

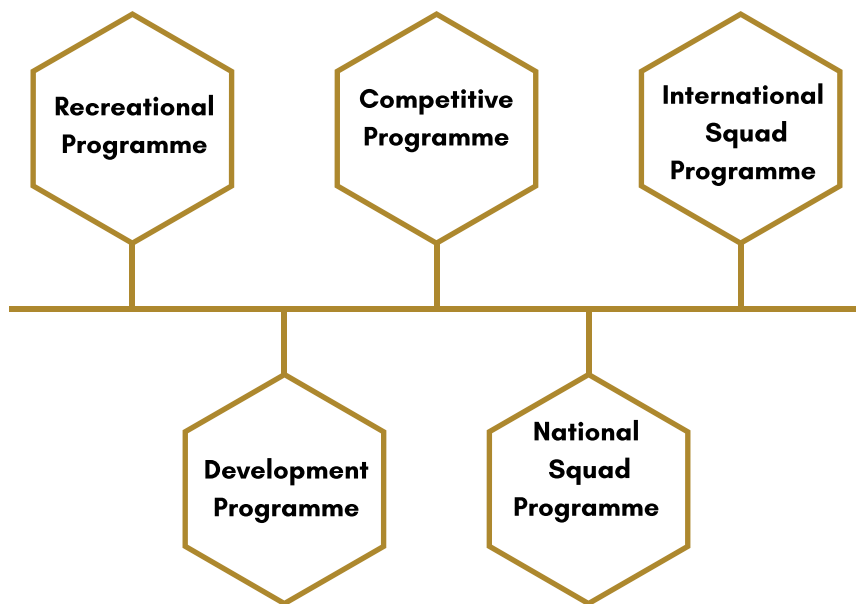


Competitive Programme Policy

Wings Rhythmic Gymnastics Competitive programme is tailored for those who wish to engage in competition and develop the skills to progress in the competitive world of rhythmic gymnastics. The programme requires more commitment and talent than some of our other ones, and only selected members that passed the assessment for admission and show enthusiasm a work ethic while preparing the routines for shows. The goals of the programme are the following:

- Optimise the body conditions of the gymnasts.
- Teach the gymnasts how to train to reach their personal best in competition mentally and physically.
- Develop the technique in the required rhythmic gymnastics elements necessary to compete in the National Series, organised by Gymnastics Ireland.

This programme might not be suitable for all participants. Rhythmic Gymnastics can be practised in many different ways tailored to different needs. The progression path onto more competitive programmes is organised as it follows:



Terms and Conditions of Members

Preparing for competition requires more than talent. Gymnasts willing to participate in the competitive programme should:

1. Train more than 6 hours a week. Training sessions may be increased during competition seasons.
2. Attend 80% of training sessions unless they have a medical reason or extenuating circumstances.
3. Purchase their own FIG approved apparatuses and competition gear, as these are the only ones accepted in competition. These should be the correct size.
4. Go to National Competitions organised by Gymnastics Ireland in Dublin or any other competitions where the gymnast is qualified or appointed to compete.
5. Have a good work ethic and be able to pay attention during training in order to keep up with the technical skills coached. If the attention and motivation of the gymnast decline, they can always access one of our more fun-based, laid-back programmes such as Development or Recreational.

Level Progression

The levels and progressions of competitions are determined by Gymnastics Ireland in their Rhythmic Gymnastics National Development Plan & Guidelines 2022:

- Gymnasts are entitled to move up a level by achieving the Average Performance Score in National events
- Gymnasts compete within 1 of 5 levels
- Competitors qualify for National Series AA Championships or NDP AA Championships, depending on the score achieved at the qualification grading competition. The qualifying percentage for each grade will be reviewed and set annually
- Qualification is to the next competition -not the next level
- Level 4 gymnasts must achieve the score and pass the flexibility test (percentage) to move to Level 5 (FIG)
- The end of year flexibility test is the test for National Squad selection
- If the gymnast has not reached the set score and percentage in a current year in any event, she can either: **(a)** Stay at the same level but change the grade (according to her age) or **(b)** Move down a level

Both parents and gymnasts have to accept the terms and conditions and understand the competition framework (depending on their age) to be part of the competitive squad. If these terms and conditions are not met, their coach will give a warning to the gymnasts and parents. If these are still not met after the warning, WRGC will redirect the member to a more suitable programme and no longer be in the Competition Squad.

I _____, parent/guardian of _____
agree with the Terms and Conditions of the Competition Programme and we are willing to comply with these.

Parents Signature

Gymnast's signature

Date

Signed and approved by:



Head Coach



Children's Officer