



STAR-TASTIC
ACADEMY
GYMNASTICS

2023 - 2024 SEASON

CLUB HANDBOOK

CONGRATULATIONS!

FOR MAKING IT INTO THE STAR-TASTIC ACADEMY TEAM!

THIS SEASON IS FILLED WITH MANY EXCITING
COMPETITIONS AND OPPORTUNITIES.

THE CLUB HANDBOOK IS HERE TO GIVE YOU ALL THE
INFORMATION YOU MAY NEED THROUGHOUT THE
SEASON.

PLEASE READ IT THOROUGHLY AND MAKE NOTE OF ANY
IMPORTANT DATES IN YOUR DIARY.

IMPORTANT

ALL GYMNASTS ARE INVITED INTO THE STAR-TASTIC
ACADEMY ELITE TEAM PENDING A 3 WEEK TRIAL IN JULY.

FOLLOWING THIS TRIAL, GYMNASTS MAY BE MOVED
CLASSES WITHIN THE ACADEMY, OR WE MAY MOVE THEM
TO A RECREATIONAL CLASS OUTSIDE OF THE ACADEMY
CLASSES.

NO GYMNAST IS GUARANTEED A PLACE IN NEXT YEARS
COMPETITION TEAM UNTIL THE 3 WEEK TRIAL IS COMPLETE.

MORE INFORMATION ON PAGE 8.

Message from Stacey

I wanted to say a warm welcome and congratulations on joining one of our Star-Tastic Academy teams. I am so pleased you will be joining us on this exciting adventure.

Our Squads and Competition teams have been a big part of Star-Tastic since we started in 2014. I am very proud that we now have a new company that can dedicate its time to work with our Elite classes specifically. The level of talent, dedication and creativity has blown me away and only continues to get stronger.

Our competition teams travel and compete all over the country competing at national and regional levels. These teams have also competed globally at the IAIGC World Championships in Nashville in 2019 and Orlando in 2023. We have big competition plans for this year and have included a European route to allow more gymnasts to compete internationally, testing our gymnasts skills against clubs from across the world and hopefully jingling out of these competitions!

As I said, the standard and level of talent in these squads has grown phenomenally over the years and you should be incredibly proud to have been selected to join.

Our Academy teams are not just about competitions. They are about teamwork, friendship and development. My favourite thing about our teams is seeing the strong friendships that form and our gymnasts supporting each other and of course the happy faces that come from the jingling of medals or scores being met.

I cannot wait to see you what you achieve and to see you grow and develop within the academy.

Good luck and have fun
Stacey

Message from Emily

Congratulations to you all for being invited to join one of our Star-Tastic Academy classes!

I cannot wait to add so many new gymnasts to our classes and engross them into our close-knit teams. We often get complimented at competitions about how friendly our club is, our gymnasts are so supportive of one another, not only in the gym and at competitions but with their outside passions and academics as well.

Since taking over the Elite Squads 2 years ago I have been blown away by the dedication, passion and enthusiasm for gymnastics our athletes show. They are a privilege to teach, and watch develop into strong, resilient and kind young women.

I can't wait to see how both our current and new gymnasts progress this season. I know they will apply hard work and dedication to any challenges we or they set themselves.

Good luck to everyone throughout the 3 week trial and into the new season!
Emily

Star-Tastic Academy

Star-Tastic Gymnastics opened in 2014 running after School classes in Surrey and Sussex. We have now grown into a club with over 1100 members, running 7 days a week at 3 different venues.

We run classes for 3 disciplines of gymnastics (General Gymnastics, Women's Artistic Gymnastics and Tumbling) as well as having a very successful parkour programme.

"Providing fun, safe & progressive Gymnastics and Parkour classes where members of all abilities feel part of the Star-Tastic family"

Star-Tastic Academy has been developed to house the Women's Artistic Gymnastics programme within the Star-Tastic Group.

Starting in Summer 2023, we will reorganising our Elite and Supernova classes into one succinct programme that still embodies our club ethos.

Academy gymnasts will train and compete in Women's Artistic Gymnastics, comprised of 4 pieces of equipment: Uneven Bars, Balance Beam, Vault and Floor.

Gymnasts will also train tumbling, dance skills, flexibility and conditioning during classes.

Our classes are coached by highly qualified coaches, led by Head Coach Emily and Deputy Head Liberty.

Each coach is First Aid trained, trained in Safeguarding and are qualified through IGA.



Women's Artistic Gymnastics

Our Elite & Supernova squads train and compete in Women's Artistic Gymnastics (WAG).

WAG includes 4 different pieces of apparatus: Uneven Bars, Balance Beam, Floor & Vault.

Floor: involves learning and competing a variety of skills including balances, leaps, jumps, spins and acrobatic skills (including flighted skills and somersaults).

In competitions some gymnasts will show a sequence of floor skills in a straight line without any dance, while other gymnasts will show fully choreographed routines to music, this will depend on their level.

Beam: we work on the same skills as floor (balances, leaps, jumps, spins and acrobatic skills) as well as mounts and dismounts. We train skills on different beam heights to improve confidence and compete on a full height competition beam.

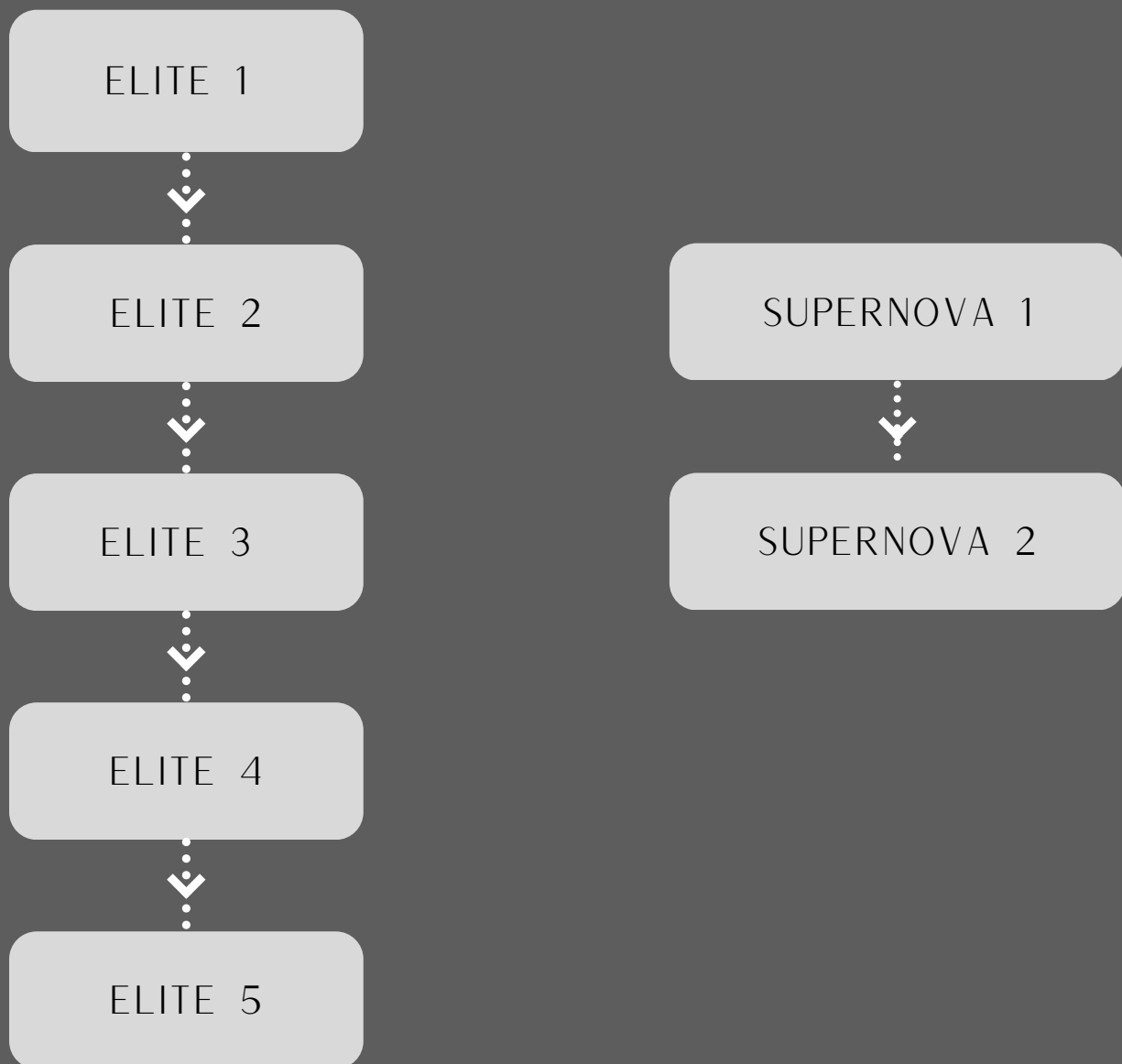
Bars: a lot of our work involves conditioning improving our strength. Bar skills include mounts, casts, circles around the bar, handstands, bar changes and dismounts.

Finally, on Vault our E1/2 and S1 begin working on our handstand flatback and handsprings over the block vault. We then progress these handsprings onto the table vaults, add on twists and work on Yurchenko (round off, back handspring) entries onto the vault. Our Elite 5 gymnasts work on adding somersaults to their vaults, including handspring fronts and tsukahara.



Star-Tastic Gymnastics Academy

CLASS PROGRESSION



WHAT IS THE DIFFERENCE BETWEEN ELITE & SUPERNOVA?

NEW ELITE GYMNASTS WILL MOST LIKELY ENTER THE PATHWAY IN ELITE 1, FROM AGE 4-7.

