Club Champs 2019

Spelthorne Gymnastics Club will be holding our annual Club Champs, on Saturday 22nd & Sunday 23rd June. Every (school age) gymnast who attends Spelthorne Gymnastics is invited to attend.

This term the coaches will be preparing all gymnasts for Club Champs, helping them remember their routines, and teaching them what to do on each piece of equipment.

The Gymnasts will be expected to perform on 5 pieces of apparatus on the day. They will perform;

1. **Floor** – A 30-45s routine is taught to the gymnasts by the coaches on the weeks leading up to the competition, and each gymnast will take their turn performing it to the best of their ability. (A coach is always on standby to show them what to do).
2. **Vault** – Each gymnast will complete two different vaults depending on their level. Performances on the vault must show flight, control and a stable landing.
3. **Trampette** – Each gymnast will perform two different jumps depending on their level. The jumps must show flight, accuracy of shape and secure landing.
4. **Tumble** – A series of forward & backward elements, performed on a strip of sprung floor. The gymnasts must show consistency in their speed and stay in a straight line.
5. **Trampoline** – 6-10 jumps will need to be remembered and performed in the correct order to make up a trampoline routine. Children must bounce in the middle of the trampoline to show control.

The Gymnasts will compete in groups of approx 10-15 gymnasts. In these groups the gymnasts will be escorted around the gym with a coach, stopping to perform on each piece of apparatus. They will be judged by our official judges, and a final mark will be added up whilst you watch a routine from our display groups. Medals will be awarded to 1st 2nd and 3rd place and every gymnast that competes on the day will receive a certificate. Each round lasts approx 2 hours.

Remember, it’s the taking part that counts. Here at Spelthorne, we feel Club Champs is a great way to build confidence, showcase skills and get a real insight to what it is like to compete and stand proud.

Coaching and management team.