



Falcons

gymnastics academy

Competition Handbook

2024

Gymnastics is a demanding sport that requires athletes to excel in a variety of mental, physical, and sport-specific attributes. Here's a breakdown of the key ones:

Physical Attributes

- * Strength: Gymnasts need exceptional upper and lower body strength to perform complex manoeuvres on the uneven bars, rings, and vault.
- * Flexibility: Gymnastics requires a high degree of flexibility to achieve a wide range of motion, particularly in the hips, shoulders, and spine.
- * Power: Explosive power is essential for gymnasts to generate the force needed for powerful jumps and vaults.
- * Balance: Excellent balance is crucial for maintaining control and stability on the beam and floor exercise.
- * Coordination: Gymnasts need exceptional coordination to precisely time and execute complex movements.

Mental Attributes

- * Focus: Gymnasts must be able to concentrate intensely and maintain focus throughout their routines to avoid mistakes.
- * Discipline: Gymnastics training is rigorous and requires a high level of discipline to commit to long hours of practice and conditioning.
- * Mental Toughness: The ability to cope with pressure, setbacks, and fear is essential for gymnasts to perform their best under competition conditions.
- * Confidence: Gymnasts need to believe in their abilities to attempt and land difficult skills.

Sport-Specific Attributes

- * Body Awareness: Gymnasts must have a keen awareness of their body position in space to perform complex manoeuvres safely and effectively.
- * Spatial Awareness: Gymnasts need to be aware of the dimensions of the apparatus they are using to avoid collisions and ensure they land safely within the designated areas.
- * Musicality: Artistic gymnasts need to interpret music and perform their routines in time with the rhythm.
- * Performance Ability: The ability to deliver a polished and captivating routine under the pressure of competition is important for gymnasts to achieve high scores.

As I'm sure you appreciate a gymnast's needs will change during their time at Falcons, for example, training hours, training days, kit, competitions entered into or not entered into, etc. their needs and direction that they travels in within their gymnastics career will be their alone and will be different to their closest peers therefore it's very important that although they train within a group they will be 'walking' their own path. Every attempt should be made not to compare your child and their gymnastics to other gymnasts as this can lead to unnecessary additional pressure placed upon them which can/will be detrimental to their progress. their passion for and enjoyment in the sport should be the defining factors when participating, irrespective of participation level.

We will continue to determine the best possible direction, level and position for them whilst at Falcons so that they can get the best they can from the sport. We will keep you informed at each step.

Support from you will be vital for them to development in the sport, not only strong positive support to themselves but also to the club.

General Expectations

Gymnasts will be expected to maintain a good attendance record, failure to do so without valid reasons will jeopardise your child's place in a competitive group. If your child's attendance drops you will receive a warning, if attendance does not improve your child will be moved to a non-competitive training group.

Gymnasts will be expected to always be respectful to the coaches and their peers at all times.

Parents will be expected to be respectful to all coaches and decisions made by the coaches, the child's best interest is always at heart.

Gymnasts are required to turn up on time and in the correct training kit. Gymnasts should turn up to training in a leotard or shorts and crop top if their coaches are happy for them to do so. Any long hair must be tied back, if the ponytail touches their face it needs to be back in a bun or tied up.

Gymnasts and parents are to respect any decisions made by your child's coach or Head of disciplines regarding your child's training schedule, level of competitions and competition routines.

4 week holiday policy/absence from training - If your child is on holiday or has other events resulting in them missing a number of training sessions 4 weeks prior to a competition they will not be entered/withdrawn from the event. Please notify us of any planned holidays/events on receipt of invitation to attend the competition. No refund will be given if your child is withdrawn. Please note this is for safety reasons.

County, Regional, Home Nation and GBR squads

Please remember the fees that you pay for these squads only covers the hire of the host facility. The club then has to cover attending coaches' wages plus any travel expenses therefore these hours will be counted in the normal weekly training schedule.

Competition Expectations

Once the gymnasts arrive and have been registered you will need to hand your child over to the coaches. Once the gymnasts have been handed over to the coaches, they are not allowed to leave the field of play unless they need the toilet. Permission must then be granted by the judges to leave the competition floor/arena.

