

Alton Gymnastics Club



GfA Members Guidance 2022_23 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. You be able to see a bit more detail about where they are within the stage and which levels they have achieved in the “Learning’ section of their JoinIn profile.

We have simplified the award schemes from September 2022 so that they only need a certain number of elements across all categories in order to get each level. The Graduation level allows for some elements to be outstanding but they must have the ‘key’ elements for progression in order to graduate.

At each Stage there are still 48 elements to complete and 4 levels of achievement, but we have now renamed these as follows:

Bronze Certificate (6 – 12 elements completed)

Silver Certificate (13 – 26 elements completed)

Gold Certificate (27 – 41 elements completed)

Graduation Certificate & Badge (42 – 48 elements completed)

The children can achieve each level with any combination of elements from any of the six categories however, the Graduation award requires specific key progression elements to be completed.

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 – MOVE ON to STAGE 2
2. They have been in the same stage for 3 terms or more and it has been a full term since they achieved the GOLD award at that stage – it is worth checking with the coach which elements they still need to get because if these are key elements, they may need to spend some additional practice time on these.

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 having achieved the Graduation award 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. 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 2022_23 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 are also continuing our Add-On Acrobatics session on a Friday – this is officially open to Stage 4 and above but if your gymnast is Stage 3 and wishes to take this class, you can request consideration for it by emailing us at contact@altongymnasticsclub.org. We will look at their sheet and let you know if it would be suitable.

'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:



