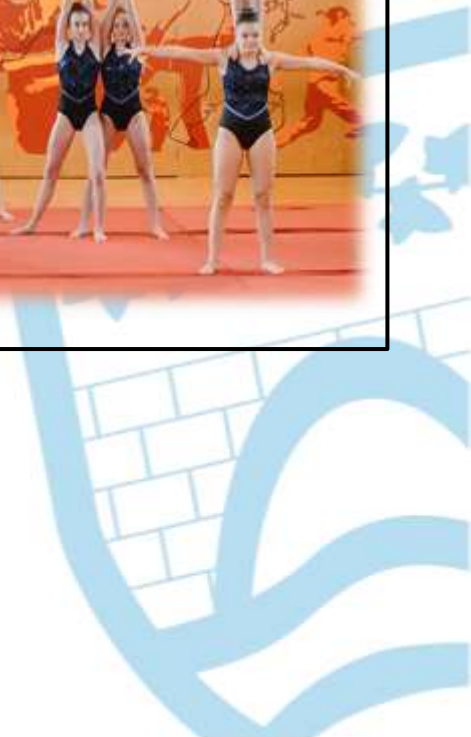




# Ivybridge Gymnastics Academy





# Information Pack

## Ivybridge Gymnastics Academy

### Introduction

Welcome to Ivybridge Gymnastics Academy, a friendly and dynamic acrobatic gymnastics club, based at Ivybridge Community College.

Ivybridge Gymnastics Academy trains both boys and girls, places an emphasis on catering for all levels of ability, and is currently the most successful school gymnastics team in the UK.

So whether you are interested in fun sessions, beginner-level, regional-level competing at the British Schools Championships, Ivybridge Gymnastics Academy has something to suit your child's needs.

The Academy specialises in Artistic Gymnastics (floor and vault only), General Gymnastics and Acrobatic Gymnastics.

**Artistic Gymnastics** is the Olympic sport for men and women performed on apparatus and judged individually, by event, in the All-Around and by team. Men's events are floor exercise, horizontal bar, parallel bars, pommel horse, still rings and vault. Women's events are vault, uneven bars, balance beam and floor exercise. Ivybridge Academy trains and performs on equipment such as floor, vault and rebound.

**General Gymnastics** is a non-competitive form of gymnastics featured in festivals and displays. It culminates in a world festival of gymnastics, the World Gymnaestrada, which is held every four years and attracts tens of thousands of participants from many countries.

**Acrobatic Gymnastics** is a competitive gymnastic discipline where partnerships of gymnasts work together in pairs and groups to perform routines. These routines are set to music and consist of acrobatic moves, individual gymnastic elements and choreography. Gymnasts perform balance and dynamic moves, which include partner balances, throws, somersaults and catches.

Gymnastics is thrilling to watch, and while international-level gymnasts perform complex and exciting skills, beginner and developing gymnasts also get a great deal of benefit from the sport too, learning valuable motor skills and how to work together in groups.



## **Our Philosophy**

Ivybridge Gymnastics Academy believes in promoting self-esteem and creating self-confidence in children through the sport of gymnastics. The teachers at the College provide skilled and fun instruction to all children.

We encourage children to achieve their potential and we regard safety as our highest priority.

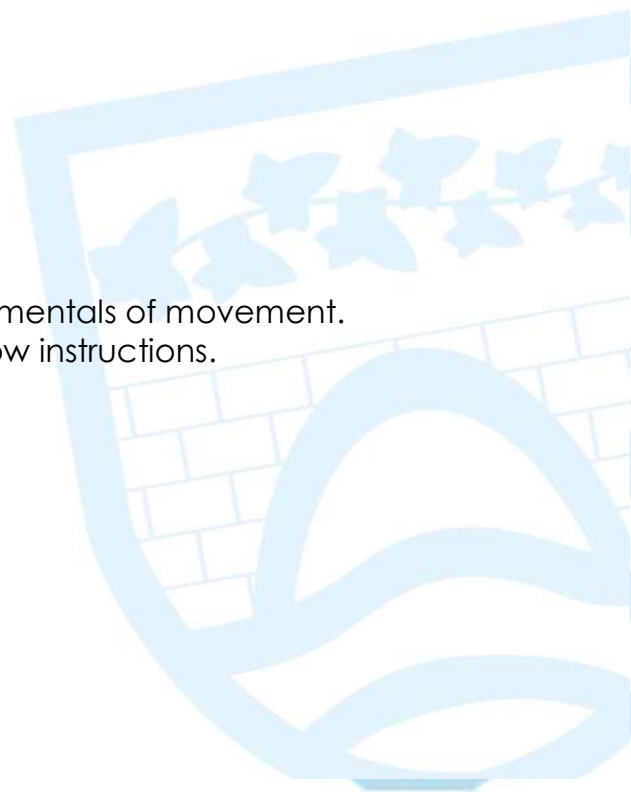
We believe that gymnastics can give your child an advantage in their sporting, academic, physical, mental and social development.

