

***Gymsports  
Mini Development  
Handbook 2023***



**gymsports**  
TEAM

## Contents

|   |    |
|---|----|
| WELCOME .....   | 3  |
| GYMSPORTS MISSION .....                               | 3  |
| GYMSPORTS UNIFYING PRINCIPLES.....                    | 3  |
| GYMSPORTS TEACHING PRINCIPLES.....                    | 3  |
| MINI DEVELOPMENT.....                                 | 4  |
| MINI DEVELOPMENT SILVER.....                          | 4  |
| MINI DEVELOPMENT GOLD.....                            | 4  |
| KEY QUALITIES OF MINI DEVELOPMENT GYMNASTS .....      | 5  |
| PROGRAM PATHWAYS.....                                 | 6  |
| Clarence Mini D Pathway.....                          | 6  |
| Kingborough Mini D Pathway .....                      | 7  |
| MINI DEVELOPMENT PROGRAM COMMUNICATION GUIDE.....     | 8  |
| TRAINING HOURS & ATTENDANCE .....                     | 9  |
| ADDITIONAL HOURS.....                                 | 9  |
| TRACKING REPORTS .....                                | 9  |
| SKILLS WEEK.....                                      | 10 |
| MINI D BOOKLETS .....                                 | 10 |
| HOLIDAY WORKSHOPS.....                                | 10 |
| ABSENCES.....   | 10 |
| MAKEUP SESSIONS.....                                  | 10 |
| HOMEWORK.....   | 10 |
| MEMBER PORTAL.....                                    | 11 |
| FEE POLICIES.....                                     | 11 |
| GYMNAST’S HEALTH & WELLBEING.....                     | 12 |
| MEMBER PROTECTION AND CHILD SAFEGUARDING POLICY ..... | 12 |
| INFORMATION .....                                     | 13 |

## **WELCOME**

Welcome to the Gymsports Mini Development program. Following your child's success in the Mini Development Bronze class, we believe that your child is ready to progress further through the Mini D pathway. Gymnastics promotes excellent physical and motor development and also teaches life skills such as positive self-esteem, confidence, self-discipline, and teamwork.

## **GYMSPORTS MISSION**

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

## **GYMSPORTS 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

## **GYMSPORTS 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.

## **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 gymnasts 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 programs.

| <b>Program</b>   | <b>Level</b> | <b>Hours (per week)</b> |
|------------------|--------------|-------------------------|
| Mini Development | Bronze       | 45 Mins                 |
| Mini Development | Silver       | 2                       |
| Mini Development | Gold         | 4-6                     |

## **MINI DEVELOPMENT SILVER**

Mini D Silver is the next step in the Mini Development program pathway. In the Mini D Silver program, the gymnasts train 2 x 1hour sessions per week. Mini D Silver is a combined boys' and girls' class.

Boys from Mini Development Silver may be selected to move into the Boys Junior Development Bronze Program or into a Club Badges program.

## **MINI DEVELOPMENT GOLD**

Mini D Gold is a girls' only program and is the 3<sup>rd</sup> step in the Mini Development program pathway. In the Mini D Gold program, the gymnasts train 2 x 2 hours per week.

Gymnasts from Mini D Gold may move up into either the Girls Junior Development Bronze program, Girls Team Silver program, or to one of our Club Badges programs.

