



Competitive Squad Handbook 2026

Welcome to our Be Gymnastics Competitive Squads!

Introduction

Congratulations to your child on being selected to become a Squad Member at Be Gymnastics! We are very excited to have you join our team and begin this competitive journey together.

Be Gymnastics is now 7 years old and has continued to develop and grow with the community. Our Tumble Squad have had 7 tumblers represent the club at English Finals and 4 tumblers represent the South East at the Inter-Regional Finals across Great Britain in the last 3 years. 2025 brought our new competition squad – our Men's Artistic Squad!

The contents of this handbook clearly sets out the expectations of gymnasts, parents and members. By accepting your child's position within our competitive programme, you are agreeing to abide by the expectations laid out.

The experiences your gymnast will take away from this sport will last a lifetime and will help to shape and develop crucial life skills such as; teamwork, confidence, resilience, discipline, positivity, sportsmanship and commitment and more.

We welcome you to our competitive squad and wish your gymnast all the success and enjoyment with us!

Types of Squads

Be Gymnastics has a large tumble squad, divided into Development Squad and Main Squad with focus lesson for those aiming for higher regional levels known as Elite Squad. We recently started a Men's Artistic Squad too as well as having our Floor and Vault Squad.

Squad gymnasts are via selection only and numerous factors are taken into consideration including, skills, work ethic, strength, ability to take on and listen to feedback and behaviour also.

All squad gymnasts within our club are expected to compete and **we expect a minimum of 2 competitions a year in order to stay in the competition squad.**

Development Tumble Squad -

Gymnasts are selected into this squad, age 4-11 in order to build their fundamental tumbling skills, strength, power and tumble technique with the aim to progress into our Main Squads later on in their tumbling journey.

Development Squad gymnasts are expected to train 1.5-4-5 hours a week and later increase as their skill level develops. The sessions are as follows:

- Mondays 5.30-7pm in Gym B
- Tuesdays 5-6.30pm in Gym A
- Wednesdays 5-6.30pm in Gym A
- Fridays 5.30-7pm in Gym A

Development Squad Tumblers will be competing Club Level 1-4 in local and regional events. Roughly 4/5 competitions a year.

Main Tumble Squad –

Gymnasts are moved into this squad, once the tumbler can confidently round off, 4 flicks and round off, flick, tuck back off track as well as have a strong work ethic and conditioning base.

Main Squad gymnasts are expected to train 2-8 hours a week (Regional Level tumblers are expected to be training a minimum of 6 hours a week). The sessions are as follows (in Gym A):

- Mondays 6.30-8.30pm
- Tuesday 6.30-8.30pm
- Fridays 6.30-8.30pm

Main Squad Tumblers will be competing Club 4-6 and Regional Levels 1-4 in local and regional events with possibly qualification to national events. Roughly 4/5 competitions a year with more if qualification successful.

Elite Tumble Session –

Regional level tumblers aiming or competing at higher levels may be invited to join the Elite Tumble session on Wednesdays 6.30-8.30pm as one of their training days in order to focus on harder skills and technique with more individual focus e.g. full twisting and additional twisting, multiple whip tumbles and double preps and transitions.

Floor and Vault Squad –

Gymnasts are selected into this squad from ages 6+ and focus on two main areas, floor and vault for this competitive pathway. This pathway is open to more gymnastics abilities unlike tumbling which is focused on power, speed and strength. Floor and vault involves creating floor routines which start to add dance elements and music at higher levels. Floor and Vault gymnasts are expected to train 2-4 hours a week. The sessions are as follows (in Gym B):

- Mondays 6.30-8.30pm
- Fridays 5-7pm

Floor and Vault gymnasts will be competing Novice, Intermediate, Advanced, Bronze, Silver and Gold Levels, both locally and regionally. Gymnasts are required to hit qualification score at certain competitions in order to move up a level.