## **Our Values**

1. To provide a safe and structured environment.
2. To teach and coach gymnastics at a level appropriate to the individual gymnast.
3. To ensure every gymnast reaches their potential.
4. To provide an enjoyable learning environment.
5. To provide competition opportunities at a level appropriate for all gymnasts.
6. To develop a child's confidence and self-esteem.
7. To enable others interested in the sport to learn basic coaching skills and attend courses to further their knowledge.

## **The Benefits**

- Develops co-ordination.
- Develops flexibility.
- Develops strength and power.
- Increases self-esteem and confidence.
- Develops skills to enhance other sports.
- Fosters interaction with peers.
- Provides the foundation for fitness and fundamentals of movement.
- Teach young people to learn, listen, and follow instructions.
- Improve fine motor skills.
- Improve self-discipline.
- Promotes a healthy lifestyle.





## Academy Structure

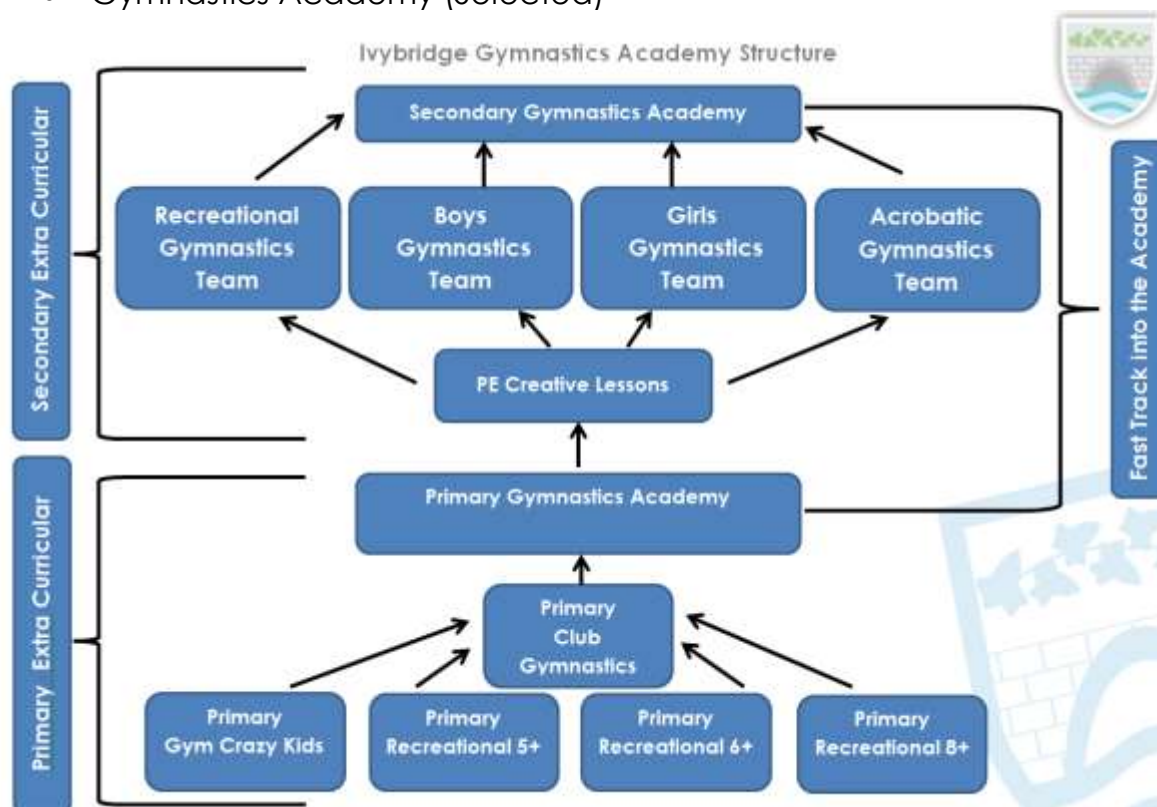
Gymnastics at the College has a well-developed structure to support students from participation all the way to performing at an International level. The structure for gymnastics training at the College is as follows:

### Primary Provision

- Primary Recreational Gymnastics (Age 4 – 11 Years)
- Primary Recreational Gymnastics Club (Selected Gymnasts)
- Primary Academy (Selected Gymnasts)

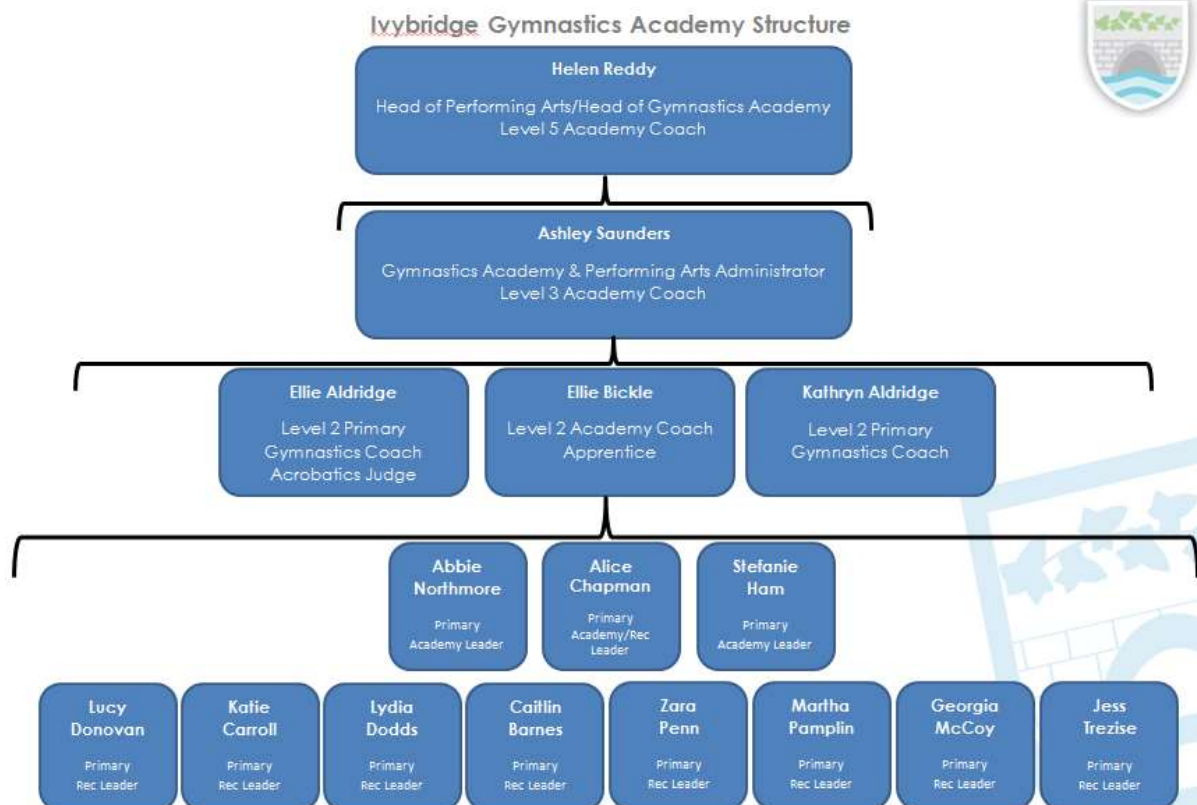
### Secondary Provision

- Recreational Gymnastics
- Boys' Team
- Girls' Team (Selected)
- Team Acrobatics (Selected)
- Gymnastics Academy (Selected)





## Teaching and Coaching Staff



## About the Teams and Gymnastics Groups

### Primary Gymnastic Groups

Our Primary groups are fun classes that focus on core skills and developing a passion for gymnastics. Jumps, rolls, balancing, vaulting, flexibility work, acrobatics and the possibility of taking part in their first 'club' gymnastics competition all form part of this enjoyable group.

There are six groups that focus on varying ages and levels of ability, including our Recreational Groups (different age groups), Primary Club Group and Primary Academy. Gymnasts in Primary Academy are seen as having the potential to compete in Regional competitions and shows.

### Recreational Gymnastics

Our Recreational Gymnastics group is designed to introduce Ivybridge students to this enjoyable sport. It focuses on fun, developing core skills and participation in the annual Performing Arts Show. There is an emphasis on general gymnastics, including body awareness, fitness, jumps, rolls, balancing, vaulting, flexibility work and acrobatics. Recreational Gymnastics also offers the possibility for students taking part in their first 'club' gymnastics competition.