## **KEY QUALITIES OF MINI DEVELOPMENT GYMNASTS**

**CONSISTENCY** – Regular practice to make improvements.

**HARD WORKING** – Learning how to apply and challenge yourself.

**DETERMINED** – Not giving up until a skill or goal is achieved.

**PRACTICE** – Understanding practicing repetition of activities leads to achievement.

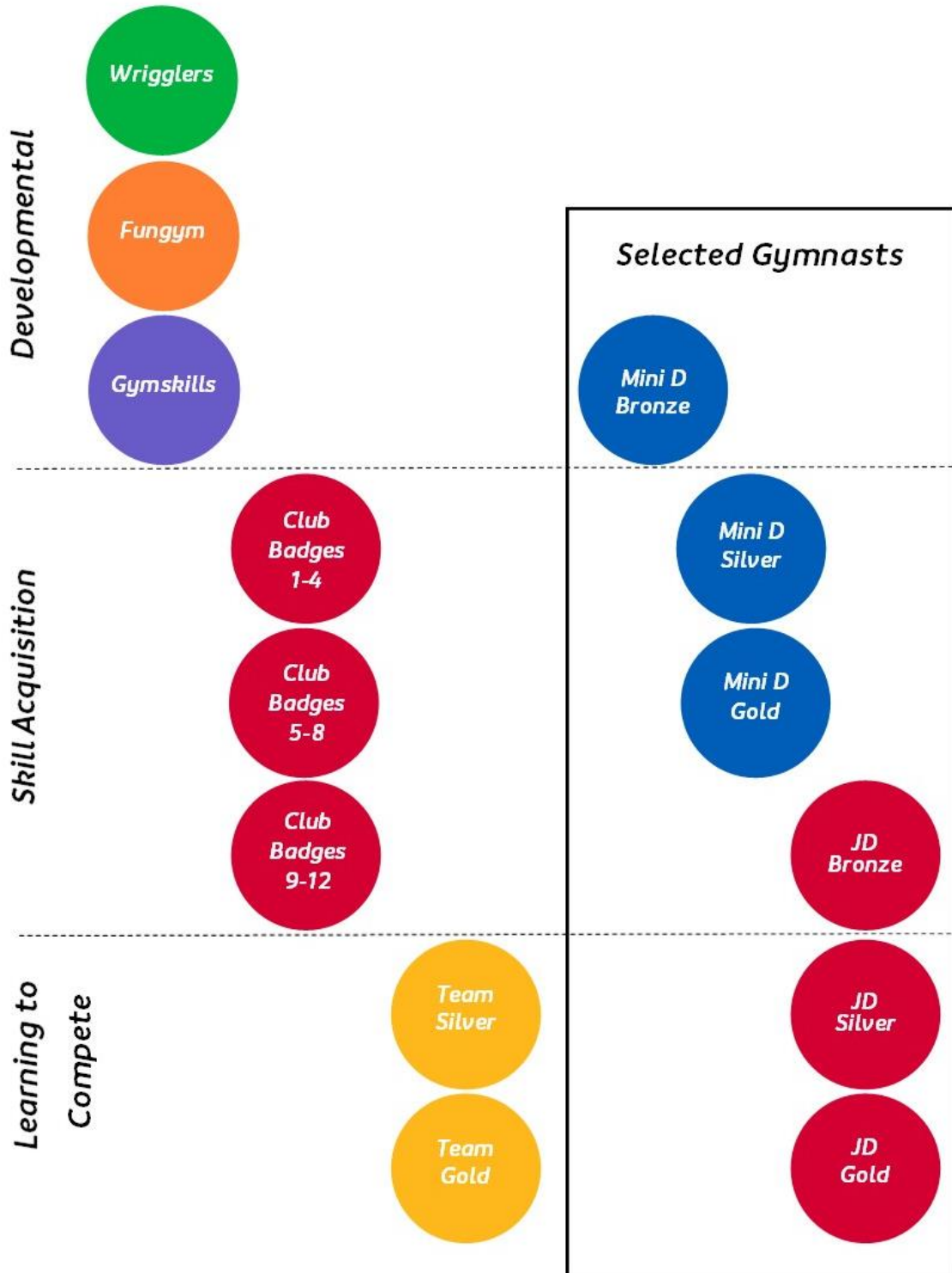
**POSITIVITY** – Learning to celebrate achievements and keep on when things are hard.

