

As our club grows and develops, and as our trampoline programme becomes more and more successful, it is important to realise the increasing level of commitment and attendance required. All trampoline gymnasts in Vortex Gymnastics Club are expected to obey the following rules to the best of their ability.

**1. Training Attire:**

**All trampoline gymnasts** are to wear a training leotard and shorts to each training session, regardless of their level. If appropriate training attire is not worn to a training session, the gymnast will be given conditioning sheets to work on for the duration of the training session and will not participate on the trampoline for the duration of the class. For boys, training attire consists of a training leotard, shorts, white ankle socks, and trampoline shoes. For girls, training attire consists of a short-sleeved training leotard, shorts, white ankle socks, and trampoline shoes. 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 trampoline gymnasts representing Vortex Gymnastics Club at competitions are to wear the Vortex Gymnastics Club tracksuit and competition leotard. These may be purchased from our website here: <https://www.vortexgymnastics.com/shop> . If a gymnast attends a competition without this gear, they may not be allowed to compete. Girls' hair is to be tied back off the face. Trampoline shoes are also to be worn to competitions.

**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 must follow all instructions given by coaches to the best of their ability. 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 in the Vortex Gymnastics Club Trampoline Squads 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. Gymnasts must also obey all other rules for competitive classes. All gymnasts are expected to attend training during the summer term.

**6. Junior Coaches and Assistant Coaches:**

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 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. 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.

For the National Series Trampoline Team and Synchro Competition in November/December, 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.

For the National Trampoline Qualifiers in March, coaches will assess all gymnasts in the months and weeks prior to competitions and will advise parents on whether or not they should enter their child in the competition. The final decision is down to the coaches.

**8. Trampoline 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) development pathway. This may allow them to become eligible for the National Development Squad. If this occurs, the Head of Trampoline in Vortex Gymnastics will notify the gymnast's parents and a decision may 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 achieve a mark of 85% in range and conditioning in class, judged by a Level 2 or Level 3 judge, and must be able to pass the current trial criteria, or the criteria from the previous year if new criteria has not been released.

**Trampoline Training and Competition Attire**

**Club Tracksuit, Boy's Competition Leotard, Girl's Competition Leotard, Boy's Training Leotard, and Girl's Training Leotard all available at**

**<https://www.vortexgymnastics.com/shop>**

**Trampoline Shoes – <https://www.milano-pro-sport.com/shop/womens/trampoline-shoe/>**