

***Gymsports
Girls Team
Handbook 2021***



gymsports
TEAM

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WELCOME

Welcome to our Girls Team program. Joining our Girls Team program is a significant commitment of time, effort, and money. Also, for most, it will become a significant part of their lives. Gymnastics is an incredible sport with so much to offer, and we believe gymnastics is for everyone; no matter what age. Gymnastics promotes excellent physical and motor development and also teaches life skills such as positive self-esteem, confidence, self-discipline, and teamwork.

ABOUT WOMEN'S 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.

Women's Gymnastics

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

- Women's Artistic Gymnastics is the perfect sport to teach your daughter co-ordination and confidence, develop creativity and contribute to her general health and fitness.

Women's Artistic Gymnastics:

- Enhances co-ordination and agility, for body awareness and balance
- Develops posture and confident body movement, including the ability to land safely
- Enhances creativity and builds self-confidence for sport and life
- Develops strength and flexibility, for life's constant challenges
- Develops healthy minds and bodies for now and later life

PHILOSOPHY

We select our coaching team for their genuine love of children, their willingness to learn, as well as their technical expertise. We are proud of our coaches and believe they will provide your child with a great learning environment.

Our coaching team are highly experienced, and our passion is to help children develop and feel good about themselves. We are dedicated to promoting a learning environment of positive encouragement and individual recognition.

Our goal is to assist each child learn and be the best they can. Accomplishment and success are the outcomes of a long period of dedication and hard work. We endeavour to nurture

the gymnast in a healthy, wholesome, enjoyable environment, emphasizing on 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.

In training competitive gymnastics, children take on one of the most challenging sports; and through facing the physical and psychological challenges our sport provides, they will develop skills to face all kinds of challenges throughout their lives. Gymnastics helps people learn to work hard for objectives that can take years to achieve. Gymnastics shares with other sports, the opportunity to learn about teamwork, sportsmanship, fair play, patience, dedication, perseverance 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

We believe that it is important for everyone to get as much out of this sport as they possibly can, while at the same time having positive experiences and the opportunity to learn about respect, teamwork, sportsmanship, dedication, and perseverance. An integral part of achieving this is to ensure we continue to have a safe and positive culture as our central and most important focus.