WE MAY ALSO ACCEPT GYMNASTS FROM OTHER WAG SQUADS INTO THE ELITE PATHWAY.

ELITE GYMNASTS ARE CHOSEN BECAUSE THEY ARE EXPECTED TO DEVELOP THROUGH THE IGA GRADES FROM 10 - 1.

WE EXPECT ELITE GYMNASTS TO COMPETE AT ALL AVAILABLE COMPETITIONS & COMPETE 4 PIECE THROUGHOUT ALL LEVELS.

SUPERNOVA GYMNASTS ARE USUALLY AGE 8+, AND SELECTED FROM OUR INTERMEDIATE OR ADVANCED GENERAL CLASSES.

HIGHER LEVEL SUPERNOVA GYMNASTS MAY ONLY COMPETE ON 2 OR 3 PIECES

ELITE GYMNASTS MAY ALSO MOVE TO THE SUPERNOVA PATHWAY, INCLUDING IF THEY CHOOSE TO COMPETE ON LESS THAN 4 PIECES.

Academy Costs For All

STAR-TASTIC MEMBERSHIP	£50	COMPETITION ENTRY FEE	£80
IGA INSURANCE (APPLICABLE TO ALL GYMNASTS)	£20	COMPETITION / SPECTATOR FEE	DEPENDENT ON COMP
CLASS FEE	VARIES	TRAVEL / HOTEL COST	

Mandatory Kit

GLOVES & LOOPS	VARIES	RECOMMENDATIONS ON PAGE 14
TRAINING LEOTARD	£25.00	<p>ALL KIT WILL BE PURCHASED IN A BUNDLE ON REGISTRATION DAY</p> <p>FULL KIT BUNDLE: £150.00</p> <p>WORLDS 22/23 BUNDLE (MINUS BAG & JACKET) £105.00</p>
COMPETITION LEOTARD	£80.00	
COMPETITION TRACKSUIT JACKET	£25.00	
CLUB BAG	£20.00	

All mandatory kit will need to be purchased during the first week of august/on registration day to ensure kit is ready for the first competition in October.

Optional Kit

ACADEMY T-SHIRT	£17.50	ACADEMY SOCKS	£6.00
ACADEMY HOODIE	£25.00	MYSTIQUE SHORTS	£14.00

Competition Route Selection

The Academy Teams are competition focused classes, and therefore all Academy gymnasts must compete in all competitions offered to them.

Gymnasts in Elite 3, 4 & 5 have the option of choosing their competition route (IGA, IGL or IAIGC).

Gymnasts in Elite 1 & 2 and Supernova 1 & 2 will compete in the IGA competition route only.

Some competitions routes require more commitment from parents and gymnasts.

Please email us with any questions regarding competitions or competition routes.

IGA
Team



All Elite 1/2 + Supernova 1/2 gymnasts will compete in the IGA route.

The majority of new Academy gymnasts will begin competing at Level 10. This is the entry level of competitions.

IGA holds 2 sets of competitions, 1 set in the Autumn and 1 set in Spring/Summer. Competitions dates are split by levels.

We also hope to attend more IGA competitions throughout the year (such as in Liverpool).

- IGA Gymnasts will compete 1 level per set of competitions (Autumn & Spring).
- IGA gymnasts have to 'score out' of their level at a National Competition in order to level up.

IAIGC Worlds Team



Our worlds team will be attending the IAIGC World Championships (venue is TBC but previous locations have been Orlando and Nashville). This route is incredibly exciting for all our gymnasts, it is a great way to bond with other gymnasts and become a close knit team.

Gymnasts will compete one level throughout the competition season, and will be able to compete 2 pieces at a higher level at the Worlds Competition.

There are a number of qualifying competitions involved in this route, gymnasts will not be confirmed to compete in Worlds until the final qualifying competition (usually end of April).

Due to the high level of this team, gymnasts aiming to compete with Star-Tastic Academy will be expected to have the highest level of commitment and ability from both gymnasts and parents.

This route will only be open to gymnasts in Elite 3, 4 and 5.

IAIGC levels will be determined by coaches.

Anyone interested in this route can apply, however gymnasts may be advised to delay competing in this route for that competition year due to routine requirements and expectations.

The standards of gymnastics in this competition is high, so please take this into consideration when choosing.

Parents of gymnasts in this route will be expected to contribute to fundraising (either through time or monetary donations).

IGL Germany Team



New this year, we are hoping to compete in Germany at an IGL competition.

This competition will be held on the 16th & 17th of December, therefore gymnasts will prepare to compete in this competition for the first half of the season and IGA competitions in the second half of the season.

This route will only be open to gymnasts in Elite 3, 4 and 5. IGL levels will be determined by coaches.

Anyone interested in this route can apply, however gymnasts may be advised to delay competing in this route for that competition year due to routine requirements and expectations.

The standards of gymnastics in this competition is higher than all other routes, so please take this into consideration when choosing.

