

Our GFA Advanced Groups

Our GFA Advanced programme is an important and integral part of the gymnastics pathways on offer at NGA. Our Advanced groups maintain a higher level of commitment and gymnast progression than is necessary for our GFA weekly classes, and there are expectations set for our Advanced gymnasts.

GFA Advanced consists of Foundation, Junior and Senior groups.

Joining Our Advanced Groups

Entry to an Advanced group is by invitation, generally following a trial session, and is usually for an initial three-month period to make sure that the gymnast settles and is in the appropriate group.

Commitment

Commitment to training, the continued progression of skills and enthusiasm for training is necessary for our GFA Competitive gymnasts. To remain in the group, satisfactory progress and commitment is needed.

Satisfactory commitment and progress must be maintained to remain in the group.

Levels & Skills Matrix

Gymnasts in our Advanced groups will work towards recognised skill levels which are defined by our regional governing association.

To record current progress towards the level a gymnast is working on, all gymnasts have their own skills matrix sheets. These hold the details of all the moves and skills required to compete within their level. There may be amendments too, for a specific competition.

The skills matrix also gives the coach an overview of the gymnast's progress so that they can focus on areas/skills that need extra attention and support.

Gymnasts may also work on moves for the level above and may work towards additional moves outside their current skill matrix. Once all the requirements have been met and the boxes have been ticked on their sheet, then the gymnast is ready to compete at that level.

Competitions For Our Advanced Gymnasts

Gymnasts work towards GFA competitions held at local clubs. These competitions are mainly Invitationals and Friendlies, but the gymnasts may also have the chance to compete at GFA Regional competitions, if they have fulfilled all the requirements.

Gymnasts must compete a minimum of two competitions per year, as selected by their coach. Competitions will be appropriate to their current skill level.

You will be advised of any confirmed upcoming competitions via email with all the details you will need, for instance entry fees, date and venue, and the deadline for your payment of entry fees.

We cannot advise exact timings until closer to the competition, as we have to wait for the competition information from the organisers, once all entries have been received.

Pathways For Advanced Gymnasts

An individual gymnast's pathway isn't fixed or set. Our Advanced gymnasts may come from our weekly GFA classes, or from the GFA Competitive / WAG Squad groups.

Movement between groups can be fluid, dependant on the progression of the gymnast and the suitability of the group for them. There may also be circumstances when moving to the GFA Weekly classes is the best option. Our aim is to make sure that all our gymnasts are on a pathway which allows them to 'be their best', to be successful and enjoy their gymnastics journey.

Attendance

General attendance must maintain a level of at least 90%. This includes all sessions in your training programme, regardless of how the session is delivered. Exceptions may be made in extenuating circumstances, as agreed with your coach.

If you are going to miss an individual session, please let us know. A quick email to the gym office or a text to your coach is sufficient. We appreciate that occasionally a gymnast may need to arrive after the session has started or leave early, but if this becomes a regular occurrence it will be followed up, and prior notice will be appreciated.

Punctuality is important. While we appreciate that there may be occasional hold-up with your journey or with parking, continued lateness for sessions will be followed up.

Hair and Jewellery

JEWELLRY / WATCHES / EXERCISE TRACKERS: No jewellery, watches or exercise trackers can be worn during sessions. Please leave them at home.

EARRINGS: If pierced earrings can't be removed, you must cover them with a plaster or tape before the class. We cannot help gymnasts remove earrings.

HAIR: For safety, long hair must be securely tied back.

We expect all our gymnasts to adhere to the above.

Kit

Training kit is a leotard/Crop top/vest-top with leggings or shorts. T-shirts should only be worn during warm-ups and in severe cold weather.

It is important that after training during the winter months, gymnasts can wrap up warm when leaving the gym after the session.

Gymnasts must have a competition leotard to attend competitions (these can be worn during training too). Gymnasts will not be permitted to compete without the correct uniform.

Any equipment, for example hand guards, must be brought to every session. Advice on additional equipment will be supplied by your coach.

Keeping Hydrated

Please bring plenty to drink, preferably water, in a suitable container (no glass allowed).

Home Work

Please try to work splits and bridges at home as this will help during sessions. Other tasks may be set by your coach.

Progress Meetings / Reports

We will arrange a meeting and a progress report twice a year to discuss current progress and targets for the future.

Gymnasts are encouraged to join their parent(s) at the meeting, but it is not obligatory.

Progress meetings, either in person or via an online medium such as Zoom, are part of our Advanced programme and aren't optional.

Communication / Contact Information

In addition to using email, all Advanced groups are registered within Spond, as a platform for reminders, and attendance notifications.

Please be considerate when messaging. Due to the nature of the coaching schedule replies might be delayed.

Please do not hesitate to contact your coach if you have any concerns, queries or want to have a chat before/after a session.

For general / fee enquiries please contact the gym office: info@nottsgymnasticsacademy.co.uk

Version Control

Version	Effective Date	Reason For Amendment
V1.0	01/04/2021	Document published
V2.0	January 2024	New Version