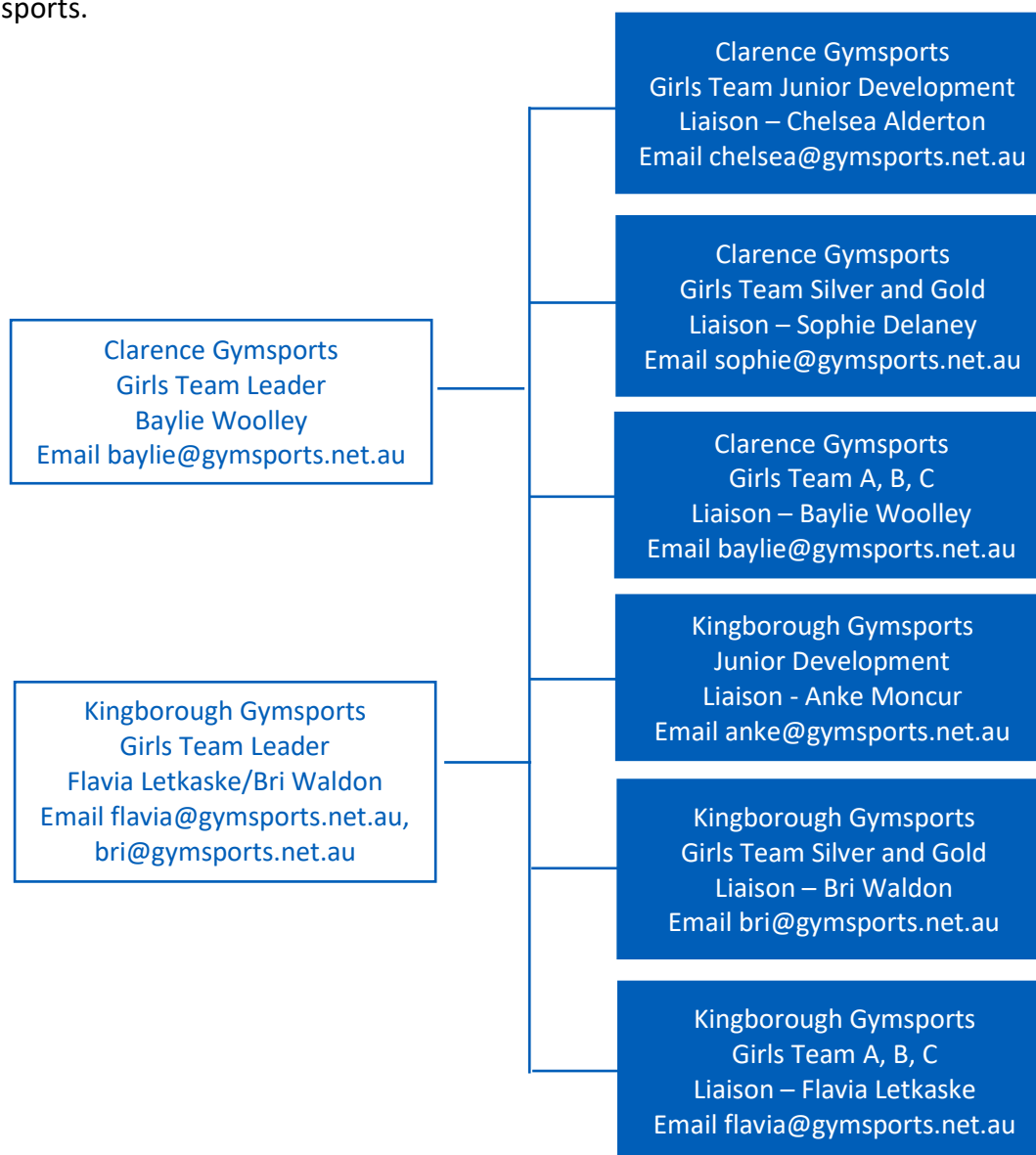
We are committed to, and highly value, a safe team culture and it is something we work really hard on. As leaders and coaches, we are dedicated to work together to ensure a healthy, wholesome, enjoyable and safe environment for each gymnast. Ensuring a culture of safety where everyone feels secure requires conscious action and proactive behaviours. We support the rights and well-being of gymnasts and we will act immediately to ensure an environment is maintained where all participants feel safe, respected, valued and empowered at all times as per our Member Protection and Child Safe Policy. We are committed to ensuring all members feel safe and secure in reporting inappropriate behaviour.

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 repetitions done well.
Concrete, clear, intelligent, and rigorously pursued performance factors that keep you on track. Be 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.



Girls Team Liaison's may also be contacted by phone on 6229 0900. For Clarence venue follow directions for staff listing and press 1.

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 your 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 the Member Portal.

