

**PENTLAND RHYTHMIC
GYMNASTICS**

**COMPETITIVE
CLUB HANDBOOK 2025**

Contents

1) WELCOME	2
2) RHYTHMIC PATHWAY	3
3) CLASS TIMETABLE	4
4) COMPETITIVE ENTRY FEES	5
5) ADDITIONAL EXPENSES	5-6
6) FORMAT OF COMPETITIONS	7
7) APPARATUS	7-8

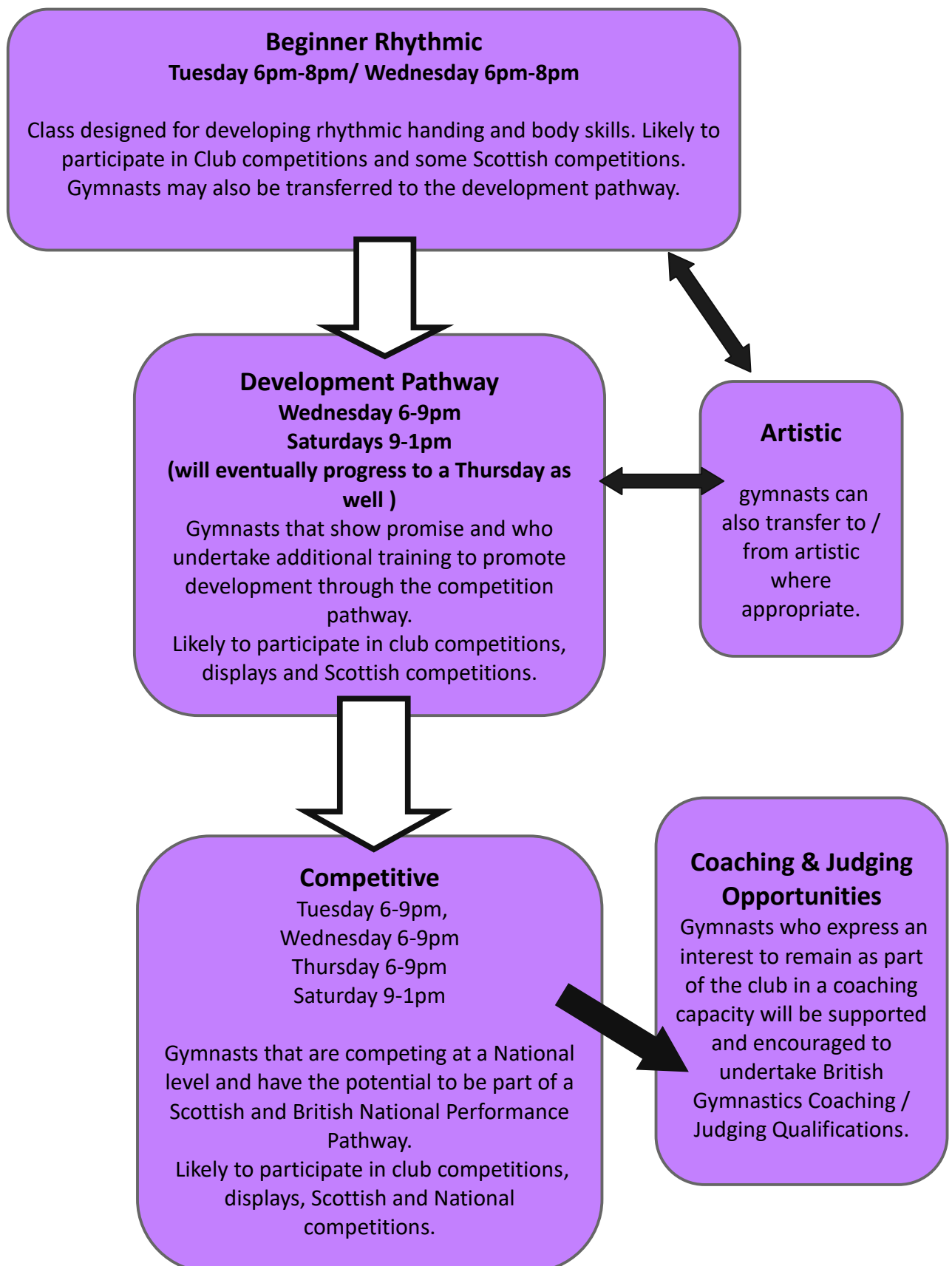
1 WELCOME

Congratulations on your child reaching competitive level in rhythmic gymnastics.

