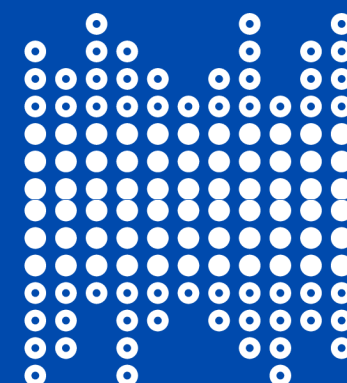


WELCOME,

to Saltire's 2026/27 Season
induction



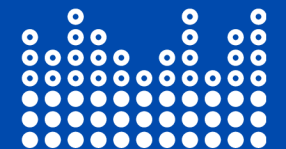
Saltire
Team Gymnastics

ABOUT SALTIRE

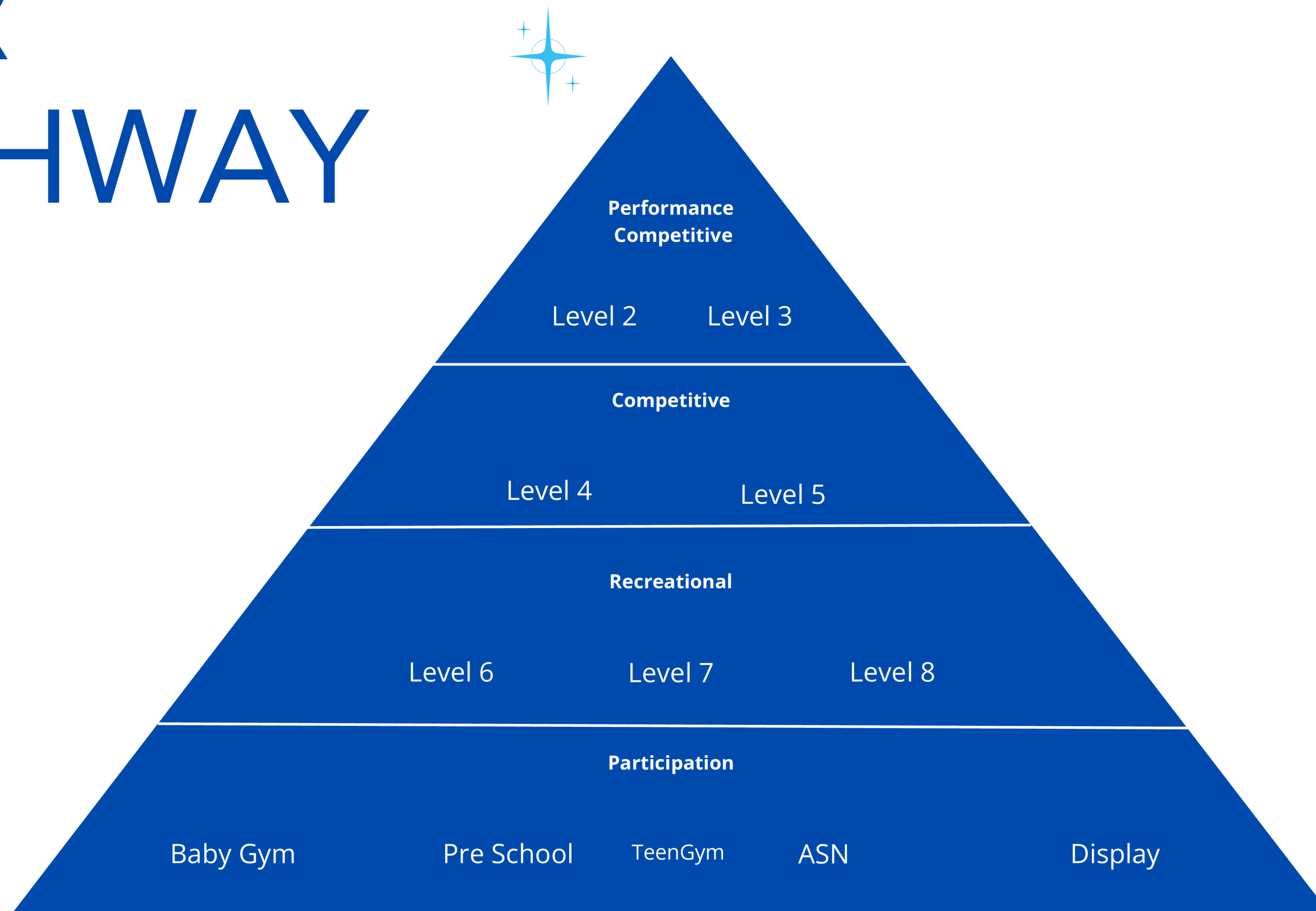
- Saltire Team Gymnastics has a rich history of promoting gymnastics in the local community. As a registered charity (SC046466) the club's primary objective is to provide accessible and inclusive gymnastics programs that foster personal growth, skill development, and competition opportunities for all participants both through access to recreational gymnastics pathways and through our competitive program.
- We are committed to providing a safe, effective, and child friendly environment for all our members to enjoy the sport.
- We aim to provide the highest quality of coaching to children, young people and adults at all levels and be a key club in our local community.
- Our dedicated, friendly and experienced coaches will ensure all members enjoy their learning experience and support them in achieving their full potential and individual goals; this includes the opportunity for our gymnasts to progress to National and International level competitions.

