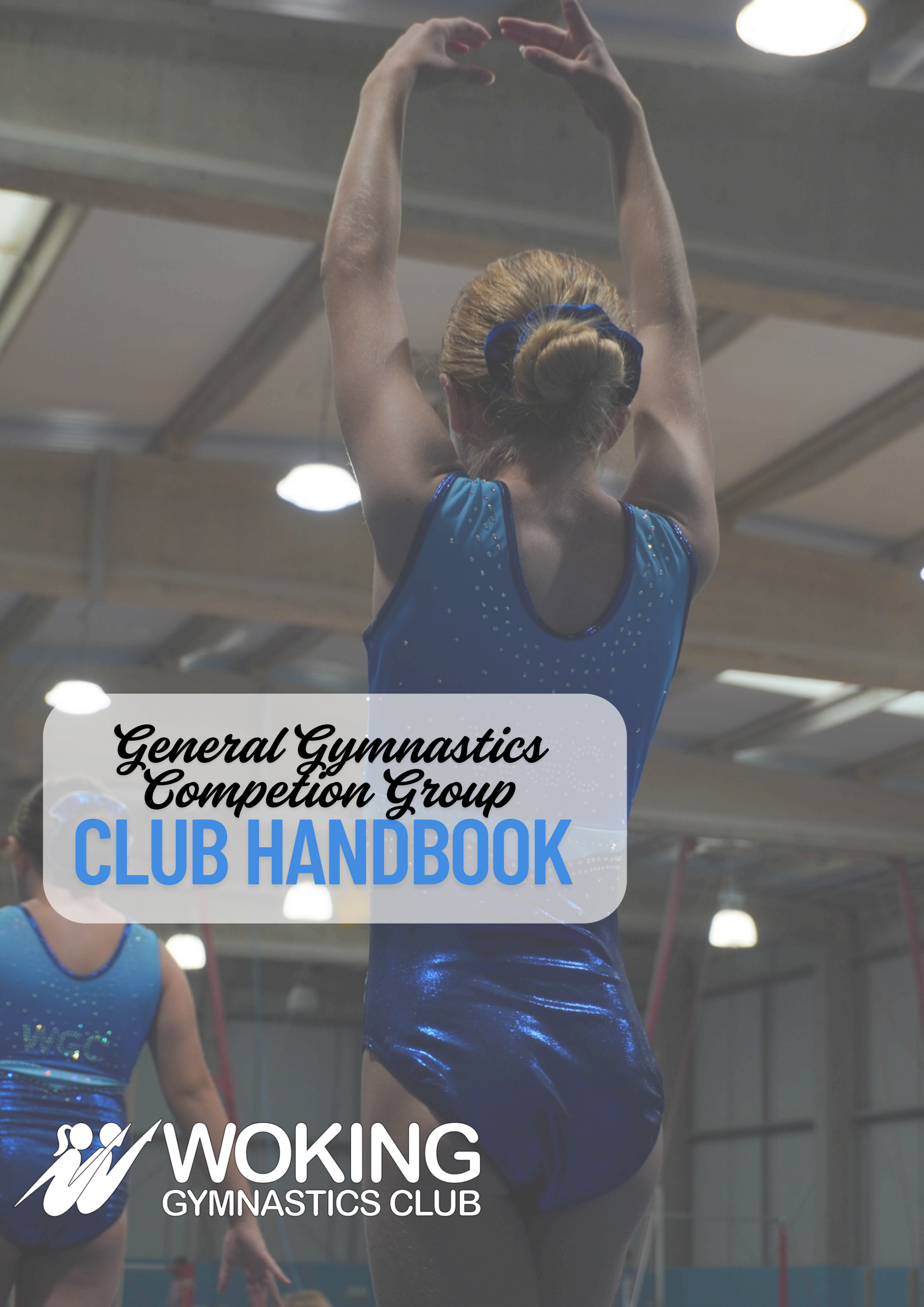

General Gymnastics Competion Group

CLUB HANDBOOK

WOKING
GYMNASTICS CLUB

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WOKING
GYMNASTICS CLUB

General Competition Group PROGRAMME

Our General Competition Programme comprises of both the Floor & Vault (F&V) and 4-Piece Competition Groups. With up to 100 gymnasts enrolled, the programme is designed to prepare participants for county and regional level competitions.

