



Ignite Gymnastics

Welcome Pack

Thank you for joining Ignite Gymnastics! This welcome pack contains all of the information you need about our classes, award scheme, home practise and more.

The Essentials!

We can't wait to welcome your gymnast into our classes and look forward to seeing what they can achieve. First of all, let's get the crucial information out of the way! Please see below our introductory guidance and details of our first aid and fire procedures.

Come Prepared!

To help with the smooth running of our classes, we ask that participants arrive to their class in appropriate sportswear and long hair tied back, jewellery and watches removed or covered, and a non-fizzy drink to have throughout their session. Please make sure your child has been to the toilet before class too! This is to ensure a prompt start to our warm-up and so your child doesn't miss any of the activities.

Spectators

We welcome parents and guardians to spectate our classes, with spectators for Independent Tots to remain in the hall, and spectators for Beginners to make their way up to the balcony overlooking the hall. We ask that the number of spectators per child are kept to a minimum to avoid distractions to the gymnasts while class is in session. For health and safety reasons, we politely ask that you do not try to gain your child's attention from the balcony during class.

Toileting

At Ignite Gymnastics we always try to escort participants to the toilet if nature calls! We do however ask that if you are not comfortable with your child going to the toilet by themselves (including making their way along the corridor to the toilets) that you remain spectating throughout lessons, as there are occasions where we may be unable to take them to the toilet doors and will therefore ask for your assistance.

First Aid Procedure

At Ignite Gymnastics we take the health & safety of our participants very seriously, however, the nature of gymnastics as a sport means that on occasion, accidents and injuries do happen. In the event that your child needs first aid attention, our coaches will request the designated first-aider that is on duty at The Junction. Once your child is being tended to, we will contact you via the emergency contact number you have provided in your Member Application Form. If you need to update your emergency contact details or inform us of any new medical conditions not stated in your application form, please email ignitegymnastics@outlook.com and we can make sure your details are up to date.

Fire Procedure

In the event of a fire, it is important that we keep the class participants together to evacuate to the meeting point. Coaches and gymnasts will be escorted to the tennis courts outside of the building via the reception doors. Spectators on the balcony must make their way directly to the end of the balcony where there is a fire exit and stairs that lead to the tennis courts. Once we have re-taken the registers to check all of our participants are at the meeting point, we will dismiss participants to parents/guardians.

Safeguarding

As a club, all of our coaches hold a safeguarding certificate, and we adapt and follow safeguarding procedures put in place by The Junction Sport & Leisure Centre. If you have a safeguarding concern, you can speak with any of our coaches who can pass on information to The Junctions' Safeguarding team, email IgniteGymnastics@outlook.com, or contact them directly. The details of the safeguarding team and policy can be found at www.thejunctionbroadstone.co.uk/about-us/safeguarding-policy

For all queries regarding memberships, payments, classes, and general enquiries, contact Lauren at IgniteGymnastics@outlook.com

Gymnastics: What will my child learn?

Gymnastics is a complex sport that consists of many different apparatus and an endless amount of skills. At Ignite Gymnastics we aim to provide as much variety as possible in our classes, so our gymnasts can learn as much as possible in all aspects of the sport! We have four main pieces, each that come with their own challenges and skills. To help give you an insight into what we are working towards during lessons, we have created a brief guide of what these pieces are, and which skills we focus on for each one.

Floor

Floor is a piece that incorporates acrobatic skills, jumps, leaps, spins, flexibility and balances. This piece develops power, strength and coordination. We use a variety of preparatory activities to help develop these abilities and work towards the following skills:

- Forward Rolls
- Backward Rolls
- Handstands
- Handstand Forward Roll
- Cartwheels
- Round Offs
- Flics
- Bridges*
- Handstand to Bridge*
- Backbend to Bridge*
- Forward Walkovers*
- Backward Walkovers*
- Handsprings
- Jumps (Straight, Tuck, Star, Straddle, Half Twist, Full Twist)
- Spins (Half-Spin, Full-Spin)
- Cat Leaps (Half Turning, Full Turning)
- Scissor Kicks
- Split Leaps
- Balances (Single & Paired)
- Splits*

*The minimum age for these skills is 6 years to protect physical development of the parts of the body used.

