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WELCOME TO OUR SQUADS!

Congratulations on being selected into our competitive groups - we are hugely proud of all the effort, dedication and passion shown by gymnasts invited to take their training to this level and represent Flair Gymnastics!

This info pack contains details of what you can expect from us as part of your gymnast's involvement in our squads - and what we expect from both them and their families to help everyone develop to their full potential.

We mainly communicate via e-mail and WhatsApp, so please ensure that you can receive all messages from us so you don't miss out on anything:



info@flairgymnasticsclub.co.uk

[/flairgymnastics](https://www.instagram.com/flairgymnastics)



+447305339761

[/flairgymnasticsclub](https://www.facebook.com/flairgymnasticsclub)



www.flairgymnasticsclub.co.uk



SAFEGUARDING

It's essential that the wellbeing and safety of all members is at the top of our priorities in all aspects of how the club runs – please take the time to read through our [Safeguarding Policy](#) and follow this for any issues that occur.

If you or your gymnast have any concerns or a question about a member's wellbeing at the club, please report this to a team member or contact our Safeguarding Officer directly:

LAURA MCINALLY



07742106404

SAFEGUARDING@FLAIRGYMNASTICSCLUB.CO.UK



CLUB VALUES

Our goal is to nurture a passion for gymnastics and inspire all our members to dream big, give their all and share their love for this incredible sport.



We want to **INSPIRE** belief in what can be achieved.



We want to create high **QUALITY** in all that we do.



We want to develop strong **CHARACTER** in everyone involved.



We want to show **FLAIR** and stand out within the sport.

Our squad coaches and gymnasts are role models for the rest of the club in displaying these values, so we hold them to high standards in their training and when representing the club at events.

THE SQUAD PRIVILEGE

Our club invests an enormous amount of its resources into providing the opportunity for gymnasts to progress to this level and pursue their ambitions within the sport - it's important to recognise the privilege this offers and to make the most of it.

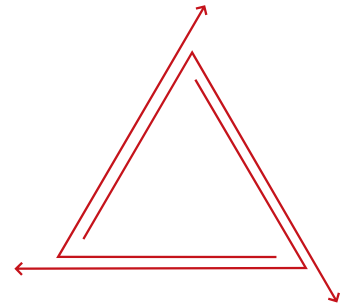
- Coaches for our squads are incredibly committed, spending at least 3 years gaining qualifications and experience to support gymnasts at this level.
- Squad training programmes receive discounted hourly rates for their fees to make it more affordable for gymnasts to take on the extra hours required.
- Training for squad groups run 3 extra weeks per year compared to our recreational classes, with additional workshops and expert input.
- Competition and event entry costs are subsidised by the club to make it easier for gymnasts to participate in as many experiences as possible.



We are fully committed to giving our best to all of our gymnasts at all levels - and this benefits our squads most of all, so we ask for the same level of commitment in return.

SQUAD EXPECTATIONS

Being in a gymnastics squad requires consistent commitment, belief, investment and effort from three parties: the **gymnast**, their **parents/guardians** and the **coaches & club**. We all have key responsibilities to fulfil to enable any gymnast to succeed:



FOR GYMNASTS:

You've been given a special opportunity to do the sport you love at a level most don't reach, with your club & family right behind you - make it count!

- ✓ Come ready for training each day - motivated, on time, with all your kit, hair tied up, jewellery removed, water & healthy snacks on hand.
- ✓ Give your best effort and work hard at all times in the gym to make the most of your ability and your coaches' training plans.
- ✓ Be honest - about your training, your feelings, and your ambitions. Everyone can support you best when they know what you really want.
- ✓ Be a good role model for others in your standards of attitude, behaviour and communication - you are being looked up to.
- ✓ Work proactively with your coaches and teammates to create a positive training environment - help move equipment safely, support one another, celebrate improvements, be encouraging with other groups.
- ✓ Take responsibility for yourself - look after your personal kit, communicate when something is sore or wrong, be kind to others and don't allow poor behaviour to develop in our gym.



FOR PARENTS / GUARDIANS:

We will do everything we can to give your child the best possible experience, and everything in our power to help them realise their ambitions in gymnastics - please do your best to support us in guiding them and supporting them on the journey.