We are only one of four clubs in Scotland to offer the discipline of competitive rhythmic gymnastics, and we continue to strive to be the best.

This handbook should be read in conjunction with the Pentland Club handbook which was provided to you when your child joined the club. Both handbooks can also be obtained through our club [website](#), Spond or our closed Facebook page.

2 RHYTHMIC PATHWAY



3 CLASS TIMETABLE

Our competitive classes are based in Currie High School and Balerno High School. We expect our competitive rhythmic gymnasts to commit to a minimum number of hours (advised by their coach) around the timetable below.

RHYTHMIC
WEDNESDAY (CHS) 6.00pm-9.00pm
THURSDAY (CHS) 6:00pm–9.00pm
SATURDAY (CHS) 9.00am-1.00pm

Attendance at the gymnasts usual training hours is compulsory for the two weeks prior to a competition. Additional hours may be added to this to ensure thorough preparation for the competition. The gymnast's coach will advise if additional training hours will be required.

4 COMPETITIVE ENTRY FEES

Each competition requires entry fees which will be communicated directly to you by the gymnast coach.

These are calculated taking account of:

Level of competition, the competitive level of gymnast, the amount of group and individual routines undertaken by the gymnast.

In addition, gymnasts require to assist with coach expenses (a coach requires to be present with gymnasts at each competition). The Pentland Gymnastics Club committee assist with these expenses, but gymnasts are asked to contribute in addition to the Committee subsidy. These vary and will be communicated along with the fees necessary for competing. Contribution to coach's expenses can range from £10 - £40 and include transport, meals & accommodation.

5 ADDITIONAL EXPENSES

1) Competitive Tracksuit

It is expected for the gymnast to purchase a Pentland Club competitive tracksuit, and these should be worn at competitions. <https://www.dunbartshirt.com/collections/pentland-gymnastics>

These are priced between £45-£55 which includes printing the gymnast's name and can be ordered directly from the supplier

2) Club Uniform

Club uniform must be worn to all training sessions and competitions. Please see the files section of our Facebook page for uniform items and prices. Samantha Hamilton is our uniform coordinator.

3) Competitive Leotard Hire

Group competitors will require to hire their Group leotard from Pentland Gymnastic Club.

Hire of each leotard will be in the region of £10-£20 per competition. The leotard must be returned to the club in the same condition it was taken otherwise a further charge will be applied for replacement/repair.

4) Transport to Competitive Venues

Competitions are held in Scotland, Britain or Europe. Depending on the location, transport costs will require to be considered. No transport costs (for the gymnast and any family member(s) travelling with them) are paid for by Pentland Gymnastic Club and must be met by the gymnast or their family.

As noted above, a portion of the coach's transport costs are included within the competition fee payment.

5) Spectator Entry into Competitions

All spectators will require to pay an entry fee which is dependent on the competition level. These usually range from £5-20 each, with concessions sometimes available.

Competing gymnasts do not require to pay entry into the competition venue (entry fees to compete are separate and will have been paid prior to the competition day).

6) Volunteers for Competition Days

Volunteers are called on to assist on competition days. These may include helping with moving of carpets or catering (if the competition is based in Edinburgh) and can also include assistance with music and/or announcements or taking entrance monies.

7) Accommodation Costs

As most competitions are held out with the surrounding Edinburgh area, accommodation is necessary.

Gymnasts usually try to stay in the same hotel, such as the nearest Premier Inn, Travelodge or Holiday Inn. Costs range depending on location.

As noted above, a portion of the coach's accommodation costs are included within the Competition fees.

Accommodation is usually booked local to the competition venue.

6 FORMAT OF COMPETITIONS

These can vary depending on the competition but, generally, the format is as follows:

1) Registration of gymnasts

Each gymnast requires to register attendance at the competition venue.

2) Orientation

Orientation involves the gymnast(s) performing their routine(s) on the competition carpet to ensure they are aware of spacing, location of judges, etc. It is usual to run through their full routine once. This usually takes place before the competition (either the night before or just before the actual competition starts on the day itself).