Men's Artistic Squad –

Gymnasts are selected into this squad from ages 6+ and focus on the main 6 men's apparatus as well as physical prep for this competitive pathway. This pathway is a very difficult discipline with lots of commitment and hard work required both inside and outside of the gym to work on strength and flexibility as well as a specific technique for skills.

Men's Artistic gymnasts are expected to train 1.5-4.5 hours a week. The sessions are as follows:

- Mondays 5.30-7pm
- Wednesdays 5-6.30pm
- Thursdays 5-6.30pm

Men's Artistic gymnasts will take part in low level tumble competitions, floor and vault competitions and will build up to Men's apparatus competitions throughout 2026/27, both locally and regionally.

Squad Gymnasts and Parents Code of Conduct

Be Gymnastics is fully committed to the safety and welfare of all its gymnasts and coaches. It is essential that all squad gymnasts, coaches, parents and volunteers associated with the club follow the code of conduct and show respect and understanding to the welfare of others.

Be Gymnastics strives to achieve the best reputation possible and ensure that all gymnasts feel safe and welcome throughout their time at the club. Our tumble squad prides itself in being a friendly group that supports one another.

To ensure this, we ask that all squad gymnasts must:

1. Consider the safety and wellbeing of other participants whilst in the training hall.
2. Participate within the rules and respect all the coaches and volunteers.
3. Arrive at the agreed time for classes/events and inform the coach if they are going to be late or unable to attend.
4. Wear suitable attire for training (a leotard must be worn) including no jewellery, buttons, zips or loose clothing. Hair must be tied back.
5. Treat all equipment with their uppermost respect including looking after gymnasts folders.
6. Only use mobile phones if permission is granted by the coach and only for the purpose of personal reflection and development.
7. Not leave the training hall without consent of their coach.
8. Not bully, harass or intimidate any other individual whilst in the club. A zero-tolerance policy is adopted by the club.
9. Inform/communicate with the coach if there is an issue, injury or illness as soon as possible.
10. Not eat during their gymnastics class however bringing a drink is essential.
11. Support and treat each other nicely inside and outside of the gym

12. A positive frame of mind must be adapted by our squad gymnasts at all times and therefore the words 'I can't' or any similar variation are banned from the gym! Alternatives may include, 'I need to work/improve on my....' and 'I will try harder on my and set some goals'.
13. Parents and other spectators are not permitted inside of the gymnastics area unless invited by a coach. Parents and spectators may only watch from the viewing area, not downstairs or on the stairs due to health and safety.
14. Parents should not attempt to coach their child either at home or in the gym other than assisting gymnasts with any homework that they have been provided with by their coach
15. Parents must make an effort to contribute to fundraising events and volunteer roles that may come up throughout the year e.g., volunteering at competitions in order to help the club and competitions run without fines implemented on the club.
16. Parents must only support their gymnasts in a positive manner with encouragement and praise and maintain their role in the 3 key roles for a competitive sports journey to work; gymnast, coach and parent.

A copy of this code of conduct can be found on our website under the Policies section.

<https://begymnastics.co.uk/policies/>

Personal Belongings —

Be Gymnastics will not be held responsible for the loss of personal items. Items found within the gym may be placed in our lost property bin or in reception for a limited period before being donated to a charity or otherwise discarded.

We encourage all of our members to clearly label their belongings in order for them to be returned to their owner if lost.

Viewing Area —

Parents/carers are welcome to view their child's sessions from our upstairs viewing area during viewing week (the first full week of each month). The taking of videos and photos throughout your child's training sessions is not permitted without the prior consent of the coach or the coach may video and send over to the parent if a new skill achieved in order to help see progression.

You can find a full copy of our Viewing Policy on the Policies section of our website.

Arrival and Dismissal –

All gymnasts must be dropped off and collected from within Be Gymnastics or the entrance door where our coaching team are responsible for the safety of your child. Be Gymnastics may prevent gymnasts from leaving the premises until a parent or person responsible for collection is present.

Exceptions to this must be arranged with the head coach. Please notify your gymnasts coach if your child will be collected by somebody not known by the club, such as an immediate family member or friend.