ACCOUNTS RECEIVABLE

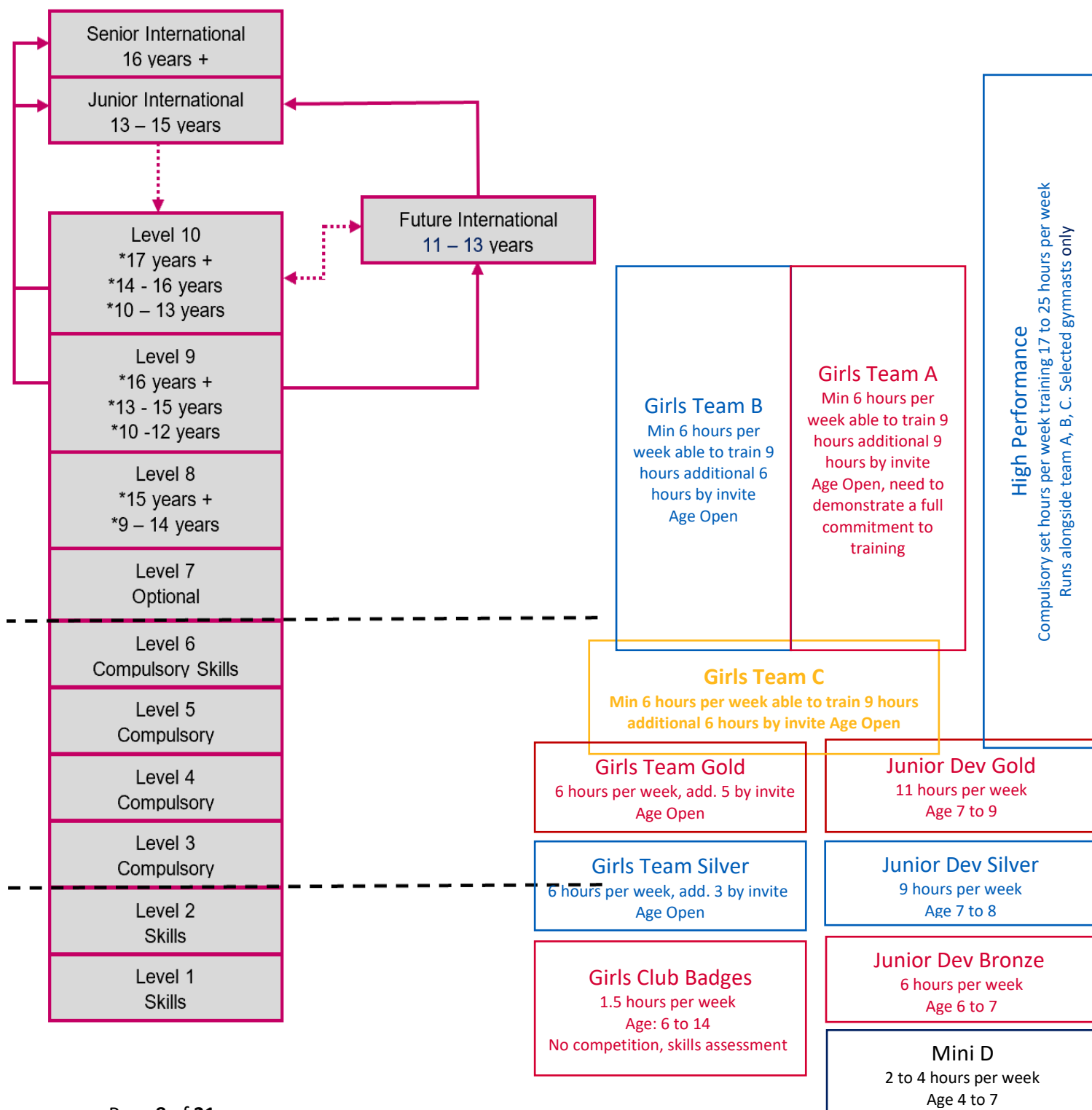
- Please contact accounts receivable for fee enquiries or to discuss your account.

CHIEF EXECUTIVE OFFICER

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

AUSTRALIAN LEVELS PROGRAM

The current Australian Levels Program was launched in 2015. All gymnasts work on the same structure and routines until they reach the optional routines in levels 7 to 10. Within our Team Program structure, gymnasts may complete the levels via our Junior Development or Girls Team program pathway.



OUR GIRLS TEAM GYMNASTICS

Gymsports Management has established a strong Girls Team program over the past 20 years that has been highly competitive within this State and Nationally. Our competitive gymnastics programs are based on a systemic approach of skill development that provides the opportunity for each child to achieve their potential.

Positions in the Girls Team program are strictly limited. Gymnasts and their families invited into these programs 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 squads 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 pathway. Team coaching occurs across all programs. Retention of a place in programs is based upon the training and performance of each individual gymnast.

