



# SIXTH FORM



*'Your future starts here!'*

Shoreham Academy Sixth Form in collaboration with i-star Academy are offering an exciting gymnastics package.

This includes:

- ◆ British Gymnastics (BG) coaching qualification
- ◆ International training camps
- ◆ Sports specific training in either Rhythmic Gymnastics or Trampoline/Tumbling
- ◆ Fun general gymnastic sessions inclusive of artistic, rhythmic, trampoline, tumble, acrobatics and circus
- ◆ Developing skills towards academic studies and exams
- ◆ Careers Advice
- ◆ Trips/workshops
- ◆ Competitions
- ◆ Physiotherapy sessions
- ◆ Theory sessions - physiology/psychology/biomechanics/nutrition/training analysis
- ◆ High Performance Gymnast package



i-star Academy have produced National and International level Rhythmic Gymnasts that have competed in World Championships, European Championships and Commonwealth Games. Teaching staff at i-star Academy include High Performance Level 5 coaches and Olympians that have competed in Olympic Games (London 2012).

Training and preparation is offered in either Rhythmic Gymnastics or Trampoline / Tumbling. Applications are welcome from external students and trials will follow. As rhythmic gymnastics is movement, ballet, gymnastics and dance based, we welcome applications from students new to rhythmic gymnastics that have had experience in another gymnastics discipline or dance.

Contact us for more details:

**01273 274 100**

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