Fact Sheet 3

Tumbling



2026

Tumbling, sometimes referred to as power tumbling, is a gymnastics discipline in which participants perform a series of acrobatic skills down a 25 metres (82 ft) long sprung track. Each series, known as a pass, comprises eight elements in which the athlete jumps, twists and flips placing only their hands and feet on the track. Tumblers are judged on the difficulty and form of their routine. There are both individual and team competitions in the sport.

Tumbling is governed by the FIG, the International Federation of Gymnastics, and is included as an event within trampoline gymnastics. Although tumbling is not currently an Olympic event, elite tumblers competing at the international level can compete in various events organised by the FIG, continental confederations.

The main piece of equipment used in tumbling is the tumbling track. The track is 25 metres (82 ft) long by 2 metres (6.6 ft) wide with a height of no more than 30 centimetres (12 in). The track is sprung and padded to assist the gymnasts during their pass. There are three lines running the length of the track. The middle line marks the centre of the track. The outer two mark the boundary of the track and are 150 centimetres (59 in) apart.[12] Although part of the track extends beyond these lines, a pass is considered interrupted
if a gymnast touches the track outside these lines.



Before the tumbling track, there is a run-up area on which the gymnasts can generate speed before beginning their pass. This run-up area measures 10 metres (33 ft) in length and should be the same height as the track itself.[12] At the end of the tumbling track there is a mat called the landing area. This mat is 6 metres (20 ft) long by 3 metres (9.8 ft) wide with a thickness of 30 centimetres (12 in). Within the landing area is a smaller landing zone, measuring 4 metres (13 ft) by 2 metres (6.6 ft), which is either filled in or outlined with a contrasting colour.

Behind the landing area there must be an additional mat for safety, measuring at least 3 metres (9.8 ft) by 2 metres (6.6 ft).If desired, the gymnast may use a vaulting board to begin their pass. This may be placed either on the tumbling track or the run-up.



Fact Sheet 3

A School Built on Success

I Sharon Evans, Founder and Managing Director of Carmarthenshire School of Gymnastics would like to welcome you to the Carmarthenshire School of Gymnastics and thank you for giving your gymnast the opportunity to be introduced to gymnastics or to further your already developed interest. I hope that both

they will, and you will, enjoy your time with us. I would like to advise you of the following vital information, which is imperative for the effectiveness of the organisation.

Over forty-six years ago founder Sharon Evans started Gymnastics classes for one hour a week every Saturday morning in Carmarthen. Classes became popular and the participants 'wanted more!' Over the years Sharon has led Carmarthenshire School of Gymnastics from strength to strength, enabling the children of Carmarthenshire to train for longer, and the club to acquire professional gymnastics equipment to train to compete on F.I.G approved equipment [Federation of International Gymnastics).

As well as planting the seed for numerous Carmarthenshire gymnasts to further develop and move on to achieving their aspirations the club has developed many people to become coaches and judges. Most young coaches have made the transition from gymnast to coach at the club.

In 2006, CSoG created a Development Centre in Cefneithin Hall to allow Development Squad gymnasts to train more often, and a Preparatory Squad, General Development Squad to evolve. This progressed further, with the success of the squad gymnasts at local and national competitions to the Grand Opening by HRH Princess Ann in January 2010 of The Gymnastics Centre within Carmarthen Leisure Centre allowing more participation of the children of Carmarthenshire and since 1st March 2014 has even further progressed with the opening of the new state of the art Gymnastics Centre in Crosshands.

This success story for Carmarthenshire School of Gymnastics has been due to the demand of the public evident from the success stories of local gymnasts achieving their aspirations.

CSoG now has a fully comprehensive Development program throughout Carmarthenshire and can boast being the best 2018, 2019,2020,2021 and 2023 Tumbling Club in Wales. Every year since 2020 Welsh Tumbling RCC Inter-Regional Finals Championship, a grand total of 12 gymnasts have been selected to represent Wales in the British Tumbling RCC Inter-Regional Finals Championship, 2022 Rose Burson was a British Bronze Medallist, 2023 Florence Williams a **Bronze Medallist** and Nel McWilliams a **Silver Medallist** and this last year, 2024 young 9yrs old Griff Mackintosh-Jones a **Silver Medallist.**

Since 2018 when Jade Evans won the World **Silver Medal** in the 2018 World Age Group Tumbling Championship in St Petersburg, Russia she inspired so many of our gymnasts to becoming Elite Pathway gymnasts to now having eight gymnasts compete in British Tumbling Championships namely female gymnasts Mared Rees, Millie Preece, Tia Powell, Florence Williams, Shannon Ross, Jade Evans and Lauren Watts with Luca Burgess-Williams as our male gymnast.