To make the competition process as enjoyable and safe as possible for all the gymnasts please may I ask that you to:

Respect officials, coaches, opponents and host club.

Accept decisions by officials (coaches and judges) – they are human and can make mistakes.

Be enthusiastic and supportive but don't scream instructions from the crowd!

Understand, uphold and support the club's code of conduct.

Always show good sportsmanship during a competition/awards ceremony.

Kit and Clothing

Womens Artistic Gymnasts (WAG)

Any gymnast training 4 hrs a week or above are required to have Falcons squad training leotard which can be purchased from the online Quatro shop.

Gymnasts competing at county level competitions and above are required to purchase the following kit.

- Falcons long sleeve competition leotard – Quatro
- Falcons Tracksuit top and leggings – Quatro
- Falcons Pink t-shirt – Quatro
- Falcons black and pink rucksack – Quatro
- Black scrunchie or Falcon's hair bow (or both)

Link - <https://quatrogymnastics.com/collections/falcons-gymnastics>

Password – FALCONSGYM

Hair must be in a bun with or without 2 small plaits

Mens Artistic Gymnasts (MAG) – Competitive Kit

Gymnasts competing at county level competitions and above are required to purchase the following kit.

Falcons Competition Leotard – Purchased from Falcons online shop

Falcons Men's Tracksuit – Purchased from Falcons online shop

Falcons Competition Shorts – Purchased from Falcons online shop

Falcons Competition Longs – Purchased from Falcons online shop

Blue Competition Socks – Parents will need to source these from Turn Gymnastics Website

Spare pair of plain white ankle shorts – Parents will need to source these

Gym Rucksack - Link - <https://quatrogymnastics.com/collections/falcons-gymnastics>

Link to Falcons online Shop - <https://falcons-gymnastics.co.uk/shop/>

To be completed as a separate document.

Parents agreement for gymnasts moving groups.

Gymnasts moving groups and levels within the club is something that is commonplace and needed within our sport for the gymnast to thrive. This may be required for a number of reasons, but any decisions taken will always be made in the best interests of the gymnast. When any movement is planned, a great deal of time and effort goes into ascertaining the correct path for the gymnast to get the most out of our rewarding sport.

Falcons has a proven track record of ensuring that every gymnast matters and any decision taken to move a gymnast or amend their training is in the best interests of the child.

At Falcons, all gymnasts are continually monitored by their personal coaches and the discipline leads. The constant observation and communication between the coaches helps determine the correct path for every gymnast.

When the decision is taken to change the gymnasts working group, training days, training hours, etc, it may seem tough, challenging and emotional for both the gymnast and parent, however the professional judgement of the coaches must be respected.

The lead coaches at Falcons have a huge wealth of experience and know what is right within their field of expertise. Decisions made to revise any aspect of a gymnast's training must be accepted and supported by parents/guardians so the transition for the gymnast is as smooth as possible.

If a gymnast requires a substantial alteration to their training schedule (changes to training days, number of hours trained per week, coach etc) Falcons will request a meeting with the parents/guardians to discuss the reasons. Where possible, and appropriate, as much time as possible for this transition will be agreed upon. Please note however that in some cases an immediate change may be necessary.

For any gymnast to be selected to train in any development group is a privileged opportunity. Therefore, the support and trust of the parents/guardians is paramount. At times, changes will be necessary to maintain the correct path for a gymnast and these must be fully supported and accepted by parents/guardians.

Falcons will require all parents/guardians to sign the agreement below before a place in any development group is accepted. Without this, the gymnast will not have their development position confirmed.

I understand and agree that Falcons Gymnastics Academy can and will move my child to any group and/or amend their training to what is required as soon as it's deemed necessary and appropriate at any given time. This can be to any group, day, time or coach that is deemed necessary, either on a full, long time or part time basis.

Example scenarios/reasons for change (examples but not limited to):

- Gymnast has progressed beyond that of the coaches qualification level.
- Gymnast is not working at the required level for the current group.
- Coach is off for illness or any other leave.
- Gymnast requires a reduced workload due to outside influences e.g. school work/exams
- Gymnast returning / recovering from injury
- Gymnast requests a change, eg, reduction in training hours
- Gymnasium timetable dictates alterations to schedules
- Gymnast progression requires increased hours
- Gymnasts attendance has fallen under the required amount for their competition group

Further information for parents.