All gymnasts train weekly on all artistic apparatus. However, competition formats differ by pathway:

- Floor & Vault gymnasts compete on floor and vault only.
- 4-Piece gymnasts compete on floor, vault, beam, and bars.

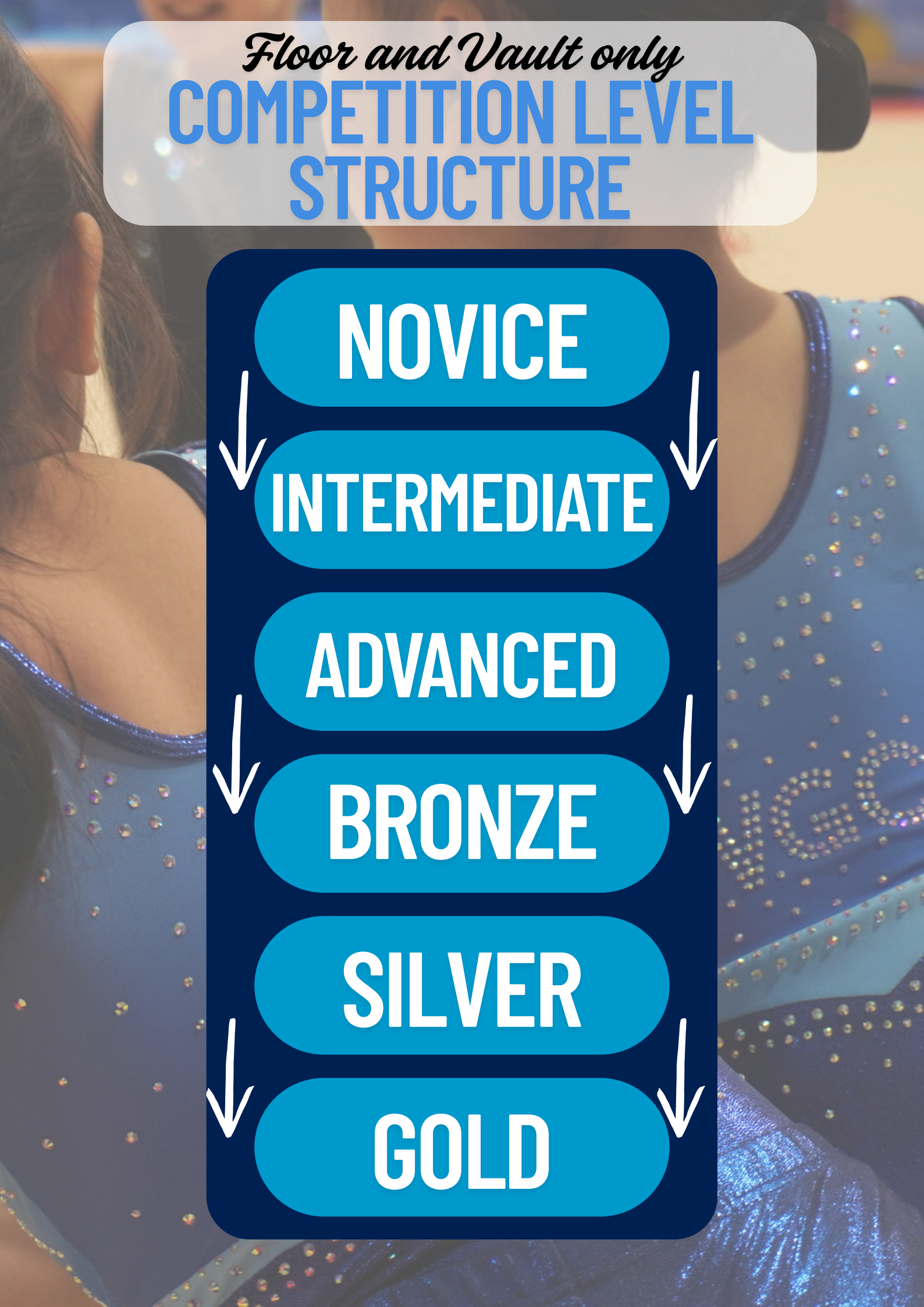
As this is a competitive programme, gymnasts are expected to attend both weekly training sessions consistently. Regular attendance is essential for skill development and effective competition preparation. Gymnasts are also required to participate in all competitions appropriate to their age and ability. Repeated absence from competitions without a valid reason may result in reassignment to a weekday recreational class, where competition participation is not required.

