



# CLUB HANDBOOK

2023/24

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# WELCOME

Thank you for enrolling your child into Synergy Gymnastics London. This booklet will give you an insight into what the club is about and will hopefully answer any questions you may have.

2023 has been an action-packed year already with a fantastic Club Championships, an expanded Advanced GfA program, National Squad selection for Tumbler Ruben and our new venue at Thomas Tallis now serving over 400 gymnasts per week.

From September 2023 onwards we will be introducing new competitive pathways at Thomas Tallis to make the most of the excellent facilities there and ensure all of our members can reach their full potential.

Despite the growth of the club, our mission to keep classes affordable means we rely on grants and donations to purchase new equipment. Please support our Just Giving page as we try to raise £7,250 for a new gymnastics floor at Camberwell Leisure Centre.

We will also be launching a new parents volunteer group to help support the club in a number of ways.

Lastly, make sure you follow us on social media and download the iClass Pro App to keep informed of club news and events.

We look forward to seeing you in class!

## THE BOARD OF DIRECTORS



ANDREW PAYNE  
AVA BUCKLEY  
LEVENT CHARLES



## ABOUT SYNERGY GYMNASTICS LONDON

Synergy Gymnastics London has been in operation since September 2010 (Previously known as Southwark Gymnastics Club) and was incorporated as a Community Interest Company (CIC) in 2012 by a small group of coaches that had already worked together for a number of years.

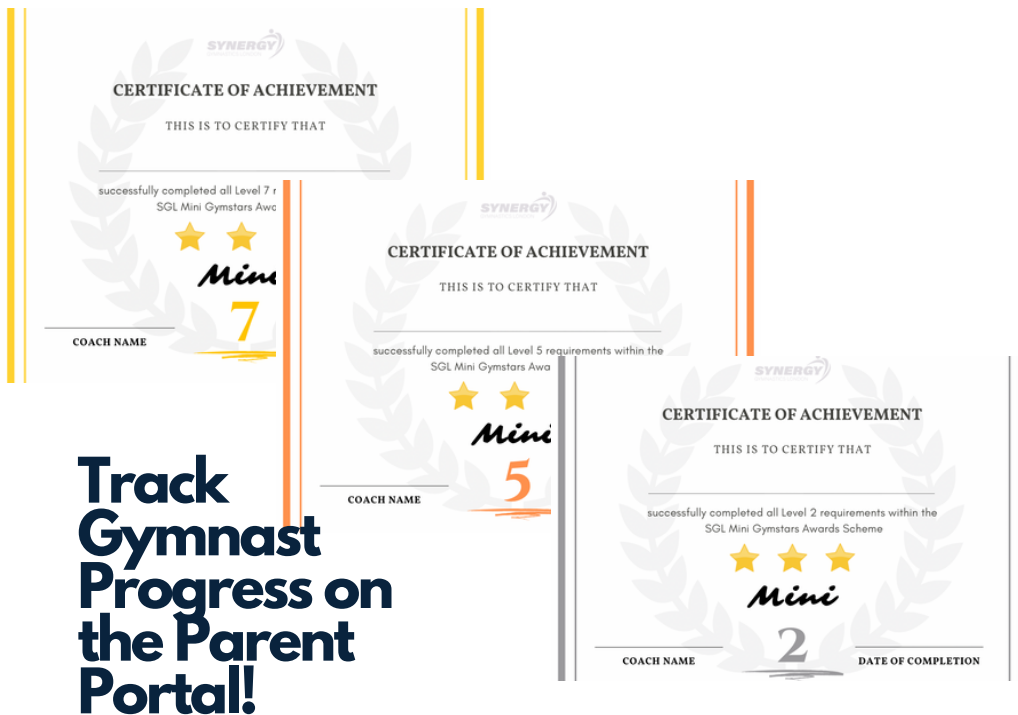
Initially SGL took over a handful of sessions running at Harris Academy Peckham and Brunswick Park Primary school for about 150 gymnasts. Determined to grow from a small club into a full-time operation serving the local community, the coaches worked hard

to improve facilities, develop gymnasts and mentor future coaches. We have:

- Grown to over 1,100 members
- Increased capacity to work with a further 1,200 participants in schools and drop-in sessions at our venues each week
- Opened training venues at Thomas Tallis, Camberwell Leisure Centre and Charles Dickens Primary School and developed Brunswick Park School into a full-time Gymnastics facility
- Increased our workforce to over 40 coaches including a full-time staff of 7
- Trained local youngsters into successful gymnasts at all levels including medal winners at European and World events
- Travelled the UK and Europe with our award winning Display Teams.

## MINI STARS PROFICIENCY AWARDS

The Mini Stars Scheme developed for children from 2 years focuses on the development of physical, literacy and movement skills. Children learn the three fundamental building blocks of movement – Action, Balance and Coordination, with a range of 40 different activities to choose from. The scheme introduces children to physical activity in a fun yet structured environment so that they can safely learn and experiment action, balance and coordination activities.



**Track  
Gymnast  
Progress on  
the Parent  
Portal!**

## GYMNASTICS FOR UNDER 5'S

### TINY GYM

Tiny Gym is a free play session for parent and child in a specially adapted gymnastics environment. Children can play and explore with features like mats helping to keep them safe.

Every session finishes with song time!

### PRE-SCHOOL PROGRAMME

Our Pre-school Programme is run as a parent & toddler class for recreational level gymnasts which comprises of 45 minute sessions per week that teaches the fundamentals of Gymnastics in a fun and safe environment. As the name suggests the programme is suitable for any ability level from the age of 2 years old.

During a typical session gymnasts will spend 10 - 15 minutes taking part in a themed warm-up E.g. Christmas, Animal, Easter, Jungle etc. This warm-up includes stretching and practising different body shapes such as Tuck, Straddle or Hollow Dish which will prepare their body to learn new skills.

Once the warm up is complete the coach will demonstrate activities, drills and tips on each apparatus in the form of a circuit. The gymnasts and parents will then be split into small groups where they will be able to move around each section. These rotations will cover different elements of Gymnastic

### TUMBLE TOTS PROGRAMME

During our Tumble Tots sessions a parent/carer can watch from the side of the gym so that we can encourage children to be more independent as they follow the coach's instructions.

This class is a structured gymnastics class for children aged 3 and 4 with themes, awards and loads of fun!

This is a great way to help develop children's motor skills, balance, coordination and build their confidence to join our Gymnastics for All Programme.



## GYMSTARS DEVELOPMENT PROFICIENCY AWARDS

The Development scheme starts at level 8 and works up to level 1. Each level has 10 skills to master and when completed gymnasts move up to the next level. Certificates and Badges are available to purchase.



## THE GFA PROGRAMME (GYMNASTICS FOR ALL)

GfA is our Programme for recreational level gymnasts and comprises of a one hour session per week that teaches the fundamentals of Gymnastics in a fun and safe environment. As the name suggests the programme is suitable for any ability level including beginners.

During a typical session gymnasts will spend 10 - 15 minutes warming up and preparing their body to learn new skills. This could include stretching and practising different body shapes such as Tuck, Straddle or Hollow Dish.