Parents of gymnasts in this route will be expected to contribute to fundraising (either through time or monetary donations).

Training Uniform

Gymnasts must wear their Star-Tastic Academy training leotard in their main class of the week:

Elite Gymnasts: Saturday

Supernova 1 Gymnasts: Wednesday

Supernova 2 Gymnasts: Thursday

Gymnasts can wear their own leotard during other classes and camp classes.

Gymnasts can wear shorts or leggings during the winter to training.

Hoodies, t-shirts, tracksuit bottoms or any other clothing are not permitted.

We encourage gymnasts not to wear their competition leotard to training as this will increase wear and tear on the leotard.

All gymnasts MUST have their hair safely away in either a tight bun or french plaits. Ponytails and loose buns are not permitted. All fringes or short bits of hair must be clipped back.

Gymnasts will not be allowed to train unless they are in the correct kit & hair is safely tied back. Warnings will be issued for repeat occurrences.

Example Class Plan

Class: Example Elite 3 Plan								
Date: Summer 2022								
Time 10:30 - 1:30								
Weekly Focus Floor routine endurance, shaping in split leaps & handstands on beam, and whips on floor								
TIME:	10:30 - 11:00	Rotation 1: 11:05 - 11:30 Rotation 2: 11:30 - 11:55 Rotation 3: 11:55 - 12:20			12:20 - 12:35	Rotation 4: 12:40 - 13:05 Rotation 5: 13:05 - 13:30		13:30
ACTIVITY	Warm up	Metal Bar	Beam	Vault		Tumbling	Floor Routines	
	<p>Part 1 - Dynamic Warm Up - Specifically for Floor Routine endurance (15 minutes)</p> <p>Running around in circle for 1minute 30seconds (steady pace, a gentle jog). Coach to watch someone's competition video on iPad. When the gymnast in the video performs a skill they will call out a number of burpees to do. The more dynamic/taxing the skill in the video, the more burpees the gymnasts do in the running circle. E.g. Tumbles may be 8 burpees, a walkover might be 2 etc etc</p> <p>Part 2 - Dynamic Stretching (15 minutes) Finish with split leaps, jumps, walkovers etc</p>	<p>Baby Giants Fish swings on the HB first (dish to arch, dish to arch)</p> <p><i>Technique:</i> <i>Tight arch and dish shape.</i> <i>Gymnasts need to show a late tap swing to get enough power to pull themselves over the bar.</i> <i>Gymnasts must do a big cast into the swing, pushing down on the bar, rounded shoulders, hollow back until just before they pass under the bar</i> <i>Then gymnasts need to open shoulders, change into arch shape into the tap swing.</i> <i>Gymnasts then need to pull their hips and feet up really fast to get over the. They should only bend their hips at the last possible moment.</i> <i>As the hips come to the bar, wrists must be shifted and pulling chest up.</i></p>	<p>1. Handstand / Walkover landing drills - 1/4 handstands into lunge with knee down on the beam - 1/4 handstand into lunge with knee above the beam - 1/4 handstand to close lunge (second foot snapping down) Gymnasts need to land 3 perfectly in a row to move onto the next one</p> <p>2. Split leaps Start with starting position for leaps. Arms by ears, looking at beam but not too far forward that gymnasts can't see their hips and how they are lined with the beam. Atleast 1 step before split leap Chest up, arms out to side, straight legs, pushing front leg up and pushing through back leg. Landing position will be similar to starting position, feet close together, arms by ears looking at beam with hips in views. Gymnasts can then progress into free time working on upgrades</p>	<p>Yurchenko Entry</p> <p>1. Round off into the onto floor inbetween the yurchenko mat, rebound jump onto mat</p> <p>2. Round off onto springboard, rebound jump onto mat</p> <p>3. Round off onto springboard, flic onto mat</p> <p>4. Round off onto springboard, whip to mat.</p> <p>5. Round off onto springboard, whip over rainbow mat</p> <p><i>Technique:</i> Looking for fast rise and high chest from the board, pushing through shoulders Tight shape going backwards, not too high, using power not back flexibility</p> <p>Side station: Back flic onto knees on raised red mat Rounded shoulder springboard bounces with knees on block</p>	B R E A K	<p>Strong Round Offs</p> <p>1. Round off to knees on crash mat, landing in a hollow shape, arms by ears. 2. Round off to feet on crash mat, landing with a hollow back, arms by ears. 3. Round off to floor, hollow rebound. 4. Round off, flic, hollow rebound. 5. Round off, flic, flic, hollow rebound. 6. Round off, flic, blocking rebound jump against matted wall/block.</p> <p>Hands should always be turned full around, arms by ears as soon as they lurch until the rebound jump</p> <p>Whips Block in front of trampette, crash mat behind trampette</p> <p>1. Handstand onto block, snap to trampette, flic onto mat 2. Handstand onto block, snap to trampette, whip onto mat 3. Round off, whip, rebound jump 4. Round off, whip, flic, rebound jump</p>	<p>All gymnasts to run through floor routines. Full out on sprung floor.</p> <p>Gymnast to then skip with skipping rope for whole of next routine to build endurance.</p> <p>Feedback to all gymnasts once they have skipped.</p>	D I S M I S S A L

Gymnasts will typically do 5 or 6 rotations during a class, conditioning will also be done the majority of classes, either as a rotation or in a warm up.

