

All gymnasts training in one of the Vortex Gymnastics Acro and Floor Squads (Display Squads, Club Level Floor, Junior and Senior Acro Squads) must abide by the following:

1. Training Attire

- o All gymnasts must wear a leotard and shorts to training.
- o Training attire consists of a training leotard and shorts.
- o Fluffy socks are not to be worn to training.
- o Long hair is to be tied back off the face, in a bun, plait or braids.
- o No jewellery is to be worn.
- o If a gymnast consistently arrives to training without appropriate training attire, they may be removed from the programme.

2. Competition Attire

- o All gymnasts representing Vortex Gymnastics at competitions are to wear the Vortex Gymnastics tracksuit and leotard.
- o For Display Squad and 2hr Club Level Floor, this is the Vortex standard leotards.
- o For 4hr Junior Acro, this is the Vortex competitive leotard.
- o For 6hr Junior Acro and Senior Acro, bespoke leotard rental from Vortex is compulsory for acro competitions. Gymnasts in this squad are to arrive to competitions in the Vortex standard leotard and then change into the rented leotards for their routine performance.
- o Long hair is to be tied back off the face, in a bun, plait or braids. When attending an Acro Competition, partnership are to have matching hair styles.
- o White ankle socks are also to be worn to competitions.
- o If a gymnast attends a competition without the correct gear, they will not be allowed to compete.

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

3. Extra Training Sessions and Prep Competitions

- o In the weeks approaching competitions, extra training sessions and preparatory in-house competitions may be scheduled.
- o Extra training sessions and prep competitions are organised free of charge and gymnasts should attend every session scheduled for them.
- o If a gymnast is unable to attend one of these training sessions or prep competitions, Vortex Gymnastics must be notified by email.

4. Training Attendance

- o Attendance is taken at every training session.
- o If a gymnast will be absent from a class, notice of this absence should be emailed in advance of the class.
- o Regular non-attendance will be queried by email and may affect a gymnast's competitive level and/or competition selection.
- o Attendance is expected at each training session, even if a child's partner is absent.
- o Gymnasts in the Vortex Gymnastics Acro and Floor Programme must have a training attendance of at least 90% to be considered for competitions.

5. Summer Training

- o Summer training is **compulsory** for all members of the Senior Acro and Junior Acro Squads (new summer 2026).
- o Summer training is offered to members of the Display Squad and Club Level Floor. While it is not compulsory, it is highly recommended.

- o During the summer, the Club Level Floor Squad and Display Squads can train 2hrs per week (1 x 2hr session, historically on Tuesday or Thursday evenings).
- o The Junior Acro Squad will train for 4 hours per week (2 x 2hr sessions, historically on Tuesday and Thursday evenings).
- o The Senior Acro Squad will train 6 hours per week (2 x 3hr sessions, historically on Tuesday and Thursday evenings).
- o Senior Acro Squad gymnasts training for Aspire level or above will train an additional 3hr session, historically on Mondays (9hrs per week total).
- o Other Senior Acro Squad gymnasts may opt-in to the additional 3hr session, however this cannot replace one of their existing sessions.

6. *Squad Progression & Structure*

- o *2hr Floor Squad*: Acro and Tumbling.
- o *Display Squad*: Tumbling, Acro, Group Acro and Performance.
- o *4hr Junior Acro Squad (Grade 1 & 2 Acro)*: Gymnasts that are 12yrs and under. Gymnasts must transition based on age (12yrs by Dec 31st) to either 6hr Junior Squad or 2hr Floor & Display Squad. This transition takes place in June of each year.
- o *6hr Junior Acro Squad (Grade 3 Acro)*: Gymnasts that are 14yrs and under. Gymnasts must transition based on age (14yrs by Dec 31st) to 2hr Floor & Display Squad. Some gymnasts may be invited to join the Senior Acro Squad, subject to skill requirements and partnership suitability. Transitions take place in June of each year.
- o *8hr Senior Acro Squad (Open Age and Grade 4)*: includes 45min Senior Acro Display work.
- o *10hr Senior Acro Squad (Aspire level and above)*: additional 2hr training for higher levels.
- o *Senior Acro Squad – State Exam Year Option*: Senior gymnasts may attend Display training only (Monday 7:45-8:45pm) in an exam year, if they wish to do so. This is to allow them the option to maintain their skills and return to Senior Acro the following year.

