

Gymsports  
Tramp and Tumble  
Team  
Handbook 2020



## WELCOME

Welcome to our Trampoline Team Program. Joining our Trampoline Team Program is a significant commitment of time, effort and money and for most it will become a significant part of their lives. Gymnastics is an incredible sport with much to offer. We believe gymnastics is for everyone, no matter what age. Gymnastics promotes excellent physical and motor development and teaches life skills such as confidence, resourceful decision making, self-discipline and team work.

## ABOUT TRAMPOLINE GYMNASTICS

- Gymnastics is a sport involving the performance of sequences of skills requiring physical strength, flexibility and kinesthetic awareness. As such this sport provides the basis for a child's fundamental physical ability and skills.
- Gymnastics is amongst one of the most comprehensive "lifestyle exercise programs" available to children, incorporating strength, flexibility, speed, balance, coordination, power and discipline.

## Trampoline Gymnastics

*This information has been sourced from the [Gymnastics Australia Website](#)*

Trampoline Gymnastics is the perfect sport for bold high-flyers who want to jump, sault, twist and enjoy being airborne. Whether you bounce on the trampoline, the double mini tramp or flip down the tumble track, the fundamental skills are the same and lead on to an amazing awareness of where your body is in space.

### Trampoline Gymnastics:

- Develops confident body movement, both on and off the ground
- Builds strength and prepares the body for challenges in life
- Challenges the mind and body to reach new goals
- Develops posture and agility, including the ability to land safely
- Is a fun way to develop incredible spatial awareness

There are four competitive disciplines of Trampoline Gymnastics:

- **Trampoline:** A single competitor performs routines combining ten different skills, judged and scored on the quality of performance, the degree of difficulty, travel and time of flight.
- **Synchronised Trampoline:** Two competitors bounce on separate trampolines, aiming to match their skilled performances to perfection.
- **Double-Mini Trampoline:** Two skills are performed in sequence, one on the DMT bed and one to dismount
- **Tumbling:** Tumblers perform two passes demonstrating sequences of forward, backward and sideward skills, rotating from hands to feet and feet to feet.

## PHILOSOPHY

Our coaching team is unique in the gymnastics world. Selected for their passion for working with young people, their willingness to learn, as well as their technical expertise.

We are dedicated to promoting a learning environment of positive encouragement and individual recognition.

Our goal is to assist each child with learning to be the best they can. Accomplishment and success are the outcome of a long period of dedication, decision making and hard work. We endeavour to nurture the gymnast in a healthy, wholesome, enjoyable environment, emphasizing sound, progressive fundamentals. We believe that it is important for every gymnast to get as much out of this sport as they possibly can, while at the same time having a positive experience.

Training for gymnastics is challenging, both physically and mentally. Gymnastics will help develop skills for life, such as: working hard to achieve goals, perseverance, team work, sportsmanship, patience, dedication and planning.

## OUR MISSION

DEVELOPING **FRIENDLY**, **ACTIVE** AND **RESPONSIBLE** PEOPLE

### OUR 5 UNIFYING PRINCIPLES

1. Respect: *The 4 C's*
  - Children
  - Customers
  - Colleagues
  - Company
2. Integrity
3. Teamwork
4. Open Communication
5. Growth and Initiative
6. Safety

### OUR TEACHING PRINCIPLES

1. Respect: Respect between teacher and student. Humiliating, embarrassing, demeaning or hurtful behaviour is not acceptable and will not be tolerated.
2. Keep young people safe.
3. Clearly communicate expectations.
4. Catch the children doing things right.
5. Discipline with natural consequences.
6. Be enthusiastic.
7. Offer daily challenges.
8. Offer daily successes: 'sense of accomplishment' is one of the most powerful motivators to 'try again when the going gets tough'.
9. Constant activity.

10. Creativity, variety and fun.
11. Caring and understanding.

## TEAM TRAINING CULTURE

Team culture is something we work really hard on. It's not simple and does not just happen. We work on different ways to build a positive team culture and it continues to be our central focus. We strive to be an inspired team that continually aims for excellence.

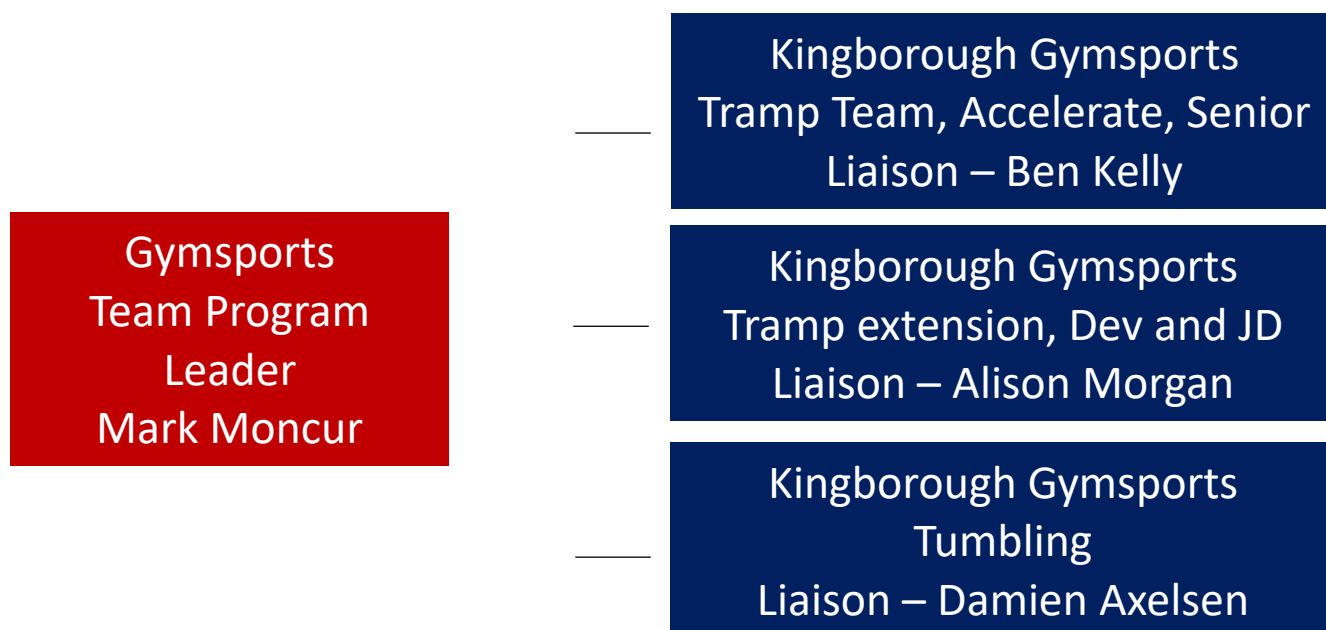
### KEY DISCIPLINES OF OUR TEAM PROGRAMS:

1. Relentless discipline - consistency every day.  
To achieve consistent performance, the ambition to achieve, and the self-control to hold back. Training consistently, in good times and bad, builds confidence and endurance.
2. Courageous ambition - internal motivation, process and task driven  
Setting goals that are realistic, in our control and "uncomfortable". Tangible achievement in the face of adversity/competition reinforces the winning perspective that we are ultimately responsible for improving our individual performance.
3. Failing forwards - make mistakes and learn.  
In the face of adversity, shortcomings, and rejection, hold onto self-belief. Set realistic expectations that are in our control. Everyone fails, so expect setbacks and emotionally prepare to deal with them.
4. Planned productivity - getting the repetition done well.  
Concrete, clear, intelligent, and rigorously pursued performance factors that keep you on track. Being intentional about everything.
5. Inspired teamwork - expanding individual strengths for the team.  
Being an excellent team member involves being a role model, working well with others and putting our team first.



## ORGANISATIONAL STRUCTURE

Gymsports Management Pty Ltd is contracted to operate Kingborough and Clarence Gymsports.



## TEAM PROGRAM COMMUNICATION GUIDE

### TEAM LIAISON

- Your Team Liaison will send through all notices/newsletters, term and holiday training times as well as any changes, and competition/uniform information.
- Your Team Liaison will hold parents' meetings twice a year to keep you up to date with their child's performance.
- Contact your Team Liaison about any training issues, injury, absences/lateness, an increase/decrease or halt in training hours, injury and competition or uniform queries- preferably via email.

### TEAM COACH

- Your child's coach will be working hands on with the gymnasts during their training sessions.
- Your team Liaison will notify your child's coach of any absences and/or injury.
- Your child's coach will talk to you if there are any issues or injuries with your child during training.

### TEAM LEADER

- If you are unable to contact your Team Liaison, you may contact the Team Leader instead.
- The Team Leader holds an annual group parent meeting for you to attend.

- The Team Leader can help organise financial assistance applications if needed; queries on this topic should go straight to your gymnast's Team Leader.

#### **CUSTOMER SERVICE TEAM**

- The customer service team can be contacted in the case of any last-minute absences, which will then be passed onto the team Liaison and Coach.
- Customer service will also assist in processing the payment of fees and questions regarding using the Member Portal.

#### **ACCOUNTS RECEIVABLE**

- Please contact accounts receivable for fee enquiries or to discuss your account.

#### **CHIEF EXECUTIVE OFFICER**

- The CEO may be contacted in the case of a very serious issue.

### **OUR TRAMPOLINE TEAM**

Gymsports Management has established a strong Trampoline Team that is well recognized within this State, Nationally and Internationally.

Gymnasts and their families invited into these teams are expected to be fully committed to their training and competition schedules. Demonstrated ability, discipline, dedication and motivation are all pre-requisites.

