How to Ask for Support

A practical guide for parents and carers of young gymnasts who need financial support for training, competitions, and equipment.

Why Asking for Support Matters

Many families struggle with the costs of gymnastics, but support is often available closer than you think. Local businesses, employers, community groups, friends, and family frequently want to help — they just need to understand the story and be asked in the right way. This guide is designed to help you ask with confidence, clarity, and respect.

1. Start With Your Child's Story

People connect with people, not numbers. Before asking for support, take time to clearly explain who your child is and why gymnastics matters to them.

- How old your child is and how long they have been involved in gymnastics
- What they love about the sport
- How often they train and what they are working towards
- Any recent achievements or milestones (even small ones)

You do not need to exaggerate or overshare. A simple, honest story is far more effective than trying to impress.

2. Be Clear About What Support Is For

When people understand exactly what their support will help with, they are more likely to say yes.

- Competition entry fees
- Travel and accommodation for events
- Training fees or specialist coaching
- Essential kit such as leotards or grips

If possible, include a rough figure (for example: £250 towards competition costs this season).

3. Who to Ask for Support

Consider approaching the following:

- Your employer (some offer charity or community support schemes)
- Local businesses such as cafés, gyms, tradespeople, or shops
- Community organisations like Rotary Clubs or Lions Clubs
- Friends, family, and extended networks

4. How to Ask – Email Template

You can adapt the template below for local businesses, employers, or community groups.

Subject: Supporting a Young Local Gymnast

Hello [Name],

I hope you don't mind me getting in touch. I'm a local parent, and my child, [Child's Name], trains in

gymnastics several times a week and is working towards [goal or level].

Gymnastics has been incredibly positive for them — building confidence, discipline, and resilience — but the costs of training, competitions, and equipment can add up quickly.

I'm currently seeking small amounts of support to help cover [specific cost]. Any contribution would make a real difference, and we would be very happy to acknowledge your support where appropriate.

Thank you for taking the time to read this, and please don't feel any pressure at all.

Kind regards,
[Your Name]

5. Asking Friends & Family (Without Feeling Awkward)

It can feel uncomfortable asking people close to you for help, but many will appreciate being given the opportunity.

- Be open and honest about the situation
- Share a clear goal (for example, funding one competition)
- Reassure them there is no obligation

6. Following Up Respectfully

If you don't receive a response, it's okay to follow up once after 1–2 weeks. Keep it polite and brief, and always thank people for their time — regardless of the outcome.

Remember: asking for support is not a failure — it is an act of advocacy for your child. Every gymnast's journey is supported by a community, whether visible or behind the scenes.