

SPELTHORNE GYMNASTICS

ACROBATIC ELITE PROGRAMME

PROTOCOL & INFORMATION for SQUAD PARENTS

Revision 11 – March 2025



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1.0 GENERAL

- 1.1 The purpose of this Protocol is to inform parents of the requirements and expectations of the coaches and management in relation to fitness, behaviour, training and competitions, before they commit to joining the Acrobatic Elite Programme (Squads 1, 2, 3, and 4). It tries to answer many of the questions that parents ask us, and it provides information about the sport, it's history and how it's organised.
- 1.2 The Acrobatic Elite Programme (AEP) is different from our General Gymnastics Programme because it focuses on acrobatic pair and group work, and competitions at all levels – Regional, National, International, Europeans and Worlds.
- 1.3 Congratulations if your gymnast has been selected to take part in AEP Squads 1, 2, 3, or 4. We hope that he/she will enjoy a successful time and make long lasting friendships with the other gymnasts.
- 1.4 The aim of the AEP as a whole is to prepare gymnasts for the highest levels of competition, so that they fulfil their potential, and also to maintain the reputation and high standards that the Acrobatics section of the Club has achieved since its inception in 1986.

2.0 COMMITMENT

- 2.1 Acrobatics is a team sport where team members are not easily or quickly replaceable, and therefore high levels of commitment and dedication will be required from all of the participants: gymnasts, coaches and parents.
- 2.2 When a partnership is formed there will be short and long-term goals in mind, these are normally based around competitions such as Regional, National, European or World Championships. The period between each goal is called a 'training cycle'. If you join the AEP and commit to a goal (the latest 'training cycle'), then we expect you to fulfil your obligation and not give-up beforehand as this is unfair to your partners and the coaches.
- 2.3 In terms of overall progression, each partnership will be allocated a target competition by the coaches which best suits their ability and development. You and your partners will be required to commit to attendance at these competitions because they often form the basis for selection (a) to represent the Southeast Region or (b) by the National Coach to represent Great Britain at later events. There may be instances when you are given an 'option' whether or not to attend a competition, but this will be on rare occasions.

3.0 WHAT IS ACROBATIC GYMNASTICS?

- 3.1 Acrobatics can be traced back to ancient Greece. Modern-day 'Acrobatic Gymnastics' was originally called 'Sports Acrobatics' and began in the Soviet Union in the 1930s. It was introduced to the UK in the 1970's when John Atkinson (British Gymnastics) returned from the 1974 1st World Championships in Moscow where the UK was represented by tumblers only. John was full of enthusiasm for this new and exciting branch of gymnastics, and the first British acrobatic pairs and groups emerged in 1976. In the UK we began competing on the international stage shortly afterwards albeit we were 40 years behind the eastern bloc countries at that stage, and medals were just a dream. It would take until 1988, at the 8th World Championships in Belgium, that the UK would win its first overall world medal (bronze), by Spelthorne gymnasts Alison and Emma. Since then, the UK has produced numerous World and European medallists, many from Spelthorne Gymnastics and too many to mention here, but some are now still coaching in the Club (Adam, Ellie, Leighanne, Emily, and Alison). The FIG (our international governing body) is also pressing for the sport to become part of the Senior Olympic Programme – fingers crossed.
- 3.2 In Acrobatic Gymnastics the gymnasts form partnerships comprising two, three or four athletes. There are five disciplines - men's pairs, women's pairs, mixed pairs, women's group (3) and men's group (4). There are either one, two or three 'base' gymnasts and one 'top' (flier).
- 3.3 In competitions, the partnerships normally have to perform two or three routines to music each lasting about 2 minutes. The routines are named 'Balance', 'Dynamic' and 'Combined'. In some competitions only a Combined exercise is performed.
- 3.4 The total score for each routine is determined by (a) how many mistakes are made (technical mark of 10), (b) the difficulty of the elements (difficulty mark) and (c) the quality of the choreography (artistry mark of 10). A score of 27.50 and above is considered very good.
- 3.5 If you want to see some top-level acrobatic gymnasts look here:

<https://www.fig-gymnastics.com/site/pages/disciplines/pres-acro.php>

4.0 COMPETITION PATHWAYS

4.1 There are two training/competition pathways in Acrobatic Gymnastics in the UK as shown in the diagram below – FIG (Performance) and NDP (Participation).