Beam

Beam is a test of balance and self-confidence. To bring floor skills onto a higher, 10cm wide surface, makes beam one of our more challenging pieces. We incorporate a lot of confidence-building into our beam sessions, the main technique being what we call 'beam complex' which, put simply, is the practise of moving in as many different ways

along the beam as possible. Once our gymnasts are confident, we start to build up our floor skills onto the low and high beams. Here is what we work towards on beam:

Complex:

Forwards, Sideways & Backwards Walking
Crouching and Standing
Dip Walks
Jumps (Continuous)
Bunny Hops
Caterpillar Walks

Skills:

Mounting the Beam
Safe Falling
Jumps (Straight, Tuck, Half Twist)
Balances (Passé, Arabesque, Scorpion, Y-Balance)
Shoulder Stands
Forward Rolls
Handstands
Cartwheels
Walkovers
Jumps to Dismount
Round Off Dismount

Bars

Bars is a firm favourite amongst our gymnasts, from swinging to dismounting, it requires a high level of strength and strong shaping to get the most out of the piece. You will see in our classes that we focus on building strength of the core and upper body on the floor as well as a variety of skills on the bars themselves*. We work on:

Dish Shape
Arch Shape
Front Support Shape
Core Strength
Upper Body Strength
Front Support on Bar
Changing Grip
Upward Circles
Circle Down
Back-Hip Circles
Casts
Swings
Squat-On, Jump-Off
Straddle Undershoot Dismount

*In our Independent Tots classes, we minimise time on the bars themselves due to protect the development of bones and cartilage in the hands.

Vault

Vault requires speed, rebound and co-ordination. From straight jumps off of trampette or springboard to handsprings over the block, we build from the very basics upwards. The skills we work on are:

General:

- Running Fast
- Use of the Springboard
- Use of the Trampette
- Landing Shapes

Springboard/Trampette:

- Straight Jump
- Tuck Jump
- Star Jump
- Pike Jump
- Straddle Jump
- Half Turn Jump
- Full Turn Jump
- Half Turning Tuck Jump
- Full Turning Tuck Jump

Vault:

- Squat On
- Straddle On
- Squat Through
- Straddle Over
- Handstand to Back-Lie
- Handspring
- Half-On

Ignite Gymnastics Award Scheme

Our award scheme is designed to monitor the progress of our gymnasts and award their gymnastics achievements in a way that is challenging yet attainable. Our scheme consists of 3 parts: Preschool, Beginner, and Intermediate. Each part of the award scheme consists of several levels. Your gymnast will be monitored for progress and each new achievement will be checked off throughout each term, with the goal of a certificate being awarded at the end of each term.



Preschool Awards

Our preschool scheme consists of 3 levels that we call 'Steps', which focus on 3 main elements: Class structure, Basic Skills & Strength, and Use of Apparatus

These elements are a great way to help our Independent Tots gain confidence in the introductory skills of gymnastics, as well as helping adapt into a fully structured coach-led lesson. We aim for our participants to pass one step each term, so that by the end of the three steps, they are fully prepared to join our beginners classes!

Here are the requirements to pass each level:

Step 1

- Any 2 from 'Class Structure'
- Any 3 from 'Basic Skills & Strength'
- Any 3 from 'Use of Apparatus'

Step 2

- Any 4 from 'Class Structure'
- Any 6 from 'Basic Skills & Strength'
- Any 6 from 'Use of Apparatus'

Step 3

- All from 'Class Structure'
- All from 'Basic Skills & Strength'
- All from 'Use of Apparatus'

Class Structure	Warm Up (Animals, 'Stop' game)	Stretches	Waiting for turns	Good interaction with side stations (independent work)	Engagement with coaches questions (e.g. can you show me what a landing shape is?)	'Goodbye' i.e. 'present' at the end of each lesson		
Basic Skills & Strength	Shapes (Butterfly, Landing Shape, Tuck)	Rock & Roll Attempts	Static Bunny Hops	Jumping with feet together	Standing up with no hands	Roll forwards	Tuck Hold on bars (5 seconds)	Side-to-side bunny hops over beam or bench
Apparatus	Swing On Bars	Push & Pull on Bars	Jump Two Feet on Trampette	Walk Along High Beam (With or without help)	Beanbag throw in hoop target	Backward roll down slope (with help)	Forward roll to stand (on raised block)	Squat on or Straddle on to red block off of springboard

Beginners Awards

Our beginners awards have 8 levels, starting from level 8 and progressing to level 1. To achieve each level, gymnasts be able to consistently perform at least 8 out of 10 skills listed in the chart below, with a good level of execution (straight legs, pointed toes, body positioning etc.). As you can see, we include lots of different categories in our achievement chart, all to help improve confidence and execution of the more advanced skills in gymnastics.