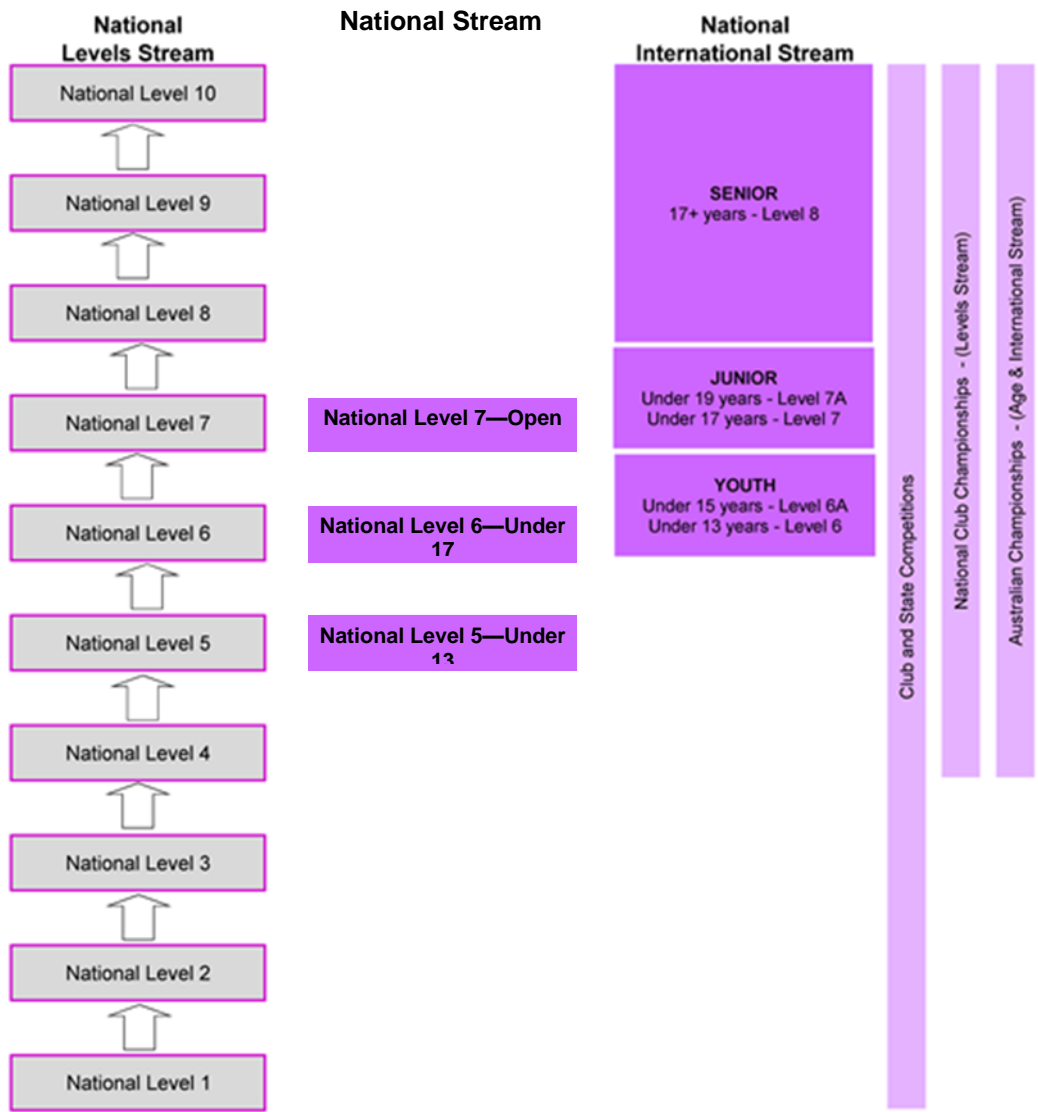
Training groups constantly evolve with some groups staying together with their coaches and others moving up or integrating. Every year teams are reviewed and restructured according to the latest level requirements and gymnasts' progress. Gymnasts are constantly re-assessed to ensure they are in the correct team. Team coaching occurs across all our teams.

#### **THE AIM OF THE TRAMPOLINE TEAM PROGRAM:**

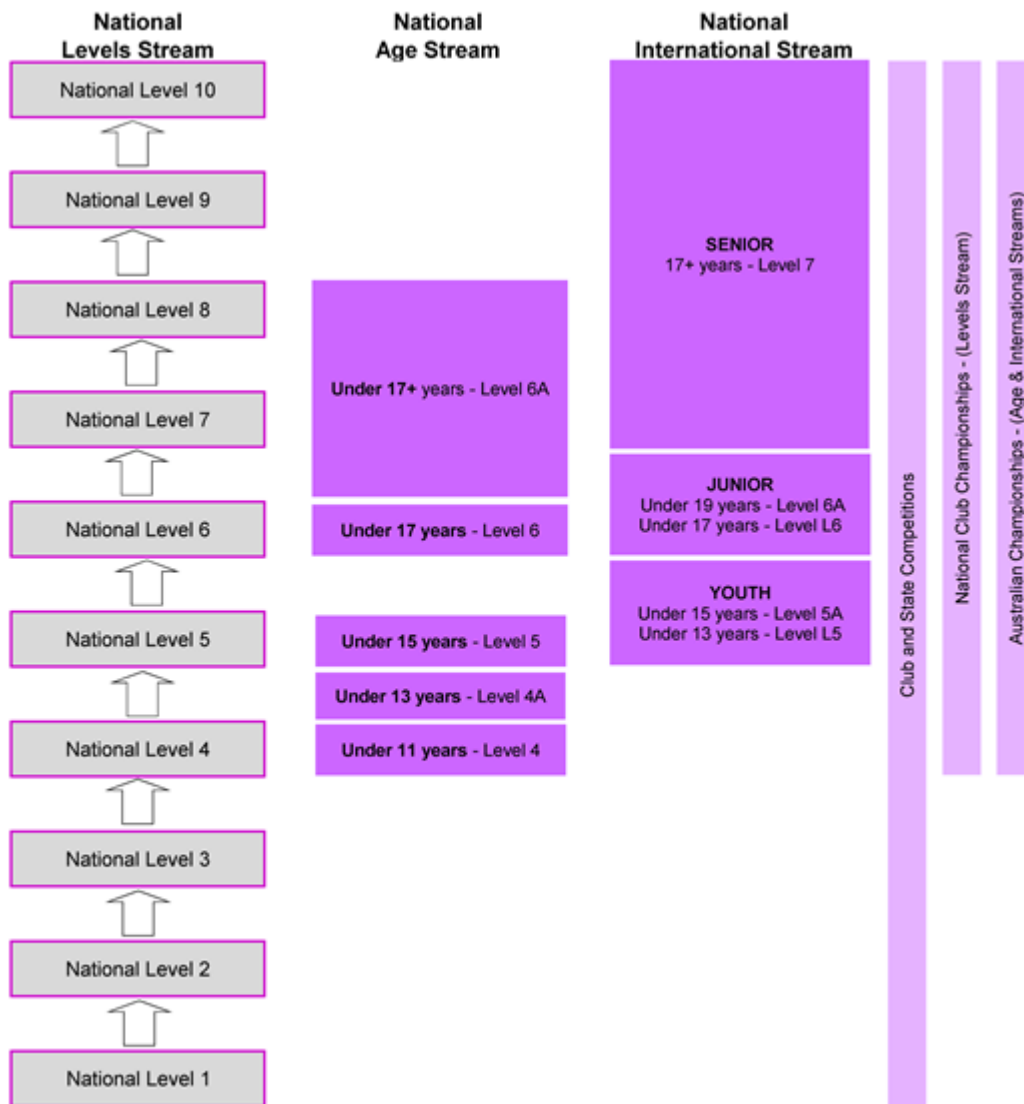
1. Our teams aim to be competitive with the best on a State, National and international level
2. To provide appropriate programs that give gymnasts the opportunity to achieve their potential
3. To provide exceptional coaching across all programs for gymnasts to achieve at their highest level of excellence
4. To enhance each gymnast's physical, mental and personal development through:
  - a) An appreciation of team work and development of lifelong relationships
  - b) An opportunity to perform in competition
  - c) An environment that encourages a love of gymnastics which will lead to living an active and healthy lifestyle
  - d) An environment that encourages a passion for lifelong learning
  - e) Promoting a good work ethic, self-discipline and self-respect

# AUSTRALIAN LEVELS PROGRAM

## TRAMPOLINE:



# TUMBLING





## GYMSPORTS TRAMPOLINE TEAM STRUCTURE – TUMBLING

### Educational Programs

Tumble Club Badges  
1-4; 5-8  
1 hour per week  
Age: 7-14  
Non-competitive, skills assessment

Tumble Club Badges 9-12  
1.5 hours per week  
Age: 7-14  
Non competitive, skills assessment

Tumble Dev  
3 hours per week  
Age: 13+  
Tuesday/Thursday 5.30-7.00pm  
Levels based competitions

Tumble JD  
3 hours per week  
Age: 7-12  
Tuesday/Thursday 3.30-5.00pm  
Levels based competitions

Tumble Team  
4 hours per week  
Age: 9 and up  
Tuesday/Thursday 6.30-8.30pm  
Age/levels based competitions

Tumble Accelerated Team  
6-8 hours per week  
Age: 11 and up  
Monday/Friday 6.00-8.00pm  
Tuesday/Thursday 6.30-8.30pm  
Age/International based competitions

## GYMSPORTS TRAMPOLINE TEAM STRUCTURE – TRAMPOLINE

### Educational Programs

Trampoline Club Badges 1-4;  
5-8  
1 hour per week  
Age: 7-14  
No competition, skills  
assessment

Trampoline Club Badges 9-12  
1.5 hours per week  
Age: 7-14  
No competition, skills  
assessment

Trampoline Extension  
1.5 hours per week additional  
to club badges class  
Age: 7-12  
No competitions

Trampoline Development  
4 hours per week  
Age: 7-12  
Level 3-6 competitions

Trampoline JD  
5 hours per week  
Age: 7-12  
Level 1-5 competitions

Trampoline Team  
Min. 5 hours per week  
Age: 10-16  
Monday, Wednesday, Friday 4.30-7.00pm  
National Level 5 and over competitions

Trampoline Accelerated Team  
Min. 7.5 hours per week  
Age: 11+  
Monday, Wednesday, Friday 4.30-7.00pm; Tuesday/Thursday 4.30-6.30pm  
Youth/Junior International competitions

Trampoline Senior Team  
Volume dependent training. Min 4 sessions per week.  
Age: 14+ (Junior International)  
Days and Times varied Monday-Saturday  
Junior and Senior International competitions

## **TRAINING HOURS & ATTENDANCE**

Appropriate time to develop strong fundamentals is paramount to ensure each child can achieve ongoing improvement. We encourage gymnasts to work very hard in their nominated training hours. Each child develops at their own pace and therefore we consider every gymnast individually in regard to group recommendation and level progression. Gymnasts are expected to attend all training sessions where possible.

## **COMPETITION AND ATTENDANCE**

Gymnasts are expected to attend training sessions to be eligible to compete. In the instance of an extended absence before a competition, and in the interest of health and safety, the Team liaison will make an assessment of readiness to compete and may remove skills from the routines.

## **HOLIDAYS**

Training is scheduled 48 weeks per year. There are 4 weeks of no scheduled training. This is determined by Team Leaders based upon their annual training plan. Scheduling family holidays and other prolonged absences during these no training times is encouraged.

3 weeks of family determined holiday may be taken at any time. This has already been calculated into the monthly fees (training is offered on 48 weeks of the year, but we have only charged gymnasts for 45 weeks of training less public holidays)

Extended holidays – defined as more than 3 weeks, or injuries that will take longer than 3 weeks to return to training are eligible for membership on hold application, please contact your team liaison.

## **NON-TRAINING WEEKS 2020**

There will be 4 non-training weeks scheduled throughout the year (you have not been charged for these 4 weeks). These will be communicated by your Team Liaison.