## **Girls Gymnastics**

These higher-level sessions are team sessions for girls who have been selected for their gymnastics ability or potential. Focusing predominantly on floor and vault skills, gymnasts in these classes are offered the opportunity to compete for the College at British Schools Gymnastics competition. They also take part in challenging group routines as part of the College's annual Performing Arts Show.

## **Boys Gymnastics**

These higher-level sessions are team sessions for boys who have been selected for their gymnastics ability or potential. Focusing predominantly on floor and vault skills, gymnasts in these classes are offered the opportunity to compete for the College at British Schools Gymnastics competition. They also take part in challenging group routines as part of the College's annual Performing Arts Show.

## **Acrobatic Gymnastics**

Places in Team Gymnastics and Team Acrobatics are by selection only, by way of a trial. Successful gymnasts train an additional two evenings per week, earn the right to compete for the College in regional and national competitions and form the display team that perform in high-profile display and events.

## **The Secondary Gymnastics Academy**

Gymnastics plays a huge part of the academy structure at the College. Gymnasts are selected from the Primary Gymnastics Academy, Secondary Recreational group and the Boys Team. The Secondary Gymnastics Academy train after College and during lunch times. The Academy students are also selected to train during PE curriculum time (1 lesson out of 4) and during other curriculum lesson. Your child will know whether they are part of the Academy. Please see the training timetable for all Secondary Academy Gymnasts.





## Ivybridge Gymnastics Academy Timetable

	Block 1	Block 2	Block 3	Block 4	Lunch	Block 5	After College
Monday A	Yr 11iv Gym Academy				Acrobatics and Tumbling	All Years Gym Academy	Primary Gymnastics
Tuesday A		Yr 7i and 7v Gym Academy	Yr 8y and 8z Gym Academy		Girls Team	Yr 9yz Gym Academy	Academy Gymnastics
Wednesday A					Acrobatics and Tumbling		Primary Gymnastics
Thursday A					Recreational Gymnastics	All Years Gym Academy	Academy Gymnastics
Friday A				Yr 10iv Gym Academy	Boys Gymnastics		
Monday B					Acrobatics and Tumbling		Primary Gymnastics
Tuesday B					Girls Team	All Years Gym Academy	Academy Gymnastics
Wednesday B					Acrobatics and Tumbling	Yr 8i and 8v Gym Academy	Primary Gymnastics
Thursday B		Yr 10yz Gym Academy			Recreational Gymnastics		Academy Gymnastics
Friday B					Boys Gymnastics		

The Academy students are not required to train for **all** the academy blocks. A minimum of **two** are required to be a part of the Academy (1 PE extraction and 1 afternoon session). There will be of course a few exceptions within the academy due to GCSE's. Students will be registered for every academy session. Teachers are informed of all the academy gymnasts and should be there to support all the gymnasts in their training and development.





## The Primary Academy

**Cost:** £3 per session (please see costing section)

**Coach in charge of Primary Academy** – Ashley Saunders and Ellie Bickle

**Coach in charge of Primary Recreational** – Lydia Dodds and Ellie Bickle

**Coach in charge of Primary Club** – Ellie Bickle

**Coach in charge of all Payments** – Ellie Bickle

### Academy Groups and Times:

All groups are welcome to attend the sessions outlined below.

Gymnastics Group	Times	Monday Coaches	Wednesday Coaches	Friday Coaches
Primary Recreational Group <b>8+ years - G Group</b>	4.00pm – 5.00pm	Zara Penn Jess Trezise	Jess Trezise Alice Chapman Lucy Donovan	-
Primary Recreational Group <b>6+ years - Y Group</b>	4.00pm – 5.00pm	Lydia Dodds Alice Chapman	Georgia McCoy Katie Carroll	-
Primary Recreational Group <b>5 + years - M Group</b>	4.00pm – 5.00pm	Katie Carroll	-	Ellie Bickle
Primary Recreational Group <b>4 + years - Gym Crazy Kids Group</b>	4.00pm – 5.00pm	Martha Pamplin Caitlin Barnes	- -	Ellie Bickle
<b>Primary Club (Selected)</b>	5.30pm – 7.00pm	Ellie Bickle Lydia Dodds Alice Chapman	Ellie Bickle Lydia Dodds Alice Chapman	-
<b>Primary Academy (Selected)</b>	4.00pm – 6.00pm	Ashley Saunders Ellie Bickle Abbie Northmore Stefanie Ham	Ellie Bickle Abbie Northmore Stefanie Ham	-

### Aims of the Academy

We aim for all gymnasts to have the opportunity to work towards learning new skills, socialise with other children, achieve British Gymnastics badges, compete in competitions and perform in shows. Please find below the expectations for each gymnastics group







