



Kings Gymnastics Women's Competitive Squad information

Kings Gymnastics currently runs four Women's competitive streams for our members.
Foundation 1-2 / Inter-Club levels / State levels / National levels

Foundation 1-2

Competition - second half of year July - November, Club Invitationals only

Children aged between - 5-7 years

Training hours - 4 - 7 hours a week (age permitting and development ready) Our members get selected from our Gymfun recreational classes or Development squad sessions (invite only)

Squads and training groups may vary depending on many factors - age, ability, coach-ability, listening skills, enthusiasm, hard work, progression and screening of physical test data. Emphasis is on fun and energetic practice, with a focus on instilling good foundations, and the importance of good technique and understanding of skills (basics) to build from.

Inter-club levels -

State level skills - train less hours - Inter-club level 3-5

Children aged between - 7-14 years

Training hours - 4 hours a week

Our members get selected from our Gymfun Advanced 1.5 / 2 hour sessions

Competitions attended 2-4 a year (including the Club Championships) The events are organized as club invitationals and are friendly low key events that allow gymnasts to enjoy competition without the super high pressure / standard that is required for other squads.

State Level 3

Competition - second half of year July - November - Sanctioned State events

Children aged between - 7-12 years

Training hours - 5 hours a week (age permitting and development ready)

Our members get selected from our Gymskills session, Advanced Gymfun sessions and our Development squad sessions (invite only)

This squad is the starting point for Western Australia State competition events. Most gymnasts will be selected from our Foundation level 1 and 2 squads and will need to be ready for this level to be invited. Level 3 standard is the start of competitions at WA State events. Our squad members get to settle into this stream gently and enjoy the professional competition stage. The hours required for this level are minimal and many gymnasts stay with State level competitions and limited training. Some gymnasts go on to show potential to achieve the next level or hours to move to the National stream? This is individually recognised by our squad coaches. Many factors determine a member being offered a trial period to be considered for our upper squads. Parents are notified when we see an individual excelling and showing potential to strive for a higher level.

Squads and training groups after this level may vary (club numbers and coaches permitting) The coaches and owner / head coach determine each gymnasts next level for their competition season. Many factors determine this decision - age, ability, coach-ability, listening skills, enthusiasm, positivity, hard work, overall progress and screening of physical test data. (Parent feedback, families circumstances and what works for their child)

State levels 4-6

Competition - second half of year July - November - Sanctioned State Events

Junior State Championships - Peak Event

Children aged between - 7-18 years

Training hours - 5-9 hours a week (Skill ready / maturity / work ethic / strength ready to commence higher standard of training)

Our members are selected from under pinning squads, recognition of individual progress by a member, selection can occur from Development invite sessions, Advanced Gymfun session, Gymskills session and free squad trials are offered from external enquiries from competitive club programs at Kings.

This squad sets our girls up to enter State level competitions and progress their programs whilst balancing home life, schooling, other sporting commitments and other factors. The overall standard of State levels is extremely high in Western Australia and it requires our members to train very hard to achieve the skills required to reach Level 6. The aim for our members is to reach Open State Levels 7-8. At this level our coaches construct our members' individual routines which suit their personal strengths - for example - Saltos on beam instead

of flexibility skills - like a forward walkover. Vaulting - perform salto Vault for the powerful gymnasts. The aim is to progress our gymnasts into strong all around performers and achieve well over their competitive careers. This level and squad allows individuals to cross over to the National path stream if showing fast progress and tracking of physical testing data. Equally several gymnasts will cross from National pathways competition level if they require more time to dedicate to other activities - schooling etc... or find the hours and level / standard too high in National stream.

National level 5-6 and National Level 7+

Competition - second half of year July - November - Sanctioned State Events

Junior State Championships - Peak Event

National level 7+ - events are first half of the year end of Feb - May (aiming for Nationals 3rd week in May and Border Challenge - June)

Peak Event - Represent WA at Australian Nationals and Border Challenge, selection onto Team Future camps / State squads and travel inter-state

Children aged between - 10-Adults years

Training hours - 14.5 hours a week (Skill ready and maturity to commence tougher technical level of training)

**Additional early morning training offered to gymnasts showing potential for pathway
Friday 0645-0845**

This squad is aimed for individuals who love gymnastics, the training commitments and the enjoyment of competing. It requires a big commitment from the athlete, their families and our team of coaches. It is an invite / selection only club program and demands everyone working to support each other on this journey. It brings great rewards not necessarily in silverware!! But overall human beings. It provides a vessel to gain a wealth of experience and education, this alongside the life skills they acquire is invaluable. As mentioned earlier, Kings Gymnastics focus on our gymnasts, they're overall health and well being is of the utmost importance to us. Positive minds and attitudes to support and help each other leads to great success on many levels. The ultimate career goal could be to represent WA at Nationals or Australia at FIG and invitational events.

Thank you for your time reading about our Competitive program, if you have any questions or would like to book a free Competitive trial please email hello@kingsgymnastics.com

(previous competitive experience is required)