- ✓ Read and respond to all communications from the club across its platforms to help us organise our operations as effectively as possible.
- ✓ Keep up to date with all fee payments required for your gymnast's place and inform us in advance if there will be any issues making payments on time. We're always happy to be as flexible as possible when we know the circumstances.
- ✓ Be proactive and upfront in communicating about any aspect of your child's involvement at the club. Whether it's home practice, planned absences, holidays, sickness, emotional or medical issues, payment difficulties - anything that affects their training at all. The more we know, the better we can support you!
- ✓ Make sure that you bring them to all their training and events on time, collect them promptly when they are finished, make sure they have all the gear they need for their sessions, along with water and a healthy snack.
- ✓ Understand that your child's progress will never be linear - they will go through massive ups & downs, setbacks and comebacks, and this is absolutely natural. Be proud of wherever they are at in the process.



FOR THE CLUB & OUR COACHES:

It is our responsibility to give your child a safe environment to train in, support from coaches invested in them, and as many opportunities to develop and reach their potential as possible. We want to nurture generations of happy, successful and fulfilled gymnasts at all levels. We will do this by:

- ✓ Creating & maintaining a safe, nurturing environment free from fear, harassment or bias.
- ✓ Providing training programmes that are appropriate, considered and engaging for your gymnast's development.
- ✓ Ensuring our coaching team are held to the highest standards of practice and given the best possible training & experience for their roles.
- ✓ Putting the safety, wellbeing & long-term health of our members first and foremost in all our training, decision-making and planning.
- ✓ Communicating with all our parents on a regular basis, sharing any relevant information regarding your gymnast's training, development & events in advance.
- ✓ Investing in our facilities & equipment to give our gymnasts what they need to succeed at competitive level.



SQUAD POLICIES

As part of our squad groups, there are specific policies to be aware of in addition to our regular policies that apply to all members:



MINIMUM STANDARDS

To achieve the high quality of performance we want to maintain and ensure that our investment in squad groups is being utilised to its full potential, we reserve the right to review any gymnast's place within a squad if they fail to meet the basic standards we expect for this level:

- 👁️ **Attendance of 90% or above at all training sessions**
- 👁️ **Physical preparation meeting or exceeding requirements for their level**
- 👁️ **Skill progression in line with their group's targets for events**
- 👁️ **No behavioural, attitude or conduct issues**
- 👁️ **Meeting payments for all training & event fee requirements**

More than these minimum standards will be required to maintain a place in pathways aiming at higher levels of competition & performance; these differences will be highlighted with you if your gymnast is invited to join a group working at this level.

REVIEW PROCESS

If your gymnast falls below these standards at any point, their coach will contact you to discuss what is causing this; any issues will be highlighted and explained, with the goal of identifying how to improve the situation and allow them to continue progressing within their group.

If issues persist following communication from the club, this may lead to your gymnast's place being reviewed with a view to whether it is the right commitment level and pathway for them.

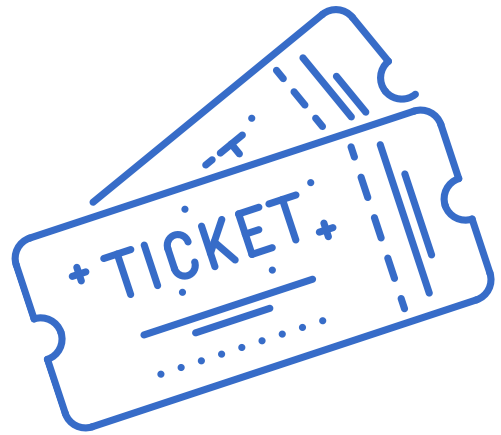
Moving squads or pathways is a normal part of the journey of competitive gymnastics; we always aim to make sure each gymnast is in the right group for what they need to progress, and this evolves fluidly over time: both in terms of the individual gymnast's needs and in terms of our various groups' training levels as well.



EVENT ENTRY

As part of our squads, gymnasts are expected to be available to take part in **all events** identified for their group or level.