## Expectations

Primary Team Gym	Primary Club & Recreational Groups
<ul style="list-style-type: none"><li>• Must complete a consent form and pay gymnastics fees</li><li>• Must attend every Monday and Wednesday training session for the year</li><li>• Perform in shows (Performing Arts Show in December and Primary Performing Arts Show)</li><li>• Compete in artistic floor and vault competitions</li><li>• Compete in acrobatics competitions</li><li>• Compete in a club competition</li><li>• Some gymnasts will be selected to train with the College's Team Gym. This will be on Tuesday and/or Thursday (there will be no extra cost for this training)</li><li>• Have the opportunity to purchase Gymnastics Academy clothing</li></ul>	<ul style="list-style-type: none"><li>• Must complete a consent form and pay gymnastics fees</li><li>• Perform in shows</li><li>• Compete in artistic floor and vault competitions</li><li>• Compete in a club competition</li><li>• Gymnasts will have the opportunity to be selected to attend the Primary Team group depending on work ethos, commitment and skill development</li><li>• Gymnasts can stop training at any time, if they wish to do so</li><li>• Have the opportunity to purchase Gymnastics Academy clothing</li></ul>

### New starters

All children joining Ivybridge Gymnastics Academy for the first time will begin in the Recreational Group. If you would like your child to be a part of the exciting Gymnastics Academy please email Helen Reddy ([gymnasticsacademy@ivybridge.devon.sch.uk](mailto:gymnasticsacademy@ivybridge.devon.sch.uk)) to find out if there is a space in the Academy. Please email your child's name and age. If a place is available in the Academy you will be asked to complete the attached Consent Form and return to the address below with the academy fees.

### Academy Fees

The Academy fees must be paid for per half term, in advance of the start of term.

**New starters** – will have one trial session at a cost of £3. Payment is then required in full for the rest of the half term.





## Monday Training Dates and Fees

Term Times	Cost for Training	Term Times	Cost for Training
Monday, 9 September Monday, 16 September Monday, 23 September Monday, 30 September Monday, 7 October Monday, 14 October	£18	Monday, 28 October Monday, 4 November Monday, 11 November Monday, 18 November Monday, 25 November Monday, 2 December	£18
Monday, 6 January Monday, 13 January Monday, 20 January Monday, 27 January Monday, 3 February Monday, 10 February	£18	Monday, 24 February Monday, 2 March Monday, 9 March Monday, 16 March Monday, 23 March	£15
Term Times	Cost for Training	Term Times	Cost for Training
Monday, 20 April Monday, 27 April Monday, 4 May Monday, 11 May Monday, 18 May	£15	Monday, 1 June Monday, 8 June Monday, 15 June Monday, 22 June Monday, 6 July	£15
<b>Yearly Training Fee</b>		<b>£99</b>	

## Wednesday Training Dates and Fees

Term Times	Cost for Training	Term Times	Cost for Training
Wednesday, 11 September Wednesday, 18 September Wednesday, 25 September Wednesday, 2 October Wednesday, 9 October Wednesday, 16 October	£18	Wednesday, 30 October Wednesday, 6 November Wednesday, 13 November Wednesday, 20 November Wednesday, 27 November Wednesday, 4 December	£18
Wednesday, 8 January Wednesday, 15 January Wednesday, 22 January Wednesday, 29 January Wednesday, 5 February Wednesday, 12 February	£18	Wednesday, 26 February Wednesday, 4 March Wednesday, 11 March Wednesday, 18 March Wednesday, 25 March	£15
Wednesday, 22 April Wednesday, 29 April Wednesday, 6 May Wednesday, 13 May Wednesday, 20 May	£15	Wednesday, 3 June Wednesday, 10 June Wednesday, 17 June Wednesday, 24 June Wednesday, 8 July	£15
<b>Yearly Training Fee</b>		<b>£99</b>	



## New for 2019 – 2020 Friday Training Dates and Fees

Term Times	Cost for Training	Term Times	Cost for Training
Friday, 13 September Friday, 20 September Friday, 27 September Friday, 4 October Friday, 11 October	£15	Friday, 1 November Friday, 8 November Friday, 15 November Friday, 22 November Friday, 29 November Friday, 6 December	£18
Friday, 10 January Friday, 17 January Friday, 24 January Friday, 31 January Friday, 7 February Friday, 14 February	£18	Friday, 26 February Friday, 6 March Friday, 13 March Friday, 20 March Friday, 27 March	£15
Friday, 24 April Friday, 1 May Friday, 15 May Friday, 22 May	£12	Friday, 5 June Friday, 12 June Friday, 19 June Friday, 26 June Friday, 10 July	£15
<b>Yearly Training Fee</b>		<b>£93</b>	

### Options for payment

#### Pay per half term

The payment must be made in advance of the half term. The payment must be made in full for each half term. Late payments will not be accepted. Children will **not be** allowed to train if fees have not been paid for in **advance**. Payment will not be accepted per session. Payments are **non-refundable** if children drop out of the Academy during the term. Sessions will not be discounted due to illness.