**LISTENING/ FOCUS** – Developing listening and comprehension skills to follow direction and feedback.

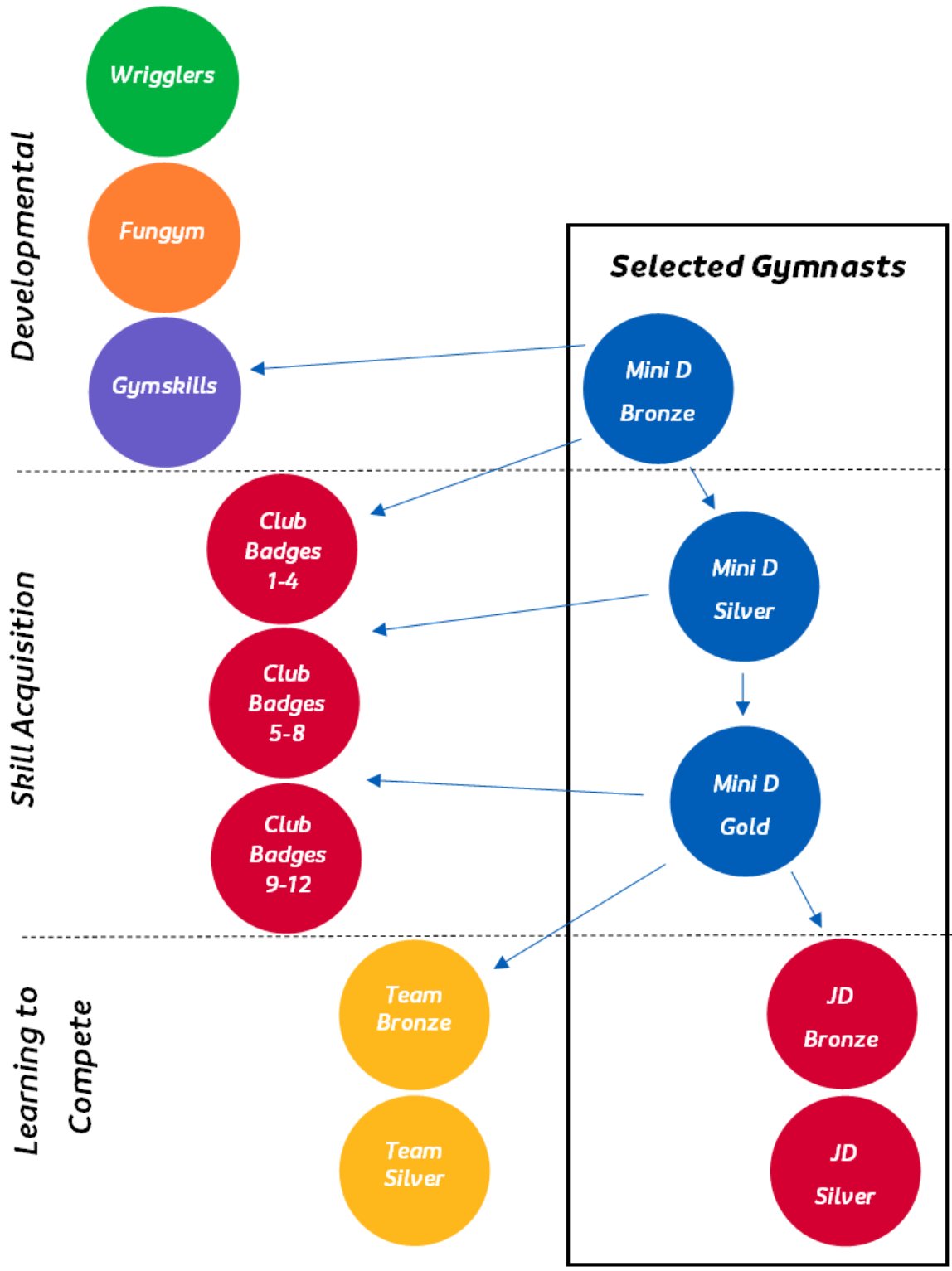
**INSPIRATION** – Drawing motivation from role models and developing individual drive.

# PROGRAM PATHWAYS

## Clarence Mini D Pathway



# Kingborough Mini D Pathway



## **MINI DEVELOPMENT PROGRAM COMMUNICATION GUIDE**

### **TEAM LIAISON / TEAM LEADER**

- Your Team Liaison will send through all notices/newsletters, term and holiday training times as well as any changes to the program.
- Your Team Liaison will send out tracking information regarding your child's progress.
- Contact your Team Liaison about any training issues, injury, absences/lateness, an increase/decrease or halt in training hours, injury or uniform queries- preferably via email.

Kingborough Mini Development Team Leader

[bri@gymsports.net.au](mailto:bri@gymsports.net.au)

Clarence Mini Development Team Leader

[bridget@gymsports.net.au](mailto:bridget@gymsports.net.au)

### **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.

### **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.



## **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.

## **TRACKING REPORTS**

In Mini Development Silver and Gold, coaches fill out a tracking report for each gymnast in week 7 that is emailed to their parents. This also includes any notes from the coach and class recommendations for the following term. The report tracks the areas within the individual's strength, flexibility coordination and behaviour, rather than a particular skills or achievement as tracked in their booklets. See below example.

Gymnasts Name:

Gymnast

| Mini Development Silver | Standard |
|-------------------------|----------|
| <b>Strength</b>         |          |
| Basic shapes            | 4        |
| Upper body              | 5        |
| Middle body             | 2        |
| Lower body              | 4        |
| Rope climb              | 5        |
| <b>Flexibility</b>      |          |
| Leg flexibility         | 3        |
| Shoulder flexibility    | 3        |
| <b>Coordination</b>     |          |
| Arial awareness         | 5        |
| Movement coordination   | 4        |
| <b>Behaviour</b>        |          |
| Following Instruction   | 2        |
| Concentration           | 2        |
| Effort                  | 3        |

Guide

|   |            |
|---|------------|
| 1 | Needs work |
| 3 | Good       |
| 5 | Excellent  |

## **SKILLS WEEK**

During the Gymsports 'Skills Week' of each term, Mini D Silver and Gold go through a number of skills and strength activities they have been working on throughout the term. These areas are marked from 1-5 as a star-rating and then results are posted on iClass for parents to see.

