

UK TUMBLING COLLECTIVE

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Socials: @UKtumblingcollective

Mission Statement

The UK Tumbling Collective was created to provide accessible, elite tumble coaching for UK dance & cheer athletes. We aim to provide quarterly opportunities, in a fully equipped tumble venue, with access to high-level coaches for individuals who wish to work hard and progress their tumbling skills for competitive disciplines.

How does it work?

The UK Tumbling Collective is run by **230 Intensives** in partnership with **Steel City Sports**. We select **only 30** of the best tumblers from the UK to participate. Being chosen means you are considered *the best of the best!* **NEW** for 2023-24, we will be awarding one **FULL PAID** scholarship to the program!

The program is open to applications from tumblers, dancers, cheerleaders, acrobats and gymnasts who show tumbling talent. We are looking for committed individuals ready to take it to the next level, and also those who show great promise to benefit from the access to equipment and elite coaching. The Associates program is intended to supplement the excellent training already provided by athletes' home programs or studios.



The program focuses on fine-tuning technique, effective drills, and direct instruction delivered by expert coaches; aimed at maximising safe progress in tumbling skills. Skills covered (but not limited to) will include aerials, tucks, layouts, onodis, twisting layouts and running tumbling passes.

Available places on **the Associates program** will be limited, and **by invitation** following **successful application** only. This allows participants to train with other like-minded individuals to develop skills, confidence and friendships.

Dates & Times

The deadline to apply is 31st August 2023. Successful applicants will be notified within 7 days from the deadline.

The UK Tumbling Collective runs 4 times per year on **Saturdays** from **6.00 - 8.30pm**. Associates should check they can attend the sessions as this will be charged at a fixed price with no discounts available for missed sessions:

- 21st October 2023
- 20th January 2024
- 30th March 2024
- 1st June 2024

Location

Steel City Sports, The Forge, 1 Wallace Rd, Sheffield, S3 9SR.



The Steel City gym hosts a fully sprung floor, air tracks and wide variety of tumble equipment. Free parking is available on site. Parent viewing is limited to the final 30 minutes of the Associates session.

How do I apply?

For 2023-24 we will be running an **Elite Associates program** only. We accept applications from individuals **aged 11+ to open/adult age**.

Skill pre-requisites: The minimum skill level for application includes standing back-handspring, round-off back handspring, front handspring, back extension roll, dive roll with strong technique required throughout.

We will be selecting Associates based on the technique they show in the skills demonstrated as well as the skill level.

To apply to be an Elite Associate:

1. Create and upload your skills video (see below).
2. Complete the application form, linking the URL of your skills video:

<https://forms.gle/JFmNEwh5LexuiGKBA>



Video Submission:

- The video must be ONE video only. It can be a maximum of 1 minute 30 seconds in length.
- The video can be edited with clips put together in a montage / reel style or continuous filming of a skills showcase.
- This must be uploaded to Youtube. A public or unlisted video upload is recommended. If you set the video privacy to 'private' ensure you have given our email address permission to view your private video within the settings, or we will not be able to watch it (info@230intensives.com).
- The video title or opening screen must contain the athletes' full name.
- The video should showcase your best skills.
- All videos included must be dated within the past 12 months. You cannot submit multiple separate clips.
- If other athletes are included in the background of your video, ensure you have their permission to be featured.
- We will not be accepting submissions at this time by email or social media messenger.



In addition to the Elite Associates program, we will be running **open tumbling intensives** for athletes 8+. There is no selection process for the open intensives as they are booked online on a first-come-first served basis. These will be available to book from September 2023.

If you are not offered a place on the associates program in the first round, you may be placed on a waiting list and given a place when one becomes available.

Fees

There is no application or tryout fee.

Once offered a place on the associates program via email, follow the link provided in the email to accept your place and register. The **registration fee** of £25 must be paid **within 7 days** of selection, or your place will be offered to an athlete on the waiting list. The registration fee includes an admin fee, a training top, an official certificate of selection and a progress booklet. At this time all additional (non-compulsory) apparel payments are also due to ensure the order can be supplied in time for the first training session (see below).

The remaining fee of £125 (plus 3rd party card processing fees) is payable in one sum by **30th September 2023**. If payments are not received on-time, athletes will not be able to attend the program. The total annual fee is therefore £150 per year (including registration fee). Payment of the annual fee can be made in instalments on application to us for a special payment arrangement. We are not able to offer quarterly payments as standard this season.

NEW for 2023-24: We will be awarding one FULL PAID scholarship for the Associates Program to one athlete.

Apparel

Additional custom-designed rhinestone apparel including; crop tops, shorts, sweaters and jackets, will be available to purchase. These items are non-compulsory. One pre-order at the start of the season will be placed for these. A limited number of items will be available if you choose not to pre-order so we cannot guarantee all sizes are stocked.



Note: 2022-23 merchandise pictured. New apparel designs will be revealed after Associates announcements.

Who are the coaches?



Top UK tumbling coaches will be instructing each session. This will involve UKTC Core Staff and elite guest coaches (subject to scheduling).

Melissa Thoms will be leading the tumbling development program and ensuring all Associates are provided with well-planned, structured sessions which prioritise safety and appropriate progressions. Coaching will be in an intensive style, to make maximum use of time in the gym. Therefore athletes should ensure they are fit, healthy and prepared to work hard. All coaches will be DBS cleared, fully qualified and insured. Our staff to athlete ratio is exceptionally high so that we can maximise feedback, spotting and development opportunities for every athlete.

Coaching Sessions

Sessions will comprise 2 hours of intensive, coach-led training, followed by 30 minutes of open gym time. This incorporates a series of highly structured training episodes including; dynamic warm-ups, equipment based drill stations, standing tumbling and running tumbling progressions.

Policies

Before applying, please make sure you have reviewed and are happy to abide by the following policies on the 230 intensives website:

- Code of Conduct
- Booking Terms and Conditions

All applicants are expected to have sought permission from their program director / principal / head coach.

If you have any further queries please contact us via email or direct message. We aim to respond within 24 hours, but this may take longer during busy periods.

Application form: <https://forms.gle/JFmNEwh5LexuiGKBA>