This last competition year, CSoG could proudly boast six of our own gymnasts represent TEAM WALES in the 16th Inter-nation Loule Tumbling Cup Championship, Portugal with Luca as part of the Male Welsh Team coming home as **Bronze Team Medallist** and bringing home his very own individual **International Silver Medal** around his neck.

October 2024 was another success story for our young 9yr old Tumbling Squad gymnast Mared Rees in her debut performance in the 2024 British Tumbling Age Group Final Championship won a **British Silver Medal.**

November 2024, our very own Head Tumbling Coach Shelley Pace was selected as the Female Welsh Coach to accompany TEAM WALES to the International French Tumbling Cup in Sevran, Paris, France proudly taking along five of our very own CSoG gymnasts selected to make up the eleven strong TEAM WALES members with Florence Willaims and Jade Evans finishing in a World 8th position and Luca Burgess-Williams in a World 9th position competing against gymnasts from all over the World

Sharon Evans

Head Coach & Managing Director

The Coaching Team

Managing Director:	Sharon Evans
Tumbling Managers	Shelley Pace
Women's Artistic Manager	Shelley Pace
General Development Squad Manager	Jessica Nicklin
General Class Managers	Sian Davies & Jessica Nicklin
Pre-School Manager	Anneliese Evans
Trampoline Manager	James Harries
UKCC. Tumbling Performance Gymnastics Coach - Level 4	Shelley Pace
UKCC Tumbling Gymnastics Club Coach - Level 2	Anneliese Evans & Cilan Thomas
UKCC Tumbling Gymnastics Assistant Coach - Level 1	Adrienne Emmanuel, Anneliese Evans, Cilan Thomas, Emily Evans, James Harries & Shannon Ross
UKCC Women's Artistic Gymnastics Coach - Level 2	Anneliese Evans
UKCC Sports Activity Leader - Level 2	Jakes Harries & Katie Jones
UKCC Women's Artistic Gymnastics Assistant Coach - Level 1	Emily Evans
B.A.G.A. General Gymnastics Club Coach - Level 3	Sian Davies
B.A.G.A. General Gymnastics Coach - Level 2	Anneliese Evans
B.A.G.A. General Gymnastics Coach - Level 1	Melanie Flounders
B.A.G.A Pre-School Gymnastics Coach - Level 1	Elina Deacon
B.A.G.A. Trampoline Gymnastics Coach - Level 1	Katie Jones
U.K.C.C Sports Leaders Award	Ava Gregory, Caitlin Hughes, Carys Lewis, Elli-May Williams, Emily Croucher, Erin Walters, Gabrielle Pace, Lowri Morgan, Luca Burgess-Williams, Millie Preece, Molly Gittins, Morgan Owen, Olivia Owen, Phoebe Thomas, Rose Burson, Summer -Grace Buckland Walsh, Tia Powell, Tianna Rose Davies, Yasmin Burgess- Williams
Helper	Harlee Cadwell

Most of the coaches were all gymnasts with Sharon and over time have developed their coaching skills to ensure that their expertise is positively used to produce tomorrow's future talent. Senior gymnasts are also encouraged to develop their coaching skills in readiness for their B.A.G.A examinations:

- **B.A.G.A. General Gymnastics Helper Coach Level 0** /UKCC Sports Leader [minimum age 14 years]

- **B.A.G.A. Assistant Coach Level 1** [minimum age 16 years]

- **B.A.G.A. Coach Level 2** [minimum age 18 years]

- **B.A.G.A. Club Coach Level 3** – Level 5 [minimum age 18 years]

These qualifications are evidence of their experience for their CV, a selling point to obtain a place in college to obtain further teaching qualifications for a teaching profession. Training tomorrow's professionals.

Our Coaching team currently train gymnasts in Carmarthen, Ammanford, Llandeilo and Gwendraeth Valley throughout the week and Trampolinists in the Trampoline Centre in the Gymnastics Centre in Crosshands

These are General Classes and are "feeder classes" to the General Squad, General Development Squad, Pre-Preparation Squad, Preparation Squad, Junior Development Squad, Advanced Junior Development Squad, Senior Development Squad, Performance and Elite FIG Tumbling Squad which are based in our Gymnastics Centre in Crosshands Square Shopping Centre, Crosshands, Llanelli, Carms SA14 6NT which is a fully fitted gymnasium with FIG Competition Stands apparatus for Women's Artistic, Two Competition Standard Trampolines for the Trampoline Discipline and a Skakoun Competition Standard Russian Tumbling Track for Tumbling Discipline. All Recreational Classes in Pre-School, General Gymnastics and Trampoline can benefit for this equipment.

Gymnasts/Trampolinists who show potential and natural ability towards gymnastics/trampoline are given the opportunity to move on to further their skills and commit to compete in Gymnastics and Trampoline competitions.

Fact Sheet 3

Fees, health, Safety & Welfare

Tumbling Squad Fees

The costs for training sessions are dependent on your Squad Training programme payable online through the LoveAdmin system due on the first of every month [LoveAdmin Payment process takes eight working days]

Squad Enrolment fees paid on a Payment Plan are heavily subsidised in comparison to other Recreational Gymnastics Class fees of £9.00 per hour therefore Enrolment Fees are required to be paid on time as per the Payment Plan timetable. **There will be a late penalty of £5.00 for each week late.**

Payment Plan payments are payable regardless of if your gymnast is not able to train due to ill health or holidays or in the event of any cancellation of classes by CSoG in respect of Bank Holidays, Annual Leave or any other unforeseen circumstances.

If you are not in agreement with this, then please see Managing Director Sharon to pay on a "Pay as you Train" at £9.00 per hour.

Methods of payment
Online Payment via LoveAdmin
or
Bank Transfer details - (provided after invite to join the squad)

Reference: Gymnast's Name/ Squad

Insurance

All gymnasts/ trampolinists must be affiliated to the governing body of gymnastics, Welsh Gymnastics Ltd and British Gymnastics Limited.

The affiliation fee is dependent on age of the gymnast/trampolinist for the period 1st October (Year) -30th September (Year) which includes Personal Accident Insurance. This affiliation charge in the first place must be paid to CSoG and then to access the BG/WG Website to register as a new gymnast to affiliate for membership...

For the organisation to obtain Public Liability Insurance, all gymnasts/ trampolinists must be affiliated to Welsh Gymnastics and British Gymnastics and have their own Personal Accident Insurance cover.

All the coaches have their own personal Public Liability Insurance to cover themselves whilst training the gymnasts.

Health, Safety & Welfare of the Gymnast

· Please ensure Gymnasts/Trampolinists have been to the toilet prior to attending class to prevent any risk of a disturbance to the coaching programme with a gymnast having to leave the training floor.

· Please ensure CSoG Squad Gymnasts/Trampolinists wear a CSoG training leotard, CSoG training shorts, CSoG T–shirt, CSoG leggings or tracksuit bottoms with elastic at the ankles [no wide leg bottom tracksuits] and a CSoG Sweatshirt. No socks, bare foot only. [Trampolinists are allowed socks on the Trampoline bed]

Could all CSoG squad gymnasts during the chilly winter months wear thin layers of clothing under their CSoG Sweatshirt

· Please ensure Gymnasts/Trampolinists have hair tied back securely, neatly and tidily

· Please do not interrupt training sessions. If you wish to speak to a coach, or Class Manager please make prior arrangements for a meeting, please E-Mail admin@csogymnastics.co.uk

· Please accompany the gymnast/trampolinist to the gymnasium at the beginning of the session. Classes could be cancelled at short notice due to events out of our control and contact to all gymnasts in not always possible. Information regarding class cancellation due to weather conditions or the like which must be decided upon at short notice will be posted at the earliest possible occasion on the Carmarthenshire School of Gymnastics Facebook page, and where Class Managers will send a group WhatsApp message to all parents/legal guardians.

· Please ensure prompt collection of the gymnast/trampolinist from the gymnasium. Your child/children will not be permitted to leave the gymnasium unattended to waiting cars in the car park unless prior authorisation given to the Head Coach. If you will not be collecting your child, please inform the gymnast's/trampolinist's coach or Class manager who will do so.

· All correspondence is read to avoid parents queuing up at the start/end of the training session to ask questions, or to avoid breakdown in communication.

