



FLOOR & VAULT

Your son/ daughter has been selected to move into our floor and vault squad. Our squad is a very successful section of the club, the gymnasts do 2 –3 competitions a year and we are hoping to expand this further.

About the sessions

Although your son/daughter will only compete on floor and vault, within their sessions they will train on all the pieces apparatus. Thus giving them a rounded gymnastic platform on which to improve.

These sessions can be done in conjunction with Advanced, Novice and Gymfusion sessions. We do ask for commitment when accepting a place in this section as the competitions are based on teams, not being able to attend has implications for the other members of the squad. If your child has multiple absences from competitions you may forfeit their place as this is a competitive section of the club.

Point of contact

Josie Vaughan is in charge of the Floor and Vault section and if you have any questions regarding competitions or training please contact the email below.

Josie

Vaughan-josievaughan23@gmail.com

If you have any other queries regarding payments please contact -office@parkwrekin-gymclub.com

Competition Entry and Levy

When you enter this section an annual competition levy, which is currently £35.00, becomes payable when the gymnast starts to compete. This is to help pay for coaches attendance at the competition and all the extra expenses.

You will also be asked for a competition entry for each competition.

Floor and vault has 3 categories. Your training hours will determine which category you will compete in.

Beginner(no more than 2 hours training a week)

Intermediate(no more than 4 hours training a week)

Advanced(6 + hours training a week)

Competition Kit

When competing all gymnast must wear club kit and it is a certain leotard and tracksuit will need to be purchased before the competitions. All kit can be purchased from the kit shop (none of this is needed for training) Gymnasts should train in leotards and shorts if required, no crop tops and leggings are permitted. We also have a no jewelry policy. If you choose to become part of our floor and vault squad the children will get to experience how to compete in front of a crowd and make new friendships with their peers and learn some new skills along the way.

If you have any more questions please feel free to contact Josie, (see email above) or the office (see email above).