Please be aware of the following policies regarding event entries:



- 👁 You must **inform us in writing** prior to the entry deadline if your gymnast cannot take part in an event.
- 👁 All gymnasts available will be entered for all relevant events and parents will be **required to pay** the associated entry fee.
- 👁 Any payments for events not received by the specified deadline will be subject to a £5 additional **late fee**.
- 👁 Entry fees are **non-refundable** once the entry deadline has passed.

WITHDRAWALS

In the event that a gymnast needs to withdraw from an event, here are the club's policies regarding entry fees:



- 👁 If a gymnast is **injured** as a direct result of their training at the club for an event, the club will refund your entry fee.
- 👁 If a gymnast is **injured elsewhere** and then unable to take part in an event they have entered, the club can't refund your entry fee.
- 👁 If a gymnast's attendance, preparation level or required skills fall below our **minimum standards** in the 6 weeks preceding a competition, such that they will not be able to successfully meet the requirements for the event, we reserve the right to withdraw them without a refund.
- 👁 If the club decides that withdrawing a gymnast from an event they have entered is in that gymnast's **best interest**, for reasons other than previously stated, we will refund your entry fee.



MONTHLY FEES

We totally appreciate that gymnastics is an expensive sport to get into, so we do as much as we can to subsidise the costs wherever we are able to.

Our monthly squad fees are significantly discounted compared to the hourly rates we offer in our recreational programme to make it as affordable as we can for families to support their gymnasts taking on the extra training hours, events and kit involved. We do it for the love of it - never for profit.

HOW YOU PAY:

Our **Floor & Vault** and **Display** squads pay their fees through **Class4Kids** as normal - this makes it easy for our team to adjust your training fees whenever needed, as they work their way up through our Stage classes alongside their competitive training.

For **Preparation** and **Artistic** squads, fees are paid to the club via **monthly standing order**. This lets us keep hold of your whole fee amount, rather than losing a percentage to Class4Kids via platform fees, which helps us keep costs down as long as possible.

As this arrangement requires you to set up, update and maintain the standing order, please make sure that you action any changes required in time for any payment deadlines.

If you're in Floor & Vault or Display and would be happy to maintain your fees via standing order as well, please get in touch - every little helps!

HOURS PER WEEK		COST PER MONTH
2HRS	→	£55
3HRS	→	£70
4HRS	→	£80
5HRS	→	£90
6HRS	→	£100
7HRS	→	£110
8HRS	→	£120
9HRS	→	£125
10HRS	→	£130
11HRS	→	£135
12HRS	→	£140
13HRS	→	£150
14HRS	→	£160
15HRS	→	£170
16HRS	→	£175
17HRS	→	£180



ADDITIONAL SQUAD COSTS

As well as their monthly training fees, there will be regular extra costs required for gymnasts involved in squad groups. Each section has their own individual needs and these will be detailed in the group info that follows.

It's essential that gymnasts have everything they need for their training in order to achieve their goals and perform at their best. Please make sure they get, look after, and replace when worn down any kit or equipment they are required to have.



CLUB CLOTHING



All gymnasts should come to training with a leotard & shorts or leggings as a minimum, and be ready to work in this as required by their group.

No items of club branded clothing or kit are required for gymnasts attending their regular training sessions; they are welcome to wear their own personal items if they wish.

In order to represent the club at events and performances, gymnasts will require the appropriate kit items for their group. These can be purchased from the club or its kit shops as needed throughout the year - please look out for e-mails from the club advertising purchase windows.

LEOTARD STORE | WWW.FLAIRGYMNASTICSCLUB.CO.UK/KIT

EVENT FEES

All groups will have entry fees to pay for their individual events throughout the year. Depending on which group a gymnast is involved in, this will vary in number and cost per entry.

All entry fees must be paid by bank transfer to the club by the deadline dates set for each event. For these and any other occasional payments required, please use our bank details opposite:

BANK TRANSFERS
ACCOUNT NO.
00610970
SORT CODE
83-16-04
REFERENCE
GYMNAST'S
FULL NAME



SQUAD GROUPS

ARTISTIC GYMNASTICS

Our main pathway at the club is into Women's Artistic Gymnastics - this is the type of gymnastics you see at the Olympics, with gymnasts competing on Vault, Bars, Beam and Floor.