## **HOLIDAY TRAINING OPPORTUNITIES**

Scheduled holiday training is an integral component of a gymnast's preparation and provides significant benefits to our gymnasts. Your Team Liaison will communicate the holiday training timetable and will be available on our website.

## **ABSENCES**

Please e-mail with as much advanced notice as possible. Lesson content is spread throughout each week and planning is based upon gymnasts being there for all sessions. Letting us know will assist in planning and alteration where required for the gymnast. If it is a last-minute illness or emergency any notice is much appreciated (even after the fact).

## **LATE ARRIVALS**

Gymnasts are required to see their coaches during training to explain lateness. If gymnasts are unable to arrive on time regularly due to outside factors, please notify your team liaison. If gymnasts arrive early pre training exercises are available to completed prior to training to help with injury prevention.

Any team gymnast is welcome to stay after to do any strength and flexibility work missed (if a coach is available).

## **MAKEUP SESSIONS**

There are no make-up session for our Team Programs. Special circumstances may be considered, please contact your Team Liaison.

## **HOMEWORK**

Gymnasts are encouraged to spend some time at home working on their strength and flexibility. For specific activities please see your Team Liaison.

## **PRIVATE LESSONS**

We offer private lessons. See reception for the cost of sessions. To book, e-mail your Team Liaison, who will allocate a coach. Payment must be made to reception prior to the private lesson. Please note; payment cannot be added to your monthly direct debit.

## **TRAINING ATTIRE**

Training uniform for trampoline team.

Females:

- Short or long sleeve leotard (may wear a top as well)
- Bike shorts, leggings
- Socks
- Trampoline shoes (optional but recommended)

Males:

- Training singlet or top (not school shirts) or leotard
- Shorts
- Socks
- Trampoline shoes (optional but recommended)

Training uniform weather considerations



- On hot days girls may wear crop tops during strength and conditioning.
- On cold days gymnasts may wear a jumper during strength and conditioning or at the start of the class until they warm up.

Training uniform other Considerations

- Clothing that takes into consideration religious or cultural values will be discussed on an individual basis.

## ADDITIONAL TRAINING EQUIPMENT

Gymnasts will be recommended to buy the below from the Gymshop (when needed). These can be kept at Kingborough in a gym bag with their name on them. Please note prices are subject to change.

What:	Who:	Cost:	Sample Picture:
Tape	Optional	See reception	
T-shirt	Required for Level 3 and above recommended for Levels 1-2	\$39	
Gym Bag	Optional	\$25	

# COMPETITION ENTRY TERMS AND CONDITIONS

## 1. STATEMENT OF COMMITMENT

Gymsports team programs participate in National, State and Invitational Competitions. Accordingly, the following event, procedures have been adopted to ensure all entries submitted meet National and State rules.

## 2. APPLICATION

This procedure applies to all Women's Gymnastics, Men's Gymnastics and Trampoline events staged by Gymnastics Australia, Gymnastics Tasmania and Club Invitational events. All entries submitted must adhere to these terms and conditions.

### Clause (please read before entering)

By entering in the **team programs**, you are accepting the terms and conditions as stipulated in this document. All competition queries are to be directed to team leaders or reception.

## 3. ELIGIBILITY

Eligibility – Competitive performance is the outcome of successful training. Gymnasts will be entered in all available competitions for which they have qualified. Qualification is gained by:

- Being at the appropriate level or age for the competition.
- Having attended all training sessions and shown gradual improvement in all training variables.
- Having reach a MINIMUM standard in all skill and routine goal areas and physical conditioning.
- Having achieved a performance score on each apparatus at a prior control event within training.
- Demonstrating support of teammates in training and competition.
- Having membership fees up to date.
- Completing entry form and appropriate fee by the due date.

## 4. COMPETITION GENERAL INFORMATION

Competitions are friendly and assist in developing performance confidence. We strive for each gymnast to perform at their personal best and focus on skill achievement. We believe winning should be played down in comparison to personal performance.

Competitions may be individual, team or both. All competition dates and details are e-mailed and posted on our website.

## 5. DEFINITIVE ENTRIES

- a) Entries are due on the designated date set by Gymnastics Tasmania. This is 4 weeks prior to the event.
- b) Entries received after this date may be accepted and will incur a late fee from Gymnastics Tasmania of \$25.00 per gymnast.
- c) Late entries will only be accepted until the close of business 5 working days after the designated entry date, provided that Gymnastics Tasmania has the ability for the late entries to be incorporated into the event program.