Conditioning is crucial for the development of all gymnasts,

Competition Uniform

All gymnasts will compete in a long sleeved Star-Tastic Academy leotard.

Gymnasts are able to wear plain black gymnastics shorts (no Gymshark/Nike and no names). These can be purchased through us or various leotard companies/websites. They must be plain black with no glitter/diamantés.

All injury supports / tape must be skin coloured. Any visible sports bra/bra straps must also be skin coloured.

Gymnasts must wear plain black leggings (no logos, or writing on legs) with their Academy tracksuit jacket. White trainers must also be worn to competitions.

Competition hair will be slick back ponytail into a plaited bun unless otherwise specified. Gymnasts must wear a black mystique sunchie on their bun.



Competition Leotard



Competition Jacket

Competition Structure

Gymnasts must arrive to competitions in full kit with their hair done.

Gymnasts will usually enter through a separate door to parents, please ensure you leave your child with their coach.

Parents are not allowed onto the competition floor and gymnasts are not allowed to the spectator stands.

The competition will begin with a general warm up & stretch. There will be a march on to introduce all competitors.

Gymnasts will travel round the competition with other gymnasts from the club and their coaches. They will rotate on all 4 pieces of equipment.

Once all gymnasts have competed, gymnasts will be marched on again for the medal ceremony. At the majority of competitions gymnasts receive a participation medal.

After the medal ceremony, coaches will organise gymnasts getting their belongings ready and will meet parents (usually outside the venue) to hand gymnasts back over to parents.

Gloves and Loops



All Academy gymnasts will need to purchase a pair of gloves & loops.

Gloves and loops are used on a metal bar or 'strap bar'. Which is a shiny/no friction bar used as a training aid in class.

The gymnast is attached to the metal bar using the loops, and wears the gloves to move easily around the bar.

They are crucial for learning good shaping in younger gymnasts, good rhythm and fast connections on the bar as well as more difficult skills including upstarts, clear hips and giant swings.

All gymnasts who pass the 3 week extended trial will need to purchase gloves & loops ready for the 1st of September.

We will size up all gymnasts in July/August for this.

How to take care of gloves & loops

- It is very important for gloves & loops to be well taken care of, they will be tested every session by the coach to ensure they are in good condition and suitable for use.
- They also have a use by date, due to safety, no gymnasts will be able to use 'out of date' loops.
- Gymnasts must bring gloves & loops to all their training sessions.
- Gloves & loops must be kept in a bag AWAY from chalk & grips. If gloves come into contact with any chalk, they must be washed before using on the metal bar, as the metal bar cannot have any friction.
- Gloves & Loops cannot be shared between gymnasts.

Gloves and loops can be purchased from a number of websites, including those linked here:

- Gymnastics Planet - <https://gymnasticplanet.com/gymnastic-metal-bar-loops>
- Elite Gymnastics - <https://www.elitegymnastics.co.uk/products/bar-loop-gymnastics-gloves-for-manique-bar-loops?variant=31363165126722>
- Little Stars - <https://www.littlestarsleotards.co.uk/product-category/accessories/gymnastics-metal-bar-loops-and-gloves/>

We recommend the longer gloves so that gymnasts can wrap them over their wrists incase the loops stretch out slightly.

Grips



Not all gymnasts will need grips from the beginning of their gymnastics training.

We generally suggest it may be time for grips when a gymnast is either;

- 'Ripping' on the bar every session - this is when the gymnast gets blisters on their hands from the bars. Grips can help prevent the frequency of rips, but they may still occur with grips.
 - The only caveat with rips, is that new Academy gymnasts will likely get a lot of rips at the beginning of their training. This is because we do a lot more bar work in class compared to the General Gymnastics classes. We do want gymnasts' hands to roughen up before they begin using grips, so recommend new Academy gymnasts do not buy or use grips for at least their first 8 weeks in the Elite Classes.
- Gymnasts who are learning to upstart or clear hip circles on the wooden bar, these are the first two skills where the amount of pressure on gymnasts hands increases as they are circling the bar faster and applying more pressure onto their hands while circling the bar, compared to skills learnt previously.