THE AIM OF THE GIRLS TEAM PROGRAM:

1. Our squads aim to be the strongest gymnasts that they can be and be competitive with the best in Australia.
2. To provide a program for those children with a special ability in gymnastics.
3. To provide exceptional coaching across all programs for gymnasts to achieve at their highest level of excellence.
 - a) Junior Development Pathways
 - b) Team Program Pathways
4. To enhance each gymnasts physical, mental and personal development through:
 - a) An appreciation of teamwork
 - b) An opportunity to perform in competition
 - c) An environment that encourages a love of gymnastics and lifelong learning
 - d) An environment that encourages personal friendships
 - e) Promoting a good work ethic, self-discipline, and self-respect
5. To continually update and improve our facilities to ensure they are the highest quality.

MINI DEVELOPMENT

Our goal for this program is to introduce gymnasts to the idea of training, to teach basic techniques that will serve as a foundation for higher levels skills and also be an introduction to performance (competitive) gymnastics.

Mini Development is for selected young girls and boys showing potential for the sport with the long-term aim to join our Junior Development programs. A high level of commitment is required from a young age with the focus being on physical preparation.

There are 3 key steps which we have implemented within our club, to assist with gymnast's development and readiness for our girls and boys team program.

Program	Level	Hours
Mini Development	Bronze	45 Min
Mini Development	Silver	2
Mini Development	Gold	4

JUNIOR DEVELOPMENT

Junior Development is for selected young girls and boys who have participated in Mini Development and are ready to commence skill mastery and skill extension. There are 3 key steps (which are a continuation from Mini Development), which we have implemented within our club, to assist with gymnast's development and readiness for our Girls Team Program.

Program	Level	Hours
Junior Development Bronze	No Level	6
Junior Development Silver	3	9
Junior Development Gold	3-4	11

GIRLS TEAM PROGRAMS

Our goal for girls in the team programs Silver and Gold is to teach the gymnasts how to train and how to compete. Winning is not the focus, rather learning how to perform under pressure, work hard, commit to a pursuit, to deal with obstacles and disappointment and to set long term goals. The team program is designed to give gymnasts the opportunity to compete locally, regionally and nationally.

Our goal for the team programs A, B and C is for each individual to reach their goals and are eligible to compete national competitions where we aim to be competitive with the best clubs and States in the country. These training groups are designed to challenge high achieving gymnasts and provide the opportunity to compete regionally and nationally. For the Level 7-10 gymnasts, they can work towards State and National representation.

To meet the diversity of each gymnast's goals, focus and level of involvement in the team program, there is a minimum number of hours that needs to be met to remain in this program.

All these teams are competition based and gymnasts are expected to compete. Movement between programs may occur at times.

Program	Level	Training Hours
Girls Team A	6-10	6-17
Girls Team B	6-8	6-15
Girls Team C	4-6	6-14
Girls Team Gold	3-5	6-11
Girls Team Silver	3-4	6-9

GIRLS TEAM HIGH PERFORMANCE PROGRAMS

The High Performance Girls Team training program is a high intensity training program for gymnasts working towards Junior and Senior International.

Being involved in the High-Performance Girls Team training is a challenging process that will require full commitment from the child and family. In this high level of sport there are no guarantees of long-term competitive success.

To reach the goal of competing at the Junior and Senior International Level there must be a full commitment from all parties involved.