## **MINI D BOOKLETS**

Each gymnast will receive a Mini D booklet at the start of each term. In the booklet, the gymnasts will be able to track their progress on key development areas including strength, flexibility and attendance. The books will also have profiles of older athletes who have progressed through the Mini D program to provide inspiration for the young gymnasts in the Mini D program.

## **HOLIDAY WORKSHOPS**

Mini D programs continue throughout the holidays, scheduled holiday training is an integral component of a gymnast's preparation and provides significant benefits to our gymnasts. Additional training opportunities are available most holidays in the form of holiday workshops.

## **ABSENCES**

Absences can be notified through the member portal or by emailing your Team Liaison directly.

## **MAKEUP SESSIONS**

Make up tokens will be automatically generated for when your child is absent. Make up tokens can be applied to a Mini D Silver class if spaces allow, or for both Mini D Silver and Gold holiday workshops.

## **HOMEWORK**

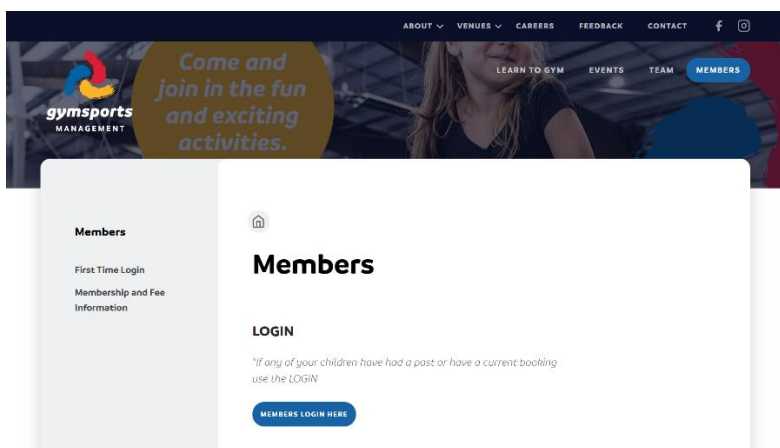
Gymnasts are encouraged to spend some time at home working on their strength and flexibility. For specific activities please see your Team Liaison.

## **MEMBER PORTAL**

Enter online via your member portal (see information below)

The member portal can be used to;

- Make payments,
  - Change personal information,
  - Mark your child as absent,
  - Book a holiday workshop or make up class.
- 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 reset or ‘forget’ password.

## **FEE POLICIES**

Joining one of our 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.

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.

## **GYMNAST'S HEALTH & WELLBEING**

### **PHYSIOTHERAPY**

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

### **HOW TO BOOK AN APPOINTMENT?**

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

Back in Motion: (Hamish)

221 Murray St

Hobart TAS 7000

Ph: (03) 6231 3939

## **MEMBER PROTECTION AND CHILD SAFEGUARDING POLICY**

Gymsports Management is committed to safeguarding children and providing a sporting 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. Gymsports Management will not tolerate discriminatory or harassment behaviour under any circumstances. We will take all complaints of harassment or discrimination seriously, and will ensure they are dealt with promptly, sensitively, and confidentially. Disciplinary action can be taken against a person who is found in breach of this policy. This policy applies to all participants (children and athletes), coaches, judges, employees, administrators, officials, volunteers, and members of the organisation. This policy applies equally to members involved in each of the organisation's Gymsports, activities and services. This Policy applies to behaviour occurring both within and outside the course of the organisation's business, activities and events, when the behaviour involves individuals associated with the organisation and negatively affects relationships within the organisation's sport and work environment.

**Reference: National Integrity Framework, Gymsports Member and Child Protection Policy. Gymnastics Australia Member Protection Policy and the Gymnastics Australia Child Safeguarding Policy. Please request a copy.**

## **INFORMATION**

- This Handbook.
- Fee schedule, Terms and Conditions available on the website.
- Our website [www.gymsports.net.au](http://www.gymsports.net.au)
- All notices and information are e-mailed to parents via the Team Liaison.
- Hard copies of notices are available for those who do not have access to e-mail.
- Individual parent meetings are held on an as needs basis.
- Individual meetings can be booked with the coach/team liaison or Team Leader as required.