

## Training CLOTHING

Club Shop: <https://www.littlestarsleotards.co.uk/product-category/club-store/alton-gymnastics-club/> Password - A!T0NGC (it is a ZERO and not an O)

- **ACRO Training Leotard:** Any BLACK 'Alton' motif leotard from the Little Stars Shop, There are various styles to choose from but it must be black. This is *compulsory for training, the Acro. training leotard must be worn on Thursdays.*
- **Choice of jersey / Hoody / T-shirt:** Optional for training, the Acro ones are Black with Red text on them from the Little Stars Shop. (NB. A ZIP-UP hoodie is *compulsory for competitions*).
- **Sports Leggings/joggers/shorts:** Optional for training but *compulsory for competitions*, these should be plain black with no branding **OR** the AGC Leggings from the Little Stars Shop, again - black with red text (*for training they can wear any leggings/shorts/joggers*).
- **Club 30L Holdall bag OR Rucksack** - Available on our Little Stars Shop (*Compulsory for competitions*)

## Training KIT

To help you, the words in [blue](#) are hyperlinks to the product.

### 1. Essential things that GYMNASTS must have as personal kit and bring to each session:

- ALL Gymnasts: [Chalk block](#) (we sometimes have these in stock to purchase)
- ALL Gymnasts: [Flexibility band](#)
- Once in a partnership, Tops MUST own their own [Gymnastics Pedestals](#) for practice at home and in the gym. These are also known as [Handstand blocks](#) / [handstand pedestals](#) / [acrobatic blocks](#))... try all the links, its' worth shopping around for these for the best deals.
- NB. Minis and Grade 1 Gymnasts do not have to have their own Pedestals but should have their own [Paralettes](#). Equally, those who are training as bases do not have to have pedestals unless they are a Middle in a Trio.

### 2. There are various other small items used in the training process. These are available at the gym for the gymnasts to use, however, you may wish to purchase your own to keep in their gym bag for both home use and use during training sessions.

- [Sliders](#)
- [Resistance Loops](#)
- [Resistance Band Red / Black](#)
- [Theraband set](#)
- [Ankle Weights](#) (0.5kg-1kg)
- [Yoga Blocks](#)
- Tennis Ball (for massage of joints and general aches)
- [Smooth foam roller](#)

Our advice is speak to your gymnast before buy-in anything from list 2. Also, if your gymnast asks about a particular piece of kit, these links should hopefully be useful in working out what they mean. Perhaps there are some exercises they want to practice at home etc. or they want to have their own in the gym of something specific.

**!!! PLEASE LABEL ALL KIT WITH YOUR CHILDS NAME !!!**

## **Competition Clothing & Kit**

If your gymnast is training to compete in the coming season there are some items that they will need for competitions.

### **Compulsory Uniform & Kit list for ACROBATIC competitions**

- **Competition leotard**

**ACRO Regional Tier:** Club Competition Leotard (purchased from your coach)

**ACRO National Tier:** Competition Leotard chosen by Coach, for HIRE or Purchase. Hire Price is £20 per Competition. Purchase price varies from £110 upwards. If sourcing your own competition leotard please read through the guidelines on the next page.

For entry level Tumbling competitions, the Acro training leotard can be worn. For higher level tumbling competitions, the leotard to be worn will be discussed by the team of entrants.

- **Warm up leotard** – This is the Acrobatic Training leotard (any black Alton motif leotard from Little Stars) OR matching colours from the Little Stars range (all members of the partnership should wear the same colour ideally)
- **AGC leggings with red print\*** OR PLAIN black leggings (*sports/dance fabric please NOT cotton and they must look smart, i.e. not be faded*)
- **AGC Black with red print Zip-up Hoody** (*zip up essential for hair preservation*)
- **Appropriate bra if needed** (must not be visible under the competition leotard)
- **Plain white or AGC branded trainer socks** (Must be CLEAN, not wash-grey)
- **AGC Club HoldAll or Rucksack**
- **OPTIONAL: AGC Acro squad T-shirt** (*old style red ACRO t-shirt, or new style black with red writing from Little stars*).
- **HAIR:** Heavy duty hair elastics, bun nets, bun grips & kirby grips and flat hair slides, all to co-probate with hair colour. (also consider matching scrunchies for bun). Please note: Hair styles of partnerships must be similar - please discuss this with your partnership well in advance.

**Club Branded items can be purchased from the AGC [Little Stars shop](#) (password/login: A!T0NGC). Items will be delivered direct to your address.**

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## Rules for competition leotards from the NDP rule book...

National Development Plan 11

2.14 COMPETITION ATTIRE, ACCESSORIES AND AIDS

2.14.1 Partners must wear identical or complementary attire.

2.14.2 The choice of competition attire must be elegant and complement the artistry of the exercise, it should not require adjustment during an exercise.

2.14.3 Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Skirts should be integrated into the leotard and not removable. Tights are allowed beneath leotards and skirts.

2.14.4 Men and boys may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed. When they wear trousers, footwear (gym shoes and/or socks) must be worn.

2.14.5 Leotards may be with or without sleeves but dance style leotards with narrow straps are not allowed.

2.14.6 For safety reasons, loose clothing, raised attachments and accessories are not allowed.

2.14.7 All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back.

Lace and transparent material on the torso must be fully lined.

2.14.8 Provocative, swimsuit, text and photographs in the design are forbidden.

2.14.9 Competitors may perform with or without footwear but if footwear is used it must be flesh coloured, white or in the colour of the trousers, clean and in good repair.

2.14.10 Visible jewellery, including earrings and studs, are not allowed.

2.14.11 Hair accessories if worn must be secure. Character hair accessories are allowed only if made of fabric and attached to the hair.

2.14.12 Face painting is not allowed and any make-up must be modest and not portray a theatrical character.

2.14.13 Taping and support bandages are recommended to be of a neutral colour.

2.14.14 Diamantes on leotards must be no bigger than 10mm diameter. This requirement will be phased in throughout the NDP11.

Please note, the competition leotard can be with or without sleeves however at Alton we have a preference for competition attire to have sleeves as they are generally smarter. The exception to this would be where the bodice base is neutral/flesh tone and therefore sleeves are not needed to complete the look. If you are considering a short sleeved leotard please make sure you check with your coach before purchasing.

The leotard should reflect the style of the routine and music, or at least not contradict it.

Please seek the comment of your coach prior to purchase but the final choice is up to the members of the partnership/their parents.

Below is a list of Leotard suppliers that might be of use in your search for Competition Leotards. Lead times can vary considerably so please make sure you check this before making your purchase. There are many other suppliers and we encourage you to use the internet to research this but these are some primary companies...

Lilachelene: <https://www.lilachelene.co.uk>

Maillotrimica: [https://www.etsy.com/uk/shop/maillotrimica?ref=shop\\_sugg\\_market](https://www.etsy.com/uk/shop/maillotrimica?ref=shop_sugg_market)

*(Etsy have a few other suppliers too but heck pricing as they often show the price without any diamantes and then when you add these it goes up a lot)*

There are also some Facebook pages where people sell sets of leotards for acrobatic partnerships.

Here's one page I found: <https://www.facebook.com/acroleotards>