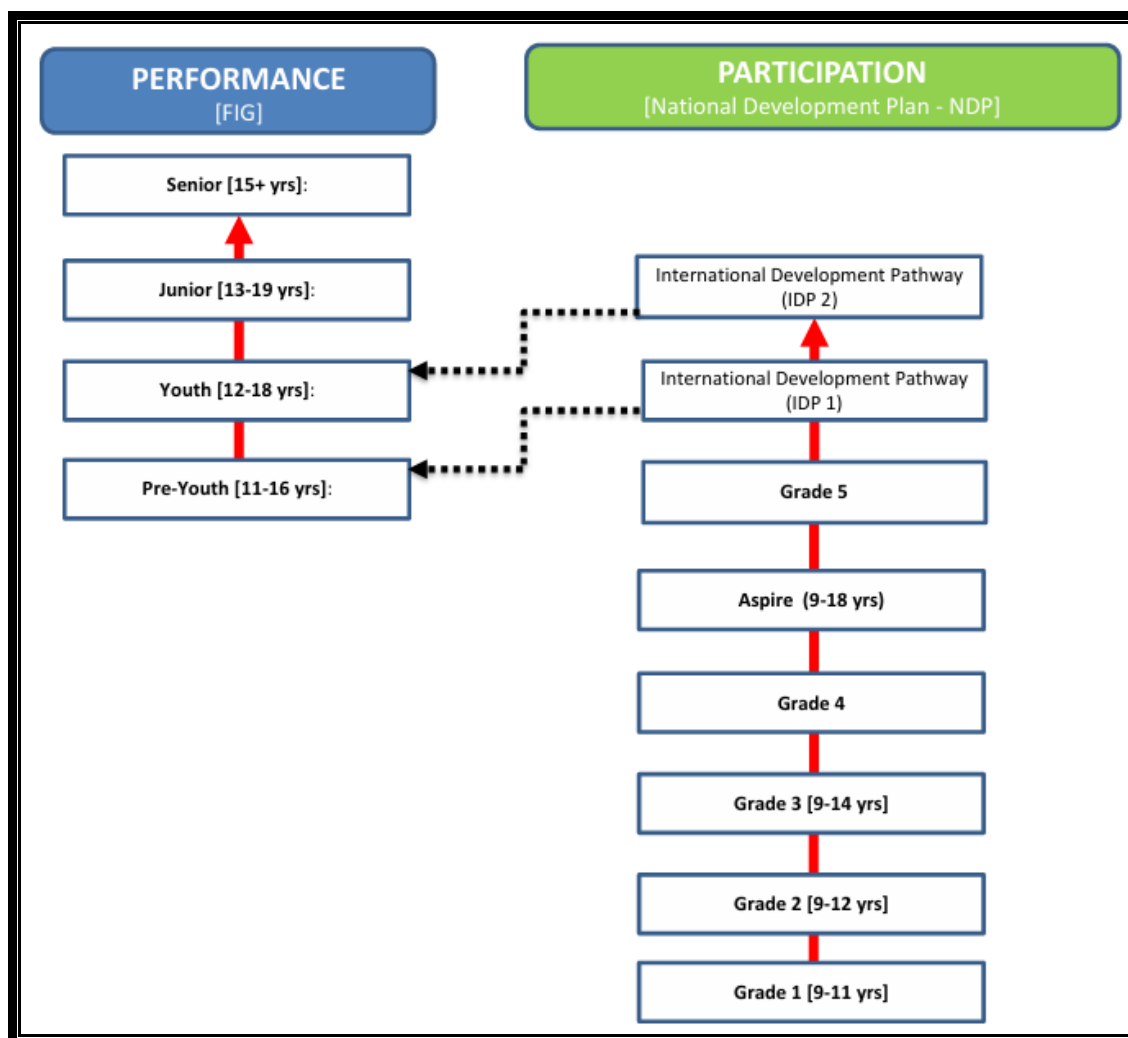


Figure 1: Acrobatic Competition Structure

4.2 National Development Plan (Participation)

4.2.1 The first pathway is called the **National Development Plan (NDP)**, which is managed by British Gymnastics. It has eight different levels and its own NDP British Championship at each level. The levels are: Grade 1 (9-11yrs), Grade 2 (9-12yrs), Grade 3 (9-14yrs), Grade 4, Aspire (9-18yrs), Grade 5, IDP 1, IDP 2¹. There is a minimum age of 9 years in the NDP programme. Gymnasts qualify for the British Championships through a Regional Qualifying competition. Our Region is the South East. Gymnasts who qualify, then compete for the

¹ IDP stands for International Development Plan

South-East Region (not Spelthorne Gymnastics) at the NDP British Championships.

4.3 FIG Pathway (Performance)

4.3.1 The second pathway is an International Programme managed by the Federation Internationale Gymnastique (FIG) which focusses on higher levels of performance and therefore requires much higher levels of training. The FIG programme is based upon age groups; 11-16, 12-18, 13-19 (Junior) and 15+ (Senior).

4.3.2 In addition to the NDP British Championships there is also an FIG British Championships where Clubs enter any gymnasts that they have working in the FIG Pathway.

4.3.3 Gymnasts following the FIG pathway who are too young for the 11-16 or 12-18 categories may compete in the IDP1 or IDP2 categories (in the NDP programme) where there are no age restrictions.

4.4 Forming Partnerships – Ages and ‘Out-of-Age’

4.4.1 Partnerships normally have to be formed by the coaches to fit into these age groups set in both pathways. However, sometimes the coaches will form partnerships which are ‘Out-of-Age’ but which they know will eventually fall into an age category after a short period of time. For example, they may make a partnership which is 10yrs/14yrs, in the knowledge that they will be eligible the following year (being 11yrs/15yrs) for the 11 to 16 category [FIG] or Grade 4 [NDP] or Aspire [NDP].