- **Gymnast**
 - Attend all scheduled training sessions (95% or higher)
 - Be on time for all training sessions
 - Be self-driven and hard working
 - Be an active listener to coaches and understand what is required
 - Ensure schoolwork is maintained to a high standard
 - Notify coaches of any issues (injuries, training, fear etc.)
 - The opportunity to participate in other activities/sports maybe limited
- **Family**
 - Full commitment to attend all training sessions on time
 - Communicate with coaches re any missed training
 - Family holidays to be worked around yearly training schedule.
 - Financial commitment for training, competitions and camps (fundraising opportunities will be made available)
- **School**
 - Commitment from the school to accommodate training during school time
 - Willingness to be flexible around training, competitions and camps
- **Club**
 - Commitment to funding the program
 - Access to equipment to allow training
 - Have coaches with knowledge of high-performance training
 - Provide ongoing training for coaches
 - Be committed to see through the training required to Junior and senior internationals

Within this type of program, it requires full commitment, if you are not sure your family can fully commit to this challenging program then we would suggest having your child train within the hours on offer in the Girls Team structure.

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.

ADDITIONAL HOURS

Gymnasts will be invited to train additional hours based on the following criteria

- Commitment to training
- Attitude in training
- Ability for additional training to be effective in achieving their goals

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 assess 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.

2 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 2 weeks, or injuries that will take longer than 2 weeks to return to training are eligible for membership on hold application, please contact your team liaison.

1 week worth of missed sessions because of illness, injury, vacations, camps or scheduled conflicts has been included in the 3 weeks of unscheduled leave. Any further unexpected absences are not pro-rated as the club's costs are the same regardless of a gymnast missing a session.

NON-TRAINING WEEKS

There will be 4 non-training weeks scheduled throughout the year (you have not been charged for these 4 weeks)

HOLIDAY TRAINING OPPORTUNITIES

Scheduled holiday training is an integral component of a gymnast's preparation and provides significant benefits to our gymnasts. For girls in team A, B and C training is offered on 4 days per week, girls are permitted to train additional days in the holidays if they wish, at no extra charge.

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

Where possible gymnasts are expected to be lined up ready to start the class at the designated start time. 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 sessions for our Junior Development or Girls Team program. 3 weeks of unscheduled holidays or missed classes has already been scheduled into your child's fees.

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 these 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 Girls Team:

- Short or long sleeve leotard
- Bike shorts, leggings

Training uniform weather considerations:

- On hot days girls may wear crop tops during strength and conditioning.
- On extremely hot days girl may wear crop top for the full lesson.
- On cold days girls may wear a top over their leotard during the first 15 minutes of the lesson until they warm up.

Training uniform other Considerations:

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

FLOOR ROUTINES

At levels 3 to 6 there are compulsory floor routines for each level. These will be taught during class time.

At Level 7 the gymnasts will have 3 options

- An individually designed routine to suit the gymnasts with music agreed on by the gymnast and the choreographer. Cost \$100, this money is paid to the club organised choreographer.
- A generic routine that has been choreographed and will be used by any gymnast who does not have an individually choreographed routine.
- An individually choreographed routine by a pre-approved professional choreographer. There are several Professional choreographers that operate in Australia, they will choreograph a professional routine for your child, however cost can be anywhere upward of \$500 plus travel and accommodation costs.

At Level 8 the gymnasts will have 3 options

- An individually designed routine to suit the gymnasts with music agreed on by the gymnast and the choreographer. Cost \$100, this money is paid to the club organised choreographer.
- Continue to use their individually choreographed routine
- An individually designed routine by a pre-approved professional choreographer. There are several Professional Choreographers that operate in Australia, they will choreograph a professional routine for your child, however cost can be anywhere upward of \$500 plus travel and accommodation costs.

At Level 9 and 10 the gymnasts will have 4 options

- An individually choreographed routine to suit the gymnasts with music agreed on by the gymnast and the choreographer. Cost \$100, this money is paid to the club organised choreographer.
- Continue to use their individually choreographed routine
- Senior gymnasts may make an application to the Team liaison to choreograph their own routine and this will be considered based on the following criteria.
 - Maturity of the gymnasts
 - Dance ability
 - Ability to choreograph a routine
- An individually designed routine by a pre-approved professional choreographer. There are several Professional Choreographers that operate in Australia, they will choreograph a professional routine for your child, however cost can be anywhere upward of \$500 plus travel and accommodation costs.