Post training recovery Snack ideas



Low fat milk, with a banana and some additional bright coloured fruit e.g. berries

Freshly made smoothie with milk and Greek yoghurt



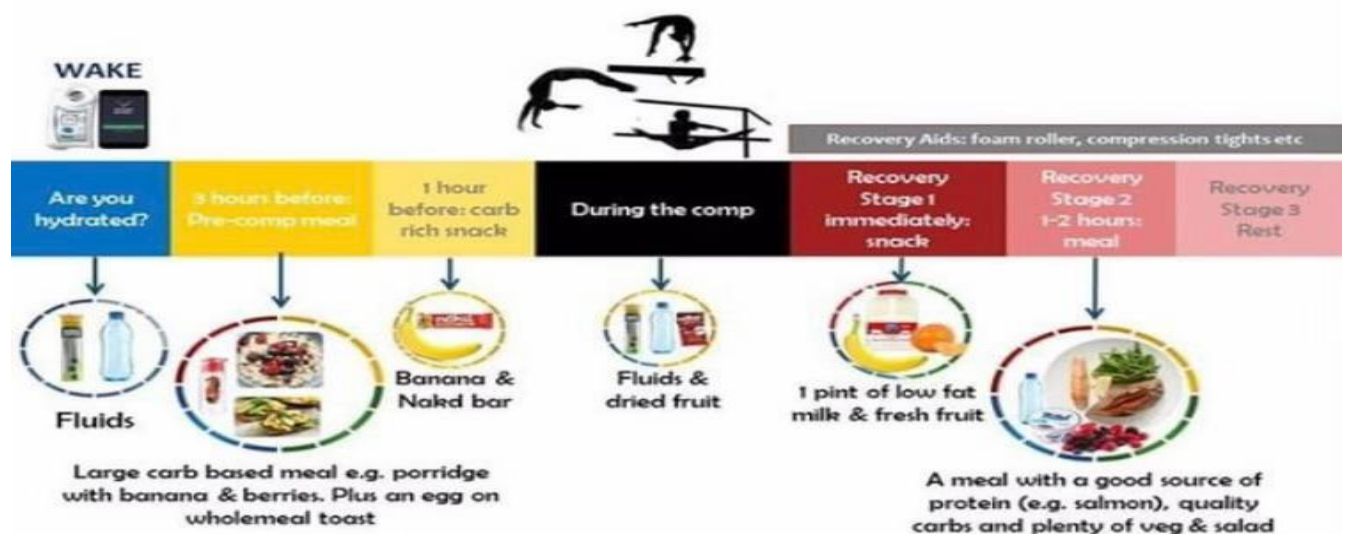
Skyr or high protein Greek yoghurt with a banana and some additional bright coloured fruit. Add a tbsp chia seeds for extra nutrients

Mhairi Keil & Georgina Impson Davey | Performance Nutrition Team | BG & EIS

Competition day nutrition timeline

British
Gymnastics

ENGLISH
INSTITUTION OF
SPORT



Fuelling during training

Carbohydrates are the main energy source for the brain and muscles during gymnastics training.

Gymnastics sessions can be long, so the **best, quick release, carbohydrate** foods to eat **during** training to **boost energy** levels include:

- ✓ Ripe banana
- ✓ Dried fruit
- ✓ Blueberry power balls (see recipe)
- ✓ Fruit and nut bar e.g. Naked
- ✓ Homemade healthy oat bar
- ✓ Fruit smoothie



Mhairi Keil & Georgina Impson Davey | Performance Nutrition Team | BG & EIS

FUELING THE GYMNAST

@THE.GYMNAST.NUTRITIONIST



Breakfast



Snack



Lunch



Pre-Workout
Snack

Intra-Workout
Snacks

Post-Workout
Recovery



Dinner

Performance Nutrition

Christina Anderson | RDN

SNACKS FOR RIGHT AFTER PRACTICE

Gym Bag Snacks

@thegymnastrd



Portable Protein
Pack



Apples + PB



Tuna Pack +
Pretzels



Chocolate Milk



Trail Mix



Granola Bar
(balanced for recovery)

For That Hour Long Ride Home From Practice