If the parent of a gymnast or individual collecting the gymnast does not show within 10/15 minutes then we will call the contacts listed on ClassForKids.

Health, Injury, Accidents and Illness –

Your gymnasts health and well-being is our priority. Accidents are an unfortunate, yet an inevitable risk of sporting participation. Be Gymnastics will make every effort to minimise the risk of accidents occurring within the gym by use of appropriate equipment, training aids, teaching methods and qualified staff.

As a member of Be Gymnastics, you allow our staff to provide the appropriate first aid treatment in which they are qualified to administer to help care for your child in the event of an accident. In the unfortunate event of an accident within the gym, parents will be contacted as soon as convenient following the appropriate medical provision being provided to the gymnast.

In the event of your child requiring external medical provision, such as a trip to hospital, our coaches may accompany your child in an ambulance until you are present with your child.

Stress related training injuries/mental health concerns can occur as a result of several factors. To minimise their impact on your child's health and performance, Be Gymnastics may recommend a reduced number of training hours and days for your child or offer an alternative class to help speed up the recovery process or work through confidence concerns and help as much as possible in order for them to feel safe and comfortable.

Be Gymnastics may recommend a physiotherapist or sports therapist to help with injuries and also may discuss with parents if there are any concerns over behaviour, worries or concerns that may affect the gymnast in the current time frame or in the future.

Membership and Fees –

- **Class Fees** - Monthly fees are invoiced via ClassForKids on the 23rd of each month for the month ahead, e.g. on January 23rd, you will be invoiced for February's training fees. You will have until the 1st of the month to pay the invoice in full. Any invoices not paid by the 1st of the month will incur a £10 late fee added.

Our classes run all year with only a break at Christmas, monthly fees will remain the same with the exception of December as the club is fully closed for a week (this month's fees will be reduced).

A reduction in fees will not be made for missed lessons or gymnasts being away. Squad gymnasts are welcome to catch up their session with another similar like session during that week e.g. A development squad gymnast is welcome to attend another development session that week or the following week as long as the head coach is informed beforehand. After 2 weeks, the gymnast will no longer be able to catch up their session.

In certain circumstances, the club may be closed for a Bank Holiday or another situation, then an alternative training session may be put on or workshops may be offered instead however this is only at the clubs discretion.

- **Annual Club Subs** - There is an annual club sub due every April which will be invoiced through ClassForKids. This fee is £20 and is to help towards the cost of competitions, transport and club maintenance.
- **Insurance** - British Gymnastics Membership/Insurance must be taken out with British Gymnastics prior to your gymnast training in their squad. Your gymnast will be unable to train in any of our classes without this. This insurance is with British Gymnastics directly, please contact the British Gymnastics customer service team.

Floor and Vault gymnasts, Men's Artistic gymnasts and Club 1-4 level tumblers will be classed under the 'Community' insurance bracket and the annual fee will be £24 per annum.

Club 5-6 and regional level tumblers will be classes under the 'Competitive' insurance bracket and the annual fee will be £60 per annum unless they qualify to a national event or are following a National Pathway then their insurance will be increased to £75 per annum.

More information on the insurance through British Gymnastics can be found on their website at <https://www.british-gymnastics.org/memberships>

- **Competition Fees** - Competition fees will vary depending on the event but will roughly be between £20-£40 entry and competition will be bookable via ClassForKids. Competition entries are non-refundable.

If your gymnast qualifies for a Regional or National Event, please note that the entry fee may vary quite significantly between £40-£60 for a regional event or up to £140 for National Event (for tumble only).

Competitions may also have a spectator fee/ticket which is usually paid on the day or tickets bought online via a link which will be emailed out.

Bullying and Behaviour —

Be Gymnastics does not allow any bullying, abuse or negative behaviour within our club or in regards to its members.