WHAT IS TEAMGYM

TeamGym is a team-based gymnastics discipline that combines three apparatus: Floor, Tumbling, and Trampoline. The Floor routine is performed to music and emphasizes synchronization, choreography, strength, and flexibility. In Tumbling, gymnasts perform a series of acrobatic skills along a sprung track, demonstrating power, technique, and control. The Trampoline event involves athletes using a mini-trampoline to execute dynamic jumps, somersaults, and twists before landing safely on mats. Together, these events showcase teamwork, athleticism, and precision.



OUR PATHWAY



SQUADS



- To support consistent development and progression at every level, we have transitioned gymnasts into squads - rather than teams - starting June 2026.
- Team selections will then be made throughout 2026, most likely around September time with teams formed from gymnasts within specific squads.

Preparation Squad – A squad designed for gymnasts who already meet most or all performance standards. Gymnasts in this squad are aiming to compete at Level 2 or 3 within the same competition year. Preparation will focus on individual development as well as overall team goals.

Development Squad - A squad designed for gymnasts aiming towards meeting level 3 and 2 performance standards. Gymnasts in this squad should be aiming to reach level 3 or 2 for future competition years. Development will focus on individual needs.

As always, gymnasts can be moved between squads or teams at any point throughout the competition year.



PROVISIONAL 2026/27 Event Timetable

Event	Date	Venue
TeamGym Mega Event	21/11/2026 - 22/11/2026	Meadowmill Sports Centre
Christmas Display	14/12/2026	Meadowmill Sports Centre
Scottish Open	30/01/2027 - 31/01/2027	Ravenscraig Regional Sports Facility
Newcastle Open	TBC	City of Newcastle Gymnastics Club
Qualifier 1 (L2 & 3)	05/03/2027 - 07/03/2027	Sports Central, Northumbria University, Newcastle
Club Championships	24/04/2027 - 25/04/2027	Meadowmill Sports Centre
British Championships	14/05/2027 - 15/05/2027	Sports Central, Northumbria University, Newcastle
Mezzo Cup Scotland Qualifier	TBC	Meadowmill Sports Centre
Scottish Championships	21/06/2027	Ravenscraig Regional Sports Facility
Mezzo Cup Final	TBC	LSGCA, Crew



WHO ARE WE?



