



## Gymnastics Classes

### TeamGym

Group gymnastics at its best is a team competition for men and women, which includes routines being performed on three pieces of apparatus: floor, trampet and a tumbling track.

Lynden offers team gymnastics in three sets of classes:

- Little Lynden – providing a safe environment for pre-school children to learn some basics of gymnastics while having fun;
- Recreational Team Gymnastics – providing a fun yet disciplined environment to engage as individuals and a team to develop gym skills;
- Quad Team Gymnastics – providing opportunities to progress in this discipline.



As a natural extension of artistic gymnastics, TeamGym competitions provide a great opportunity for those gymnasts not wishing to take part in all six (men's artistic) or four (women's artistic) gymnastics, to work as part of a team.

TeamGym competitions may consist of three categories: women, men and mixed teams. In each of the three categories a team may consist of between 6 to 12 gymnasts.

TeamGym routines require effective teamwork, excellent technique and spectacular acrobatic elements. Training and competitions generate an excellent team spirit amongst gymnasts with routines providing great entertainment and spectacle for participants and spectators.

TeamGym competition has its roots in Scandinavia where it has been a major event for more than 20 years. The Euroteam competition, a recent addition to the European Union of Gymnastics (UEG) calendar, was first held in Finland in 1996 and now takes place in even-numbered years.

Gymnasts taking part in TeamGym competitions will perform routines (programmes) on the following pieces of apparatus:-





## **Floor**

Teams perform an optional floor routine within a 14 x 18 metre non-sprung floor area. The routine is accompanied by instrumental music and emphasises strong and smooth teamwork and expressive presentation.

A typical floor routine will consist predominantly of gymnastic elements and meticulous choreography. The choice of elements must suit the level and maturity of the team as well as the music. The aim is good technical performance, fluent and linked movements, and certainty of synchronisation as well as expressive presentation.



## **Trampet**

Teams perform a series of somersaults and twists from a trampet, with good streaming (consecutively and close to each other). Part of the trampet series is performed using a vaulting table.

Again the complete series is performed to music, with each team performing three different rounds. The streaming and complexity of the elements produces some very exciting performances.

## **Tumbling Track**

Teams perform a tumbling series on a 14 metre tumbling track with good streaming. This produces a very dynamic and entertaining performance.

The series is performed to music. Each team performs three different rounds and each tumbling series must consist of at least three different acrobatic elements, without intermediate steps.

TeamGym is the perfect way to extend or support the participation of other gymnastics disciplines. It provides a great way to keep in shape and maintain skills and fitness with friends.



## Core Proficiency Badges

The Core Proficiency Gymnastics Award scheme follows on from Pre- School for beginners and children aged 5 years and upwards the scheme assists in the progressive development of core skills such as balance, strength, flexibility and co-ordination and incorporates compulsory pulse raising activities. There are 10 types of activity and 8 levels of attainment. Participants can choose from a selection of 80 activities to develop core skills. A comprehensive resource pack underpins successful delivery of the scheme.

Core Proficiency Badges consist of floor, rebound, vault, pairs work.



## Advanced Proficiency Badges

The Advanced Proficiency Gymnastics Award scheme is for children aged 11 years & upwards, it assists in the development of Core fitness (Strength, power, flexibility, and coordination) and gymnastics skills for the coaching of more advanced skills for use in clubs, schools and leisure centres. The scheme offers a range of activities including Floor, Vault & Rebound, and Pairs & Groups. It broadly underpins development work for Grades, the Next Step Competition Framework and National Development Programmes.

Advanced Proficiency Badges consist of Floor, rebound, vault, pairs work.

## Squad Opportunities

Here at Lynden we offer a competitive route, if a gymnast shows promise. This may not only be reflected in their skills, but more so in their drive and work ethic. We believe that a gymnast is made up of many parts, physical ability, mental strength, passion and drive for the sport and their teammates.

There is much to consider, when considering taking up this opportunity:





- Commitment
- Time
- Cost

This benefits that this can bring to a young gymnast are immense.

- Teamwork
- Dedication
- Discipline



Gymnasts are selected on an invitation only basis and are afforded a trial period. The trial period will benefit both the gym and the gymnasts. This gives both parties the opportunity to opt out, should they wish. Should they wish to commit and join the squad, a commitment contract would be signed and discussed.

## Competition Opportunities

There will be many opportunities throughout the year, for gymnasts to participate in competitions. There are various levels and types of competitions in which gymnasts can take part in. The coaches will determine which competition will be best suited to each gymnast, based on their ability.

Competitions are not compulsory and we don't pressurise gymnasts in any way. Participation is at the choice of each individual. There are other opportunities throughout the year to display their work, such as annual displays and badge presentations.