4.4.2 You may see competitions with an ‘Out-of-Age’ category. Partnerships that fall outside the age ranges cannot compete in FIG events, but they can compete in ‘Out-of-Age’ events organised by British Gymnastics or specific Clubs. ‘Out-of-Age’ events are designed to keep gymnasts motivated by allowing them to compete, but are not officially recognised by FIG or BG.

4.5 Difficulty of Routines

4.5.1 Both the NDP and FIG pathways are progressive in that the difficulty of elements that can be performed is set at each level. There is a degree of overlap between the two pathways shown by the dotted lines in the diagram above. See section below called ‘Tables of Difficulty’ for more information.

4.6 Our AEP engages with both pathways (NDP and FIG) depending on the ability of each partnership. It is not uncommon for individual gymnasts to transfer

back and forth between the two pathways depending upon their circumstances, partners and progress. Transfer is at the sole discretion of the coaches.

5.0 TABLES OF DIFFICULTY

- 5.1 The difficulty of elements at each grade in both the NDP and FIG pathways is controlled to protect the development of the gymnasts. This is done in two ways;
 - 5.1.1 By setting the **specific elements** that the gymnasts can perform. This is done in the NDP Grades.
 - 5.1.2 Or by setting the **difficulty value** of each element and the overall value of the whole routine. This is done in the FIG Pathway. The difficulty values vary between grades and discipline (Women's Pair, Men's Pair, Mixed Pair, Women's Group and Men's Group).
- 5.2 Each skill that the gymnasts perform, either individually or as a partnership, is given a difficulty value (number) by the FIG. These values are set out in a document called the 'Tables of Difficulty' comprising around 140 pages of drawings showing every conceivable acrobatic pyramid known to man (and a few from Mars!).
- 5.3 The coaches therefore have to structure the routines in a way that meets the difficulty limitations as well as several other factors.

