

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

Training ATTIRE

Club Shop: <https://www.littlestarsleotards.co.uk/product-category/club-store/alton-gymnastics-club/> Password - AITONGC (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. (*A ZIP-up hoodie is compulsory for competitions*).
- **Leggings/joggers/shorts:** Optional for training but *compulsory for competitions*, these should be plain black with no branding **OR** the AGC ones from the Little Stars Shop, again - black with red text (*for training they can wear any leggings/shorts/joggers*).
- **Club 30L Holdall bag** - Available on our Little Stars Shop (*Compulsory for competitions*)

Training ITEMS

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

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

- [Resistance Loops](#)
- [Flexibility band](#)
- [Hand & Wrist Strength Set](#)
- Chalk block (available from our Little Stars Shop)
- [Paralettes](#) - *Development & Tops only*
- Once in a partnership, TOPS must own their own [pedestals](#) for practice at home and in the gym (see below)

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 Band Red / Black](#)
- [Theraband set](#)
- [Ankle Weights](#) (3kg -5kg mainly for use on poles)
- [Yoga Blocks](#)
- Tennis Ball (for massage of joints and general aches)
- [Smooth foam roller](#)
- [Gymnastics Pedestals](#) (also known as [Handstand blocks](#) / [handstand pedestals](#) / [acrobatic blocks](#))... try all the links, its worth shopping around for these.

Development 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.

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.

Competition ATTIRE

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.** For Acrobatic Competitions, the competition Leotard is individual to each Partnership and chosen by them / their parents. Please read the guidelines further down in this document. Competition leotards should be transported in a dress bag/cover, not folded in bag). 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** - 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)
- **AGC leggings with red print*** OR PLAIN black leggings (sports style & fabric)
- **AGC Black with red print Zip-up Hoody** (*zip up essential for hair preservation*)
- **AGC Acro squad T-shirt** (old style red ACRO t-shirt, or new style black with red writing from Little stars).
- **Appropriate underwear** (must not be visible under the competition leotard)
- **Plain white trainer socks**
- **AGC Club bag** (old or new style)
- **HAIR:** Heavy duty hair elastics, bun nets, bun grips & kirby grips and flat hair slides, all to co-ordinate 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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Please note the following rules for competition leotards from the NDP rule book...

3.10 Competition Attire, Accessories and Aids

3.10.1 Leotards with skirts will not be allowed at NDP Grades 1- 4, however gymnasts competing at Youth, Grade 5 and IDP can wear skirts.

3.10.2 Partners must wear identical or complementary attire.

3.10.3 The choice of competition attire, accessories and aids must be gymnastic in character and design and not require adjustment during an exercise.

3.10.4 Leotards may be with or without sleeves.

3.10.5 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, socks) must be worn.

3.10.6 Very dark colour legs of trousers, unitards are allowed only if the whole length of color on the legs is broken from the hip to the ankle by light coloured decoration or pattern. The breaking must be simple and not overdone. The length and type of the fabric covering the legs must be identical on both legs, only the decoration may be different.

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

3.10.8 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.

3.10.9 Provocative, swimsuit, dance style leotards with narrow straps, character outfits and photographs in the design are forbidden.

3.10.10 Competitors may perform with or without footwear but if footwear is used it must be flesh colored or white, clean and in good repair.

3.10.11 Jewelry, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed.

3.10.12 Character hair accessories (e.g. tiaras, feathers and flowers) and face painting are not allowed.

3.10.13 Taping and support bandages must be of neutral color.

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...

Most Popular: <https://www.milano-pro-sport.com>
<https://www.quatrogymnastics.com>

Budget: <https://www.the-zone.co.uk>

Acrobatics Specific: <https://www.lilachelene.co.uk>

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>.