

# Alton Gymnastics Club



## GfA Members Guidance 2021\_22 Choosing your Class for Next term

When you get the email to let you know re-enrolment is about to open, it should contain the **recommended Stage** for your child for the next term. In most circumstances you should follow this recommendation.

The recommendation is based on the elements they have achieved and been assessed on within the syllabus for the Stage they are currently in. The full syllabus for the particular Stage is covered within each class and assessment is continuous between weeks 1 – 10 of each. We also give the children progress booklets which show in a bit more detail where they are within the Stage they have been in this term. When they have all of the Stickers in the last page of the booklet, they should move up to the next Stage. (Certificates etc. will be available to purchase from the Spring Term 2022).

Whilst coaches are instructed to graduate children when they are showing readiness, we do sometimes have people wondering if they can move up a class without the Full Graduation Criteria. Before you send an email to this effect, please read the guidance below to see if it answers your question.

There are some situations where it may indeed be appropriate to move up a Stage without the Full Graduation Criteria and some examples are listed below:

1. They have not officially graduated Stage 1 but are already 8 or will be 8 during next term
2. They have only one sticker to get in their progress booklet and have achieved 3 stamps in this area (i.e. they haven't got the Sticker for "Rebound" but they have got the first three stamps). If they have only 2 stamps in the area they are missing for graduation it may also be appropriate to move up, see point 3.
3. They have been in their current Stage for 3 terms or more, have at least 3 graduation stickers with the areas where they do not have stickers having at least 2 stamps... or a similar combination (eg 3 stamps on everything but only 1 or 2 Graduation stickers). This may indicate that there are specific elements that they are finding more challenging but these can often be worked on in the next stage as they have the experience.

Please note, gymnasts at Stage 3 should have the Strength and fitness and Flexibility. Posture & Stand Graduation Stickers in order to move up to Stage 4.

Groups where children are toward the end of a Stage will work on elements in the next Stage throughout the term as well.

We recommend you talk with your gymnast if you are planning to move them up without the Full Graduation Criteria as it is important that they are happy to move on and will enjoy the challenge. The last thing we want is for children to be put off by feeling out of their depth.

If you would like more specific advice for your child, please email me as soon as possible on: [contact@altongymnasticsclub.org](mailto:contact@altongymnasticsclub.org). I will be able to look at their progress sheet which shows me the specific elements that they have achieved and what is missing and try to give you some further advice, The decision is usually yours in the end as you know your child the best but I am happy advise from a 'skills assessed' perspective.

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## GfA Members Guidance 2021\_22 Taking more than one class...

Members are free to book more than one class if the children want to come more than once a week, the only thing we is that you wait until toward the end of the priority period to book your seconds session just to make sure everyone gets a fair and equal chance to book their first class. We don't monitor this, but it is requested as a courtesy.

We also run a couple of 'Add-on' classes for Stage 3+ and 4+ which you may be interested in...

### **'Add-On' Class Stage 3+ : FLOOR & REBOUND : Friday 5.30 – 6.30pm**

- A session which focusses on developing skills on Floor, Trampoline and Tumble, working toward more advanced skills in these disciplines.
- This class is best taken as a compliment to your regular Core Academy Class, but can also be taken as a stand alone class for those at Stage 4+ who don't wish to pursue Bars and Beam work beyond Stage 3.
- We do not recommend this as a stand alone class for those below stage 4 as the Stage 1-3 Bars and Beam work contains strength and balance elements that are essential to progression on Floor, Trampoline and Tumble.

### **'Add-On' Class Stage 4+ : ACROBATICS : Friday 4 – 6pm**

- A session which focusses on developing skills Acrobatics Partnership work as well as individual floor and tumbling skills.
- This can ONLY be taken as an addition to a regular Stage 4, intermediate or Advance GfA session (on a different day).
- This session is also a 'Pathway to Acrobatics Development' for Gymnasts who are 10 years or over or those under 10 who are interested in exploring Acrobatics competition work.
- However, you can also take this class regardless of whether you are looking toward a Development route and Acrobatics is a fun discipline and great for those who enjoy display work and performance.

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## GfA Members Guidance 2021\_22 Considering a Competitive Pathway

At AGC we offer Competitive Programs that follow the NDP (National Development Plan) as well as GfA (Gymnastics For All).

For more detailed information and entry requirements for development Programs and Squads please look at our website NDP Pages here: <https://www.altongymnasticsclub.co.uk/ndp-competitive-gymnastics-squads-1>

*Taking a Competitive Pathway is very different to taking a GfA class. The work involves a lot of physical preparation and patience with attention to detail being very important. It involves a compulsory number of hours training each week, holiday training, and gymnasts are expected to meet certain standards in order to remain in the program.*

The Diagram below shows the Pathways to Competitive Gymnastics Squads currently offered as Alton Gymnastics Club:

