

# STAR RHYTHMIC GYMNASTICS ACADEMY



WELCOME TO  
PARENT INFORMATION 2025



# What We Stand For?

## Discipline

Rhythmic gymnastics is exclusively a female sport which requires consistent practice, training, and adherence to routines. This helps develop discipline and a strong work ethic.

## Determination

Overcoming challenges and perfecting skills in gymnastics demands determination and resilience.

## Flexibility

Physical flexibility plays an important role in rhythmic gymnastics. It helps the gymnasts to perform high difficulty routines and execute various body movements gracefully.

## Teamwork

Athletes learn to collaborate and support each other during training and competitions.





# Educational Background

## +9 YEARS OF EXPERIENCE



Teaching kids of different ages basic skills in rhythmic gymnastics. Developing strength, flexibility, choreography, and apparatus handling.



## WELL DEFINED COACHING PROGRAM

Successful schools and sport clubs are the ones that have a system in place



## ONLINE AND OFFLINE LESSONS

Students learn in different ways: visual, verbal and practical





# Why are we different?

**WE ARE INNOVATORS** | We established the first E-learning Rhythmic Gymnastics academy in the UAE

**WE DON'T IMPROVISE** | We coach players with pre-defined program's and lesson plans

**WE CARE ABOUT PROGRESS** | To monitor the gymnasts' level and development, we regularly organize progressive assessments

**WE DON'T COMPROMISE** | We are rhythmic gymnastics licensed coaches





# Why are we different?



## **SMALL CLASS SIZES I**

We maintain small class sizes to ensure personalized attention for every gymnast.



## **EMPHASIS ON CREATIVITY I**

We encourage our gymnasts to explore their artistic sides and infuse their routines with their unique personalities, making each performance a true work of art.



## **WE ARE FLEXIBLE I**

We offer flexible subscription packages



## **WE ARE ALWAYS AVAILABLE I**

We can be reached via WhatsApp and Messenger chats, social media



# E-learning system

To provide rhythmic gymnastic lessons online for coaches and gymnasts

To have all the coaches following one training program that will help the players to develop the right way and understand SRGA philosophy

To record the information about the child, his level, and track of performance

To group the players according to their levels, not age

To allow constant and easier communication with the parents





# Using E-Learning & Mobile Application

## COACH & LESSON

All the coaches are following the STAR Academy coaching program

## STUDENTS & LESSON

The gymnasts can view the lessons online before and after the lesson

## STUDENTS AT HOME

Video gallery for the gymnasts to watch and work at home to improve their individual skills



