

National Gymnastics Awards Programme

At WGC, our gymnasts follow the National Gymnastics Awards Programme. This programme has various schemes so is suitable for all levels of gymnast from our pre-school beginners to our most advanced teenagers. Each scheme has its own corresponding training book which is available to purchase, however **this is optional** as coaches will keep a separate record of each gymnasts' progress.



The training books list all the skills required for each piece of apparatus at each of the progressive levels. The skills will be ticked off by the coach as the gymnast achieves them.

At a glance, gymnasts and parents will be able to track the training and skills learned. Please note that gymnasts will work on skills over a period of time and will not necessarily get them signed off the first time they perform them. They will be expected to remember the name of each skill and perform it neatly, correctly and consistently, not just be able to do it once. (They will also not spend as much time working on new skills when we are working on sequences or preparing for a competition).

Little Gem

Our youngest pre-school gymnasts will start on the “Little Gem” scheme which is a programme of basic skills, serving as an introduction to the gymnastics environment through theme based learning. There are eight different themes and each theme has eight skills, some of which can be assisted by adults.

Junior Gem

The “Junior Gem” scheme which will be utilised for those children who have completed the Little Gem scheme or who have started with us after the age of 5. The majority of our gymnasts will be starting with this level but we expect some, especially slightly older/more experienced gymnasts to work through it more quickly than others.

Junior Gem has eight sections (levels 1-8) with twelve moves in each. Gymnasts must be able to perform 10 out of the 12 skills to pass the level. Once this is achieved a medal may be purchased.

Standard Scheme

Following on from Junior Gem is the “Standard Scheme” which has four levels: Emerald, Ruby, Sapphire and Diamond.

Each level has eight different apparatus sections with twelve skills in each. Therefore, each of the four levels consist of 96 skills, contributing to a comprehensive learning programme for gymnasts. Gymnasts must be able to perform 10 of the 12 skills in each section to pass that level and be eligible to purchase the appropriate medal.

Cost

The cost to sign up for the scheme varies according to your child's level. We will let you know how much each level costs by email.

Medals and medal displays are also available for an additional cost.



If you wish to sign your child up for the scheme, please email to let us know, including your child's name and class day and time in the email. We will then advise you which level your child needs and how much this will cost before we set up the payment via GoCardless.