

### Development Information

On arrival, gymnasts should wait in the waiting area until called in by their coach at the beginning of class, a register will then be taken. After class we operate a sign out system where your child must be signed out (with a signature) by their parent or a person you have identified to collect them from class.

### What to wear

Gymnasts should wear comfortable sports clothing e.g. leotards, leggings, shorts all socks must be removed. No jewellery is to be worn - this includes stud earrings (if they cannot be taken out they can be covered with medical tape). We have a training leotard shown below this is optional to purchase.

Development gymnasts are expected to take part in competitions- therefore a competition leotard should be bought. All kit can be ordered by emailing [saltirekit@hotmail.co.uk](mailto:saltirekit@hotmail.co.uk). These are Milano leotards; a size guide can be found [here](#).



### What we do

We are a Teamgym club therefore we focus on this discipline of gymnastics which involves floor, tumbling, trampette and vault. We do little beam and bar work and may only use it occasionally for the purposes of strength and balance.

Development gymnasts should train a minimum of 4 hours per week. This can be mixed with other clubs or local authorities this ensures that gymnasts are progressing at the consistent rate as aspects of fitness should be maintained regularly.

Below is our annual plan which most sessions are focussed around throughout the year. We do have some extra events during the year which may change the session focus from time to time, but this will always be advertised on our notice board in the waiting area.

	Beginners	Intermediate	Development
Term 1 Jan-March	New skills Re-ports cards	New skills Report cards 2 piece routine	
Term 2 April -June	Routine work Dis-play work	Routine work Display work	
Term 3 Aug-Oct	Badges	Badges Teamgym skills	Teamgym skills 2 piece routine New skills
Term 4	New skills		

### General Information

Toilets are located at the back of the building and to avoid disruption to classes we ask that only participants use them where possible.