

Training ATTIRE & KIT

Club Shop: <https://www.littlestarsleotards.co.uk/product-category/club-store/alton-gymnastics-club/> Password - A!T0NGC (it is a ZERO and not an O)

- **ACRO Training Leotard:** Any BLACK 'Alton' motif leotard from the Little Stars Shop, There are various styles to choose from but it must be black. This is *compulsory for training, the Acro. training leotard must be worn on Sundays (Wednesdays if it's Holiday training)*.
- **Choice of jersey / Hoody / T-shirt:** Optional for training, the Acro ones are Black with Red text on them from the Little Stars Shop. (*A ZIP-up hoodie is compulsory for competitions*).
- **Leggings/joggers/shorts:** Optional for training but *compulsory for competitions*, these should be plain black with no branding **OR** the AGC ones from the Little Stars Shop, again - black with red text (*for training they can wear any leggings/shorts/joggers*).
- **Club 30L Holdall bag or Backpack** - Available on our Little Stars Shop (*Compulsory for competitions*)

Training ITEMS

To help you, the words in [blue](#) are hyperlinks to the product.

1. **Essential things that ALL GYMNASTS must have as personal kit and bring to each session:**

- [Flexibility band](#)
- Chalk block / liquid chalk (please ask we may have some for sale)
- [Paralettes](#) – *Mini's, Prep. & Tops only*
- [Pedestals](#) - once they are in a partnership, Tops should have their own set of pedestals for practice at home and in the gym (see below)

2. **There are various other small items used in the training process. These are available at the gym for the gymnasts to use, however, you may wish to purchase your own to keep in their gym bag for both home use and use during training sessions.**

- [Sliders](#)
- [Resistance Loops](#)
- [Resistance Band Red / Black](#)
- [Theraband set](#)
- [Ankle Weights](#) (*3kg -5kg mainly for use on poles*)
- [Yoga Blocks](#)
- Tennis Ball (for massage of joints and general aches)
- [Smooth foam roller](#)
- [Gymnastics Pedestals](#) (also known as [Handstand blocks](#) / [handstand pedestals](#) / [acrobatic blocks](#))... try all the links, its worth shopping around for these.

Prep. Squad Gymnasts do not have to have their own Pedestals but should have their own Paralettes. Equally, those who are training as bases do not have to have pedestals unless they are a Middle in a Trio.

Our advice is speak to your gymnast before buy-in anything from list 2. Also, if your gymnast asks about a particular piece of kit, these links should hopefully be useful in working out what they mean. Perhaps there are some exercises they want to practice at home etc. or they want to have their own in the gym of something specific.

!!! PLEASE LABEL ALL KIT WITH YOUR CHILDS NAME !!!