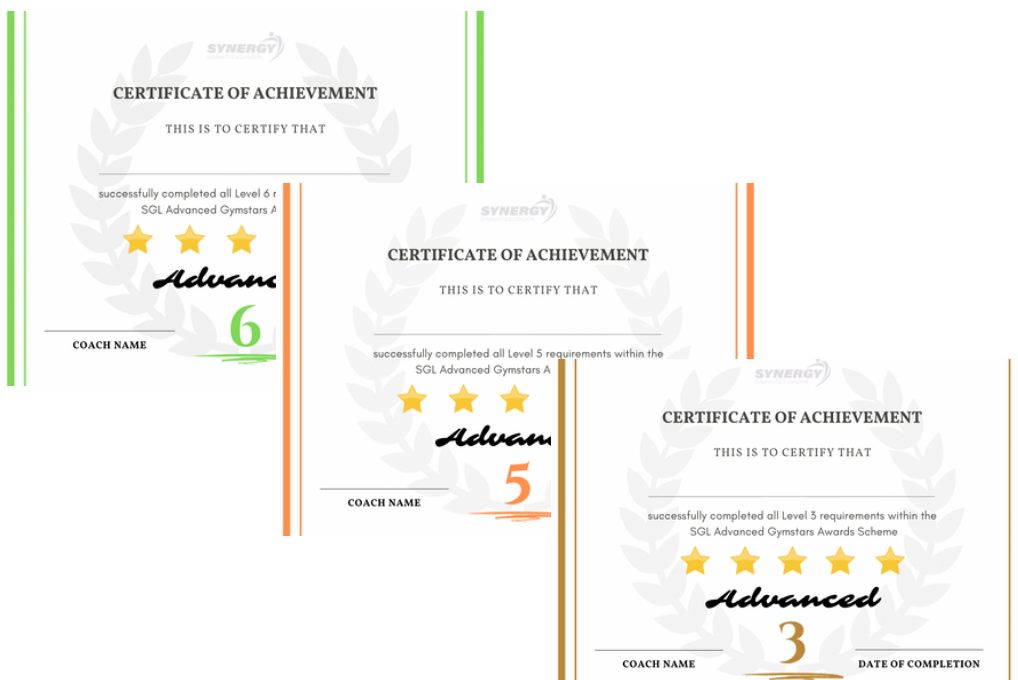
Once the warm up is complete the class will be split into groups of 6 to 8 children and they begin to move around each section. These rotations will cover different elements of Gymnastics - our newer

members would begin with Rolling, Using a Springboard or Travelling along a Balance Beam. More experienced gymnasts will move onto skills like Back Hip Circles on the Bars, Somersaults on a Trampoline or Back Flics. It's worth remembering that everyone learns at different speeds and the coaches will move gymnasts onto the next step when they are ready.

Everyone has the opportunity to take part in the End of Year Show and Annual Club Championships.

We also run fundraising events throughout the year including a Summer Fair, Halloween Party, Easter Egg Hunt & Christmas Parties.

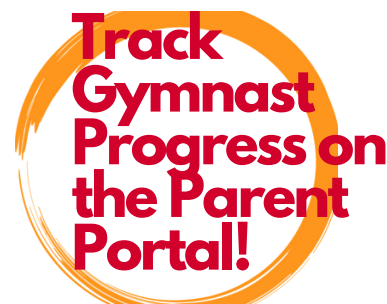




## GYMSTARS ADVANCED PROFICIENCY AWARDS

The Advanced scheme starts at level 8 and works up to level 1. Each level has 10 skills to master and when completed gymnasts move up to the next level. Certificates and Badges are available to purchase.

## THE ADVANCED GFA PROGRAMME (GYMNASTICS FOR ALL)



Our Advanced General (GfA) Squad caters to gymnasts who excel in our GfA classes, Advanced generals offer the opportunity to take part in our Advanced Badge Scheme whilst working towards low-level Tumbling, Team Gym and Floor and Vault competitions as well as local display events throughout the year.

Gymnasts within these groups will have the opportunity to cross over to Tumbling, Team Gym or Floor and Vault depending on their ability.

Advanced GfA sessions are 2 hours in length and are by invitation only.

Currently, sessions run only at Brunswick Park and Thomas Tallis.

## PAYMENT

*Siblings*

**20%**  
**DISCOUNT**

Ways to Pay Monthly Fees:

- 1) Log in to the parent portal and pay by card on or before the 28th of each month
- 2) Bank Transfer to Synergy Gymnastics London, sort code 501029, account number 21764395, reference child name on or before the 28th of each month
- 3) Save your payment card in the portal and authorise recurring billing so that payments are collected automatically. We will collect monthly payments on the 23rd of each month for the following month's classes.

