



COMPETITIVE GYMNASTICS

JUNIOR TOPS

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

IGA Competition program

These competitive programs provide classes led by a dedicated coach for each skill level, categorized by skill, age, and ability. The classes focus on advanced training methods covering all six apparatus, flexibility, strength training and more. Each class is thoughtfully designed to inspire progress in a nurturing environment, giving top priority to safe and proper training techniques to prevent injuries. These program levels serve as the ultimate compulsory skill stages before transitioning to the voluntary competitive program. Gymnasts can anticipate spending 12 months to advance through each level and participate in IGA (Independent Gymnastics Association) inter-club competitions.

The Competitive section of the Club is currently divided into a number of training squads based on age and ability. Gymnastics is a physically challenging sport and only those gymnasts demonstrating the necessary capability and commitment will be able to progress into the competitive section of the Club.

Our TOPS Talent opportunity program IGA Grade 1 and Junior Tops Grade 2-4 squad gymnasts have the opportunity to participate in full apparatus, IAG inter club competitions.

Our Junior Top Squad gymnasts are expected to attend the required amount of weekly training sessions in order to benefit from their training program and meet their training objectives.

Competitive squad gymnasts may also be invited to national and international competitions. Progression for competitive gymnasts involves a large commitment from both gymnasts and parents. Regular attendance at training sessions is vital if your child wishes to increase his or her repertoire of gymnastics skills and both maintain and improve his or her levels of fitness. Success in gymnastics takes a great deal of dedication and many years of hard work. Gymnastics is the most demanding of all sports, but is also one of the most exhilarating and satisfying for both participants and spectators alike.



Competitive Levels & Requirements

Includes Vault, High Bar, Rings, P Bars, Pommels, Floor