#### Pay for the year

Gymnasts can pay for the whole year if they are fully committed and dedicated to their group.

All payments can be made in cash or cheques (made payable to **Ivybridge Community College**). There will be 25 - 30 places available in the Primary Academy, 12 places available per group in the Recreational Group and 30 places in the Primary Club. There will be a waiting list for gymnasts in the Recreational Gymnastics Group if numbers become too large.

There will be a sign-in desk outside the Gymnasium at the start of every session in order for payments to be made for training, competition fees and clothing. Please make every effort to send payment in the post in advance of the term.

#### Reminder

Please complete a Consent Form and pay the training fees either on the day you join or send in the post to confirm your place. Please put for attention of Mrs Helen Reddy on the envelope.



## Gymnastics Team Kit

Students have the opportunity to purchase gymnastics kit for their training and competitions. Two kits are available

1. Competition Attire (Black and Green O'Neils and Blue Leotards (A Star)
2. ICC Academy Attire (Blue Joma Kit)

Students are not to wear the competition attire into PE lessons, but the blue Nike kit is allowed to be worn in PE lessons.

A completed clothing order form will be required to place an order for both academy kits. If gymnasts are unsure on clothing sizes, please leave the form blank and every effort will be made to ensure the right size is ordered. Please hand all forms and payment in an envelope to Mrs Reddy.

### Training Kit for Sessions

**Girls** – Any leotard or crop top and shorts

**Boys** – Any leotard, vest top, or t-shirt and shorts

Students are required to wear any leotard or crop top and shorts (girls) and leotard or t-shirt (boys) for all training sessions. Students are allowed to wear layers of clothing to ensure they are warmed prior to training. Students are required to purchase a training leotard from the order form.

Gymnasts are not allowed to train in t-shirts after the warm-up.

### Competition Attire

Gymnasts require the following items from the clothing order form for competitions:

- Tracksuit jacket
- Tracksuit bottoms
- T-shirt or polo shirt
- White socks
- Competition leotards and shorts
- Boys – hair neat and tidy; Girls – gelled buns
- Gym Bag

Tracksuit Tops	Tracksuit Bottoms	Tee Shirts	Girls Leotard	Boys Leotard
				



## Order Forms

Please complete an order form enclosed in the information pack or collect from outside the gymnasium and return in an envelope with the money. Please pass all orders to Mrs Reddy.

## Competitions and Events

Throughout the year gymnasts have many opportunities to take part in competitions and festivals. An event and competition diary is also enclosed in the pack. Selected gymnasts will have the opportunity to participate:

