

## **CDP – Guide for parents and children new to competitions**

Competitions are an exciting step for many gymnasts and their parents. This guide is aimed to help you and your child feel ready for this milestone.

### **What is CDP?**

CDP stands for Club Development Plan and is the entry level for our competitive members, where children will compete with gymnasts of the same age, gender and ability from across the County. There are three CDP levels: Beginners will start at CDP1 and then progress on to CDP2 and CDP3 as they develop their skills, experience and confidence. Gymnasts are able to enter competitions at the same CDP level more than once and will only be moved on to the next routine once they are ready and confident.

### **Who decides when my child can compete and at what level?**

Our experienced and supportive coaches will have a good view on when your child is ready to compete and which level would be appropriate for their ability. If you have any questions about either competition entry or the level that has been suggested, then please do speak to your child's coach in the first instance. Whilst it is good for the gymnasts to feel stretched and challenged, it is also important that they feel safe and secure in their routine and enjoy the experience.

The age group that your child will be entered for is in line with British Gymnastic rules and will be based on the how old they will be at the end of the competing year. For example, a child will be entered into the age 7-8 group for the entire calendar year, even if they only turn 7 in October.

In the run up to the competition, training sessions will focus on getting your child ready and confident in their routine. In the week(s) before, a portion of the training session may include a mock competition so that children know what to expect.

### **What does my child need to wear?**

Gymnasts competing should wear the club leotard (girls) / leotard and shorts (boys) and plain white (no frills or logos) socks or trampolining shoes. Underwear should not be visible and hair should be tied back neatly with any jewellery removed/ taped.

Girls can opt to wear shorts of the exact same colour as the club leotard but it is worth noting that a) there is a small point reduction for this and b) when entered as a team you must all be wearing the exact same kit.

We recognise that when gymnasts begin competing, they may not have the full club kit and so your coach can talk to you about an acceptable alternative leotard (girls) or shorts and t-shirt (boys).

There are additional pieces of Sussex Martlets clothing available (t shirts/ hoodies/ tracksuits) but these are not mandated at CDP level and are entirely optional. If you wish to purchase any of these additional items, you can do so by contacting Nicky Malone (coach) and ordering directly. You may also wish to post on the club's facebook page to see if anyone is selling any second hand items.

## Programme/ Timetable

Ahead of the event, you will be emailed a timetable. The format of the day will be split into 'flights' meaning you may need to arrive earlier or later than others also competing from Sussex Martlets. A flight is made up of a number of age, ability and gender categories and will have a specific running order. When competing, all children in the flight will complete their routine once before then having a second turn.

The timetable will show the following information

	<b>Panel 1</b> <i>This aligns officials and trampolines to the children listed under here</i>	<b>Panel 2</b> <i>For competitions with a number of entrants, there may be more than one set of officials/ trampolines</i>
<b>Flight 1</b> <b>Warm up and compete 9.45</b>  <b>Arrival time 8.45</b>  <i>The timing of travel and competitions can be unpredictable and so do allow for this</i>	<b><u>CDP Level 1</u></b> <b>7-8F (6)</b> <i>This shows female gymnasts entered for CDP1 in the age 7-8 age category. The number in brackets is the total number of gymnasts entered in this category. The names of Sussex Martlets gymnasts will be specifically listed for clarity</i>	<b><u>CDP Level 3</u></b> <b>11-12M (4)</b> <i>This shows male gymnasts entered for CDP3 in the age 11-12 category. From this, you will know that there are four gymnasts in total entered for this category</i>

## On the day

On arrival you will be able to spot various members of the coaching staff in their Martlet's kit. Please make your way to one of the coaches and let them know of your arrival as they will need to sign the competitors in.

You can then take a seat in the spectator area with your child until they are called by the coaching team to begin warming up. The gymnasts will be taken off to complete a number of warm up activities and stretches, similar to those at the beginning of their normal training session.

The gymnasts will then be led to the trampolines where the coaches will stay with them. They will each be able to do several practise routines on different trampolines and then select the one they feel more comfortable on to complete their competition routine.

Once the practise jumps are finished, the children will be seated as per a specific running order. Your child will complete their routine twice overall but they will take turns and the whole 'flight' will complete their first routine before the children then complete their second. Once your child has performed their second routine, they are able to return to you.

## Judges and Scores

There will be four judges watching the execution of each routine from behind a desk. The judges will hold up their scores at the end of each gymnasts' turn. The lowest and highest score will not be included but the two middle scores are combined to provide the overall execution score. In addition, there will be a further judge by the side of the trampoline observing the position of the gymnast on the trampoline during the routine. This is referred to as the 'HD score' and is incorporated to provide the overall score for the gymnast. Occasionally, a jump will be disqualified and this will be apparent when a judge holds a '0' or 'X' up at the end of the routine. The coaches can provide you with further details on why the jump was disqualified once the flight is over as their priority will be to support the gymnasts who may be disappointed. The combined score for both jumps

will determine how your child is positioned in the competition. Where a gymnast is disqualified for one jump, only the score from one jump will be used to determine their final position.

### **Presentations and Awards**

You will only know how your child has done at the end of the event. Once all flights are complete, gymnasts will be gathered by the coaches in their respective clubs. They will then re-enter the competition hall and take their place on the floor behind the presentation podiums. Winners will be announced, with the top three gymnasts for each category receiving an individual medal or trophy.

In addition, where there are two or more gymnasts from the club competing at the same CDP level, age group and gender, your child will also have been entered as part of a team. The top three teams are also placed and will receive an individual medal.

### **Additional information**

There is usually an entrance fee for spectators (typically £3pp) and you will need cash for this. Don't forget you may also have to pay for parking, depending on the venue.

There are also often additional fundraising stalls, such as tombola, books and cakes and so you may want to have additional cash available for this too.

There is often a lot of waiting around and so you may wish to bring some activities, such as colouring/ travel games for younger gymnasts.

Some venues have a small café but you may also wish to bring snacks/ packed lunch / drinks for yourself and your child. We do ask that, where possible, gymnasts stay for the presentations but if time allows you can of course leave the venue to stretch your legs/ get something to eat.

We will often take photos on the day and may use these on the Martlets facebook pages and/ or website. On occasion, we may also have articles included in the local paper. Please complete the necessary form to confirm you are happy for photos of your child to be included. If you are taking your own photos, please give careful consideration where you share these given it is likely to include other children.

As always, please do speak to one of the coaching team if you have any questions or concerns.