This pathway starts from as young as 5 years old, with gymnasts able to begin competing in 2-piece events as soon as they are identified and capable. The club has squads for all ages & abilities, right up to Senior level where gymnasts can continue their journey into adulthood.

From 8yrs onwards, competitions on all four **Artistic** apparatus are available to enter, split into complementary pathways:

GRADES MARCH-JUNE

Set routines for each level focused on execution & brilliant basics

PREPARATION 1-3
DEVELOPMENT 1-4
PERFORMANCE 1-4
EXCEL 1-3
FIG

CHALLENGE AUGUST-DECEMBER

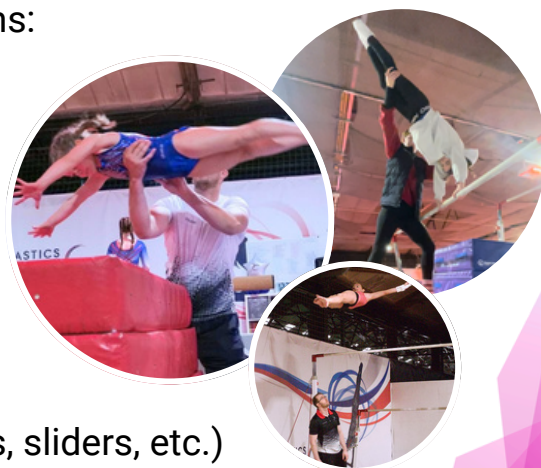
Optional routines designed to meet set requirements

TIN | ZINC
COPPER
BRONZE
SILVER
GOLD

KIT LIST

Gymnasts training in our **Preparation** and **Artistic** Squads are required to have the following for their training & competitions:

- A **Club** or **Artistic** competition leotard
- Club ¼ Zip Warm Up Top
- Gloves & loops
- Handguards & wristbands
- Chalk stored in a sealable box
- Conditioning items (therabands, foam rollers, sliders, etc.)



SQUAD GROUPS

FLOOR & VAULT

Women's Artistic begins at **Floor & Vault** events, where gymnasts start perfecting skills and routines on these two pieces of apparatus and can compete from as young as 5yrs old.

We have three squad groups for this level:



BEGINNERS
SATURDAYS
10.00AM – 12.00PM



JUNIORS
MONDAYS
6.30PM – 8.30PM



SENIORS
WEDNESDAYS
6.00PM – 8.30PM

In all of our competition groups, we focus on high quality physical preparation and skill execution to enable both long-term progression through each level and strong performances at events.

As well as being an entry level for Artistic events, Floor & Vault has its own complete competition pathway across four levels:

BEGINNER - INTERMEDIATE - ADVANCED - CLASSIC
VIA STAGE 4

Within the youngest categories of Beginner competition, gymnasts compete routines of 6 connected skills on floor and introductory vaults onto blocks and mats; this develops progressively through the levels to becoming fully Artistic choreographed floor routines with Challenge-level requirements and somersaulting vaults over the table at full height at Classic competitions.

KIT LIST

Gymnasts in our **Floor & Vault Squads** are required to have the following for their training & competitions:

- A **Club** competition leotard



SQUAD GROUPS DISPLAY

Our Display Team is open to club members from Stage 2 and above by invitation only. They put together routines mixing dance, acrobatics and tumble to showcase at performance events across the country.

ETHOS

Display is a fun way for gymnasts to do more with their sport without having to train for competitions. Display routines are exciting, dynamic and great for gymnasts who love to perform.

Our Display team focuses on building up the ability to work together in a group, fostering a fun and positive environment where every gymnast shares the commitment to creating something together.

As Display relies on the whole group being present to train effectively, excellent attendance is essential. Gymnasts must attend every training session or inform their coaches in advance if they are unable to make it, to allow plans to be made to adapt.