The programme is divided into six groups, organised by age and ability. Group 5 is the entry-level group, while Group 1 represents the highest standard within the Floor & Vault pathway. The 4-Piece group is a mixed-ability class. Entry into the programme, as well as progression between groups, is determined at the discretion of the coaching team.

Gymnasts may be invited to join the programme from age 6 and may continue until age 17. Upon turning 18, gymnasts will be invited to transition into our Adult Gymnastics Programme.

Gymnasts' progress is continually monitored by our coaching team. If coaches feel that a gymnast would be better suited to an alternative competitive pathway or one of our recreational classes, this will be discussed with parents/guardians.

At Floor & Vault competitions, gymnasts typically compete under South East General Gymnastics rules. Gymnasts begin at Novice level and may progress through to Gold, subject to achieving the required qualifying scores. Competition levels for the 4-Piece group are determined by coaches in line with the rules and specifications of each individual event. At the start of each school year, coaches aim to share a full competition calendar. Please note that events may be subject to change at the discretion of competition organisers.


Floor and Vault only
COMPETITION LEVEL STRUCTURE
NOVICE
INTERMEDIATE
ADVANCED
BRONZE
SILVER
GOLD

TIMETABLE

Class	Days/ Times	Per Month
F&V Group 5	Monday - 16:00-17:30 / Saturday - 09:00-10:30	£108.50
F&V Group 4	Monday - 17:30-19:00 / Saturday - 09:00-10:30	£108.50
F&V Group 3	Monday - 19:00-20:30 / Saturday - 10:30-12:00	£108.50
F&V Group 2	Thursday - 17:00-18:30 / Saturday - 10:30-12:00	£108.50
F&V Group 1	Thursday - 18:00-20:00 / Saturday - 12:00-14:00	£140.50
4- Piece	Thursday - 18:30-20:30 / Saturday - 12:00-14:00	£140.50

ADDITIONAL CLASSES

Group	Time	Per Month
Tumble 1	Sunday 16:30-17:30	£52
Tumble 2	Sunday 17:00-18:00	£52
Tumble 1+	Sunday 16:00-17:00	£58
Tumble 2+	Sunday 17:30-19:00	£67
(Additional class prices exclude £7.50 membership fee paid in main class fees)		

PAYMENT NOTICES

Monthly Fees

Our classes operate continuously throughout the year, with scheduled breaks of two weeks at Christmas, over the Easter weekend, and during the month of August. Class fees are charged for 46 weeks of the year, and in August, only a £7.50 membership fee will be payable.

Competition fees

Fees required to enter external competitions are not included within the annual fees paid. WGC will submit the entry and pay any competition entry fees on behalf of the gymnast. These will be recouped via the members direct debit/invoice as above. Please note that as fees are paid at time of entry it is not possible to receive a refund should a gymnast withdraw from the competition.

All other costs associated with the competition (travel, subsistence, spectator admission fees etc.) to be paid directly by the gymnast parents.

British Gymnastics Membership

All General Gymnastics Competition Group gymnasts must be members of British Gymnastics. This membership carries with it insurance, mandatory for all gymnasts. We are unable to do this for you, and it is your responsibility to take out or renew BG membership. Gymnasts in our Floor and Vault programme must have the Community level of membership. Failure to do so, will result in your child unable to participate in training sessions, and competitions.

Gift Aid

Please note that the Club, as a Charity, can claim Gift Aid on all Club membership subscriptions – by each parent completing a simple form the Club can claim 25% of the membership fee paid at no cost to you. For more information, please click HERE.

WGC Lucky Draw

We encourage all our competitive members to join our "WGC Lucky Draw". For a small monthly contribution (currently £3 per month), you will be entered into a prize draw, 4 times year, to win a max. cash prize, currently £200. Other cash prizes are awarded. To join our WGC Lucky Draw, please visit the WGC Lucky Draw section on our website.

https://www.wokinggymnastics.co.uk/community-academy/wgcluckydraw

2026 COMPETITIONS

Date	Competition	Venue	Level	Notes
04/10/2026	Gold	Summerfields Gymnastics Club	Novice	Floor & Vault
25/10/2026	Spooktacular	Wiltshire School of Gymnastics	ALL 4-piece gymnasts	4- Piece
29/11/2026	South-East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Advance	Floor & Vault
06/12/2026	South-East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Novice	Floor & Vault

All TBC Events - Coaches will inform parents if we will be attending this event closer to the date.

