

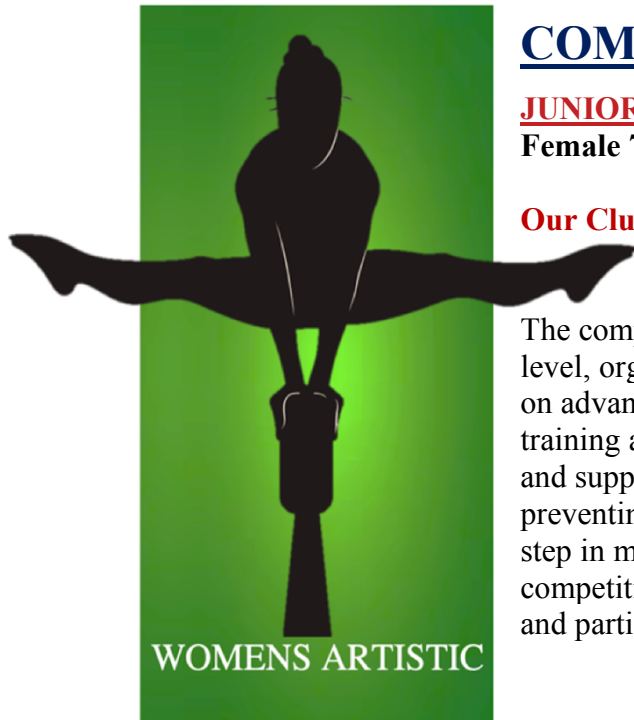


## COMPETITIVE GYMNASTICS

### JUNIOR TOPS

Female 7 years old (Training 2- 4 times per week)

### **Our Club FIG Compulsory Grades 1- 4 and IGA Competition program**



The competitive programs provide classes with a designated coach for each level, organized according to skill, ability, age and level. These classes focus on advanced training techniques for all four apparatus, flexibility, strength training and other essential skills. Each class is thoughtfully designed to inspire and support progress in a safe environment, with a strong emphasis on preventing injuries using correct methods. These programs serve as the last step in mastering compulsory skills before advancing to the voluntary competitive program. Gymnasts can anticipate spending 12 months per level and participating in Inter-Club competitions.

The competitive segment of the club is presently structured into multiple training squads, categorised by age and skill level. Gymnastics poses a rigorous physical challenge, requiring gymnasts to demonstrate the essential aptitude and dedication to advance to the competitive realm of the club. Within our esteemed Tiger Tots talent opportunity program, gymnasts belonging to the FIG Grade 1 and Junior Tops Grade 2-4 squads are privileged with the chance to engage in full apparatus activities, IGA inter-club competitions, and may even represent our club in FIG International competitions tailored to their respective proficiency levels.

Our Junior Top squad members are held to the expectation of fulfilling the requisite number of training sessions each week to optimize the benefits of their training regimen and achieve their training objectives. Furthermore, competitive squad members may receive invitations to participate in national and International competitions, signifying a significant commitment demanded from both the gymnasts and their parents.

Consistent attendance at training sessions plays an integral role in enhancing a gymnast's repertoire of skills and maintaining or elevating their fitness levels. The journey towards success in gymnastics necessitates unwavering dedication and years of arduous effort. While gymnastics stands as one of the most arduous sports, it also proves to be immensely gratifying and exhilarating for participants and spectators alike.



## CLUB COMPULSORY GRADES



Inter-Club Competitions