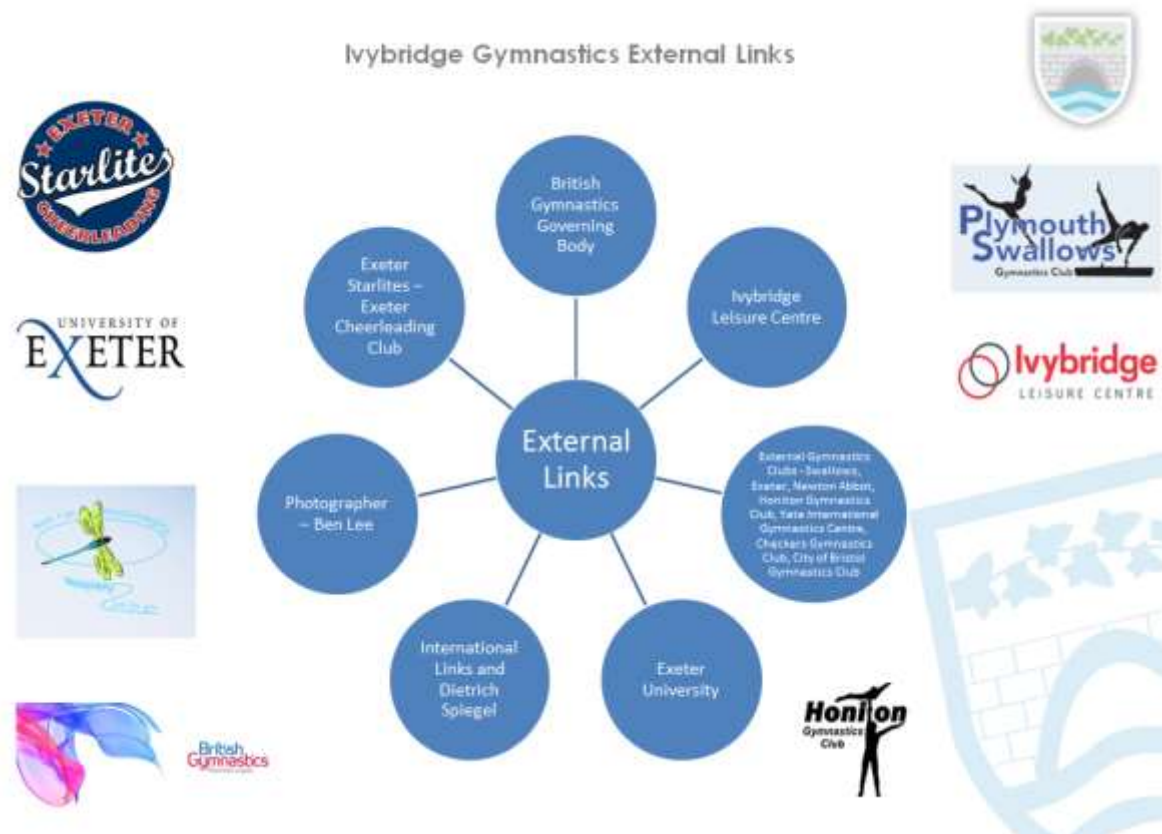
- Schools Artistic Floor and Vault Competitions (Regionally and Nationally)
- Schools Acrobatic Competitions (Regionally and Nationally)
- Schools Tumbling Competitions (Regionally and Nationally)
- South West Prelims Acrobatics Gymnastics Competition
- South West CDC Acrobatic Gymnastics Competition
- South West CDC Acrobatic Gymnastics Championships
- South West Acrobatic Gymnastics Championships
- Honiton Invitational Competition (National Competition)
- NDP National Finals for Acrobatic Gymnastics
- Inter Regionals NDP Acrobatic Gymnastics Competition (Southampton)
- British Championships for Acrobatic Gymnastics
- International Acrobatic Gymnastics Competitions (Belgium, Italy, Switzerland, London, Bristol and South Tyneside)
- Ivybridge Club Competition
- Primary Performing Arts
- The Performing Arts Show
- Open Evenings
- Sports Awards Evenings
- Displays in Events and Shows

Letters will be sent home via student post informing you of any arrangements and event organisation in advance. The letter sent home clearly outlines logistics, cost and whether transport is provided for gymnasts.





## External Links



## British Gymnastics Membership

One of the requirements of attending gymnastics sessions at Ivybridge Gymnastics Academy is annual membership of British Gymnastics (BG).

## Membership Benefits

Whether you are just starting out, or have been involved in gymnastics for some time, there is a whole range of benefits to being a part of the British Gymnastics community:

- To be part of a strong and recognised organisation that ensures a safe, child-friendly and fun environment to enjoy gymnastics
- Access to coaches qualified to national standards, ensuring the training received is of the highest standard
- Opportunities for entry into competitions at all levels, for all abilities and disciplines
- GymFusion – access to any of the events within the National Festivals Programme and Gymnastics for all
- Comprehensive Insurance Packages
- Access to the Customer Support department – advice and guidance for every aspect of your membership
- BGTV – available on [www.british-gymnastics.org/bgtv](http://www.british-gymnastics.org/bgtv) - bringing you the best gymnastics videos, interviews and events from the world of British Gymnastics
- My Leadership Academy programme – enabling young people to help shape the future workforce of the Gymnastics community



**Membership renewals** are due on a yearly basis. From October 2017, to comply with new General Data Protection Regulation (GDPR), we are no longer able to pass on students personal details to British Gymnastics. It is therefore, essential that the following process is followed in this order:

1. You must register your child's membership details directly through the British Gymnastics website
2. All membership fees must be paid to **British Gymnastics** directly
3. The fee is £43 for silver membership and £19 for bronze membership

### What type of membership do you need?

- **Silver Membership** (£43)
  - Academy (Prelims)
  - Primary Academy (Prelims)
- **Bronze Membership** (£19)
  - Academy (CDC Level)
  - Acrobatics and Girls Team Only
  - Primary Academy
  - Primary Club
  - Primary Recreational

You will need to go to the British Gymnastics Membership portal on the website to complete either the 'new membership' or 'membership renewal' process (more details below). Completing this process will create your child's vital insurance cover and must be completed by the end of November each year.

