

# LAUNCHPAD @ FBGC

## LP FUNDAMENTALS

Typical duration in LP Fundamentals for an average Gymnast is 4 years based on two terms at each level.

- ALL PREPS MUST START IN PREP.
- All new Gymnasts will start in a Fundamentals class, we will have some classes for older Fundamental Gymnasts so they can participate with children of a similar age.



Boys  
Specific  
Class

## LP SKILLS

Typical duration for an average Gymnast in LP Skills is 3 years based on two terms at each level.

- Gymnasts in Levels Five and Six can choose to participate in Gymstar Level 4 Challenge events



Highschool  
Class

Freestyle  
Gymnastics

## LP ADVANCED

Typical duration for an average Gymnast in LP Advanced is 4 years based on two terms at each level.

- Gymnasts can choose to participate in Gymstar Level 5-7 Challenge events
- Skills at these levels will be more individualised



Please note that the new Launchpad Program is ability based and therefore movement through the levels is based on a Gymnast's individual progress. A Prep Gymnast might pass the Prep level in their first term of Gymnastics, Prep Extend in their second Term and be eligible to move into LP One by their third Term of Gymnastics. This is to ensure that all Gymnasts are working at a level where they can be competent, build confidence and also be challenged. Gymnasts may only move one level per term.

Coaches will track Gymnast's progress throughout each term and Gymnasts will be eligible to move to the next level if they get an overall score which reflects an average of 3 on each skill. This means that they will not be held back by one or two skills. Gymnasts may also choose not to move up so they can remain in a class with their friends.