Wrist Bands

To comfortably wear grips gymnasts will need wristbands to go underneath the strap of the grip. These can be normal sweat bands, specific gymnastics grip wristbands, or dry bands

- <https://gymnasticplanet.com/products/gymnastic-handguards/handguard-accessories/superior-cotton-wristband>
- <https://www.allabout-gymnastics.com/shop/sale/training-aids-sale/dry-bands-wrist-protectors-black/>

Finger wedges:

These are only needed if the finger holes of the grip are too big. You will not need to get them until the coach has checked over the grips and decided how well the grips fit your gymnast

- <https://www.elitegymnastics.co.uk/products/manique-finger-wedgies?variant=31363170107458>

Grip Recommendations

Beginners / Small Hands / Younger Gymnasts:

Pixie grips

<https://gymnasticplanet.com/catalog/product/view/id/812/s/pixie-uneven-bar-dowel-guards-velcro-or-buckle/category/70/#>

Hot Shot Grips

[Hot-shot-ladies-uneven-bars-velcro-or-buckle](#)

Standard Grips:

Reisport grips

[Reisport-ladies-uneven-bars-velcro-or-buckle](#)

Different grips have different size guides so please ensure you look at the correct handguard size guide before purchasing.

Bar / Grip 'No Goes'

- Liquid chalk - this can damage the bars and will not have the same effect as block chalk.
- Grips without dowels - grips that stop at the end of the gymnasts palm, and do not continue up the finger should not be used on bars.

!!PLEASE DO NOT STRETCH FINGER HOLES AT HOME!!

Once your new grips have arrived, please do not adjust them or name them until they have been checked over by a coach to confirm they are the right size. We will also stretch the finger holes in class to the right size.

Chalk

Gymnasts will need their own block of chalk, kept in an airtight named container, chalk can be bought from Amazon, eBay or any Gymnastics website.

Gymnasts will be responsible for any mess they make with their chalk and will be expected to clean this up before they leave training.

How To Avoid Rips

Rips are caused by friction between the bars and gymnasts hands, as hands are mostly the only body part that touches the bar, gymnasts apply a lot of pressure through their hands onto the bar when they circle and dismount the bar. There are a few things you can do to reduce the frequency of rips, however they are often inevitable and will happen even if you follow all the steps to avoid rips.

- Using chalk on the bars
- Washing chalk off hands after bar rotation (to avoid hands drying out during training).
- Applying a thin layer of moisturiser after a training session or the day before a training session. Avoid using hands to moisturise on the day of training.
- File/pumice callous build up. Rips are caused by the top layer of skin being separated from the lower layers, lessening the size of callous build up can prevent rips from happening to advanced gymnasts.
- Wearing grips

How to care for rips:

We really recommend the 'green tea trick' for healing rips as fast as possible. If done correctly, this can heal rips in a day and allow the gymnast to train on bars the next day.

This should be done straight after the training session to allow for maximum effectiveness.

Normal tea bags can be used as well, however they will stain the gymnast's hands

How to apply green tea for rips:

- Place the tea bag in freshly boiled water and let it steep.
- Once completely cooled, squeeze excess water out of the tea bag and apply to rip until the tea bag dries out (this will sting at first but should subside after a few minutes).
- After a minute or so, place the tea bag back in the water and squeeze out the excess water.
- Apply again to the hand.
- Repeat a few times.

Expectations & Requirements

Gymnasts

- All gymnasts will attending all training sessions throughout the year, and only miss under exceptional circumstances or pre-booked holidays. Poor attendance will be detrimental to a gymnast's development and performance.
- Gymnasts will not miss any training sessions 4 weeks before a competition.
- Gymnasts will not attend any other gymnastics, cheer or tumbling club, or be coached by anyone other than the Star-Tastic Academy coaches.
- Gymnasts be ready to attend classes in correct kit and a positive attitude.
- Gymnasts will treat all coaches and gymnasts with respect and kindness.
- When at competitions, gymnasts will be representing Star-Tastic Academy, they are expected to behave correctly.
- All gymnasts will sign and follow the Gymnast Code of Conduct.
- Gymnasts will accept any warnings due to breaking the code of conduct and not discuss with other gymnasts.

Parents

- Keep up to date with financial requirements.
- Be a positive role model for your child by encouraging good sportsmanship, showing courtesy, respect and support for all gymnasts, other teams, coaches, officials and spectators.
- Respect all decisions made by coaches and Academy staff, including training goals, classes and warnings issued.
- Ensure gymnasts are ready for class in the correct kit and with hair safely tied up.
- Communicate any problems, issues or injuries with coaches.
- Actively take part in fundraising (either through time or monetary donations).
- Order the correct training and competition kit.
- Ensure gymnasts only miss training when necessary.
- Communicate any holidays or circumstances which will cause a gymnast to miss a competition with the club ASAP.
- All parents must sign and follow the Parent Code of Conduct.