6.0 TARRIFF SHEETS

- 6.1 For each routine the coaches have to submit a 'Tarriff Sheet' which shows all the skills being performed in the order in which they are going to be performed. This is done using a computer system called 'Acro Companion' which automatically shows the tariff sheet to the judges on a computer screen.

7.0 JUDGING

- 7.1 The final score for each routine is made up from three separate scores given by three separate sets of judges. These scores are:
 - 7.1.1 Difficulty Score
 - 7.1.2 Artistry Score
 - 7.1.3 Technical Score
- 7.2 Each is marked out of 10 to give an overall score out of 30. At most competitions you will see all three scores on the scoreboard together with the total score.

7.3 Deductions are made from the possible 10 (perfect) for numerous categories of error, such as:

7.3.1 Technical mistakes – falls, poor execution, time faults (not holding a balance for 3 seconds), bent legs, etc

7.3.2 Artistry – performance and interesting choreography

7.3.3 Difficulty adjustments, if a skill shown on the tariff sheet is missed or modified.

8.0 COMPETITIONS

8.1 NDP Competitions generally fall into the following categories.

8.1.1 Friendly

8.1.2 Regional

8.1.3 National (British NDP Championships)

8.2 FIG Competitions generally fall into the following categories.

8.2.1 Friendly

8.2.2 National Competitions (British FIG Championships)

8.2.3 Trials and Selection Competitions

8.2.4 International Friendly Competitions

8.2.5 European Championships

8.2.6 World Cups & World Games

8.2.7 Youth Olympics

8.2.8 World Championships – Age Groups, Junior and Senior

9.0 TRIAL COMPETITIONS

9.1 Trial competitions are organised by British Gymnastics in order to select gymnasts to represent Great Britain at International events. The BG selection policy changes from time to time but in most cases, selection is at the discretion of the National Coach. Therefore, even if a partnership wins the trial competition/s, the National Coach may decide to take another partnership if he/she thinks they have a better chance of securing medals for Great Britain.

10.0 COMPETITION RESULTS

10.1 Participation in the AEP does not guarantee results. Whilst we have an excellent record, the results depend heavily on the amount of effort the

gymnasts put into training and how strong the competition is at any particular time.

11.0 WHAT DOES YOUR GYMNAST NEED TO PARTICIPATE IN THE PROGRAMME?

11.1 In order to participate in the programme your gymnast will need:

- 11.1.1 Talent (which we spot).
- 11.1.2 A good level of fitness.
- 11.1.3 A good sense of discipline.
- 11.1.4 An ability to work hard at all times.
- 11.1.5 A good level of mental strength.
- 11.1.6 High level of commitment
- 11.1.7 To respect their partners needs and ambitions.
- 11.1.8 Supportive parents – parental support is crucial to success in this group. The AEP is hard work for the gymnasts, but the rewards are great. You will need to provide support to your gymnasts during the 'low-points' and praise at the 'high points'.

11.2 In order to travel abroad Gymnasts will need:

- 11.2.1 a **British Passport**. If you do not have a British Passport, you will still be able to compete at the FIG British Championships, but you will not be allowed to represent Great Britain at International Events (FIG Pathway). The FIG Pathway demands that your gymnast has a British Passport. It is therefore imperative that you notify us if you do NOT have a British Passport as soon as you are selected into the AEP because its main purpose is towards representing Great Britain at International Events. Please note that obtaining a passport can take a long time, and is quite expensive, so the process needs to be started as soon as you start the AEP. If you do not intend to obtain a British Passport for your gymnast, please let us know so that we can arrange suitable partners.
- 11.2.2 Your gymnast will need an ability to manage themselves alone. It is more than likely that, at some time, your gymnast will be travelling abroad and therefore it is important that they are able to look after themselves in basic tasks such as carrying luggage, money management, personal hygiene etc and learn to manage this themselves