### Where and how to complete membership

Regardless of whether you are an existing or new member you can complete your child's membership process by going to the British Gymnastics website and clicking on the **Membership** tab. The specific web address is:

<https://www.british-gymnastics.org/membership>

When the portal is open you will be asked to enter (**answers in bold**):

- Personal details (which may speed up the process if BG already has your details on file)
- Confirm Gymnastics Club – **Ivybridge Gymnastics Academy**
- Main type of gymnastics – **Acrobatics**
- Any other types of gymnastics – **Any that apply** (for example you may tick **Artistic** if your child does this somewhere else)
- Membership types – Bronze or Silver (as stated above)



British Gymnastics tells us that the registration system on their website is quick and easy to use by mobile phone, tablet, computer or laptop. You will not need to pay anything extra. British Gymnastics will activate your membership and insurance cover immediately after you have completed the process and we have made payment, then they will send your membership confirmation and benefits information by both post and email. British Gymnastics will notify Ivybridge Gymnastics Academy immediately when you have completed your registration.

### **Watching your child train**

The gymnasium is open to all parents, however due to health and safety, parents are welcome to pop into the gym to watch (please sit on the benches provided) 10 minutes prior to the finishing time. This does not apply to parents for the Primary Gymnastics on Mondays and Wednesdays. Please can all parents wait outside of the gymnasium until the end of the session.



### **Emergency Contact Details**

All gymnasts' details are extracted from SIMS and used in case of an emergency and when gymnasts are at a competition, event or show. Please inform Mrs Reddy if there are any changes to the data on SIMS throughout the year.

### **Photography and Filming**

Please ensure you have completed the online consent for your son/daughter to be photographed and videoed at different events and have their photograph displayed in College, newspapers, magazines and on display boards.







## Academy Contact and Communication

If you would like to have further information or have any questions or concerns please contact Mrs Reddy and **not** the individual coaches:

### Mrs Helen Reddy

Tel: 07825181693 (text only)

Email: [gymnasticsacademy@ivybridge.devon.sch.uk](mailto:gymnasticsacademy@ivybridge.devon.sch.uk)

Address: Ivybridge Gymnastics Academy, Mrs Helen Reddy, Ivybridge Community College, Harford Road, Ivybridge, PL21 0JA

Please join our Facebook Page (Ivybridge Gymnastics Academy) to ensure you are up to date with all information and events.





## Dates for the Diary

Please view all the events and competition dates that are in the Gymnastics calendar for 2019 – 2020. Gymnasts will be invited by letter to attend the below events. Not all gymnasts will be entered for all events.

**28-29 September:** Honiton Invitational (selected Novice, Grades 1-5, and 11-16)

**12-13 October:** South West Championships, Yate (selected competition gymnasts: all grades including FIG levels - higher performance)

**23 October:** Holiday Training (9am – 12 noon Primary and 1pm – 4pm Secondary)

**2-3 November:** South Tyneside National Competition

**15 December:** Honiton Christmas Show

**2 February:** South West Schools Floor and Vault

**8-9 February:** Yate International Competition (Grades Only)

**1 March:** South West Schools Acrobatics Competition

**14-15 March:** South West Acrobatic Prelims (selected Novice, Grades 1-5, and 11-16)

**8 April:** Holiday Training (9am – 12 noon Primary and 1pm – 4pm Secondary)

**19 April:** Ivybridge Club Competition

**26 April:** CDC Competition, Sherborne (selected competition gymnasts and selected primary gymnasts: Novice, Grades 1-4, Intermediate levels)

**2 & 3 May:** Schools Floor and Vault National Finals, Fenton Manor

**16-17 May:** NDP Finals, Fenton Manor, Stoke (qualifying gymnasts)

**27 May:** Holiday Training (9am – 12 noon Primary and 1pm – 4pm Secondary)

**4 June:** Primary Performing Arts Show (All Primary Gymnasts and selected Academy gymnasts)

**29 June – 3 July:** Enrichment Week, Ivybridge

**17-19 July:** Grand Prix, Formula One, Pro Excel Dance Project

**12 July:** Honiton CDC Championships (selected competition gymnasts and selected primary gymnasts; Novice, Grades 1-4, intermediate levels)

**26-27 September:** Honiton Invitational (selected Novice, Grades 1-5, and 11-16)

**August:** Summer Camps – Dates TBC