Be Gymnastics also does not allow any arguing or refusal to do activities or instructions set by a coach or head coach. If this behaviour continues then the gymnast may be removed from squad in the interest of creating and maintaining a positive environment for all to learn in.

Be Gymnastics has a strict Anti-Bullying Policy which can be found on the Policies page of the website. Bullying of any kind will not be tolerated and may lead to removal of the gymnast from the squad or club.

Be Gymnastics follows a Negative Behaviour Steps Policy for behaviour that is not accepted at the club. These policies can be found on our website under the Policies section.

<https://begymnastics.co.uk/policies/>

Social Media Use —

Be Gymnastics utilises and encourages the use of social media platforms and sees it as an opportunity to share success. As parents/guardians, you likely have your own platforms, and we encourage you to follow us on Facebook and Instagram (@BeGymnastics). We have Instagram accounts for the Tumble Squad (@begymntumblers), Floor and Vault Squad (@begymfloor_vault) and Men's Squad (@begymboyssquad) to show the progression of our gymnasts.

We also understand that lots of our gymnasts have their own social media profiles too, and as a parent/guardian we feel you are best positioned to make decisions on when they are allowed to adopt an account. We politely request that any gymnastics posts, linked to your child and/or Be Gymnastics are kept positive and supportive.

Should you have an issue, concern or complaint, we would appreciate this being brought to our attention through more appropriate channels e.g. email or face to face.

Whilst we encourage good working relations between coaches, parents and gymnasts, we do not want this to infringe on personal time, outside of the gym, and want to keep the relationship friendly yet professional. Please use our club communication methods to contact coaches/club management, our Facebook Group Chats, our public Facebook/Instagram page or email.

Staying safe online is key! Some top tips:

- Don't post any personal information online – like your address, email address or mobile number
- Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore
- Keep your privacy settings as high as possible - ideally completely private – Never give out your passwords
- Don't befriend people you don't know
- Don't meet up with people you've met online. Speak to your parent or carer if people suggest you do. Remember that not everyone online is who they say they are
- Think carefully about what you say before you post something online
- Respect other people's views, even if you don't agree with someone else's views, it doesn't mean you need to be rude
- If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately!

(Source: www.safetynetkids.org.uk/personal-safety/staying-safe-online/)

Welfare Officers —

Your child's welfare is super important to us! If you are concerned about the welfare of your gymnast, or another member of Be Gymnastics, please refer to our Safeguarding & Protecting Children Policy. This can be found on the Policies page of the website.

We have 2 Welfare Officers – Josie O'Connor and Jane Strong. You can contact them directly by emailing: begymnasticswelfare@gmail.com

ClassForKids Account –

It is important that you keep the details on ClassForKids updated as this serves as our primary information source for your contact details in addition to registers, sending out communications and invoices.

Please always check your emails and invoices from ClassForKids to ensure you are up to date with club information and payments. The 'Bookings and Payments' section shows outstanding and paid invoices.

You can access your account via the following link: <https://be-gymnastics.classforkids.io/>

Additional Costs –

Club kit is compulsory for you to purchase for your gymnast in order for them to compete. Some competition clothing is stored at the club but it may need to be ordered.

If your gymnast is entered into a competition, please ensure that they have all the correct competition attire in order to compete.

Competition attire includes the following:

- Club Leotard/Unitard - £35
- Club T-Shirt - £15
- Plain Black Gymnastics Shorts (Optional for Girls, Compulsory for Boys, bought from any gymnastics clothing supplier)
- Plain Black Leggings or Trousers
- Plain White Socks

Optional Club Competition Merchandise:

- Club Tote or Drawstring Bag - £10
- Club Drink Bottle - £10
- Club White Socks - £5
- Club Hoodie/Zoodie - £26
- Competition Jacket - £46

Please contact Head Coach in order to arrange clothing order or purchase items.

Training:

Main Squad Tumblers, Floor and Vault gymnasts and Men's Gymnasts are required to bring an **A4 ring binder folder into gym for their programme** which will consist of conditioning sheets, flexibility sheets, goals and rewards as well as some games and tumbles.