ADDITIONAL TRAINING EQUIPMENT

Gymnasts will be recommended to buy the below from the Gymshop (when needed). These can be kept at the gym (Kingborough/Clarence) 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	
Ladies Grips	Recommended at Level 3/4	See reception	
Foam Wrist Bands	Optional	See reception	
Towelling Wrist Bands	Optional	See reception	
Club T-shirt (Kingborough or Clarence)	Required for Level 5 and above Recommended for Level 3 and 4	\$39	
Club Gym Bag (Kingborough or Clarence)	Required for Level 5 and above Recommended for Level 3 and 4	\$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 team liaisons.

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 forms and paying appropriate fees 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.

- 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.**

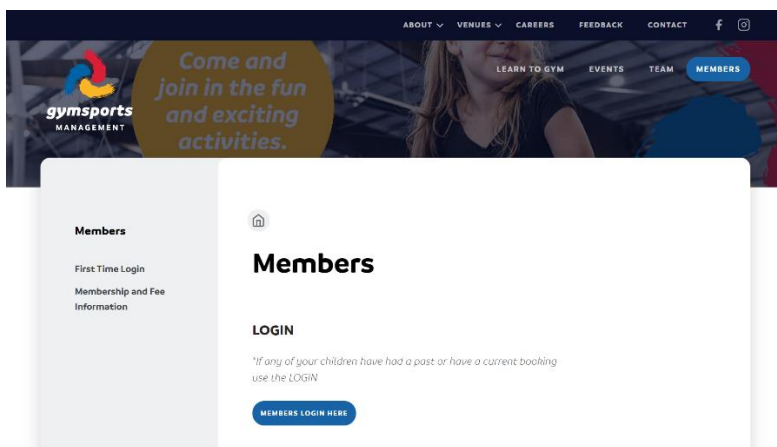
6. COMPETITION FEES

- 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), expenses (coaches and judges pay, travel etc.) and have had the missed training session cost deducted.
- d) 2021 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 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 reset or 'forget' password.
- Once in the "Member Portal", click on the "Bookings" tab and select "Events & Competitions"
- Select your relevant competition and 'enrol now'
- Select the appropriate amount of sessions your gymnast will attend (please note that times are not always accurate on the member portal and should be confirmed with your team leader).

Events & Competitions

Enrolling Student: Emma Carbon

Select Days: All Su

<input checked="" type="checkbox"/>	Sunday, 14 Mar 2021 9:00 AM - 10:00 AM
<input checked="" type="checkbox"/>	Sunday, 14 Mar 2021 10:00 AM - 11:00 AM
<input checked="" type="checkbox"/>	Sunday, 14 Mar 2021 11:00 AM - 12:00 PM
<input type="checkbox"/>	Sunday, 14 Mar 2021 12:00 PM - 1:00 PM

Add to Cart

8. WITHDRAWAL & REFUNDS

- 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.
- In case of withdrawals supported by a medical certificate, refunds will be given (Gymnastics Tasmania will only refund upon receipt of medical certificate).
- 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.
- All Gymnastics Tasmania/Gymnastics Australia event refunds incur a 20% administration fee. This will be deducted from the refund total.
- All competition entry fee refunds must be submitted on the "Competition Entry Fee refund" JotForm, supplied by the team leader/team liaison.
- "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.

TEAM SELECTION PROCEDURE

At team competitions, we will create full teams, where possible, based on the highest scores from the previous 2 events. If the gymnast has not participated in an event prior to the team competition, they will be allocated to a team based on the following paragraph.

Where there are more gymnasts than the nominated team size, the top scoring gymnasts will be selected into the first team. All other gymnasts will be placed into a team with the aim of trying to provide all gymnasts with a complete team to compete in (if possible).