Please note the amount may go up and down each month as we only charge you for the sessions scheduled. For example, December will only have a couple of sessions so the charge will be lower.

A 20% sibling discount will automatically be applied if you are enrolling a second child or more. Please note that Annual Membership must be renewed every September regardless of when you first join. Therefore the cost of annual membership reduces as the year progresses. If you join part way through a month, your first month will be prorated.

Sessions run all year round, including half terms and school holidays. Recreational level classes break for two weeks in summer holidays, one week at Christmas and Easter Sunday. There are no sessions on Bank Holidays. You are only charged for the sessions that run in each calendar month meaning amounts may vary month to month. Enrollment can be dropped at any time giving you flexibility and no large termly bills.

*Bronze Membership*

**£35**

PER ANNUM

**MEMBERSHIP**

*Silver Membership*

**£72**

PER ANNUM

Gymnasts must become Bronze members to take part in the GfA, Pre School, Tumbling Tots, Tricking and Aerial for Kids classes. Membership includes membership to both Synergy Gymnastics London and our national governing body - British Gymnastics.

Squad gymnasts that enter a competition that leads to a National Final will require Silver membership. All other squad gymnasts will need Bronze membership. The club will advise you which level you need and if necessary you can be upgraded part-way through the year.

### **British Gymnastics**

In order to complete the process you will need to join or renew your British Gymnastics membership directly at [www.british-gymnastics.org](http://www.british-gymnastics.org). We are unable to do this for you due to GDPR regulations. The fee for Membership will be automatically collected by us. You will not need to pay anything directly to British Gymnastics.

### **Benefits of BG Membership**

- Digital Membership pack from British Gymnastics
- Full insurance cover for all activities



<b>Class</b>	<b>Location</b>	<b>Price Per Session</b>	<b>Sibling / Concession Price Per Session</b>	<b>Monthly or PAYG</b>
Adults	Brunswick Park	£11	£7	PAYG
Adults	Charles Dickens	£10	£6	PAYG
Adults	Thomas Tallis	£12	£8	PAYG
Advanced GfA	Brunswick Park	£10	£8	Monthly
Advanced GfA	Thomas Tallis	£12	£9.60	Monthly
Aerial Silks for Kids	Brunswick Park	£9	£7.20	Monthly
Aerial Silks for Adults	Brunswick Park	£17.50	£13.50	PAYG
GfA	Brunswick Park	£9	£7.20	Monthly
GfA	Camberwell Leisure Centre	£9	£7.20	Monthly
GfA	Charles Dickens	£8.75	£7	Monthly
GfA	Thomas Tallis	£9.50	£7.60	Monthly
Junior Tricking	Brunswick Park	£10	£8	Monthly
Pre School	Camberwell Leisure Centre	£8.75	£7	Monthly
Pre School	Thomas Tallis	£9.25	£7.40	Monthly
Tiny Gym	Brunswick Park	£6.75	£3.50	PAYG
Tiny Gym	Camberwell Leisure Centre	£7	£4	PAYG
Tiny Gym	Thomas Tallis	£7.50	£4.25	PAYG
Tumbling Tots	Camberwell Leisure Centre	£8.75	£7	Monthly

# CLUB CALENDAR

Classes run all through the year with the exception of a two week break in Summer and at Christmas.

Classes close on major club event days including the End of year show and Club Championships.

The club also closes on Bank Holidays.

We remain during school holidays including half terms except those periods mentioned above

Squad sessions may differ slightly depending on if there are upcoming competitions. Squad coaches will advise you of any changes to the below.