Code of Conduct – Parent

Star-Tastic Academy Gymnastic Club believes a healthy, balanced and happy child will have a clear divide between gymnastics and home life. To establish a positive, happy atmosphere at Star-Tastic and to ensure all participants and visitors have a positive experience, parents are asked to abide by the following Code of Conduct:

About your child:

- Ensure your child wishes to participate in gymnastics.
- Support your child's involvement, praise and help them enjoy their sport.
- Ensure your child is prepared for gymnastics by dressing appropriately:
 - Always wearing a leotard (shorts are permitted, leggings can be worn in colder months),
 - Wearing a club leotard on Saturday,
 - Star-Tastic t-shirt may be worn over their leotard,
 - Hair must be tied up in a bun or french plaits, any loose hair must be clipped up for training.
 - Jewellery must be removed PRIOR to arriving at gymnastics - earrings which cannot be removed must be taped prior to lessons by a parent/guardian.
- Ensure your child arrives on time to class.
- Make every effort to enable your child to attend all classes. Poor attendance has a direct effect on performance.
- Should your child be absent from a class please let your coach know at the earliest possible convenience.
- There should not be any absence 4 weeks before competitions. Missing practise so close to a competition will be detrimental to gymnast's performance.
- Provide your gymnast with a suitable drink, healthy lunch / snacks. Nuts are not permitted.
- Remind your child of the importance of listening to and following the instructions of coaches. Good behaviour is essential in the Squad Gymnastics Team, warnings may be given for unacceptable behaviour.
- Inform your child's coach of any injury or ailment which may affect your child's performance or safety in the gymnasium. Do not send an injured child to gymnastics.

About you:

- Establish good communications with the club, coaches and officials for the benefit of all.
- Respect the professional judgement / decisions of the coaches.
- Coaches welcome face to face feedback, please refrain from interrupting class time and request to speak to the coach at the end of class.
- Relay any absences or late arrives through the Star-Tastic Academy Parent WhatsApp groups or email.
- Any private questions for Emily/Libby, should be emailed to academy@startastictgymnastics.com
- Do not contact coaches or staff on private Whatsapps or text. These will not be replied to as all contact must go through email or group WhatsApp chats.
- Do not share coaches or parents personal numbers with anyone outside of the WhatsApp groups.
- Pay all fees on time or be subject to your child's withdrawal from the squad.
- Be a positive role model for your child by encouraging good sportsmanship, showing courtesy, respect and support for all gymnasts, other teams, coaches, officials and spectators.
- Respect the officials and their authority during competitions. If you have any questions during a competition regarding scores, speak to your child's coach at the end.
- Do not punish or ridicule your child or any other child for poor performance or mistakes. Do not criticise children in front of others, but reserve constructive criticism for more private moments.
- Do not discuss other gymnasts' performance or behaviour with your child or other parents.
- Do not instruct your child not to listen to a particular coach or suggest that a coach is wrong.
- Do not engage in any negative, unsportsmanlike conduct, in person or on social media.
- Do not do anything that will bring Star-Tastic Gymnastic Club into disrepute.

Any parent/guardian not following the Code of Conduct set out may receive a warning. Warnings may result in parents being banned from Star-Tastic classes/events and in extreme cases, the termination of their gymnast's place in the Star-Tastic Elite Squads.

Code of Conduct – Gymnast

As a member of the Star-Tastic Squad, gymnasts are expected to do the following:

- Attend all regular and any scheduled extra training sessions to the best of your ability.
- Ensure that sessions 4 weeks prior to a competition are not missed.
- Communicate any planned absences with coaches/staff.
- Arrive at all sessions on time ready to warm up (hair up/jewellery out/in correct kit). The warm up is an important part of training and should not be missed due to lateness.

- Always attend class with a positive mindset.
- Avoid saying 'I can't' or other negative sentences in class.
- Try their best in every class, if gymnasts have any worries or concerns, please contact your coach or the welfare staff.
- Listen carefully and follow instructions of the coaches at all times, use the feedback given to improve.
- Never leave the building unaccompanied, do not walk around buildings without a coach's permission.
- Maintain good standards of behaviour at all times.
- Treat other people's belongings with respect.
- Be polite and considerate to others at all times - other club members look up to the Squad gymnasts, be a good role model.
- Remember that attendance at training sessions is primarily to learn and practise gymnastics not to socialise.
- Remember there are often gymnasts of different ages in classes, do not use bad language or discuss inappropriate subjects in class or during breaks.
- Do not discriminate against any other gymnast or staff based on religion, race, gender, social classes, disability, performance ability or any other factor.
- Know that bullying and harassment will not be tolerated at Star-Tastic Gymnastics and any instance of bullying behaviour may result in termination from the Squad and the club.

- Do not use any equipment unless instructed by a coach to do so. Do not sit on equipment.
- Treat the equipment and gym hall with respect. Any equipment misused and broken will need to be paid for.
- Excessive chalk should not be left around the bar area. Gymnasts are responsible for cleaning any excess chalk.
- Wherever break times are had, the space must be left clean and tidy with rubbish put in a bin.
- Food must be left in the bags, no food is permitted in the gym hall or around equipment.
- Help the coaches to tidy the equipment / gym hall when necessary.