Conditioning and flexibility work at home is highly recommended as it will greatly improve the gymnasts strength and make a huge difference to their training. Some programmes are posted on the group chats to try at home.

The following items are fantastic to benefit your gymnast at home and in class:

- Wrist Strengtheners (For wrists)
- Skipping Rope (For stamina)
- Wobbly Board (For ankle stability)
- Muscle Foam Roller (Particularly for Main Squad to help ease muscle knots)
- Resistant Bands (Strength/flexibility work)

Competition Entries and Withdrawals —

Gymnasts are expected to participate in a minimum of 2 competitions per season. Parents will be informed of upcoming competitions as soon as we have details via email and group chats.

Be Gymnastics will always prioritise the safety of its members and will make decisions which are in favour of the gymnast's long-term performance potential. The decision to withdraw any gymnast will not be taken lightly and will be discussed between gymnast, coach and parent before competition.

Gymnasts must be able to confidently do their routines/tumbles a minimum of 2 weeks before the competition or may risk withdrawal from their competition.

Competition entries are via ClassForKids and it is down to the parent to enter gymnasts for the relevant competitions before the deadline. Competition entries are non-refundable unless event is cancelled by the organiser.

If your gymnast is ill/injured on the day of competition, parents must notify the coach/head coach as soon as possible in order for coaches to withdraw gymnasts from competition. Some competitions have a withdrawal fee.

Competition Attire and Regulations —

Gymnastics is a judged sport and so all gymnasts should be well presented during competitions. Please take note of the following guidelines with regards to competition attire and appearance:

- Gymnasts must arrive in their clean club attire – ensure all clothing is clearly labelled with your gymnast's name
- The club competition leotard must also be worn on arrival to the competition underneath the club t-shirt.
- Plain white clean socks must be worn
- Please ensure no nail varnish is worn, no pen on arms, legs or hands
- All jewellery must be removed (this includes stud earrings) or be taped over otherwise gymnasts will receive a penalty deduction in score
- No body art (stickers, tattoos, etc.)

- Hair must be tied back neatly and securely, if hair falls out or long hair touches the track in tumbling then gymnasts will receive a penalty deduction

Parents Roles/Responsibilities at Competitions –

Full concentration is required during competition and so it is very important that the gymnast is not distracted by parents/spectators once the competition warm up begins.

- The competition programme and times will generally be emailed to gymnasts 1 week prior to the competition (as soon as the coach has this information it will be passed on to parents)
- Parents should never request a change in the programme to accommodate their preferences or ask for a refund from the organisers if the timings do not suit as the club can be reprimanded for this.
- It is the parent's responsibility to get their gymnast to and from any competitions
- Gymnasts must arrive 30 minutes prior to the stated registration time in case of a competition running ahead of time. Please allow enough time for the journey and parking.
- Parents must only make contact with the coach/gymnast either before the competition warm up or after the competition has finished
- Spectators are forbidden to enter the warm up area, competition arena or track/floor side
- Only once final presentations are completed or the round complete, and your gymnast has been dismissed by their coach are gymnasts allowed to head into the audience to meet their parents.
- If parents have any questions or concerns with regards to the competition, they should bring it up with their gymnast's coach to allow them to deal with it with the competition organiser
- Always show pride in your gymnast's performance and achievement, no matter their position, not all competitions are about winnings, some are to build confidence, compete new skills for the first time or overcome fears!

Whether a competitor or a spectator, every member of our Be Gymnastics family is encouraged to express their support to all Be Gymnastics gymnasts on the day of competition, irrespective of training groups, age or ability.

If parents are interested in becoming a judge, please let us know and we will happily help you out with this and help with training to pass the course. Judges are super important as we are required to put a judge into all competitions to prevent being fined and keep the panels fair.

Floor Routines (Floor and Vault Squad Only) –

Gymnasts may receive a newly choreographed floor routine from time to time. Please try to help your gymnast to remember their floor routines at home (this does not involve skills at home but dance elements and walk throughs of routines).