	Cardio	Balance & Co-ordination	Strength & Conditioning	Flexibility	Jump/Leap	Basics	Floor Skills	Vault	Beam	Bars
Level 8	5 laps of floor	Passé 5 seconds	Front & Back Support	Straight Legs in Straddle	Consistent landing shape	Travelling Bunny Hops	Rock & Roll to sitting (no hands)	Springboard Prep with Hoops	Walk forwards along low without falling	Hang in tuck for 5 seconds
Level 7	1 minute running	Arabesque 3 seconds	Dish & Arch 5 seconds	'L' Shape with straight back	Straight Jump	Straddle Bunny Hops	Rock & Roll to Stand (no hands)	Straight Jump off Springboard	Walk forwards along high beam	Front support hold for 5 seconds
Level 6	5 burpees	Front support, move to back support	3 half press-ups	Standing pike fold to ankles	Cat leap	Spider runs	Forward roll to stand	Tuck jump off springboard	Walk backwards along low beams, no falling	Pull chin to the bar with feet resting on platform
Level 5	1 minute skipping	Shoulder stand	Dish hold with floor bar 5 seconds	Bridge bent legs	Tuck jump	High bunny hops	Backwards roll down an incline	Squat on jump off	Swivel turn	Swing to drop beanbag in box
Level 4	3 shuttle runs	Roll hoop along low beam	20 seconds wall sit	Pike fold to toes	Split leap 45 degrees	Caterpillar walks	Backwards roll on floor	Half twist jump	Forward roll attempt on low	Cast x 3
Level 3	5 shuttle runs	Scorpion balance	Tuck snaps x 10	Straddle fold	Cat-leap 1/2 turn	Bunny hops 1 leg	Handstand	Straddle on jump off	Cartwheel attempt on low	Circle down safely
Level 2	1 minute run on crash mat	Spin prep	Chin up unassisted	Bridge straight legs	Chassé cat leap or split leap linked	Forward & side chassés	Cartwheel	Straddle over	Cartwheel on high	Circle up with wedge
Level 1	20 tuck jumps on crash mat	Any 1 legged balance on high beam 5 seconds	3 x leg lifts	Any split	Full spin	Forward side back needle kick	Cartwheel snap in	Squat through	Round off dismount	Circle up unassisted

Intermediate Awards

Our Intermediate level awards are for those who have completed our beginners award scheme, or those who join our intermediate level class (invitation only). All level 1 apparatus certificates must be completed before level 2 starts, and the same applies with level 2 to move on to level 3. Each skill must be performed with a satisfactory level of execution in order to be checked off as a pass.

	Level 1	Level 2	Level 3
Floor	<ul style="list-style-type: none"> • Backward Roll to Front Support • Round-Off • Bridge Kickover Attempts 	<ul style="list-style-type: none"> • Round-Off Jump to Back • Flic with Support • Bridge Kickover • Handspring Preparation 	<ul style="list-style-type: none"> • Round-Off Flic Linked (Support or No Support) • Walkover (Forward or Backward) • Backward Roll to Handstand
Beam	<ul style="list-style-type: none"> • Forward roll unassisted on high • Cartwheel on low • Straddle Lever 	<ul style="list-style-type: none"> • Cartwheel on high • Round-Off Dismount • Handstand on low 	<ul style="list-style-type: none"> • Cartwheel unassisted on high • Backward walkover on low • Cartwheel straight jump dismount
Bars	<ul style="list-style-type: none"> • Upward circle attempts • Back-hip circle • Climb on, jump off 	<ul style="list-style-type: none"> • Unassisted upward circle • Upstart preparation • Casts to front support 	<ul style="list-style-type: none"> • Back-hip circle unassisted • Cast to squat on, jump off • Straddle undershoot
Vault	<ul style="list-style-type: none"> • Squat through • Tuck jump with correct arms 	<ul style="list-style-type: none"> • Handstand to back lie • Half-twist jump 	<ul style="list-style-type: none"> • Handspring • Full-turning tuck jump
Fitness	<ul style="list-style-type: none"> • Upper body - Full Press-Up • Lower Body - Squat Jumps x 10 • Core - Dish & Arch hold for 10 seconds 	<ul style="list-style-type: none"> • Upper Body - Pull ups with feet raised x 3 • Full Body - Burpees x 10 • Core - Plank for 1 minute 	<ul style="list-style-type: none"> • Mini-Marathon!

Practise at Home

At Ignite Gymnastics, we love to hear that your gymnast has been practising at home!

We have put together a list of home-practise that is safe to do at home without coach supervision. We do not recommend that gymnasts practise full skills at home (such as cartwheels & backward rolls), as we want to make sure they are developed and performed correctly, which also helps to avoid injury.

There will be 'homework' suggested at the end of each lesson for those who would like to practise outside of class, and in addition to this, your gymnast would benefit from practising the following skills (which they will be shown how to do during lessons) at home:

- Shapes (Tuck, Pike, L-Sit, Straddle, Front Support, Back Support, Dish, Arch)
 - Rock & Rolls (In Tuck, Pike & Straddle)
- Standing up from tuck sit position, without putting hands on the floor
 - Balances (Passé, Arabesque, Y-Balance, Scorpion)
 - Tuck & Straddle Bunny Hops
 - Landing Shape
 - Jumps for beam (Straight & tuck, correct arm technique)
 - Spider runs

Quick Links

To join our members group on Facebook – [Ignite Gymnastics Members](#)

To give feedback on our classes – [Member Survey](#)

For a recap on our term dates – [Term Dates](#)

To view our terms & conditions, updated regularly – [Terms & Conditions](#)

Thank you for choosing Ignite Gymnastics!

For any further information and queries please email
IgniteGymnastics@outlook.com

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