7. *Competition Selection Policy, Competitive Level, and Team Composition*

- o Not all gymnasts training in competition groups will be selected for all competitions.
- o Coaches will make selection decisions based on which gymnasts will be most competitively successful at each event.
- o *Junior and Senior Acro Squads*: For the National Series Acro Team Trophy in November, decisions regarding team compositions will be made on the basis of which gymnasts will contribute most to the team total, with the goal of a podium finish. Partnerships may still be invited to attend not part of a team.
- o Coaches will decide the competitive level of each gymnast prior to each competition.
- o Gymnasts may be training skills across a number of competitive levels, however the final level will be decided by coaches based on execution of skills in a routine, artistry level of the routine, and safety of the gymnast.
- o Gymnasts will not be entered into competitions unless Vortex Gymnastics have received both the entry fee and competition entry form, ahead of the entry deadline.
- o Members of the *Junior and Senior Acro Squads* are expected to attend all international events/competitions organised for the squad, in which they are asked to participate in. In the event that a gymnast will not be attending such an event, they will be moved to a different class.

8. *National Squad Selection Policy*

- o When a gymnast reaches a certain level in their training, they will begin to deviate from the NSP (National Series Pathway) levels and towards the FIG (Fédération Internationale de Gymnastique) pathway.
- o This selection may be based on training videos, competition performances, competitive level, and age group.

9. Acceptance of a Place on the National Squad

- o Upon receiving National Team selections from Gymnastics Ireland, the coaches will discuss what is involved with the parents of the successful gymnasts.
- o It should be understood by both the gymnast and their family that acceptance of this National Squad place is a large commitment.
- o National Squad gymnasts must attend 4 National Squad training weekends per year (Saturday and Sunday), as well as **all** National Series events, competition preparation camps, certain coaching courses, and other National Squad events such as nutrition and sport psychology workshops.
- o For National Squad events, gymnasts will be brought to the National Gymnastics Training Centre (NGTC) by their parents and will meet their coaches at the arena.
- o There is an annual cost, €150 (2024), per gymnast to cover the cost of the Squad sessions, to be paid by the parents of the gymnasts.
- o Squad gear will be available to purchase upon acceptance of a place on the Squad.
- o All National Squad Gymnasts are expected to wear National Squad attire at all Squad events and international events.

10. Contacting Gymnastics Ireland

- o All contact with Gymnastics Ireland will be through Vortex Gymnastics, in accordance with Gymnastics Ireland membership rules.
- o 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.
- o Members are not to contact Gymnastics Ireland of their own accord.

Training and Competition Attire

Vortex Tracksuit, Girl's Leotards, Boy's Leotard, all available on the [Sport Essentials website](#). Please read item description carefully before purchase as not all garments are suitable for National Events.

Competition Attire:

Girls: [Vortex Standard long-sleeve leotard](#) OR [Vortex Standard sleeveless leotard](#), [Vortex tracksuit jacket](#), [girls gymnastics shorts](#), [Vortex leggings](#) or plain black leggings (for over shorts on arrival and during warm-ups), white ankle socks.

[Vortex competitive leotard](#) (for Junior Acro Squad only)

Boys: [Vortex boys leotard](#), [Vortex tracksuit jacket](#), [boys gymnastics shorts](#), plain black tracksuit bottoms (for over shorts on arrival and during warm-ups), white ankle socks.

National Squad Gear: The National Squad Gear Shop opens at various points throughout the year. Parents will be given login details for the shop and may complete orders themselves. Parents should note that this gear is non-refundable and made to order.