12.0 WHAT ARE THE REWARDS FOR PARTICIPATING IN THE ELITE PROGRAMME?

- 12.1 The AEP focusses on preparing gymnasts for competition; Regional, National, and International events including European and World Championships with the aim of achieving medals at those events. Gymnasts travel all over the UK/world to compete at these events.
- 12.2 Since 1986, Spelthorne's gymnasts have been winning gold, silver and bronze medals at all of these events, so there is no reason why your gymnast cannot do the same with a lot of hard work, a bit of luck, and a lot of dedication on the part of all concerned, gymnast, coaches and parents.
- 12.3 Partnerships formed in the AEP also form life-long friendships, not only between themselves, but also with other competitors that they meet both home and abroad.
- 12.4 Whilst we have a lot of success in the past, possibly the most of any club in the UK, we cannot guarantee results; we can only see potential in your gymnast and then try to nurture and maximise it.
- 12.5 Taking part in a serious training programme and keeping extremely fit is something that our gymnasts carry through to adult life and therefore has life-long benefits for them.

13.0 SCHOOLWORK

- 13.1 Academic education is important, and we do not expect this to suffer as a result of their training. We rarely have any problems with schoolwork. On the contrary, most of our elite gymnasts do very well at school and often improve when they move into an elite training environment.
- 13.2 There is a dedicated study room at the gym where schoolwork can be completed before or after training. We ask that gymnasts work under 'library' conditions in this room.
- 13.3 If you do find that schoolwork is suffering, then please talk to the coaches about it and they can discuss options.

14.0 HOW ARE PARTNERSHIPS FORMED?

- 14.1 Partnerships are formed by the coaches based upon a range of factors such as age (to fit within the NDP & FIG age categories), height difference between the partners, fitness, maturity, technical ability, strength, work ethic etc.
- 14.2 Trial Partnerships - Sometimes partnerships are formed on a 'trial' basis because we are not sure if the partnership will work. We will let you know if it's a 'trial partnership'.

- 14.3 Long Term Partnerships - Some partnerships may be formed on a 'long term' basis, meaning that they may be 'out of age' for a period of time. Others may be formed on a 'training' basis whilst more suitable partners are found.

15.0 WHEN AND WHY ARE PARTNERSHIPS CHANGED?

- 15.1 Possibly one of the most misunderstood aspects of Acrobatic Gymnastics is the fact that gymnasts do not progress 'linearly' and will often need to 'step back' to form new partnerships, sometimes at a lower level. Parents frequently misinterpret this as a backward step, which it is not. It is a function of the way partnerships are formed and the fact that performance is determined by the whole partnership and not the individual gymnasts.
- 15.2 Partnerships often change when a 'top' decides to become a 'base' and therefore needs to learn a completely new skill set. If you speak to any of our previous senior gymnasts, they will confirm that they had several 'step backs' before they reached their full potential – it is normal, so please don't panic when it happens.
- 15.3 Partnerships may also change from time to time if the gymnasts out-grow each other, or one retires, or they are not maintaining the required level of fitness.
- 15.4 If your gymnast loses a partner, he/she may remain on the EAP while we look for another suitable partner. There are plenty of training activities that your gymnast can do in the interim period that will enhance his/her performance. Training does not stop or slow down in these circumstances. We focus on improving the weak points so that their individual capabilities improve.
- 15.5 Unfortunately, in some situations, it may be difficult to find another suitable partner and we may try advertising to see if there are suitable partners outside the club in a similar situation who would like to form a partnership.

16.0 PREPAREDNESS FOR TRAINING

- 16.1 Elite training requires a high level of discipline, concentration and effort. It's therefore important that the gymnasts arrive at each training session in a good level of preparedness: mentally, physically and attired. Gymnasts must therefore:
- 16.1.1 Arrive on time. This means ready to line-up and start warming up at the class start time. We recommend arriving 10 mins beforehand.
- 16.1.2 Arrive in suitable training clothing – a leotard, lycra shorts, tight fitting top etc. Revealing clothing is not allowed. Clothing must be supportive.