d) Entries will only be accepted **via payment through the member portal.**

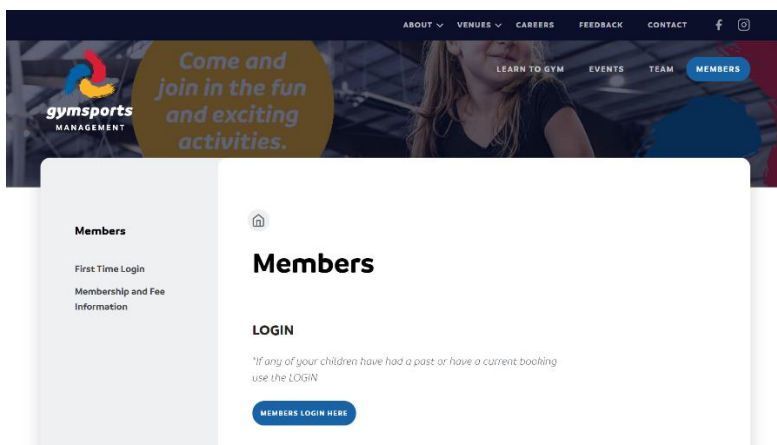
## 6. COMPETITION FEES

- a) Competition fees are additional to tuition fees and need to be paid by the closing date or the gymnasts will not be entered into the competition.
- b) Competition sessions are attended in lieu of a normal training session. Team Leaders will advise which session will be cancelled for each competition. This is to ensure gymnasts have recovery time and minimise additional costs.
- c) Competition fees cover the event (entry fees) and expenses (coaches and judges pay, travel etc.).
- d) 2020 competition fees are pending
- e) **OVERDUE TUITION FEES:** Any unpaid balance **30 days overdue** will suspend your child's participation in competitions. Exceptions to the above can only be made through advanced authorization.

## 7. PAYMENT OPTIONS

Enter online via your member portal (see information below)

- To enter online, go to our website [www.gymsports.net.au](http://www.gymsports.net.au) and click on “Members”, then “Members Login Here”:



- If this is your first time, enter the email address of the “**Responsible Person**” you have registered with Customer Service and the password will be “Gymsports”. You will then be prompted to create a new password.
- Once in the “Member Portal”, click on the “Online Store” tab. (If you are using a phone or other mobile device please select “View Full Site”, to access the “Online Store”.
- Your competitions will be listed under the relevant team program section

## 8. WITHDRAWAL & REFUNDS

- a) Withdrawal from a competition needs to be advised in writing prior to the closing date (4 weeks in advance). If not advised by the nominated date the entry fee still applies.
- b) In case of withdrawals supported by a medical certificate, refunds will be given (Gymnastics Tasmania will only refund upon receipt of medical certificate).

- c) Any request for a refund must be submitted on the **Refund Form** within 1 week of the completion of the event. After this no refunds will be given.
- d) All Gymnastics Tasmania/Gymnastics Australia events refunds incur a 20% administration fee. This will be deducted from the refund total.
- e) All competition entry fee refunds must be submitted on the “Competition Entry Fee refund” JotForm, supplied by the team leader/team liaison.
- f) “Special Event” refunds require a medical certificate and the amount refunded will be minus the non-refundable costs incurred by Gymsports Management.

## 9. GYMSPORT COMPETITION INFORMATION

- Further competition information, including grading scores, team events and National events is available in the Gymnastics Tasmania Gymsports specific handbook.



## COMPETITIONS

Competitions are friendly and assist in developing performance confidence. We strive for each gymnast to perform at their personal best and focus on skill achievement. We believe winning should be played down in comparison to personal performance.

### 2020 COMPETITION CALENDAR

- Sat 22<sup>nd</sup> February: Qualifier #2 - Kingborough
- Sun 23<sup>rd</sup> February: Interclub #1 (qualifier #3) - Kingborough
- Sun 22<sup>nd</sup> March: Interclub #2 (qualifier #4) – Launceston PCYC
- Sat/Sun 4-5<sup>th</sup> April: Senior State Championships and Qualifier #5 – Kingborough
- Friday 17<sup>th</sup> July: Kingborough Club Comp #1
- Sun 16<sup>th</sup> August: Interclub #3 – Kingborough



- Fri 9<sup>th</sup> October: Kingborough Club Comp #2
- Sat/Sun 14-15<sup>th</sup> November: State Club Championships – Launceston PCYC

### **FUNDRAISING FOR INTERSTATE TRAVEL**

Fundraising for individual travelling to events needs to be approved by the Clarence or Kingborough gymnastics Association for each separate event.

- Fundraising canteen at competitions
- Kid's Night outs

### **CRITERIA FOR MOVING UP LEVELS**

- We want to ensure that gymnasts are competing at a level that is appropriate to their skill level.
- Recognizing that gymnasts may need to spend more than 1 year at a level.
- Need to meet all requirements for the next level to move up.

### **COMPETITION ETIQUETTE**

**Competition rules are stipulated by the Australian Levels Program and National and State Technical Regulations are to be adhered to in full by all parties.**

**General rules include:**

- Those not taking part in the running of the competition must not enter the competition area for any matter.
- Gymnasts must remain on the competition floor until the completion of the event and attend presentations in club attire.

## COMPETITION PREPARATION

### WHEN TO BE THERE

- 15 minutes before the start of your competition

### WHAT TO WEAR

- Please see below

### WHAT TO BRING TO A COMPETITION

- Bag
- White socks
- Water bottle
- Trampoline Shoes
- Band aids
- Spare hair ties

### UNIFORM REQUIREMENTS

We will be introducing a new tracksuit and leotard. There will be a 12-month phasing period where gymnasts can continue to wear the old uniform.

If you need new uniform in 2020 please contact your team liaison.

What:	Who:	Cost:
Club Tracksuit Jacket	Level 3 -10 (required for competitions)	TBA
Club Tracksuit Pants	Level 3-10 (required for competitions)	TBA
Female Club Leotard	Level 3+ (required for competitions)	TBA
Male Club Leotard	Level 3+ (required for competitions)	TBA

## GYMNAST'S HEALTH & WELLBEING

### PHYSIOTHERAPY

Physiotherapy may be recommended by your child's Team Liaison, if they are reporting issues. We prefer gymnasts to see Sports Physiotherapists, who have a good understanding of gymnastics.

### HOW TO BOOK AN ASSESSMENT?

Please contact the number below to make for bookings and for cost. They will book your child in with the relevant Sports Physiotherapists.