## CLASS CLOSURES 2023/24

### Classes Start

Monday 4th September 2023

### Christmas Break

23rd December 2023 till 5th January 2024 (inclusive)

### Summer Break

5th August 2024 till 18th August 2024

### Additional Bank Holiday Closures

1st April 2024 Easter Monday  
6th May 2024 Early May Bank Holiday  
27th May 2024 Spring Bank Holiday  
26th August 2024 Summer Bank Holiday

## HOLIDAY CLUB

During School Holidays including Half Term we run Holiday Clubs.

We will be launching Holiday Club sessions at Thomas Tallis for the first time this year in addition to our established club at Brunswick Park School.



# SQUAD FEES

We work out squad fees using a sliding scale per hour. The more hours a gymnast trains, the less they pay per hour.

This helps alleviate big increases if a gymnast moves up a group.

Squad fees are flat-rated over 12 months and we take into account 4 weeks of no training.

These four weeks are usually taken during Christmas, Easter or the Summer Holidays but will differ from squad to squad depending on their competition dates.

Weekly Training Hours	Rate Per Hour
10 or more	£2
9 or more	£2.20
8 or more	£2.40
7 or more	£2.60
6 or more	£2.80
5 or more	£3
4 or more	£3.20

Squad	Training Hours Per Week	Cost Per Month	Calculator
Tumbling Elite	8.5	£81.60	$8.5 \times £2.40 = £20.4$ per week $\times 48$ weeks = $£979.20$ divided into 12 monthly payments of $£81.60$
WA National	8	£76.80	$8.5 \times £2.40 = £19.20$ per week $\times 48$ weeks = $£921.60$ divided into 12 monthly payments of $£76.80$
Tumbling Development	6.5	£72.80	$6.5 \times £2.80 = £18.2$ per week $\times 48$ weeks = $£873.60$ divided into 12 monthly payments of $£72.80$
Team Gym (all groups)	6	£67.20	$6 \times £2.80 = £16.80$ per week $\times 48$ weeks = $£806.40$ divided into 12 monthly payments of $£67.20$
WA Development	5.5	£66	$5.5 \times £3 = £16.5$ per week $\times 48$ weeks = $£792$ divided into 12 monthly payments of $£66$
WA Out of Age	4	£51.20	$4 \times £3.20 = £12.80$ per week $\times 48$ weeks = $£614.40$ divided into 12 monthly payments of $£51.20$



# FAQ'S

## What should my child wear?

Leotards are optional. Shorts or leggings plus a t-shirt is ideal. Class is done in bare feet. Baggy clothing should be avoided and long hair tied back. All jewelry must be removed including earrings.

**Can I stay and watch?** Parents should not enter the teaching area during classes (except for Pre School and Tiny Gym). But you can watch where possible from the waiting areas. Each venue has different layouts so viewing will differ. Please note that at Charles Dickens there is no indoor waiting area. Alternatively, you can drop off and return at the end of class

**My child is ill, can I get a refund?** Discounts are not given for illness as you are paying for your space within the class however if your child has a long-term injury or illness please contact the office and we will consider any options that can be offered.

**We are going on Holiday can I get a discount?** We don't offer a holiday discount as we no longer run classes during August and have a break at Christmas and Easter for which you are not charged.

**How do I pay for the classes?** Auto Pay is the only method of payment. You are required to save your payment details in your online account and we will charge you on the 3rd Thursday of each month for the following month.

**Can My child join the class late?** If a gymnast misses the warm-up it will not be safe for them to join the session as injuries are far more likely to happen. Therefore, any gymnasts entering the gym after 15 minutes will not be permitted access to the class. (Sessions will not be refunded in this case).

**How can my child be selected for a competitive squad?** There is no set timetable for squad selection. Coaches will Recommend gymnasts to the Program Manager of each squad as and when they are ID'd during GfA sessions. To find out more please email [Levent@synergygymnastics.co.uk](mailto:Levent@synergygymnastics.co.uk)

**How do I move to a different GfA class or venue?** The office will contact you if your child is of the age required to move up a class. You can also request a transfer via the online parent portal. You will be presented with a list of classes with spaces in. You can switch between venues using the yellow drop-pin in the top right-hand corner.