The Junior Team Spirit Competition is a qualifying event for the Junior State Clubs Competition. For this reason, teams will remain the same for Junior team spirit and Junior state clubs. If a gymnast is unable to commit to competing at both events, they will be ineligible to be selected in the first team and will be grouped with other gymnasts competing in 1 event. Teams will be reselected based on scores for the Junior State Championships

At the Junior State Clubs, the top 6 qualifying teams from the north and south will compete against each other. The next 6 qualifying teams from the north and South will compete against each other and so on.

Please note that State Championships is both a team and individual event.

For selected interstate events, 1 team across both centres will be selected from the designated selection event. The team will be selected from the top scores from the designated event.

Level 7 to 10 team selection:

For the Level 7 to 10 Senior Team spirit and Senior State Clubs competition teams will be selected randomly and may be combined with gymnasts from other clubs pending Gymnastics Tasmania approval.

2021 COMPETITIONS

Level 7 to 10 competitions:

- Sun 14th March – Senior Tasmanian Clubs (trial 1 for Nationals) **at Kingborough**
- Sat 27th, Sun 28th March – Senior Tasmanian Championships (trial 2 for Nationals and trial for National Clubs) **at Kingborough**
- Sun 2nd May – Senior Team Spirit Competition (level 7 trial for Bigham Cup event) **at Devonport**

Level 3 to 6 competitions:

- Sun 2nd May – Optional Level 5&6 Competition (level 6 trial for Bigham Cup event) **at Devonport**
- Sun 27th June – Gymsports Invitational **at Kingborough**
- Sun 25th July – Junior Team Spirit Competition **at Kingborough**
- Sat 7th or Sun 8th Aug – Junior Tasmanian Clubs (They will compete 1 day) **at Devonport**
- Sat 28th or Sun 29th Sept– Junior Tasmanian Championships (They will compete 1 day) **at Kingborough**

2021 INTERSTATE COMPETITIONS

National Championships – Gold Coast, May 21st to 26th

- Top gymnasts from all clubs in Tasmania
- selected by the best score at selected trial events (Tas Clubs and State Champs day 1)
- Gymnasts will also need to meet minimum requirements set by Gymnastics Tasmania:
 - Level 8 - 45.5 (team of 8 gymnasts)
 - Level 9 - 45.5 (team of 8 gymnasts)
 - Level 10 – 46.0 (team of 6 and/or individual and/or apparatus specialists)

The Bigham Cup – Northern Territory, August 21st and 22nd

- Top 6 gymnasts at level 6 and 7 from all clubs in Tasmania of those who meet the qualification score at the nominated event.
- To be eligible for nomination for selection to the Team, athletes must: have participated in the Senior Team Spirit Competition **and** have submitted a valid nomination before the close of nominations at the end of March.
- Qualification scores:
 - Level 6: 35.0
 - Level 7: 45.0

National Clubs – Gold Coast, July 6th to 11th

- Top 6 gymnasts at each level 5, 6 and 7 from Clarence and Kingborough
- Level 5 and 6 selected at our in-house National Clubs Trial (16th April)
- Level 7 selected at Senior Tasmanian Championships Day 1 (27th March)
- Selection based on 6 highest scores.

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

- 6 weeks prior to the first event gymnasts will undergo a skills test in training, to establish their ability to move to the next level.
- 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.
- Consideration will be given to older gymnasts who may not have all the skills or gymnasts that have spent 2 or more years at a level.

COMPETITION ETIQUETTE

Competition rules are stipulated by the National Women's Program and are to be adhered to in full by all parties.

General rules include:

- Gymnasts and coaches are not permitted to have any contact with spectators during the competition and cannot leave the competition floor (aside from toilet break).
- 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

- Club tracksuit, competition leotard, plain white socks, sneakers.
- Level 7 to 10 gymnast will wear their training leotard during the apparatus warm up.