# Coming Soon our Mobile Application

## REDEEM POINTS

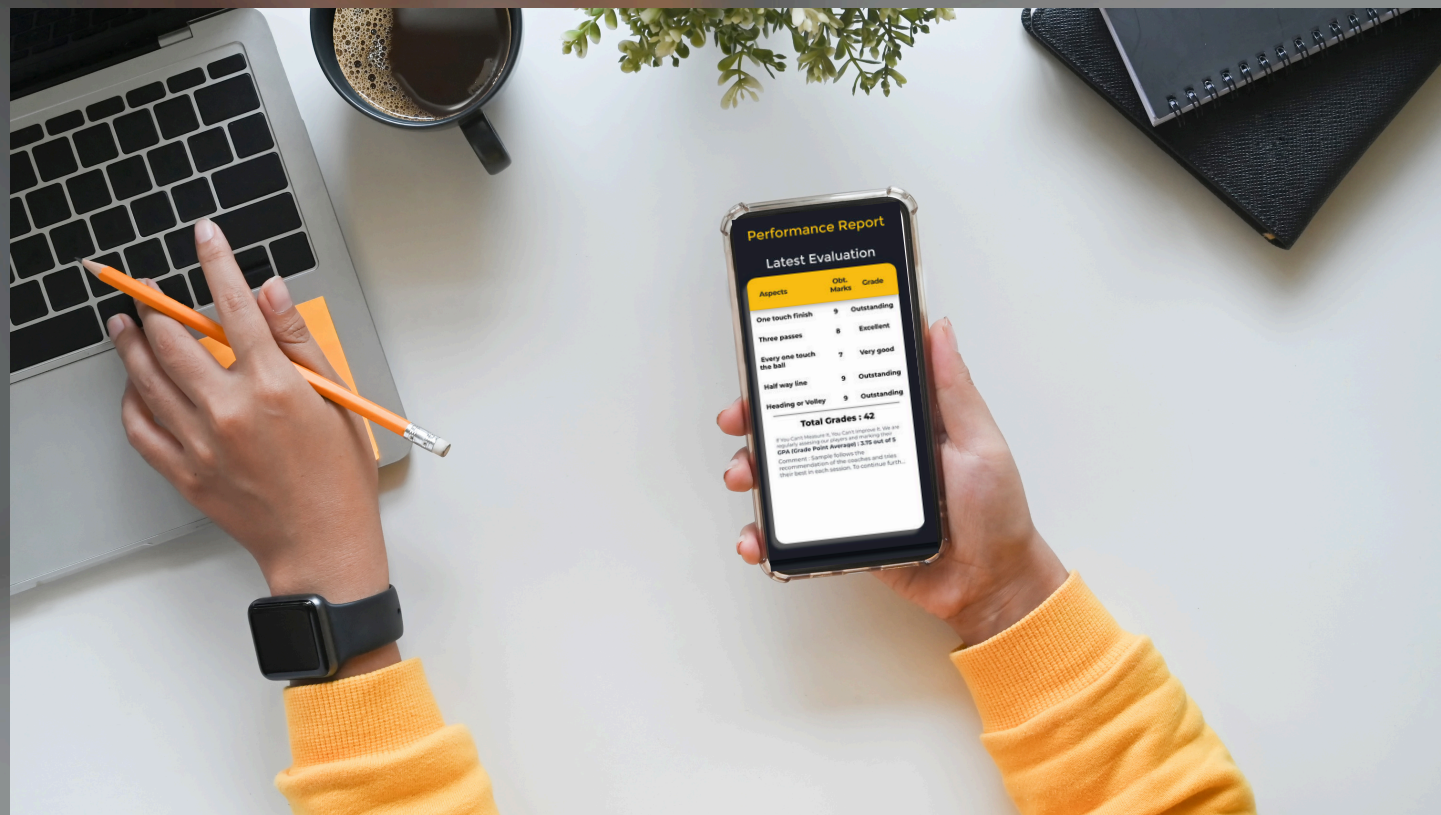
All the coaches are following the STAR Academy coaching program

## STAY UPDATED

The players can view the lessons online before and after the lesson

## STUDENTS AT HOME

Video gallery for the players to watch and work at home to improve their individual skills





# Stages of teaching & coaching

- Technique Mastery
- Motivation and Encouragement
- Structured Learning



The success in rhythmic gymnastics largely depends on the perfection of techniques.

A good coach can motivate, inspire, and uplift the gymnast during challenging times, providing emotional and mental support.







### **How much time do I need to see progress in my child performance?**

There are many factors and depending on the physical ability of the child, the best is to have at least two times of training per week to see better progress on your child's performance. We have high-quality coaches that work with the level and abilities of each individual child.

### **What if I took a break? Can you freeze my account?**

Yes, we can freeze your account for travelling, illness or other issues discussed with us for a maximum of 4 weeks. All we need are relevant documents such as travel itinerary, medical certificate, etc.

### **Do I really need to take the uniform?**

Yes, it's mandatory for kids to have the SRGA Academy uniform as it shows the players are part of a team, we also have events that require everyone to wear the Star Rhythmic Gymnastics Academy uniform.



# MORE GYMNASTICS SESSIONS GETS FASTER RESULTS & DEVELOPMENTS

Twice a week with a weekend game is  
a good start.

Let the child be part of weekend  
games.

Don't have a long break, consistency is  
a key





# Areas of Concern

## ARTISTRY AND EXPRESSION

Rhythmic gymnastics is not just about executing moves; it's about performing with grace, emotion, and artistry. A coach helps in refining the artistic quality of a gymnast's performance.

## DANCE AND CHOREOGRAPHY

Rhythmic gymnastics is not just about skills; it's also about telling a story through dance and choreography. To bring out the best in their performance, gymnasts need space to move, dance, and express themselves.

