Fundraising Ideas for Young Gymnasts

A practical guide for parents & carers

Gymnastics is an amazing sport, but the costs can quickly add up — class fees, kit, competition entry, travel, and sometimes specialist equipment. The good news is that many families successfully raise money in simple, manageable ways from home, without needing large events or club-led fundraising.

This guide shares realistic fundraising ideas that families can run themselves, even with busy schedules.

1. Sponsored Challenges (Home-Friendly)

- Sponsored handstand hold (per second or attempt)
- Sponsored conditioning challenge (planks, wall sits, press-ups)
- Sponsored flexibility challenge (splits, bridges, stretching routines)
- Skill repetition challenges such as cartwheels, jumps, or turns

2. Online Crowdfunding Pages

- GoFundMe, JustGiving, or Facebook fundraisers
- Include a short story, clear goal, photos, and updates

3. Selling Homemade Items

- Bakes such as brownies, cupcakes, or flapjacks
- Bracelets, keyrings, drawings, or handmade cards
- Seasonal items like Christmas or Easter treats

4. Skill-Sharing & Small Services

- Helping younger children with basic skills
- Dog walking, car washing, or tidying jobs
- Babysitting where age-appropriate and supervised

5. “Support My Season” Donations

- Share a short message explaining upcoming costs
- Suggest small donations (£5–£10)

6. Social Media Sharing (Optional)

● Share fundraiser updates and progress

● Thank supporters publicly where appropriate

7. Involving Your Gymnast

● Help choose the fundraising idea

● Say thank you to supporters

● Track progress toward goals

8. Safety & Practical Considerations

Always choose safe, age-appropriate activities. Avoid over-training or unsafe skill challenges, supervise where needed, and be clear that fundraising supports gymnastics costs rather than guaranteed outcomes.

9. Simple Planning Checklist

- Fundraising goal: £_____
- What the money will help pay for: _____
- Fundraising idea chosen: _____
- Start date: _____ End date: _____
- How will we share it? (family / school / online): _____

Many families feel uncomfortable asking for support — but most people are happy to help when they understand the goal. Fundraising doesn't need to be big or complicated. Small efforts, shared honestly, often add up faster than expected.