

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

1. Training Attire:

All acro 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 in acro work with partners for the duration of the class. Girls' hair is also to be tied in a bun, as this is how it will be tied up for competitions. 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.

2. Competition Attire:

All acro gymnasts representing Vortex Gymnastics Club at competitions are to wear the Vortex Gymnastics Club tracksuit and acro leotards specific to their partnership. The tracksuit may be purchased from our website here:

<https://www.vortexgymnastics.com/shop> . Leotards for competitions will be rented to partnerships for the duration of the competition for a fee of €20. If a gymnast attends a competition without this gear, they will not be allowed to compete. Girls' hair is to be tied in a bun.

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 acro classes 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 acro gymnasts training in the training class 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 Acrobatics Team Trophy (ATT) 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 Championships in May, coaches will assess all gymnasts in the months prior to competition and will select partnerships to compete on the basis of which partnerships will be the most competitively successful. The final decision is down to the coaches.

8. Acrobatic National Squad/Development Squad Trials Selection Policy:

When a partnership reaches a certain level in their training, they will begin to deviate from the acro grade levels and towards the FIG age group levels. This may allow them to become eligible for the National Development Squad. If this occurs, the Head of Acro in Vortex Gymnastics will notify the partnerships' 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 partnership must be able to consistently pass the current trial criteria, or the criteria from the previous year if new criteria has not been released.