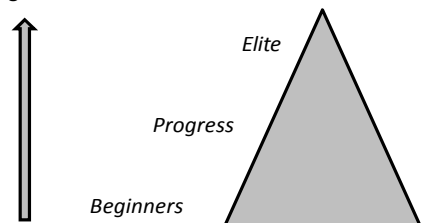
The gymnastics family is made up of many different disciplines and levels of performance.

### Disciplines

- General
- Trampoline
- Tumbling
- Acrobatics
- Sports aerobics
- Cheerleading
- Men's artistic
- Women's artistic
- Rhythmic

### Levels:

- Elite – National and international competition
- Progress – Competitive development
- Beginners – Foundation & fun



### At West Bromwich we deliver:

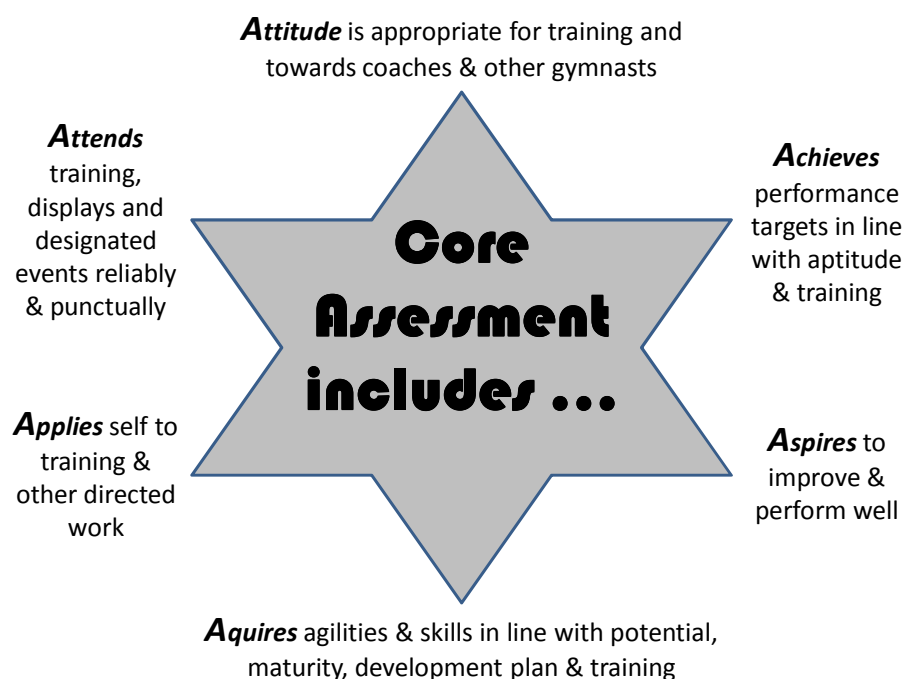
- General and trampoline gymnastics from beginners to progress level
- Tumbling and acrobatic gymnastics from beginners through to elite

## 2. GYMNASTIC BEGINNERS

### *The BEGINNERS programme*

- Establishes the foundation skills for safe gymnastic practice
- Develops initial, basic and core gymnastic skills
- Introduces the gymnastic disciplines of
  - Floor
  - Vault
  - Trampoline
  - Tumbling
  - Acrobatics

Beginners is the entry level for gymnastics training . This level is aimed at participation in the sport and those who are assessed as meeting the minimum criteria will be invited to join the progress group. In order to determine whether a gymnast is suitable to progress from Beginners - coaches assess gymnasts across a number of factors. These are referred to as the Core Assessment.



### 3. PROGRESS LEVEL GYMNASTICS

#### ***The PROGRESS programme***

- Establishes the foundation and core skills for competing in gymnastic events and long term athlete development
- Develops competitive gymnastic skills for
  - Floor
  - Vault
  - Trampoline
  - Tumbling
  - Acrobatics

**The Progress group focuses on competitive gymnastic skill development for competing in a range of West Midland and Schools competitions. The Progress group is the gateway to selection for the Club's Elite Competitive Squads.**

#### **Progress Development Programme**

##### **COMPETITION FOCUS**

- Sandwell Scheme routines
- BG Higher Proficiency scheme
- BG Key steps routines
- BG Next steps routines
- BG - WM regional schemes
- BSGA schemes

FLOOR

VAULT

TUMBLING

TRAMPETTE

ACROBATICS

## 4. ELITE LEVEL

Gymnasts are selected by coaches to join the Club's competitive squads. Those selected have the opportunity to train for and then to compete in a range of events.

## 5. CLUB EXPECTATIONS

- All gymnasts are expected to contribute to the costs of running the club. Gymnasts are expected to pay club fees in advance and training dates and club costs will be confirmed prior to the commencement of each term. This is done on a cost basis which makes our club inexpensive to join.
- During the year we train for and expect all members of the club to participate in a range of awards, competitions and displays and this may require additional fees.
- Parents/guardians and gymnasts are expected to play their part in the running of the club assisting in setting up and clearing away for gym training as well as all events hosted by the club.
- All gymnasts and their families are required to comply with club requirements and the expectations set out in the British Gymnastic Codes of Conduct:
  - ❖ Overall club rules
  - ❖ Club coaches, assistant coaches and other volunteers
  - ❖ Participants
  - ❖ Parents and Guardians.