· ***We do have a Facebook page for parents, which is updated with vital information, class information, in addition to letters that will be given out to keep parents informed of events or changes to sessions.***

· The club adheres to the Welsh / British Gymnastics 'No Jewellery Policy' which condones the wearing of any watches or jewellery, including body piercings, during a gymnastics / trampolining session.

Fact Sheet 3

Child Protection

The Club's Child Protection & Welfare Officer is...

Fiona [Fee] **Shields** M:07562341265

wfocsogwelfareofficer2022@gmail.com

If you have a welfare concern:

· If your concern is regarding a specific incident, please make a note of the date and time it occurred and report it as soon as possible. Please also make a note of the key facts relating to the incident

· If you have a general concern, please make a note of the main points of your concern and report them to Fiona.

· If you are not sure about whether to report a concern or not, we advise that you do report it, it is important that the club is aware of your concerns even if you are unsure about them. The club's employees are bound by their codes of conduct to treat all reports with the utmost discretion and confidentiality.

· If for any reason you do not wish to raise your concern with Anna, please contact the Managing Director - Sharon Evans - **07588221117** – ***admin@csogymnastics.co.uk***

If you need to contact the Welfare Officer:

You can raise your concerns in person by phoning Fiona [Fee] Shields. on **07562341265** and making a mutual meeting time and place. You can e-mail your concern –

· ***wfocsogwelfareofficer2022@gmail.com***

· You can discuss the concern by phone if you are not comfortable doing so in person.

· You can write a letter highlighting your concerns, sealing it in a clearly labelled envelop, and handing it to Anna or Sharon as and when you see them, or arrange to meet them.

· You can send a letter anonymously highlighting your concerns – however, please be aware that it is much more difficult to address the problem if we cannot contact the person to whom has noticed it.

Please note we have a Complaints and Grievance Procedure which can be found in your **LoveAdmin** Registration page.

ACCIDENT BOOK

All accidents must be recorded in the Accident Book and reported to the Child Protection & Welfare Officers of the club.

CHILD PROTECTION

All coaches have regular DBS enhanced checks. Gymnastics is a "hands on sport" and to ensure safety we have to support the gymnast until able to perform the element unaided. If the gymnast should feel uneasy at any time, please

ensure that you speak to me, the Managing Director, the child's Class Manager, or Anna Beynon the Child Protection & Welfare Officer for the organisation.

RISK ASSESSMENT AND APPARATUS CHECK LIST

CSoG must risk assess regularly to ensure the Health Safety and Welfare of the gymnast/trampolinist. A copy of these checks is recorded and maintained. Could all please be aware of these following risks.

Carmarthen Gymnasts - Could all parents of gymnasts please be made aware that both male and female members of the public do share the changing rooms to use the showers and Carmarthenshire County Council are unable to prevent the use to the public during gymnastics classes. At times water is visible on the floor in the changing rooms therefore please consider the risk and accompany the gymnast into the changing rooms or come ready changed.

All Venues
Car parking during busy periods can be a problem in all venues. Could all parents visiting the Gymnastics Centre in Crosshands, please park in the main car park. Could we please ask you to refrain from driving up to the exceedingly small and narrow area by the Gymnastics Centre entrance, where cars turning around can be dangerous. Please be vigilant as to where you park your park and please do not block accesses to the gymnast's entrance or exits or shop entrances.

TEACHING TECHNIQUES

All gymnasts/trampolinists are taught by using safe progressions. The gymnasts/trampolinists are trained in preparation to pass B.A.G.A. Proficiency Awards. Presentation of Awards is normally arranged at the end of the Winter Term and Summer Term. This will enable the parent/legal guardian to monitor progress of the gymnast/trampolinist. A gymnast/trampolinist will not necessarily pass an award at the end of every tenweek term because as the gymnast/trampolinist progresses upwards towards the more advanced Awards the elements obviously get more difficult and take longer to achieve and longer to perform unaided and to achieve perfection.

The aim is that the gymnasts/trampolinists could gain experience through enjoyment and achieve perfection in their techniques without feeling under pressure.

WORKING TOGETHER POLICY

We operate a working together policy between parents and the organisation. If any parent has any issues or concerns, please arrange a private appointment to discuss with the Managing Director, or Class Manager.

Also, if one should not be content with anything then please advise us of your recommendations or suggestions for the organisation to consider and adopt to continuously improve.

CONTACT

If anyone should require any further information, please contact Sharon on **01269 845384** [Evenings]
or email ***admin@csogymnastics.co.uk***

Sharon Evans

Head Coach & Managing Director