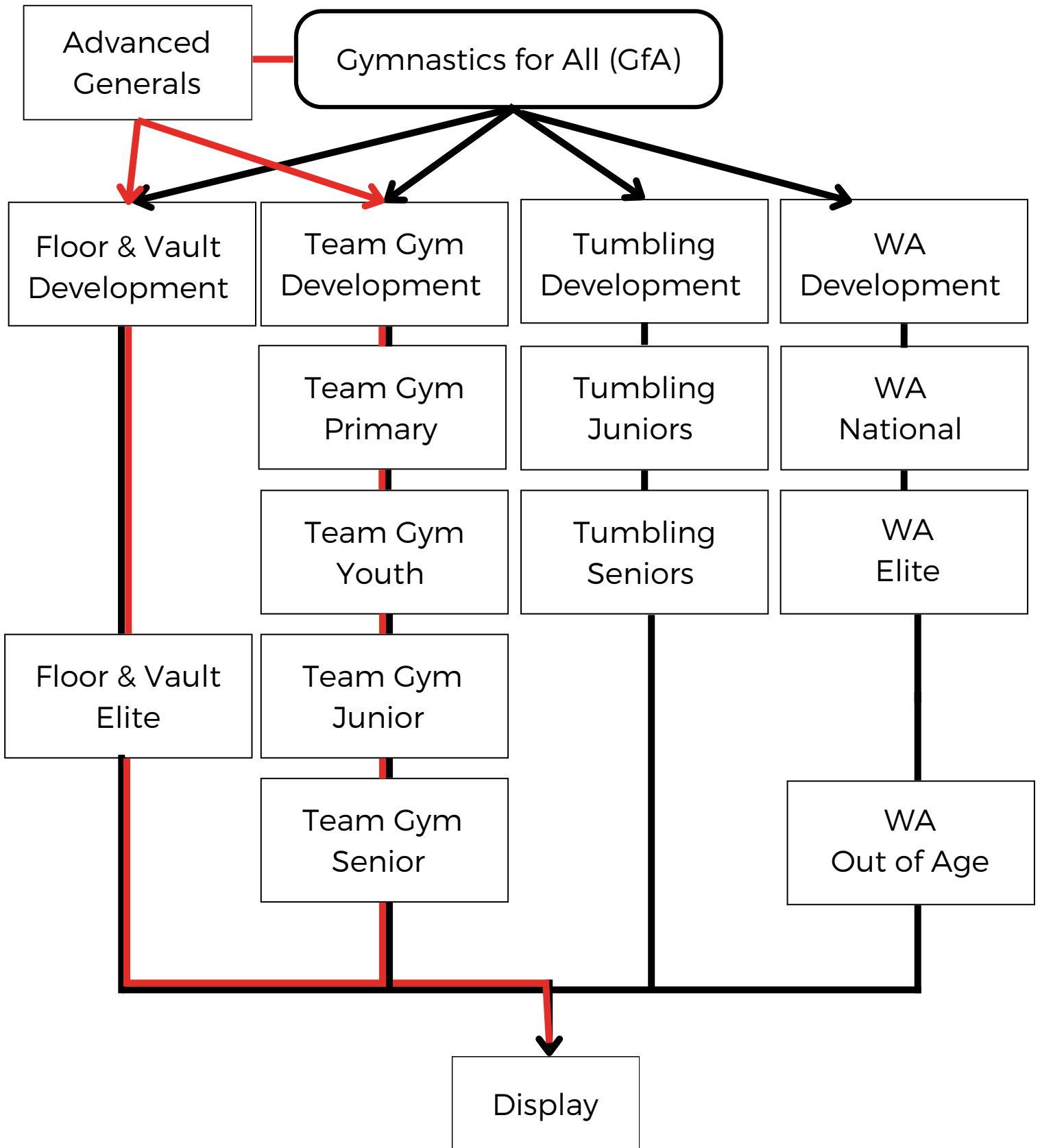
## How do I drop the class?