## SPACE

This is the most important reason. Rhythmic gymnastics involves a lot of movement, spinning, jumping, and throwing of apparatus. Having adequate space ensures that gymnasts can execute their moves without the risk of colliding with others or hitting obstacles.

## SKILL DEVELOPMENT

To learn and perfect new skills, gymnasts need the freedom to try out movements without constraints. Limited space can hinder the learning process, making it difficult for gymnasts to evolve in their discipline.



# Grouping



## TWINKLE STARS

BEGINNERS WHO ARE JUST STARTING THEIR JOURNEY IN RHYTHMIC GYMNASTICS



## SHINING STARS

GYMNASTS WHO HAVE PROGRESSED BEYOND THE BEGINNER STAGE



## RISING STARS

GYMNASTS WHO ARE REFINING THEIR TECHNIQUES AND WORKING ON MORE INTRICATE ROUTINES



## DAZZLING STARS

GYMNASTS WHO ARE REACHING A HIGHER LEVEL OF PROFICIENCY AND ARE RECOGNIZED FOR THEIR EXCEPTIONAL DEDICATION AND PROGRESS



## SUPER STARS

GYMNASTS WHO HAVE ACHIEVED A NOTABLE LEVEL OF MASTERY AND CONSISTENTLY EXCEL IN BOTH TRAINING AND PERFORMANCE.



We group the gymnasts according to their abilities, considering the age of the child.

We are always watching the level of the gymnasts to make sure they are progressing and enjoying rhythmic gymnastic.



# What we stand for?



**WE COACH**

**WE TEACH**

**WE VIEW**

**WE REVIEW**



# RHYTHMIC GYMNASTICS CLASSES

All year round

## WE COACH

Rhythmic gymnasts often train for several hours each day to master their skills and routines. Training includes working on strength, flexibility, choreography, and apparatus handling.

## WE VIEW

Artistic Expression  
Grace and Elegance  
Empowerment  
Versatility  
Global Competitions

## WE TEACH

### Physical Attributes:

Flexibility, strength, coordination, endurance

### Dedication and Discipline:

Gymnasts must dedicate most of their time to the training

### Mental Attitude:

Perseverance and Focus

## WE REVIEW

Observation  
Technical Execution  
Artistic Expression  
Routine Composition  
Progression  
Feedback and Communication