3) Make Up, Hair and Costumes

Gymnasts should be fully ready to compete with hair and makeup complete, prior to attendance on competition day.

Group routines must have coordinated hair and makeup (your coach will advise on this).

Leotards to be brought with the gymnast to be worn from March On. Please arrive with training uniform on but hair and makeup done.

4) March On

All competing gymnasts are expected to be present at March On which is immediately before the competition commences.

5) Competition

You should be informed of an approximate time when your gymnast will be competing. It is expected to support other gymnasts before and after your gymnast competes.

6) Presentation of Medals and Trophies

Gymnasts are expected to remain at the competition venue for the presentation ceremony, whether they are placed or not.

7) Gymnast essentials for Competition Day

Bodysuit, tracksuit/hoodie, competition leotard, toe shoes, competition apparatus, spare make up/hair equipment, water, snacks,

Optional - Small amount of money (further snacks or merchandise).

7 COMMUNICATION

All club communication will be done through SPOND, email or the Facebook page. Please do not contact club members on their personal accounts or numbers regarding gymnastics.

SPOND- class attendance, class changes/ updates, competition availability, contacting coaches.

EMAIL- Competition information.

FACEBOOK- celebrating achievements

Availability will be asked for first via SPOND with final details of costs and timings will be out via email from our competition entry admin. Currently Alison McLean.

Competition dates are available usually one year in advance or will be sent out as soon as we are made aware of the competition.

Rhythmic Coaches are also available for personal consultations before and after coaching sessions. Please message on SPOND if you wish to talk to one of the coaches.

Please note: Running orders are not usually finalised until much nearer the competition. Therefore, communications relating to timings may not be issued until a week or two before a competition.

8 APPARATUS (Equipment)

Apparatus (or equipment) necessary for a competition will be communicated by the gymnast's coach. It may be necessary to purchase a specific piece of apparatus and details are given of each piece of apparatus below.

There can be differences in what gymnasts will need depending on their age and size therefore please check with one of the rhythmic coaches in advance of purchasing any equipment. The Coach may also wish to use Pentland Club apparatus for certain routines.

If unsure about any equipment, please ask a coach.

See details below relating to equipment.

Some recommended stockists

<https://www.iloverg.co.uk> (UK Based)

<https://www.rsg-shop.com/index.php/en>

<https://gymnamo.com/?srsltid=AfmBOop20Y7sE9KZgHle5jJYE2A88RaAhvqalB09EBoxFvNFfkILPYjt> (UK Based)

RIBBON

Girls under 12 years old will require a 4metre ribbon. These can be purchased from Decathlon for beginners or from a rhythmic store online for competitive gymnasts.

Girls ages 12-14 (Junior) will require a 5metre ribbon.

Girls that are over 14 (Senior) will require a 6m ribbon.

Ensure when you are buying a ribbon that you also get a stick/wand and this comes with a grip on the end - it makes it much easier for the girls when practicing handling and throwing.

Ribbons can be bought in any colour or design that the gymnast wishes.

TOE SHOES

We recommend the half sock style toe shoes. These can be purchased online from any rhythmic store or Decathlon.

HOOP

Hoops can be purchased from Decathlon for beginners and need to come up to the hip/waist of the gymnast.

Decathlon also sell tape for the hoops which can help to make the hoop more individual - different colours and designs of tape can also be purchased from the websites noted below.

BALL

For younger competitive gymnasts we recommend a 16cm monochromatic ball.

For older, competitive gymnasts we would prefer an 18cm ball to be used – these can be purchased from the links below.

CLUBS

For younger and Junior aged gymnasts 'Junior' clubs (41cm) can be used but seniors must use 'Senior' (45cm) sized clubs. We would recommend buying clubs from one of the online rhythmic stores and not decathlon.

ROPE

All gymnasts must have a rope. These are bought in once size and cut to the gymnasts height. This must be to the gymnasts' armpits whilst standing on the middle of the rope with a knot on each side to hold. Please Speak to the coach if unsure.

Other Equipment

All competitive gymnasts must also have two yoga blocks, a looped elastic band, a dyno band and a pair of ankle weights (0.3-0.5kg). These things can be purchased off amazon or decathlon.