

Vortex Gymnastics – Floor and Acro Squad Rules

All floor gymnasts in Vortex Gymnastics are expected to obey the following rules.

1. Training Attire:

In the interest of health and safety, gymnasts are to wear a training leotard to every training session. If appropriate training attire is not worn to a training session, the gymnast will be given conditioning sheets to work on and will not participate in class activities for the duration of the class. Training attire consists of a training leotard and shorts. Girls' hair is also to be tied back off of the face. If gymnasts arrive to training from another activity they may bring training gear with them and change in the gym. If a gymnast consistently arrives to training without appropriate training attire, they may be removed from the class.

A list of training and competition attire is attached at the end of this document.

2. Competition Attire:

All gymnasts representing Vortex Gymnastics at competitions are to wear the Vortex Gymnastics tracksuit and leotard, unless otherwise stated. These may be purchased from our website here: <https://www.vortexgymnastics.com/shop> . If a gymnast attends a competition without this gear, they will not be allowed to compete. Girls' hair is to be tied back off the face.

3. Gymnasts' Attitude and Work Ethic:

All gymnasts are to have a positive attitude towards their training, and to all other gymnasts and coaches. Gymnasts are expected to follow all instructions given by coaches at all times. If additional training is given to be completed out-of-gym, it must be completed as it is for the benefit of the gymnast. If a gymnast has a negative attitude towards training, or any other member or coach, disciplinary action may be taken in accordance with our Complaints and Discipline Policy.

4. Extra Trainings:

In the weeks approaching competitions, extra training sessions may be scheduled. These extra training sessions are free of charge and gymnasts must attend every session scheduled for them. If a gymnast is unable to attend one of these training sessions, the club must be notified by email and an alternative training session may be scheduled.

5. Commitment to Training:

Gymnasts must have a training attendance of at least 90% to be considered for competitions. When attending a training session, gymnasts must wear appropriate training attire, and must also bring a bottle of water. Summer training is compulsory for floor gymnasts training 6hrs or more a week during the academic year.

6. Junior Coaches and Assistant Coaches:

Some of our older floor gymnasts and trampolinists are offered to join our junior/assistant coaching team. All junior and assistant coaches must show respect

towards all other members and coaches at all times. They are to follow senior coaches' instructions at all times. Junior and assistant coaches are not to coach above their ability level. If a junior/assistant coach fails to follow any of these rules, they may be removed as a junior/assistant coach.

7. Competition Selection Policy:

Not all gymnasts will be selected for all competitions. Coaches will make selection decisions based on the suitability of a gymnast to an event. Ultimately the final decision is down to the coaches, and both gymnasts and parents are to respect these decisions. Attendance at summer training will be taken into consideration when selecting gymnasts for competitions.

8. National Squad/Development Squad Trials Selection Policy:

When a gymnast reaches a certain level in their training, they will begin to deviate from the NDP (National Development Plan) pathway and towards the FIG (Fédération Internationale de Gymnastique) age group pathway. This may allow them to become eligible for the National Development Squad. If this occurs, Vortex Gymnastics will notify the gymnast's parents and a decision will be made as to whether to trial for the National Development Squad or not.

In order to be eligible to trial for the National Development Squad, a gymnast must, in class or competition, meet the current trial criteria, or the criteria from the previous year if new criteria has not been released.

9. Acceptance of a Place on the National Squad/Development Squad:

After attending a trial, Vortex Gymnastics will receive an email from Gymnastics Ireland notifying us of the results of the trial. The coaches will discuss what is involved with the Squad with the parents of the successful gymnasts. Parents will then decide whether or not their child will accept their space on the Squad, and Vortex Gymnastics will notify Gymnastics Ireland.

Usually, there are 4 training weekends per year (Saturday and Sunday). National Squad/Development Squad training sessions will be treated similarly to competitions. Gymnasts will be brought to the National Gymnastics Training Centre by their parents and will meet their coaches at the arena. There is an annual cost of €125 per gymnast to cover the cost of the Squad sessions to be paid by the parents of the gymnasts. Squad gear will be available to purchase upon acceptance of a place on the Squad. All National Squad/Development Squad Gymnasts are expected to wear National Squad attire at all Squad events and international events. National Squad/Development Squad Gymnasts are expected to attend all Squad training sessions, and all National Series events.

10. Contacting Gymnastics Ireland

All contact with Gymnastics Ireland will be through Vortex Gymnastics, in accordance with Gymnastics Ireland membership rules. If a parent wishes to raise an issue regarding a competition, event, or National Squad query, they must first contact Vortex Gymnastics, who will then pass the query on to the relevant

Gymnastics Ireland personnel. Members are not to contact Gymnastics Ireland on their own accord.

Floor Training and Competition Attire

Club Tracksuit, Boy's Leotard, Girl's Leotards, all available at <https://www.vortexgymnastics.com/shop>. Please read item description carefully before purchase as not all garments are suitable for National Events.

National Squad Gear: National Squad gear will be ordered in a bulk order at the beginning of each competitive year. This order will be processed by Vortex Gymnastics, parents cannot order gear directly from Gymnastics Ireland themselves.