

UK TUMBLING COLLECTIVE

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Socials: @UKtumblingcollective

Associates Program: Mission Statement

The UK Tumbling Collective was created to provide accessible, elite tumble coaching for UK dance & cheer athletes. We aim to provide opportunities for individuals who wish to work hard and progress their tumbling skills for competitive disciplines. Our sessions run in fully equipped tumble venues, with expert coaches. We offer workshops and tumbling camps but also run a highly successful **Associates Program**, with select athletes chosen to participate.

Associates Program: How does it work?

The UKTC Associates Program is run by **230 Intensives** in partnership with **Steel City Sports**. A **small group** of the best tumblers from the UK are chosen: this means we see your potential and recognise your talent! Places on **the Associates program** will be limited, and **by invitation** following **successful application**.

We focus on fine-tuning for exceptional technique, teaching effective drills, and providing direct instruction & constructive feedback. The program is aimed at maximising safe progress in tumbling skills. Skills covered (but not limited to) will include twisting layouts, arabians, whips, baranis, aerials, tucks, layouts, onodis, standing-fulls and running tumbling passes.



The program is open to applications from everyone aged 8+ who meet the skill requirements. Tumblers, dancers, cheerleaders, acrobats, trickers and gymnasts are welcome to apply. We are looking for individuals who are looking to push their progress and take it to the next level. We also offer places to select tumblers who we feel will greatly benefit from the access to equipment and elite coaching. The Associates program is intended to supplement the training provided by athletes' home programs or studios. It allows participants to train with other like-minded individuals to develop skills, confidence and friendships.

How do I apply?

Athletes aged **8+ to adult age** are welcome to apply for the **Elite Associates program**.

To apply, submit a video application of **your best skills**. If you are a **returning Elite Associate** (from previous seasons) you need to reapply but do not need to submit a video. See video guidance on next page.

Skill pre-requisites (the *minimum* skill level for application):

- round-off backhandspring back tuck
- standing back-handspring series (minimum 2 connected)
- front handspring
- back extension roll



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All should be performed with strong technique. We will be selecting Associates based on the technique they show in the skills demonstrated as well as the skill level.

Apply Now:

To apply to be a UKTC Elite Associate:

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

<https://forms.gle/y6u8DpSLLzJF7kxz6>



Video Submission Guidelines & FAQ:

- The video must be ONE video only. Maximum of 1 minute long.
- The video can be edited with clips put together in a reel-style or continuous filming of a skills showcase.
- You can make the video on any platform / app (eg CapCut, Insta or InShot).
- Upload the video to Youtube or share the file with us by via a Google Drive link. Share the URL on your application form. **For 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*. You do not need to show the prerequisite skills if you have harder 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 by social media.

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 if one becomes available at a later date.

Dates & Times

The deadline to apply is **midnight on 12th September 2024**. Successful applicants will be notified within 7 days from the deadline.

The program runs at a fixed price, with no discounts or refunds available for missed sessions:

Session	Date	Time	Location
1	Sat 26 th Oct 2024	18:00 – 20:30	Steel City Sports (Sheffield)
2	Sat 22nd Feb 2025	16:00 – 18:30 (TBC)	EMCA (Nottingham)*
3	Sun 15 th June 2025	16:00 – 18:30	Steel City Sports (Sheffield)

* This session will be part of a larger event day, including stunt and tumbling workshops, so the time may be adjusted to accommodate guest coaches for other workshops. UKTC Associates will receive priority booking for additional sessions on this date (additional costs apply for any additional stunt/tumble workshops booked)

Locations

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

East Midlands Cheerleading Academy, 23 Handel St, Nottingham, NG3 1JL



Please note: Spectators are not permitted during sessions. Athletes should be dropped off and collected. A waiting area may be available but space cannot be guaranteed. Parent viewing *will* be permitted in the final 30 minutes of each session (subject to availability of space and safety considerations).

Fees

There is no application fee to submit your video.

Once offered a place on the Associates Program, follow the link in your 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 another athlete. The registration fee includes a training top, an official certificate of selection, a tote bag, a badge, and a progress booklet.

The remaining fee of £90 is payable 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 £115 per year (including registration fee). Payment of the £90 annual fee can be made in one sum by bank transfer, or by direct debit split into 3 instalments of £31.50 via GoCardless.

Apparel

Apparel including; shorts, sweaters and extra T-shirts, will be available to purchase after registration via a separate link. These items are non-compulsory.

Our coaches



Experienced tumbling coaches will be instructing each session. This will involve UKTC Core Staff and elite guest coaches.

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, qualified and trained (including safeguarding, first aid, emergency response and SEND). 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 and will be required to complete a waiver on acceptance to the program.

If you have any further queries please contact us via email or direct message. We aim to respond within 48 hours, Monday-Friday, but this may take longer during busy periods.

Application form: <https://forms.gle/y6u8DpSLLzJF7kxz6>