2027 COMPETITIONS

Date	Competition	Venue	Level	Group
16/05/27	South East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Bronze, Silver, Gold	
27/06/27	South East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Intermediate	
28/11/27	South East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Advanced	
05/12/27	South East Floor and Vault	Guildford Spectrum, Guildford GU1 1UP	Novice	

All TBC Events - Coaches will inform parents if we will be attending this event closer to the date.

CLOTHING

For competitions, gymnasts will be required to wear the designated Floor and Vault team kit:

All:

-WGC Competition Jacket
-WGC leggings or tracksuit bottoms (optional)
-WGC Navy competition t-shirt (optional)
All of the above can be purchased via our online shop -
https://www.wokinggymnastics.co.uk/clothing

Girls:

-Rocsa short sleeved competition leotard. As these leotards are made to order, **the coaching team will coordinate kit purchases and invoices raised in advance.**
-Navy shorts (optional) - Girls navy shorts

Boys:

-Milano leotard with white shorts – Leotard and shorts / Boys shorts only

In addition, gymnasts will be required to follow the rules below:

-No jewellery (including earrings)
-No crop tops
-T-shirts can be worn for training, but these must be over the top of leotards
-Long hair tied must be tied back
-Socks are required for the trampoline
-Gymnasts are able to wear their own leotard of choice to their weekly training sessions. Alternatively, gymnasts can purchase our general club leotard for training purposes.

Please note: The Club uniform/leotards are usually updated every 2 to 3 years and are required for competitions

SAFEGUARDING AND WELFARE

Safeguarding and Welfare

Woking Gymnastics Club places our responsibility to safeguard and protect the welfare of all our gymnasts and staff as being central to our Club values.

Our clear and robust process for the management of safeguarding and welfare related matters is written in detail within our Safeguarding and Welfare policy, A copy of which is available to view on our website.

Should you wish to discuss a safeguarding or related issue please, in the first instance, please contact or speak with our Lead Welfare Officer, All conversations will be treated in confidence:

Jessica Spragg; jessica.spragg@wokinggymnastics.co.uk

Details of welfare officers are also on our website and on the noticeboard within the lobby of our main facility.

You may choose to contact us on related matters via
welfare@wokinggymnastics.co.uk

Injury Management

The well-being of your child is of paramount importance to us; however, injuries may occur during training. WGC ensure that a coach who is trained in first aid is present at every coaching session and, in the event of an injury during training we will ask you to sign an accident report form. We will speak with you to explain how the injury happened, its extent and agree a forward plan. Should the injury require immediate medical attention we will act in the child's best interest and will contact you immediately.

Please ensure that he hold your child's correct medical information and that the mobile phone contact number we hold for you is up to date.
It is also possible that your child may sustain an injury elsewhere. Should this happen please let us know and again we can agree how to progress.

COACHING STAFF

Becky - Head of GFA

Gemma

Heidi

Phillip

Jesse

Kara

Maddie- 4-Piece Coach

Jacob- 4- Piece Coach

FAQ

Who can I speak to about my child's progress?
Our coaches are the best for all progress updates, speak to reception or one of the lead coaches to organise a meeting to discuss further.

What is the notice period for classes?
We ask for one month's notice for any cancellation of classes.

Is there any training throughout the month of August?
During the 4-week August break, training for our General Gymnastics Competition Group gymnasts will continue on a pay-as-you-go basis, allowing flexibility for summer holidays. Wherever possible, gymnasts are encouraged to attend these sessions to maintain continuity in their training. Full details and booking links will be shared with members in July.

Where can I purchase the required team kit?
All kit must be pre ordered online, links and information will be attached in the 'clothing' page. We do not keep any kit on site at the gym.

Can my child move between the F&V and the 4-Piece group?
Yes. Our coaching team regularly review each gymnast's progress and suitability within their current group. Movement between groups is at the coaches' discretion, and if we feel a different class would be more appropriate for your child, we will contact you to discuss this with you.