- 16.1.3 Arrive fresh and ready to train. Gymnasts should ensure they have had sufficient sleep the night before training.
- 16.1.4 Long hair must be tied into a neat, tidy and a secure bun
- 16.1.5 Gymnasts should notify their coaches of any injuries or reasons why they are not able to train fully – i.e., sickness, tiredness, injury etc.
- 16.2 Gymnasts are required to provide their own chalk, and from 13th February 2023 this must be the liquid type (not the dusty calcium carbonate – which damages our vacuum cleaners and air filtering equipment).

17.0 FITNESS

- 17.1 Elite athletes need to be extremely fit to be able to train safely and effectively. It is not fair on the other members of a partnership if one member is not able to match the other members fitness levels.
- 17.2 We use the term 'fitness' to cover a number of attributes such as; strength, flexibility and overall body condition; all of which combine to make an elite gymnast.
 - 17.2.1 'Base' gymnasts need to be strong and powerful in order to throw the tops as high as possible and to balance them in difficult pyramids.
 - 17.2.2 'Top' gymnasts need to be smaller but also incredibly strong so that they can be thrown high into the air and also hold difficult handstand shapes, often just on one arm.
 - 17.2.3 All gymnasts need to maintain a level of fitness that enables them to manoeuvre and control their bodies with ease. Tops are often thrown high in the air and bases have to catch them, both of which require high levels of concentration and strength.
 - 17.2.4 In Acrobatics, the weight ratio of the partners is very important as this normally determines the level of difficulty that the partnership can achieve and therefore the overall 'difficulty score' that is possible. The difficulty score is critical in senior events as there is no cap on the difficulty value (the sum of all the elements performed) or the final score.
 - 17.2.5 Health and fitness are also key aspects of safety:
 - 17.2.6 This means that gymnasts will need to maintain lifestyle habits that are as healthy and balanced as possible to be competitive.
- 17.3 Parents will be advised if there are any issues arising concerning fitness. Equally, if you have concerns or questions relating to health and fitness, please do not hesitate to contact our welfare officer.

18.0 WELFARE

- 18.1 The welfare of all gymnasts at Spelthorne Gymnastics is a priority. All gymnasts/parents are encouraged to speak to any of our welfare officers if they have any concerns.
- 18.2 In addition, our Welfare Manager tries to meet once or twice per year with gymnasts to discuss training and any questions or issues that they may have with regards to welfare.
- 18.3 If you have any welfare concerns, there is a 'welfare box' in the corridor opposite the girls' toilets.

19.0 TRAINING SCHEDULE, ATTENDANCE & PUNCTUALITY

- 19.1 The coaches will provide you with a detailed training schedule that is suitable for your gymnast's level of competition.
- 19.2 Your gymnast will be expected to attend all training sessions other than in exceptional circumstances such as illness. If your gymnast is going to be late or miss a session, please email the coaches on.
 - 19.2.1 Squad 1 - eliteacro@spelthornegymnastics.com
 - 19.2.2 Squad 2 – info@spelthornegymnastics.com
 - 19.2.3 Squad 3 – info@spelthornegymnastics.com
 - 19.2.4 Squad 4 - info@spelthornegymnastics.com
- 19.3 Your gymnast should aim to arrive at the gym at least **10 minutes** before the start time to allow them to get changed etc.
- 19.4 If, in the opinion of the coaches, there is too much absence from training then participation in the AEP may be, after discussion with parents, reviewed and you will be given the opportunity to take part in the General Gymnastics Programme which is less demanding programme.

20.0 HOLIDAYS

- 20.1 Your coach/s will advise you of the competition calendar for each year as soon as they are aware of it. This often depends upon how quickly British Gymnastics publicise their competition calendar and when/if we receive international invitations.
- 20.2 Your coach will advise you of the best periods in which to take holidays in order to minimise disruption to the training schedule and to maximise performance in competition.