ALICE BEVERIDGE
HEAD OF COMPETITIVE GYMNASTICS
LEAD COACH

WHO ARE WE? - L5

Unit Lead



Lead Coaches & Assistants



WHO ARE WE? - L3 (PREP& DEV)

Unit Lead



Lead Coaches & Assistants



WHO ARE WE? - L2 (PREP& DEV)

Unit Lead



DYLAN CAMPBELL
EVENTS AND FUNDRAISING COORDINATOR
LEAD COACH



ALICE BEVERIDGE
HEAD OF COMPETITIVE GYMNASTICS
LEAD COACH



DYLAN CAMPBELL
EVENTS AND FUNDRAISING COORDINATOR
LEAD COACH



SHERYL HANSEN
CLUB BUSINESS MANAGER
LEAD COACH



LAUREN MARK
LEAD COACH



JOSH CANTELL
TEAMGYM TECHNICAL LEAD & PATHWAY
COORDINATOR
LEAD COACH



AIMEE GIVAN
LEAD COACH

Lead Coaches
& Assistants



SOPHIE RITCHIE
LEAD COACH



MIA LONIE
LEAD COACH



MERRY THOMPSON
ASSISTANT COACH

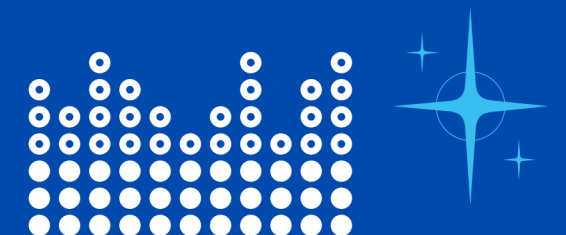


JORDAN DEWAR
LEAD COACH

CODE OF CONDUCT (INFO IN EMAIL)

EXPECTATIONS IN THE GYM

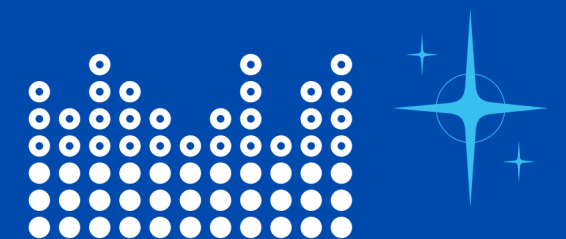
- Follow club rules and SG/BG regulations
- Respect gymnasts, coaches, judges & officials
- Accept coaching decisions
- Show motivation & drive in all sessions, with an eagerness to learn.
- Arrive prepared & on time – inform coach if late
- Wear correct attire (as per club guidelines)
- Hair in a secure bun; no jewellery allowed
- No bullying or inappropriate behaviour
- Value diversity & respect everyone
- Don't bring valuables to training
- Behave positively – represent the club with pride
- Don't leave the gym/event without coach consent
- Under 12s must be collected by an approved adult
- 12+ must sign permission to leave alone



EXPECTATIONS

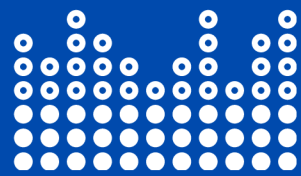
EVENTS, COMPETITIONS & AWAY TRIPS

- Follow club rules and SG/BG regulations
- Respect gymnasts, coaches, judges & officials
- Accept coaching decisions
- Treat everyone fairly
- demonstrate good behaviour at all times
- **ALWAYS** arrive to competitions/events in full saltire kit. Do **NOT** arrive in hoodies, sports jackets etc
- Stick to the dedicated zones. Parents are not allowed to enter gymnast seating/warm up areas, e.g., upstairs at British Championships or the seating next to floor at Scottish Championships. You put the clubs teams in jeopardy by doing this.
- All events - all attire policies still are in place.



