



Combined Training Sessions

Tuesday 30th June - Sunday July 19th
Opportunities will be released shortly.

Ready to challenge yourself, learn new skills, and train alongside more athletes from the Teal programme?

Our Combined Training Sessions are a fantastic opportunity for athletes to experience shared training in a supportive and motivating environment. These sessions are designed to help athletes build confidence, try new skills, and strengthen the connections that make our programme so special.

What to Expect?

Athletes will have the opportunity to:

Train alongside athletes from GF Teams

Try new tumbling and stunting skills

Build confidence in a safe, coached environment

Develop teamwork and communication

Learn from and support one another

Experience the energy and spirit of the wider Teal programme

Whether you are working on new skills or refining existing ones, these sessions are all about growth, confidence and having fun.

One Team, One Family

These combined sessions are about more than just training.

They are a chance to bring athletes together, support each other and celebrate the positive team culture we are building.

We really are the Teal Family.

Combined training sessions give athletes the opportunity to:

Push themselves outside their comfort zone

Build new friendships

Gain experience training with different groups

Prepare for future progression opportunities

Feel part of something bigger

Train together. Grow together. Succeed together.

GF4L