

# Group Gymnastics

USA Gymnastics encourages clubs to utilize Group Gymnastics activities in its recreational classes to increase the "fun-factor," assist in developing social skills, and broaden the base of the class participation. In addition clubs can start a performing team and or competitive TeamGymn programs that will attract new participants, build enrollment, and bring recognition to the club and community.

Steve Whitlock the Director of Group Gymnastics, and Dean Capelotti, USA Gymnastics General Gymnastics committee member, answered a few questions about General Gymnastics that may help club owners understand it a little better.

## Tell us about Group Gymnastics Internationally

At the International Level, Group Gymnastics is coordinated by Federation Internationale de Gymnastique's (FIG) Group Gymnastics Committee (GGC), where it is considered the basis of all other gymnastics disciplines as well as being a discipline itself.

Group Gymnastics offers movement opportunities for people of all ages. Currently the FIG has over 125 National Federations affiliated and carrying out gymnastics activities, across the world, for well over thirty million active participants of all ages, abilities and cultural backgrounds.

## Why should your club consider offering Group Gymnastics classes?

- It's FUN! — Activities designed for group participation are fun. Not just for your class students, but even for the competitive levels.
- A GG program keeps students active in your club offerings. You spend a ton of money marketing your gym to the public; keep those new students interested with GG. Dean's club has a family who took gymnastics from a regular artistic gym and their children dropped out because they became bored with the program. They heard about the Fallbrook gym and tried it out. They have now been with the program for about two years and are excited about all the trips their recreational level kids have made with the gym and all the fun events they have been involved with.
- **DEAN:** Since we started a competitive TeamGymn program for our recreational classes, it has become a boom for our Competitive Artistic Program. The TeamGymn program has been an excellent cross training tool to develop highly skilled and confident artistic competitors.
- **GG helps grow the bottom line** — In this age of making every dollar count it is a program that brings in revenue in many ways. It provides an additional class that students take... they are in the gym another day buying things in our pro shop.
- **GG assists in staff development.** — Because the GG experience is such a positive for the students, many of them stay with the program for many years and develop into great coaches. GG provides a tremendous boost to your recreational class curriculum and a broadened training experience for your developing coaches.

## What programs can you offer that get people signed up for classes?

- **DEAN:** We have a family performance class where the whole family can be on the team. We have adults that have been on performance team for 5 years! The families that go into the family team are fiercely loyal to the club. They have a great time and they are doing an activity with their family.

- Many gymnastics clubs offer competitive TeamGymn programs for their recreational and compulsory and/or optional artistic gymnasts. Club owners report that boys love TeamGymn and it helps to keep them involved in their gymnastics programs after they "graduate" from preschool classes.

## How do you market the program?

- GG should be part of all your marketing advertisements and flyers to promote your gym.
- Many GG events (GymFests and TeamGymn competitions) are offered in destination locations such as Disneyland, Disney World, Knott's Berry Farm, Universal Studios, Sea World, Las Vegas, and even in Europe. The "home-town" media love to run articles, photos and news clips about the participation of your club members in these events.
- A terrific way to market with your club and community is to conduct regular GymFest-type performances and displays.... such as an annual Club Spring Show. You want to include preschool and class students, but be sure to feature the members of your Show Team and TeamGymn squads, too.



## Tell us about TeamGymn?

- TeamGymn is the competitive form of Group Gymnastics. Squads of gymnasts perform in two different events — Group Jump and Group Floor. The combined score from these two events is added together to determine the squad's rankings.
- Group Jump includes three different gymnastics activities: each squad performs two tumbling passes, two vaults over a vaulting table, and two jumps from a mini-trampoline. The squad receives a score based upon level of difficulty, choreography/synchronization, and execution.
- For the Group Floor routine, each squad performs a routine choreographed to music (between 1:30-2:30 minutes long). This routine must include turns and pivots, leaps or jumps, dance combinations, partner skills, balances, and acrobatic/tumbling elements. Once again, the scoring is based upon level of difficulty, choreography/synchronization, and execution.
- The squads may be a) all female, b) all male, or c) mixed

- This year, four levels of competition are recognized:  
**Level A** — This is a developmental competitive level with basic skill requirements such as rolls, walkovers, etc.  
**Level B** — This is a competitive level where intermediate skills are introduced such as back-handsprings and other springing skills  
**Level C** — This is an intermediate competitive level that include skills such as RO,FF, back tuck or 1/1.  
**Level D** — This is an advanced level.
- Level A is a terrific way to get class kids involved in a beginner competitive gymnastics program. Class students can be successful and have fun after only a couple months of training! Many GG Clubs invite prospective students from their classes to join the TeamGymn or Performance Team squads. Generally, the students maintain enrollment in their gymnastics class and "add-on" their GG squad rehearsal as a second day.

Tell us about the GymFest coming up this year.

The 2004 Group Gymnastics Nationals will be held in Las Vegas, Nevada June 18-20 on the UNLV campus. Our local host is Don Spencer from Go For It Gymnastics. This year, we are combining the TeamGymn Nationals with the GymFest Gala Showcase.

- All information is available on the USA Gymnastics web site at: [www.usa-gymnastics.org/gg/](http://www.usa-gymnastics.org/gg/) or call Steve at the USA Gymnastics office: 317-829-5636 [swhitlock@usa-gymnastics.org](mailto:swhitlock@usa-gymnastics.org).
- Late registrations may be accepted until June 1, 2004.

**1st 2007 World Gymnaestrada USA Leader's Meeting** — This meeting will be held in Houston, Texas, August 6-9, 2004 in conjunction with the FIG/GGC Official World Gymnaestrada Information meeting. For additional information or questions, you can call Steve at the USA Gymnastics office.

At the 2004 National Congress, demonstrations, performances and hands-on training sessions will be conducted for group gymnastics. Two sessions will be devoted to the presentation of sample TeamGymn floor routines for Level A and B. Participants attending these sessions will be provided a CD with all of the choreography and music needed for these routines. Participants can go home and begin their Group Gymnastics classes immediately following Congress.

What is the World Gymnaestrada?

- The World Gymnaestrada is the name of the FIG's official world event for their Group Gymnastics discipline. The World Gymnaestrada is held every four years in a country of one of the National Federations affiliated to the FIG and usually attracts over 20,000 participants of all ages!
- The next World Gymnaestrada will be in Dornbirn, Austria in July, 2007. The only way to participate in this incredible event is as a member of the USA Gymnastics Official Delegation.
- The World Gymnaestrada is held over seven days.
- USA Gymnastics has participated in many World Gymnaestradas and have sent full official delegations to Gymnaestradas conducted in Berlin, Germany (1995), Göteborg, Sweden (1999), and Lisbon, Portugal (2003). The first USA Gymnastics Information Meeting for the 2007 World Gymnaestrada will be held in conjunction with the 2004 Group Gymnastics Nationals in Las Vegas.

*Group Gymnastics truly is Gymnastics for Everyone.*