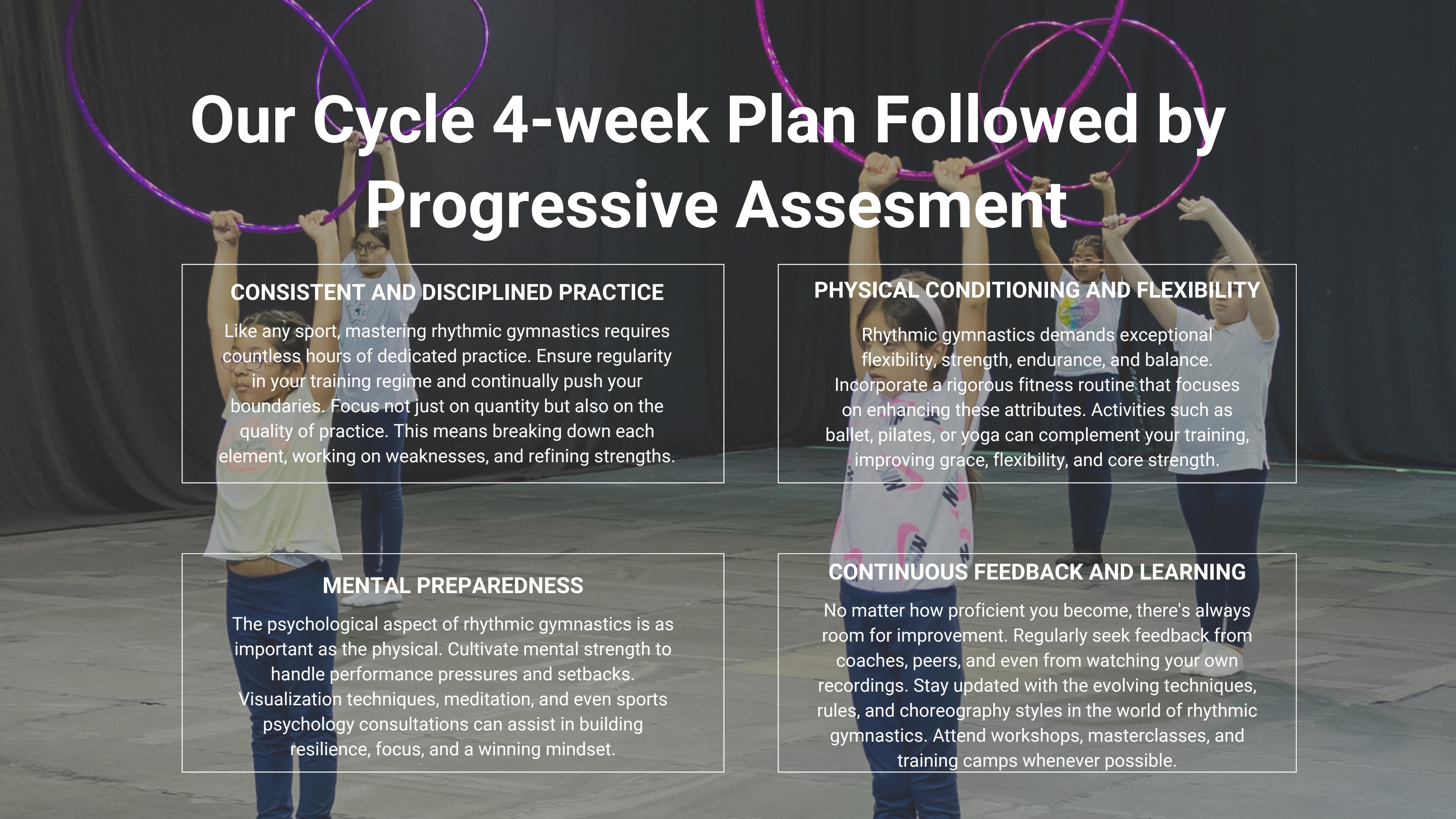
**STAR**

GYMNASTIC

# 4 Weeks Coaching Plan Cycle

All SRGA lessons are prepared daily  
according to the level of the students





# Our Cycle 4-week Plan Followed by Progressive Assessment

## CONSISTENT AND DISCIPLINED PRACTICE

Like any sport, mastering rhythmic gymnastics requires countless hours of dedicated practice. Ensure regularity in your training regime and continually push your boundaries. Focus not just on quantity but also on the quality of practice. This means breaking down each element, working on weaknesses, and refining strengths.

## PHYSICAL CONDITIONING AND FLEXIBILITY

Rhythmic gymnastics demands exceptional flexibility, strength, endurance, and balance. Incorporate a rigorous fitness routine that focuses on enhancing these attributes. Activities such as ballet, pilates, or yoga can complement your training, improving grace, flexibility, and core strength.

## MENTAL PREPAREDNESS

The psychological aspect of rhythmic gymnastics is as important as the physical. Cultivate mental strength to handle performance pressures and setbacks. Visualization techniques, meditation, and even sports psychology consultations can assist in building resilience, focus, and a winning mindset.

## CONTINUOUS FEEDBACK AND LEARNING

No matter how proficient you become, there's always room for improvement. Regularly seek feedback from coaches, peers, and even from watching your own recordings. Stay updated with the evolving techniques, rules, and choreography styles in the world of rhythmic gymnastics. Attend workshops, masterclasses, and training camps whenever possible.



# Competition



**INTERNAL COMPETITIONS**

**OPEN TOURNAMENTS**





# Contact us

**FOR ADMIN REGISTER & PAYMENT**

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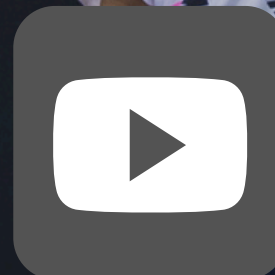
E-mail: [stargymnasticacademysga@gmail.com](mailto:stargymnasticacademysga@gmail.com)





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