WHAT TO BRING TO A COMPETITION

- Bag
- Hand guards (if using them) and wrist bands
- Water bottle
- Tape
- Band aids
- Spare hair ties

UNIFORM REQUIREMENTS

What:	Who:	Cost:	Sample Pictures:
Club Tracksuit Jacket	Level 3 -10 (required for competitions)	\$80	
Club Tracksuit Pants	Level 3-10 (required for competitions)	\$45	
Girls Club Leotard	Level 3+ (required for competitions)	\$160	
Club Hoodie	Optional for all levels	\$80	
Girls Training leotard	Level 7-10	\$66	

GYMNAST'S HEALTH & WELLBEING

STRENGTH TESTING

We test the Strength of all our Team Program and Junior Development gymnasts. Gymnasts are tested 3 to 4 times per year. The Strength test is based on our own system and aims to measure each gymnast's physical readiness to successfully compete. The test is broken into 2 areas: Strength and flexibility. The results of each testing session are analysed by coaches. The resulting data provides valuable insight into current fitness levels of our gymnasts and is used by coaches to adapt and/or modify the training program and address any areas of weakness. It is critical that gymnasts attend these scheduled tests.

PHYSIOTHERAPY

Physiotherapy may be recommended by your daughter's Team Liaison if she is reporting pain. We prefer gymnasts to see Sports Physiotherapists, who have a good understanding of gymnastics.

GYMNASTICS MUSCULOSKELETAL SCREENING

We have been working closely with Back in Motion Physiotherapy and their team of Sports Physiotherapists to develop a gymnastics musculoskeletal screening. We highly recommend our team gymnasts participate in this process before the end of the year.

The screening is a tool to improve performance and prevent injury that includes a series of strength and range of movement measurements. Each athlete measurements are compared against "ideal" measures to determine if each athlete has enough strength and flexibility to perform the various skills required of a gymnast.

The screening includes a range of specific tests and explanations of how they relate to specific gymnastics skills. For example; Side Plank: This is a general measure of core stability. A report summarizing the screening results will then be sent to the Team Leaders, who can adopt recommendations.

HOW TO BOOK AN ASSESSMENT?

Please contact the number below to make for bookings and for cost. Ask for a Gymnastics Screening and they will book your daughter in with the relevant Sports Physiotherapists.

Back in Motion: (Hamish)

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. 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 and 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 master a balanced handstand for 3 seconds on beam 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 on bars.” 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.

JUNIOR DEVELOPMENT AND GIRLS TEAM PROGRAM

Squads operate 48 weeks per year with training in school holidays adjusted to daytime 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.

Fees are required to be paid on the first business day of each month by direct debit, for the month in advance. Monthly fees are calculated based on the number of training days in that month minus public holidays and irrespective of scheduled time-off or holidays, and therefore vary month to month.

Example: the average monthly fee for a gymnast training 4 hours a week would be equal to \$hourly rate x 4hours x 4.33(average weeks in a month)

Please note that because leave is already considered into the pricing model and hourly rate, fee reductions are only considered after 2 weeks of consecutive unscheduled leave has been taken (1 week worth of classes has also been considered for unexpected, missed classes).

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 concessions
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 considers 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, 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
- All notices and information are 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 liaison or 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 club champion for the highest level they have competed in during that year
- Girls, Boys and Tramp scores for each gymnast will be added for each competition and then divided by the number of competitions they went in
- 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 State Championships. This award is presented at the Club 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

Team Liaisons vote monthly for the gymnast that has demonstrated the most improvement and great training ethic. This is across all Levels from Junior Development to Girls Team Levels.

HOUSE TEAMS

All gymnasts in the Girls Team program have been divided into 3 house teams:

- Gold
- Red
- Blue

The aim of the house teams is to create a greater team atmosphere, reward the behaviours we want to see and create connection between our older role models and a connection between the younger. They can earn points for their house team for:

- Great attitude
- Achieving key skills
- Strength and flex targets
- Internal events and competition

ANNUAL EVENTS

GYMFEST

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 DINNER – Date to be confirmed

This event is held 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 Girls 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.