

We are delighted to announce our Display Team Trials.

The trials will be open to every member of the Club. For those of you who don't know about our Display Teams, there are some details below.

There will be 2 teams. Both teams will be entered in the London Festival of Gymnastics. This is held in Brentwood, Essex in October of each year. 2021 has been announced, but should Covid prevent displays in 2021, we will continue to train with the same teams and display the following year. We plan to take our Display Teams to other National festivals and would also like to showcase at local events. If anyone is involved with the organisation of a local event, please talk to us about the Club making an appearance.

Training will be held on Friday nights once we return to our usual timetable at Deer Park School. In the meantime, we are planning to introduce training on either Wednesday or Saturday nights (depending on the team) maybe every other week whilst at the DeVere hotel, so that the groups can make a start on socially distanced training.

The commitment required from the Gymnasts if they are chosen to represent the Club in the Display Teams is that they must attend training (unless they are unwell), our coaches will expect them to be fully engaged and to concentrate on learning the routines as instructed, they are ambassadors for the Club when we are away and so are expected to behave accordingly and we hope they will enjoy being part of the team and have lots of fun along the way.

The commitment required from Parents, is that we need you to be able to accompany and transport them to the events. There will be a new Display Leotard, Shorts and possibly a colour matching mask to purchase. We are also considering a Display Team tracksuit so that when we are away, they all look very smart and part of Team Cotswold. In previous years the Leotard has been approximately £45 and the shorts £18. You will require a hotel for at least 1 night in Brentwood, Essex. There is a Holiday Inn, Premier Inn and various others within a short drive of the Brentwood Centre where the London Festival is held. We would advise budgeting for approximately £100 for 1 hotel room for 1 night, plus you will need an evening meal and daytime lunch/snacks etc.

There may be some additional training sessions in the lead up to the London Festival that are usually priced as 1 off fees to cover the Hall hire costs and the coaches involved.

There are skills criteria that our Display Coaches would like Gymnasts to be able to complete and some additional criteria that it would be good if they already have or are working towards.

The table below lists the separate skills criteria for General 1 hour Gymnasts, Development session Gymnasts and Squad sessions Gymnasts. Please do not worry if Gymnasts can't meet all the criteria, we would still be interested in seeing them at the trials even if there are some things that they can't do yet. There is plenty of time before October 2021 to work on skills.

We will be put a short routine on the Website that we would like Gymnasts to have a go at learning before the Trials. Again don't worry if they aren't perfect, it just shows the coaches that they have tried to learn a routine. If you are unsure about anything regarding the skills or trials, please talk directly to either Lisa, Ashleigh or Amy who will be happy to help and advise you.

<b><u>Skills Criteria</u></b>	<b><u>General Gymnasts</u></b>	<b><u>Development Gymnasts</u></b>	<b><u>Squad Gymnasts</u></b>
<b><u>Additional Skills</u></b>	Round off (flic)  Splits Handstand Forward Roll Spin  A Walkover Y Balance	Round off (flic)  Handstand Forward Roll  A Walkover Backward roll to handstand Tuck up, Straddle Up, Pike Up to handstand Split Leap	Forward Roll Cartwheel Handstand Teddy Bear Roll Half Turn Jump  Backward roll to front support Arabesque Bridge Dive Roll Spin Full Turn Jump One Handed Cartwheel Round Off Standing Straddle Jump Bridge Arabesque/Y Balance Splits Handstand Forward Roll Walkover Round off flic Aerial Forward Limba Split leap Spin  Backward roll to handstand Tuck up, Straddle Up, Pike Up to handstand  Front somersault walk out Front somersault  Tuck/Straight back Free Forward Walkover Change Leg Split Leap Double Spin

We are planning on holding the Trials on several Saturday evenings at the De Vere Hotel from 5.00pm. Each trial session will probably last for 50 minutes to 1 hour.

Please contact us on [membership@cotswoldgymnastics.co.uk](mailto:membership@cotswoldgymnastics.co.uk) by Monday 2<sup>nd</sup> November to let us know that your Gymnast would like to Trial and once we have the list of applicants, you will be given a date in November for your Trial. There will be a small cost to trial, just to cover the Coaching and Hall costs. We anticipate it will be no more than £5 per trial.