There is no minimum enrolment period so you can stop attending a class at any point without being charged for additional classes. Please contact the office to let us know that you are leaving, or drop the class via the online parent portal and we will then stop any upcoming payment requests. If you do not attend four sessions in a row or payment is not made on time, without contacting us, we will assume that you have left and will offer your space to someone on the waiting list.

**I have a concern about something, who should I contact?** In the first instance try to speak to the lead coach of the session. Alternatively, you can contact the Head Coach Levent via email at [levent@synergygymnastics.co.uk](mailto:levent@synergygymnastics.co.uk). If your concern is related to child protection or safeguarding please contact our Welfare Officer Louise via email at [louise@synergygymnastics.co.uk](mailto:louise@synergygymnastics.co.uk)



# Squad Pathway



All squad gymnasts (aged 13+) are welcome to trial for the display team by emailing [Levent@synergygymnastics.co.uk](mailto:Levent@synergygymnastics.co.uk)

# More About the Squad Groups

## Tumbling

Competing along a 25 metre sprung tumble track, tumbling is an explosive and spectacular discipline where gymnasts move from hands to feet several times in quick succession. If selected for tumbling, gymnasts can follow two possible pathways – NDP or FIG. The tumbling coaches will assess during December and January which pathway to follow for each tumbler for the following year.

NDP (National Development Plan) Tumblers compete set tumbles with the aim of competing at the NDP Finals. In order to reach the finals, they must first compete at the Regional qualifiers and two NDP Semi-Finals (spring time).

FIG Tumbling is full length tumbling with open difficulty for each pass. Tumblers must compete 8 skills of choice along the track which will typically include whip backs, flicks and big somersault ending skills. The harder the skills the higher the starting tariff. FIG Age groups are 9-10 years, 11-12 years, 13-14 years, 15-16 years, 17-18 years and Seniors. Each age group has a minimum score required which must be met at a qualifying competition in Spring Time to reach the British Championships. Consistently successful performers will have the opportunity to trial for national squad.



# More About the Squad Groups

## Team Gym

Team Gym is a relatively new discipline within British Gymnastics having originated in Scandinavia about twenty years ago which combines a team floor routine, tumbling and trampette. There are two options within team gym, Full Team or Micro Team.

### Full Team (6-12 Gymnasts)

TeamGym competitions may consist of three categories: women, men and mixed teams. In each of the three categories a team may consist of between 6 to 12 gymnasts. TeamGym routines require effective teamwork, excellent technique and spectacular acrobatic elements. Training and competitions generate an excellent team spirit amongst gymnasts with routines providing great entertainment and spectacle for participants and spectators.

### Floor

Teams perform an optional floor routine within a 14 x 20 metre non-sprung floor area. The routine is accompanied by instrumental music and emphasises strong and smooth teamwork and expressive presentation. All members of the Team must take part in the Floor routine.

### Trampette

Teams perform a series of somersaults and twists from a trampette, with good streaming (consecutively and close to each other). Part of the trampette series is performed using a vaulting table. Again, the complete series is performed to music, with each team performing three different rounds. The streaming and complexity of the elements produces some very exciting performances. Only the top 6 gymnasts will stream each round.

### Tumble Track

Teams perform a tumbling series on a 14-metre tumbling track with good streaming. This produces a very dynamic and entertaining performance. The series is performed to music. Each team performs three different rounds and each tumbling series must consist of at least three different acrobatic elements, without intermediate steps. Again, Only the top 6 gymnasts will stream each round.

### Micro Team (3-5 Gymnasts)

Micro TeamGym competitions may consist of three categories: women, men and mixed teams.