KIT LIST

Gymnasts in our **Display Team** must have the following for their events:

➤ Routine Costume(s)



EVENT CALENDAR

JANUARY-JULY 2026



01 FEB	EKGC INVITATIONAL PRE-GRADES FOR: Artistic Squads - Prep 1-2 ENTRY DEADLINE: Closed Dec
14-15 FEB	HAMILTON GC EARLY BIRD FOR: FIG, Prep Squad + Stage 4 ENTRY DEADLINE: 12 th Jan 2026
21-22 FEB	SCOTTISH CHAMPIONSHIPS FOR: FIG Only ENTRY DEADLINE: Closed Dec
07 MAR	CUMBERNAULD SPRING F&V FOR: Floor & Vault + Prep Squad ENTRY DEADLINE: 23 rd Jan 2026
14-15 MAR	WEST LOTHIAN INVITATIONAL FOR: Artistic Squads - Dev Grades ENTRY DEADLINE: 23 rd Jan 2026
20-21 MAR	GYMTASTIC @ LUNAR GYM FOR: Display Squad ENTRY DEADLINE: 17 th Jan 2026
28-29 MAR	PERFORMANCE 1-4 + PREP 3 FOR: Artistic Squads ENTRY DEADLINE: 23 rd Jan 2026
11-12 APR	DEVELOPMENT GRADES 1-4 FOR: Artistic Squads ENTRY DEADLINE: 28 th Jan 2026
25-26 APR	EDINBURGH EXTRAVAGANZA FOR: Floor & Vault + Prep Squads ENTRY DEADLINE: 1 st Mar 2026
09-10 MAY	DUNDONALD GC FLOOR & VAULT FOR: Floor & Vault + Prep Squads ENTRY DEADLINE: 15 th Mar 2026
16-17 MAY	PREPARATION GRADES 1 & 2 FOR: Artistic + Prep Squads ENTRY DEADLINE: 4 th Mar 2026
30-31 MAY	SG SUMMER EXTRAVAGANZA FOR: Floor & Vault Squads ENTRY DEADLINE: 18 th Mar 2026
20-21 JUN	JUNE JOLLY FOR: Artistic, F&V Squads + Stage 4 ENTRY DEADLINE: 27 th Apr 2026

EVENT CALENDAR

AUGUST - DECEMBER 2026



29
AUG

SCOTTISH GYMNASTICS CLASSIC F&V

FOR: Stage 4

ENTRY DEADLINE: 24th June

5-6
SEPT

FLAIR CLUB CHAMPIONSHIPS

10-YEAR
ANNIVERSARY!

FOR: Everyone - all members welcome!

ENTRY DEADLINE: 7th Aug

12-13
SEPT

COPPER 9-11YRS | TIN & ZINC 10YRS+

FOR: Artistic Squads

ENTRY DEADLINE: 8th July

26-27
SEPT

BRONZE | COPPER 12YRS+

@ RAVENS CRAIG SPORTS FACILITY

FOR: Artistic Squads

ENTRY DEADLINE: 20th July

03
OCT

TIN & ZINC 8-9YRS

@ RAVENS CRAIG SPORTS FACILITY

FOR: Prep & Artistic Squads

ENTRY DEADLINE: 29th July

17-18
OCT

FESTIVAL OF FRIGHT

@ CENTRAL GYMNASTICS ACADEMY

FOR: Floor & Vault + Prep Squads

ENTRY DEADLINE: 7th Sept

24-25
OCT

SPOOKY SPECTACULAR

@ CITY OF NEWCASTLE GC

FOR: Prep & Artistic Squads

ENTRY DEADLINE: 10th Aug

24-25
OCT

WINTER EXTRAVAGANZA

@ CALEDONIA GLADIATORS

FOR: Floor & Vault + Prep Squads

ENTRY DEADLINE: 17th Aug

24-25
OCT

SAPPHIRE'S DISPLAY FESTIVAL

@ LAGOON PAISLEY

FOR: Display Team

ENTRY DEADLINE: 30th April

07
NOV

CUMBERNAULD F&V INVITATIONAL

FOR: Floor & Vault + Prep Squads

ENTRY DEADLINE: 23rd Sept

4-6
DEC

HOLLY JOLLY 2026

@ HAMILTON GC

FOR: Stage 4, Artistic + Prep Squads

ENTRY DEADLINE: 16th Oct

06
DEC

TINSELTASTIC DISPLAY FESTIVAL

@ LUNAR GC

FOR: Display Team

ENTRY DEADLINE: 10th Aug

13
DEC

RANKIN MEMORIAL F&V

@ ALLANDER GC

FOR: Floor & Vault + Prep Squads

ENTRY DEADLINE: 4th Nov