Back in Motion: (we recommend Hamish Anderson or George Gavalas)

221 Murray St

Hobart TAS 7000

Ph: (03) 6231 3939

### A BRIEF OVERVIEW OF CORE STABILITY

Having adequate core strength is essential for gymnasts as not only does it reduce the risk of injury; it will also make you a more powerful athlete. This means higher jumps, improved landings and faster rotations in aerial work can be achieved with improvements in this area. Effective core stability means a greater ability, it generates strength, speed and power as muscles of the limbs are working from a stable base. Core stabilizer muscles are deep, postural muscles which work in a slow, static manner. Core stabilizers support the spine at every level. Activating these muscles takes patience and practice. It is often unclear whether an athlete is performing these exercises correctly. Being strong, does not mean that a gymnast has good core stability. A Physiotherapist can help to teach athletes and give individual cues.

### OTHER HEALTH SERVICES

Some gymnasts also benefit from regular massage and/or chiropractic care. We currently do not have any sponsors in these areas; however local providers have been used by gymnasts in the past with positive feedback. Please contact your Team Leader for further information.

### A WORD ABOUT MOTIVATION

As you know everyone goes through ups and downs – emotionally and physically - and the same is true with all gymnasts. Here are some important notes on **achievement motivation** (motivation in an achievement setting – i.e. Sport).

#### Individual goals

- Gymnasts tend to focus on one of the two different types of goals
  - **Task Mastery goals**
  - **Ego Oriented goals**
- **Task Mastery achievement goal (i.e. skills)** = When an individual gymnast aims to learn, improve or perfect a **skill** then the gymnast is striving to produce task mastery. The focus of attention is on the self-learning & improving relative to personal effort.
- **Ego Oriented achievement goal (i.e. competitive)** = When an individual gymnast learns & performs skills in a direct social comparison with others, or where this gymnast judges their skill capacity relative to others. When the focus of attention is on the self-doing skills *compared* to others.

- **As a club we encourage the gymnasts to focus on task mastery or skill achievement goals.** An example of this is: “I would like to transition my half out tuck from the pit to the trampoline by the end of this term”
- An example of an ego oriented or competitive goal is finishing first in a competition.
- The focus should be on the skill achievement in a competition for example i.e. “I completed all my skills to the best of my ability.” The by-product of this may be a placing or making a team; however not a focus.
- Gymnasts who focus on task mastery are more likely to continue participating in and enjoying sport and activities long term and have a good understanding of self-competence.

## **FEE POLICIES**

Joining one of our Team Programs is a significant commitment of time, effort and money and for most; it will become a significant part of their lives. The benefits and impacts it has on gymnasts’ lives is huge.

### **TRAMPOLINE AND TUMBLE TEAM PROGRAM**

Squads operate 48 weeks per year with training in school holidays adjusted to day- time slots. Gymnasts are invited to join a particular squad or class and must attend and pay for all the hours set for that group. If gymnasts need to finish early or arrive late, this does not entitle a discount on fees as all the club’s cost are the same regardless of a gymnast leaving early or arriving late.

To keep up with current inflation rates, monthly fees will be re-calculated at the end of each financial year and will be reflected from July 1.

### **DETAILED FEE INFORMATION FOR TEAM PROGRAMS**

See attached Team Program Fees Terms and Conditions document.

**Included within this document is information on:**

1. Fee payment methods
2. Fee discounts for families or concession
3. Fee schedule and calculations
4. Enrolments and cancellations

**Additionally, we have a Financial Fee Assistance Program.** We understand competition programs are a significant financial commitment and our aim is a true breakeven of costs. We also acknowledge that the full fees may not be affordable for every gymnast due to financial hardship. In these circumstances, we are committed to supporting these gymnasts financially, as feasible. We believe this assistance is a two-way relationship, where the gymnast/parent is expected and responsible to provide support and assistance in return. If families wish to apply for fee assistance, please contact your Team Leader for further information.

## **CODES OF CONDUCT**

### **COACHES**

- Remember young people participate for fun and enjoyment.
- Ensure the time gymnasts spend with you is a positive experience. All gymnasts are deserving of equal attention and opportunities.
- Ensure equipment and activities meet safety standards and are appropriate to the age and ability of the gymnast.
- Display professionalism, respect and control to all involved in the sport. This includes opponents, coaches, judges, administrators, parents and spectators. Encourage the gymnasts to do the same.
- Provide positive, encouraging and constructive feedback to gymnasts and present yourself with positive and enthusiastic body language.
- Keep up with changes in gymnastics. Ensure information is up to date, appropriate for the needs of gymnasts and takes into account the principles of growth and development of young people.
- Any physical contact with a gymnast should be appropriate to the situation and necessary for the gymnast's skill development.
- Do not engage in conversations with gymnasts, coaches or parents which reflect negative opinions on the club, management and/or members. Also, do not engage in conversations with gymnasts regarding issues such as drinking alcohol, etc.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### **GYMNASTS**

- Play by the rules.
- Be a good sport. Acknowledge other gymnast's good attitudes, efforts and skills, including from other clubs.
- Treat all gymnasts as you would like to be treated. Do not make negative remarks or bully another gymnast.
- Cooperate with your coach, other gymnasts and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit.
- Work equally hard for yourself and for your team.
- Respect the rights and worth of all gymnasts regardless of gender, ability, race or religion.