In each of the three categories a team may consist of between 3 to 5 gymnasts. Micro TeamGym routines combine Trampette and Tumble ONLY. Only the top 3 will stream on each piece. For both Full & Micro Teams, Primary Team Gym squads generally work towards the Southern Tournament and Hawth Open each year as this age group are not eligible to qualify for the British Championships. Youth and above Team Gym squads work towards the Southern Qualifiers and the British Championships every year.

<b>Development 7-9 Years</b>	<b>Primary 9 - 11 Years</b>	<b>Youth 9 - 11 Years</b>	<b>Junior 10 - 14 Years</b>	<b>Senior 16+ Years</b>
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# More About the Squad Groups

## Womens Artistic

Popularised in the 70's by elfin-like stars such as Olga Korbut and Nadia Comaneci, Women's Artistic Gymnastics remains one of biggest crowd pleasers and most watched sports at the Olympic games. It's fascination and popularity amongst girls of all ages lies in its ability to provide constant challenge and teach body control, coordination, amplitude and courage. Women's Artistic Gymnastics is the sport of choice for girls who love turning their world upside down, in more ways than one:

### Vault (VT)

Following apparatus innovation in early 2001, the vaulting horse has now been replaced with a wider vaulting table. It provides the perfect platform from which to launch sky high, before returning to earth with a controlled landing. Gymnasts approach the vault from a 25metre run, transfer their speed to the springboard and seek a quick hand placement to the table. From here the gymnast uses internal spring to launch themselves vertically for a combination of somersaults and twists. A good vault should land at least 2metres from the table and include no steps on landing.

### Uneven Bars (UB)

Like the men's parallel bars the Uneven Bars provide double the challenge for gymnasts. The low bar is set around 170cm in height and the high bar often around 250cm. The distance between the two bars is set at a maximum of 180cm. Swinging and continuous movements are required on this apparatus. Routines typically include movements in both directions as well as above and below the bars. Elements with twists and somersaults with multiple grip changes and high flight often are awarded with the highest scores. Like men's horizontal bar, the wind up and dismount is often the most exciting part of the routine.

### Balance Beam (BB)

Perhaps the most precarious piece of apparatus for girls, the beam stands 1.25metres from the floor, is five metres long and if that was not posing enough of a challenge, is only 10cm wide. That is the width of your average house brick! A beam routine is an exercise in precision with no room for error. The gymnast performs a combination of acrobatic elements, leaps, jumps, turns, steps, waves and balance elements. These can be done standing, sitting or lying on the beam. It is a requirement that the gymnast uses the entire length of the beam, with routines concluding often with a series of acrobatic elements off the side or end of the beam.

### Floor Exercise (FX)

The floor exercise allows the gymnast their moment in the spotlight and is considered by many to be the most expressive piece of women's apparatus. A floor routine, always accompanied by music, includes a combination of dance movements and sequences interspersed with a variety of tumbling and acrobatic elements. The whole floor area must be used in the routine with clear variances in mood, tempo and direction. Individuality, originality, and artistry of presentation are the key ingredients of a great routine.

### Competitions

Our women's Artistic Squad currently work towards twin piece competitions and grades at Regional and National Level.

# Contact Us

Office: 0203 978 1430 / info@synergygymnastics.co.uk  
The Office is open Monday to Friday 9am - 1pm & 2pm - 5pm  
Office Manager / Club Secretary: Carole Hill

Board of Directors:  
Andrew Payne  
andrew@synergygymnastics.co.uk

Levent Charles  
levent@synergygymnastics.co.uk

Ava Buckley  
ava@synergygymnastics.co.uk

Welfare Officer: Louise Mearns  
louise@synergygymnastics.co.uk

Brunswick Park Primary School, Picton Street, Camberwell, SE5 7QH

Camberwell Leisure Centre, Artichoke Place, SE5 8TS

Charles Dickens Primary School, Toulmin Street, Borough, SE1 1AF

Thomas Tallis School, 154 Kidbrooke Park Road, SE3 9PX

Brunswick Park



Thomas Tallis



Camberwell Leisure Centre



Charles Dickens



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