- Dress appropriately for classes in a leotard. Shorts can be worn all year and leggings can be worn during colder months. Baggy/loose jumpers/t-shirts or joggers are not allowed during training, including the warm up.
- Star-Tastic t-shirts may be worn over leotards.
- Star-Tastic leotards must be worn in all Saturday Squad classes.
- Gymnasts must have the correct competition leotard (plain black shorts are allowed to be worn in competition).
- During training hair must be safely tied up, in a bun or french plaits. All loose hair must be clipped up away from the face.
- Jewellery should be removed (earrings which cannot be removed must be taped by parents/guardians prior to arriving at class).
- Nails should be kept short. Fake/long nails are not permitted for safety reasons.
- Where possible leave valuables at home - the club cannot accept any responsibility for any loss or damage.

- Squad gymnasts are expected to attend all competitions available to their competition level.
- If gymnasts regularly miss competitions they may be removed from the Squad.
- Whilst at competitions gymnasts are representing Star-Tastic, they are expected to display positive behaviour to all other competitors, judges and spectators. This includes but is not limited to applauding during medal ceremonies and celebrating other gymnasts successes regardless of their own performance/scores.
- Any negative comments or behaviour shown at competitions will not be tolerated and may result in termination from the Squad.
- Squad gymnasts should compete in the correct competition leotard (and plain shorts) with the correct hairstyle chosen for each competition.
- Gymnasts should arrive on time/early to the competition or a pre-organised meeting time.

- Mobile phones are not to be used in class. Do not take videos, photos during breaks. No use of Facebooks, Snapchat, Instagram or any other social media during breaks.
- Gymnasts of any age must not add, follow, or friend any coach on social media (Snapchat, Facebook, Twitter, Instagram etc).

Any gymnast found to be breaking the Gymnast Code of Conduct will receive a warning. All warnings will receive a follow up email confirming the warning. Warnings will stay on record for 3 months and then be removed.

1st warning = Verbal warning during class, parent/guardian will be notified at pick up.

2nd warning = Verbal warning during class, parent/guardian will be called immediately to pick the gymnast up and the gymnast will miss a week of training sessions (no catch up hours will be accumulated during this week).

3rd warning = Termination of gymnast from the Star-Tastic Squad.

Camp Sessions

We will have specific Elite and Supernova camp sessions available for all of our Rosebery Camps. These are essential for developing skills and practising on upcoming competitions. Camps are also a great way for gymnasts to bond with the rest of the team. We encourage gymnasts to attend at least 1 day of camp each half term / holiday.

Catch up hours will now only be able to be used for camp sessions.

1-2-1 Private Lessons

We offer regular 1-2-1 sessions, usually held on Fridays or Sundays. We will usually have additional 1-2-1 sessions available before classes during half terms & holidays.

Gymnasts can either work on specific skills, pieces or perfecting competition routines in 1-2-1s. If your gymnast has a new floor routine for the 23/24 season, we highly encourage your gymnast has a 1-2-1 for this before September.

These will be booked through our Active system here: <https://campscui.active.com/orgs/StarTasticGymnasticsEpsom?orglink=camps-registrationprivate>.

1-2-1 sessions are £35.00 for 1 hour for 1 gymnast or £50 for 2 gymnasts.

Internal Competitions

Star-Tastic Gymnastics will hope to host 3 sets of competitions per year. These will mostly be 4 piece competitions to prepare gymnasts for the atmosphere for their main competitions and check how routines do in a competition setting.

We highly encourage gymnasts attend these competitions in order to ready themselves to compete at larger competitions. The more competitions gymnasts attend throughout the year the better equipped they are to deal with competition nerves and this will positively affect their competition experience and results.

Additional Information

Squad Awards

We recognise that all of our gymnasts should be celebrated and awarded for their hard work, determination and commitment to gymnastics. We have previously given out Squad awards at the end of the last 2 years, including 'Most Committed' for each class, Artistry Awards, Star-Tastic Spirit Awards and more.

This year we are hoping to hold an awards event towards the end of the season (Spring 2024).

More details will be announced closer to the event.

Badges

Although not our sole focus at Star-Tastic Academy, we will be handing out badges at least once a year.

Summer Training

From the beginning of hall changes (end of May) to the beginning of September, gymnasts must bring suitable trainers for running outside. We use the good weather to work on our endurance with outside runs during warm ups or as additional conditioning.



We also have the occasional water-fight at the end of classes, these will be communicated in the WhatsApp groups prior to the class starting as well as other fun summer activities!

Contact Information



07896431855

(this is the general Star-Tastic number, not Academy specific)



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Coaches personal phone numbers will be shown in class WhatsApp groups.

Please do not use them to privately contact coaches.

All communication, including notices of lateness, illness, questions etc should either be posted in the class WhatsApp groups or emailed.

Coaches phone numbers should not be shared with anyone outside the groups under any circumstances.

Useful Websites

Star-Tastic Website

www.startasticgymnastics.com

Independent Gymnastics Association (IGA)

<https://www.independentgymnastics.com>

IAIGC Worlds

<https://www.usaigc.com>