- 20.3 Holidays are best planned immediately after main competitions or during periods of low competition activity. Your coach will advise you of this.
- 20.4 Taking holiday outside the dates advised by the coaches will (a) be unfair on the remaining partners, (b) show disrespect to the training programme and its aims, (c) result in a deterioration in performance of the partnership. This is because the period leading up to the competition is critical to the build-up to peak-performance. We follow a set programme of training cycles before each programme that we have used for many years. Each week prior to the competition has a different structure and different parameters (following a principal of 'Periodisation') which are designed to gradually increase the fitness, stability and performance of the gymnasts. If a partnership misses one of these weeks, then their programme is disrupted, and the performance will suffer.
- 20.5 Absence prior to a competition disrupts the training programme and performance. So, we ask parents to adhere to the following:
- 20.5.1 **Domestic Competitions** - Holidays should not be taken at any time in the **8 weeks** before a competition.
- 20.5.2 **Major Competitions** - Holidays should not be taken at any time in the **12 weeks** before National Championships, European Championships or World Championships.
- 20.6 If in doubt, ask the coaches before booking any holidays.

21.0 LEOTARDS AND CLOTHING

- 21.1 Clothing for events where the gymnasts represent the Club is paid for by the gymnast/parent. Occasionally, for special events, the Club may provide some elements of clothing, but this is at the discretion of the Club at the time.
- 21.2 For events where the gymnast is representing Great Britain, usually only the Senior athletes get clothing provided by British Gymnastics. All other age groups have to buy the clothing themselves.
- 21.3 Generally, the gymnasts wear a different leotard for each of the routines. Leotards can be expensive, depending upon the manufacturer and detail in the design. Leotards can be sold when no longer needed and this helps to recoup some of the cost.

22.0 COMMUNICATION

- 22.1 When the gymnasts start their first year of senior school (age 11) we expect them to be able to manage themselves and communicate directly with the coaches and pass information back to their parents.

22.2 If you would like to ask a question from any of the elite coaching team, you can email them using the addresses above (para 19.2).

23.0 REPORTS

23.1 Every six months you will receive a written report showing your gymnasts progress with comments from the coaches with regards to their performance, effort, attitude, attendance, sportsmanship etc.

24.0 INJURIES

24.1 Injuries are part of sport and can happen at any time. We expect the gymnasts to be able to communicate with the coaches if they are injured or unwell. If you are aware that your gymnast is injured, then please ensure they speak to the coach before training starts.

24.2 When an injury occurs to a gymnast on the AEP our aim is to return the gymnast to full training as quickly and safely as possible. It is therefore important that the parent obtains a specialist (GP referred) diagnosis of the injury immediately and a recommended treatment process. If this involves physiotherapy, this must be carried out without delay, and we leave this to the parents to arrange. We will adapt the training programme to adopt the specialist's recommendations.

24.3 For most of the injuries that we encounter the training programme can be adapted so that the gymnast learns other skills and maintains a level of fitness.

25.0 ATTITUDE, BEHAVIOUR & WORK ETHIC

25.1 Your gymnast will be expected to maintain a high standard of behaviour and discipline at all times. This includes behaviour towards staff, coaches and other members of the acrobatic partnership and all other members of the Club.

25.2 Bullying and/or disrespecting other members of the Club will not be tolerated.

25.3 Your gymnast will also be expected to maintain a high work rate/ethic.

25.4 You should not use social media platforms to comment, criticise or verbally abuse Spelthorne Gymnastics, its members, staff or officials in an inappropriate, inflammatory or unacceptable manner, and understand that this will result in the club following British Gymnastics guidance and may be subject to disciplinary actions such as removal from the AEP programme. If you have any grievances or concerns, then please speak directly to a member of our welfare team. Please also refer to our Social Media Policy.