### **PARENTS**

- Encourage children to participate if they are interested, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children to play by the rules.
- Remember children are involved in sport for enjoyment.
- Remember children learn best by example. Appreciate good efforts and performances by all participants. Set a good example by your own conduct, behaviour and appearance.

- Show respect and appreciation for coaches, administrators and volunteers of the club. Do not criticize coaches or gymnasts. If you have a concern, please make a time to meet with the coach or Manager. Concerns and issues can only be resolved if communicated through the right channels.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Accept all decisions of all judges as fair and called to the best of their ability. Do not raise issues of disagreement publicly.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## **SPECTATORS**

- Remember children participate in sport for their enjoyment and benefit.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.
- Respect the judge's decisions and scores.
- Never ridicule or scold a child for making a mistake during competition. Positive comments are motivational.
- Condemn the use of violence in any form whether it is by spectators, coaches, judges or gymnasts.
- Show respect for your team's opponents. Without them there would be no competition.
- Encourage gymnasts to follow and obey the rules and decisions of the officials.
- Demonstrate appropriate social behaviour by not using foul language or harassing gymnasts, coaches or judges.
- Do not criticize coaches, gymnasts or judges at events. Be an ambassador for the sport and club.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## **MEMBER PROTECTION POLICY**

### **Commitment**

Gymsports is committed to providing a sport and work environment free of discrimination and harassment (sexual or otherwise). We believe that anyone who works for us or represents us, and everyone with whom we deal, has the right to be treated with respect and dignity.

Discrimination and all forms of harassment are unlawful under federal, state and territory law. People engaging in harassment can have legal action taken against them under these laws. In some cases, legal action can also be taken against the organisation for which they work or represent. For this reason, the Organisation has a legal responsibility to ensure that discrimination or harassment does not occur in the course of any of our activities. The law is always the minimum standard for behaviour within the Organisation and therefore any criminal offence will be reported to the appropriate authorities.

**Reference: Member Protection Policy. Please request a copy.**

## **INFORMATION AND COMMUNICATION**

- This Handbook and attachments about fees
- Our website [www.gymsports.net.au](http://www.gymsports.net.au)
- All notices and information is e-mailed to parents via the Team Liaison
- Monthly updates are e-mailed
- Hard copies of notices are available for those who do not have access to e-mail
- Team meetings and/or individual meetings are held on an as needs basis
- Individual meetings can be booked with the coach/ team leader as required

## **CLUB CHAMPION AWARDS**

### **CLUB CHAMPION ANNUAL AWARD**

Club Champion award for each Level from 3 to 10 is awarded at Gymfest each year.

- Gymnasts can only receive the Club Champion Award for the highest level they have competed in during that year.
- Trampoline categories are Level 3-7, Youth International, Junior International and Senior International.
- Tumbling categories are Levels stream, National stream and International stream.
- Gymnasts can only receive the Club Champion Award if they are still a participant of that program
- Scores for each gymnast will be added for each competition and then divided by the number of competitions in which they competed
- If they only competed in 1 competition for the year then the score from competition will count

### **THE ANNUAL GYMNASTS AWARD**

This award is voted by gymnasts only. To be eligible for this award the gymnasts must have competed at or been eligible to compete at Senior State Championships. This award is presented at the Annual Awards Dinner.

When voting the following criteria should be considered;

1. Effort and attitude towards training
2. Performance at competitions or events
3. Team person (e.g. support and help other team members)
4. Outstanding achievements during the year

We ask all participants to not discuss their votes with any other gymnasts but to put down who they believe meets the criteria. The gymnasts with the most votes will receive the award.

### **GYMNAST OF THE MONTH**

Coaches vote monthly for the gymnast that has demonstrated the most improvement and great training ethic. There is an individual gymnast of the month for trampoline and tumbling each month.

## **ANNUAL EVENTS**

### **GYMFEST – SATURDAY 12<sup>TH</sup> DECEMBER**

Gymfest is our annual club display day, usually held in December. This is a fantastic participation event, involving all programs and children. Every class prepares and performs a display to music, with a different theme each year. We anticipate there will be lots of exciting displays, as always. As well as class displays, Gymfest will also feature a selection of individual routines performed by senior level gymnasts on various apparatus. Between displays, we also take the opportunity to present club champion trophies to every level represented in Girls, Boys, and Trampolining. The Team gymnasts participate in the closing display at all sessions.

### **ANNUAL AWARDS DINNER – SATURDAY 7<sup>TH</sup> NOVEMBER**

This event is held in towards the beginning of term 4. Parents, Coaches, Gymnasts and Committee Members are invited to attend this formal event. Presentations from each Gymsport occurs along with awards.

### **YOUTH LEADERSHIP PROGRAM**

Gymsports Management has a great Youth Leadership Program, for those interested who are 14 years or older. In term 4 each year we circulate information about the program and run an information session. Many gymnasts in squads have participated in the 3 year program and completed their beginner coaching accreditation in a chosen Gymsport.

### **EQUIPMENT FUNDRAISING**

An important distinction is to be made between *Kingborough or Clarence Gymsports* and *Kingborough or Clarence Gymnastics Association*. Monthly tuition is paid to Gymsports Management and is used only to pay expenses associated with everyday training of athletes. The Association is a separate, non-profit organization. Revenue generated by, or for the Association, is used to pay for other expenses (e.g. equipment).

The Tramp and Tumble Team Program has and will continue to raise money specific to the needs of our gymnasts. Closer to the dates the events will be advertised, and support will be requested from parents and gymnasts for the nominated fundraisers.