UNIFORM

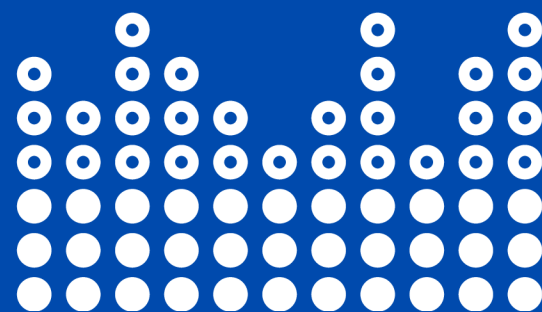




LOOKING AFTER YOUNG BODIES & MINDS



- INJURY PREVENTION
- CONDITIONING
- PERIODS
- NUTRITION
- MENTAL WELL BEING



SAFEGUARDING

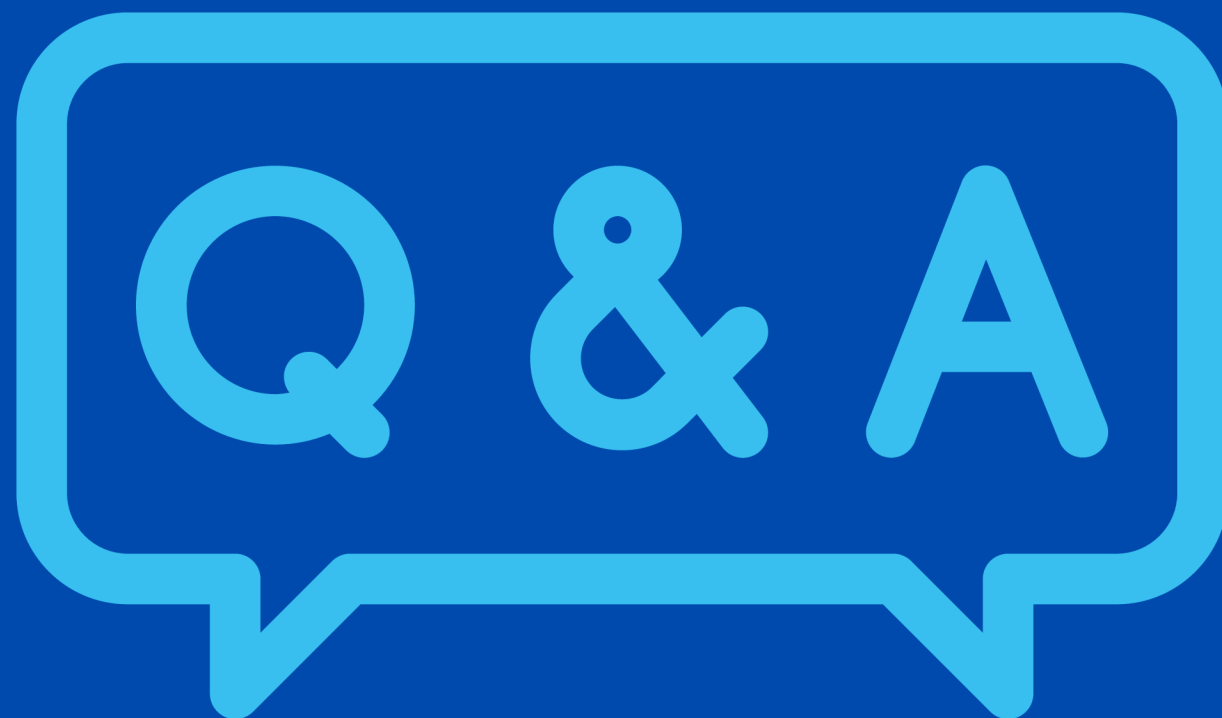
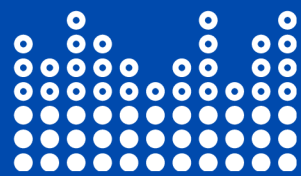
THEIR ROLE

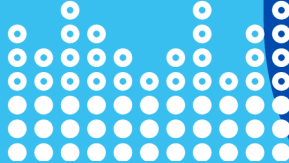


LYNDSAY BROTHERSON
SAFE GUARDING OFFICER



LYNN PATON
SAFE GUARDING OFFICER





WELCOME ABOARD!



Saltire Team
Gymnastics

You're now part of something great.