26.0 BEHAVIOUR AT COMPETITIONS

- 26.1 Your gymnast will be expected to maintain a high standard of behaviour and discipline at competitions and will be expected to sign the relevant Travel Code of Conduct. This includes behaviour towards organisers, staff, coaches, other competitors and other members of the acrobatic partnership.
- 26.2 Communicating with your gymnast during a competition, be it at home or abroad, is most likely to distract them from the task in hand. We would therefore ask that you restrict communication. If you are attending an event as a spectator then, in our experience, it is better that you remain in the background and simply spectate so that the gymnast can follow the coach's instructions and not be drawn away from the team. If you feel you must communicate with your gymnast, then please try to do this through the coach or support staff.

27.0 REMOVAL FROM THE ELITE PATHWAY

- 27.1 Your gymnast may be removed from the Elite Pathway if:
- 27.1.1 Attendance falls below the coach's expectation, and we have held a meeting to review this with you, but it has not improved.
 - 27.1.2 Holiday is taken outside the coaches notified dates.
 - 27.1.3 The Gymnast's conduct either in or outside the gym is not conducive to remaining in the programme – at the coach's discretion.
 - 27.1.4 The gymnasts/parent falls behind with payment of fees.
 - 27.1.5 The gymnast's level of fitness, discipline or work rate falls below that required by the coaches or jeopardises the safe performance of elements.
 - 27.1.6 The gymnast shows a behaviour or training trait that we consider to be dangerous to either themselves or their partners. An example of this would be failing to catch a partner on a number of occasions or showing a lack of concern for the safety of their partners.
- 27.2 In the event a gymnast leaves the AEP they will be offered a place on another programme which is more suitable for them.

28.0 FEES, CHOREOGRAPHY & COMPETITION EXPENSES

- 28.1 Training fees are payable monthly by direct debit and are averaged to cover all the training sessions for the year. So, you pay the same amount every month even though the number of training sessions in the month may vary when there are holiday breaks etc.

- 28.2 Choreography costs are extra to the normal training fees. You will be asked to pay for the initial routine creation by a choreographer. This involves the choreographer finding and cutting music (unless you provide it yourself) and then creating a routine for the partnership; this normally takes a day or two. Once this has been completed, the routine is cleaned and practiced as part of the normal training. We may decide to use our own staff for choreography, or we may employ a consultant choreographer if necessary. In both cases we may arrange extra training sessions for this to be done during school holidays and in a quiet environment. The choreography cost may be reduced if the routine has already been created for another partnership and handed down, or if one of the gymnasts has already paid for the routine with different partners. It can be normal practice for old routines to be learnt via video by the gymnasts before a coach or choreographer works with the gymnasts to finalise the routine.
- 28.3 Gymnasts/Parents have to meet all competition/clothing expenses themselves.

29.0 FUNDRAISING

- 29.1 Spelthorne Fundraising Group may decide to provide some financial assistance for certain events. This will be notified by them at the time and will depend on the funds they have available.
- 29.2 As your gymnast will be eligible for financial support from the Fundraising Group, we expect all parents of AEP gymnasts to be actively supporting the Group in whatever way they can.

30.0 OTHER DOCUMENTS YOU SHOULD READ

- 30.1 The other **important documents** you should also be familiar with are:
- 30.1.1 Travel Codes of Conduct for under 18's and over 18's.
 - 30.1.2 Code of Conduct for Squad Parents
 - 30.1.3 Code of Conduct for Squad Gymnasts
 - 30.1.4 Code of Conduct for Coaches, Judges and Volunteers
 - 30.1.5 Code of Conduct for Gymnasts Travelling Abroad
 - 30.1.6 Social Media Policy
- 30.2 If you need a copy of any of these documents, you will find them on our website or you can request a copy by emailing us on info@spelthornegymnastics.com

31.0 FURTHER QUESTIONS?

31.1 If you have further questions relating to this document, you can email us on info@spelthornegymnastics.com quoting the reference 'Elite Acro Protocol for Parents' and we will respond as soon as we can. We will also make sure any answers are, if necessary, communicated to everyone.

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