



Partnered with
**British
Gymnastics**
more than a sport



Sports Acrobatics Handbook

Welcome...

This pack will provide you with everything you need to know for your Childs competitive journey with Invoke Gymnastics Club.

Sports Acrobatics Overview

Practised by both men and women, Acrobatic Gymnastics is amongst the oldest known sports practiced by the ancient Egyptians. The name comes from the Greek word 'acrobateo', meaning to rise or go forth. Acrobatic Gymnastics is a modern and artistic discipline, which requires an extraordinary amount of courage and trust amongst gymnasts.

Acrobatic routines are choreographed to music and presented on a 12 x 12 metre sprung floor surface, Acrobatic Gymnastics is full of expression and provides gymnasts with a stage on which to shine.

In official competitions, Acrobatic Gymnastics offers five different possibilities of partnerships:

- Men's Pair, Women's Pair and Mixed Pair.
- Women's Group (3 gymnasts)
- Men's Group (4 gymnasts)

These partnerships are constructed in accordance with the gymnasts' physical and psychological qualities: the Top needs to be aerial, of small body feature, highly flexible and nimble, while the Bases need to be strong, steady and powerful. A mixed pair must always combine a male base with a female top.

Gymnasts work in harmony and trust, each responsible for their partner or partners. Routines impose on gymnasts a need for strength, agility, flexibility, balance and acrobatic skills. The results are spectacular, intricate balances

performed on partners, exciting multiple somersaults and twisting somersaults with partners being pitched and caught.

The routines presented in competitions are up to 2 minutes and 30 seconds in length and must include a number of required collective (partnership) and individual elements of three different types: static (balance), dynamic, and combined.

While the static routine must present balanced pyramidal constructions held for 3 seconds and other elements of strength, flexibility and agility, the dynamic routine should show flight elements such as throws, pitches and catches as well as dynamic tumbling elements.

The combined routine presents elements from both the dynamic and the static routines.

Great Britain is one of the most respected nations of the world in Acrobatic Gymnastics and has achieved success at World and European level with medals in all categories.

Acrobatic Gymnastics is the perfect team sport for those wishing to express themselves in movement.

Training Timetable

Wednesday 6.00pm - 8.30pm (2.5 hours)

As a new discipline at the club, the Sports Acrobatics team is likely to expand in the future, with some gymnasts needing their hours to expand to more than 1 session per week to allow gymnasts the time to learn and practice harder and more complex skills. We advise parents to enter the discipline knowing that the demand for training will increase.

In the build up to competitions, the coaches may offer additional training outside of the structured training timetable, to allow the coaches more time to perfect and polish routines. We ask parents to be as flexible as possible when additional training is offered, as finding a time where the coaches, the gym and your Childs pair/group are all available can be both time-consuming and difficult to arrange. Where possible, the team will try and

offer these additional sessions for free to assist the gymnasts, however this is not always guaranteed based on potential external expenses that may arise.

Allocations of Pairs/Trios or Groups

One of the hardest variables for Sports Acrobatic gymnasts is the partnerships they are assigned to compete with. Gymnasts are allocated a competitive grouping based on their physical traits and abilities, however from time to time this may have to change; such as a gymnast leaving, injuries, lack of commitment from a member or a clash of personality.

Due to the amount of resources it takes to prepare a gymnast for competitions (the choreography, routine construction, uniform and training hours) we ask our Parents to communicate any potential issues with us at your earliest convenience to try and minimise the impact on their fellow athletes. If a gymnast decides to leave the discipline, we may ask for them to honour their commitment to their duo, trio or group prior to competitions if alternative arrangements cannot be arranged.

Competitions

Competitions are the showcase for the gymnasts hard work, and a lot of effort goes in from parents, athletes, coaches and club to prepare a gymnast for a competition. The priority for their gymnasts (before giving them the opportunity to compete) is that their routines and skills are safe to enter the competition floor.

Coaches are trained to analyse their athletes routines and make the right decision based on safety before entering them into a competition.

Usually, the club will organise an in-house 'controlled competition' either in training or separately, where the team can review the routines prior to entering the competition. This can allow coaches the time to communicate the status of the routine prior to entering the competition to avoid unnecessary costs for the parent and the club.

Occasionally the gymnasts are entered into the competition because they appear on track, but sadly variables (such as lack of attendance, illness,

injury, mental blocks etc) can mean the routine is no longer viewed as safe by the coaching team, and the athletes would be withdrawn. At this stage, competition entry fees, uniform or membership fees are non refundable. This happens very rarely, and the coaches will communicate this to you as soon as a decision has been reached.

After competitions, the coaches analyse the gymnasts scorings, and changes may then occur to improve the gymnasts competition results at the next event. This may mean changing the level they compete at, changing a partnership with another team member, or increasing the training prior to the next event.

Progress Updates

As a team sport, lessons can be filled with success and failure weekly based on the partnership. Partnerships take time to build trust and confidence in each other which can affect the gymnasts progress. The coaching team are trained to be patient with their athletes, and try to give them time in the lessons to work together and build that essential rapport.

The club will be starting a parents evening periodically to communicate how their child is getting on, this will enable you a chance to catch up with your Childs coach, and for them to communicate any parts of the gymnasts training that need to improve. This will sometimes be one to one or in your Childs duo, trio or group if appropriate. These reports will usually be done after a competition to put forward an action plan for the next competition season.

Costs

Gymnastics is not a cheap sport, and there are multiple factors to consider financially when your child is a competitive gymnast.

Membership:	Competing gymnasts are required to have Silver level British Gymnastics membership. This is currently priced at £60 (2024 price) and expires on 30/09 each year.
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- Competition Entry: Each competition entry is different and set by the competition organisers. There will also be spectator entry fees to consider on the day or prior to the event. The club will try and communicate these costs to you as early in advance as possible. Entry fees can vary depending on the level of the competition, from £25 -£60+.
- Choreography: Gymnasts need to have a fully choreographed routine in place. This requires hiring in a choreographer to construct these routines. The coaches will try and keep this routine once paid for as long as possible (roughly 2 years) to avoid expenses increasing too much. Routines can cost between £150 per routine to make. The club will absorb some of these costs where possible to minimise its expense to you.
- Uniform: Competition tracksuits, leotard/suits all need to be custom made to meet the specifications laid out by the rules, and ensure the gymnasts look the part against their competitors. Uniforms can be rented from between £25 and £35 per competition. As competitions increase, it maybe more cost effective to purchase these. The costs can be from £150 + per uniform. We ill notify you of any kit requirements at our earliest convenience each time.
- Training fees: Training fees must be kept up to date, and will increase as the hours increase. However the more hours a gymnast trains, the lower the hourly rate is.

From time to time expenses can fall at the wrong time, and this may clash with the timelines of your Childs competitive journey. If you are in any financial difficulty with the timelines the competitions require, please reach out to us and we are happy to try and help.

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