

All gymnasts training in one of the Vortex Gymnastics Trampoline Squads (Club Level Trampoline Squad, Junior Trampoline Squad, Senior Trampoline Squad) must abide by the following:

1. Training Attire

- All trampoline gymnasts must wear a leotard and shorts to training.
- Training attire consists of a training leotard, shorts, white ankle socks, and trampoline shoes.
- Fluffy socks are not to be worn to training.
- Long hair is to be tied back off the face.
- If a gymnast consistently arrives to training without appropriate training attire, they may be removed from the programme.

2. Competition Attire

- All trampoline gymnasts representing Vortex Gymnastics at competitions are to wear the Vortex Gymnastics tracksuit and leotard.
- If a gymnast attends a competition without this gear, they will not be allowed to compete.
- Long hair is to be tied back off the face.
- Trampoline shoes are also to be worn to competitions.

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

3. Extra Training Sessions and Prep Competitions

- In the weeks approaching competitions, extra training sessions and preparatory in-house competitions may be scheduled.
- Extra training sessions and prep competitions are organised free of charge and gymnasts should attend every session scheduled for them.
- 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

- Attendance is taken at every training session.
- If a gymnast will be absent from a class, notice of this absence should be emailed in advance of the class.
- Regular non-attendance will be queried by email and may affect a gymnast's competitive level and/or competition selection.
- Gymnasts in the Vortex Gymnastics Trampoline Programme must have a training attendance of at least 80% to be considered for competitions.

5. Summer Training

- Summer training is **compulsory** for all members of the Junior and Senior Trampoline Squads.
- Summer training may be offered to members of the Club Level Trampoline Squad, particularly if they are moving to the Junior Trampoline Squad in the following September.
- Throughout summer, the Junior Trampoline Squad will train for 4 hours per week (2 x 2hr sessions, historically on Tuesday and Thursday evenings).
- The Senior Trampoline Squad will train 6 hours per week (2 x 3hr sessions, historically on Tuesday and Thursday evenings).
- FIG gymnasts will train an additional 3hr session, historically on Mondays (9hrs per week total).
- NDP Senior Squad gymnasts may opt-in to the additional 3hr Monday session, however this cannot replace one of their existing sessions.

6. Competition Selection Policy, Competitive Level, and Team Composition

- Not all trampoline gymnasts training in competition groups will be selected for all competitions.
- Coaches will make selection decisions based on which gymnasts will be most competitively successful at each event.
- For the National Series Trampoline Team and Synchro Competition 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.
- Coaches will decide the competitive level of each gymnast prior to each competition.
- 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, time of flight of the routine, and safety of the gymnast.
- 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.
- The trampoline squads are competitive squads, if selected, gymnasts are expected to attend all National Series events.

7. Trampoline National Squad Selection Policy

- When a gymnast reaches a certain level in their training, they will begin to deviate from the NDP (National Development Pathway) levels and towards the FIG (Fédération Internationale de Gymnastique) pathway.
- Selection to one of the Trampoline National Squads – Club Development Squad (CDS), National Development Squad (NDS), or International Development Squad (IDS) will be made by the Head National Coach.
- This selection may be based on training videos, competition performances, competitive level, and age group.

8. Acceptance of a Place on the Trampoline National Squad

- Upon receiving National Team selections from Gymnastics Ireland, the coaches will discuss what is involved with the parents of the successful gymnasts.
- It should be understood by both the gymnast and their family that acceptance of this National Squad place is a large commitment.
- 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.
- 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.
- 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.
- Squad gear will be available to purchase upon acceptance of a place on the Squad.
- All National Squad Gymnasts are expected to wear National Squad attire at all Squad events and international events.

9. 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 of their own accord.

Trampoline Training and Competition Attire

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

Trampoline Shoes (to be worn by all trampoline gymnasts both in training and in competition):

[IWA](#)

[Milano Pro Sport](#)

Competition Attire:

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, trampoline shoes.

Girls: [Vortex trampoline competition 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, trampoline shoes.

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.