Routines to music may be choreographed outside of standard training times and may be subject to a fee once gymnasts qualify to Advanced, Bronze, Silver and Gold Levels.

Attendance –

Gymnasts are expected to attend every training session, if they are unable to make a session or are running late, please notify the club via our communication methods as soon as possible.

Any long-term absences or reduced training due to injury/illness should be discussed and agreed with the Head Coach, a conditioning programme or adapted lesson plan may be put in place for the gymnast to still attend class. Monthly fees may be reduced to half fees for the duration of being signed out of sport as the head coaches discretion.

Furthermore, failure to attend training sessions/poor punctuality without prior consultation may consequently result in your gymnast struggling to keep up with training and therefore may result in your gymnast being removed from the competition squad and offered a recreational/advanced class instead. Whilst we understand and actively encourage our gymnasts to explore other external activities, we expect a level of commitment from those within our Squads.



Be Gymnastics competitions should be prioritised in the event of a clash in the calendar; we encourage any potential clashes to be discussed with the Head Coach in advance.

Communication –

The communication triangle demonstrates the essential link between the gymnast, coach and parent. Each individual plays an imperative role in educating and building lifelong habits which will serve your child's future in all areas of life – not just gymnastics.

Frequent and honest communication between all parties is essential to the success of the gymnast. Be Gymnastics will endeavour to inform its members of all relevant training, competition and administration matters with as much notice as possible and where possible update parents on gymnasts progress within class.

If there are any matters that you would like to discuss, please do email us at begymnasticsclub@gmail.com

Movement –

We have acknowledged that your child offers the potential to compete for Be Gymnastics. However, please understand that there is no guarantee that your child will remain on this pathway.

Squad movement and selection is at the discretion of the Head Coach following discussions with the coaching team where necessary. Gymnasts may be moved from Development Tumble Squad to Main Tumble Squad if excelling and can also be moved back to Development Squad if struggling, likewise with being offered a non-competitive class if the gymnast is not keeping up with the standard of training/work ethic of their competitive class.

Coaches will discuss any concerns with parents and head coach and these may be reported under Welfare concerns if necessary. Gymnasts may be put on a 'trial period' either when starting in a squad or if negative behaviour/lack of work ethic repeatedly occurs in class.

Equally, if your child feels that the Competitive pathway is not for them, but still wishes to take part in gymnastics – that is OK too! Let us know by emailing us so we can arrange a new, suitable class for your gymnast.

School Holidays –

Training runs all year including in the school holidays. If you are going away, please let the club know.

The club will be shut for a week (sometimes slightly longer depending on dates) at Christmas, fees will be discounted for this closure only.

Extra workshops run in the school holidays which focus on individual skills e.g somersaults, flicks, handsprings etc and these can be fab in addition to normal training to progress certain skills and help with mental blocks. Please keep an eye on our social media and website for these.

Commitment to Be Gymnastics –

Be Gymnastics has a great relationship with other clubs within the Region. If you or your gymnast is unhappy at Be Gymnastics and is considering changing clubs, we ask that you consult with us as soon as possible so we can find the best possible solution for your gymnast and offer a reference if needed.

Please contact us at begymnasticsclub@gmail.com if you would like to discuss this.

Home Conditioning/Recovery –

A home conditioning and stretching programme may be created for your gymnast. It is important that your gymnast conditions at home to increase their strength, reduce injuries and allows them to progress with their skills in class. Sleep, nutrition and hydration are forms of recovery and healthy training important to aid your gymnast and optimise performance.

Light stretching and foam rolling are recommended for Main Squad Tumblers and Advanced Floor and Vault Gymnasts which will contribute to faster and more effective rest and recovery. If you drink enough water/eat the right amount of good food and get the correct amount of sleep, you are giving yourself the best chance possible chance to perform at your best in training and when it comes to competition.

Thank you for reading!