

***Gymsports  
Team Program  
Handbook 2024***



**gymsports**  
TEAM

## Contents

<b>OUR MISSION</b> .....	4
<b>TEAM TRAINING CULTURE</b> .....	5
<b>TEAM PROGRAM COMMUNICATION GUIDE</b> .....	7
<b>INFORMATION AND COMMUNICATION</b> .....	7
<b>DIRECTORY</b> .....	8
<b>TRAINING HOURS &amp; ATTENDANCE</b> .....	9
<b>HOLIDAYS</b> .....	9
<b>ABSENCES</b> .....	10
<b>TRAINING ATTIRE</b> .....	10
<b>FLOOR ROUTINES – Kingborough and Clarence Girls Team</b> .....	11
<b>ADDITIONAL TRAINING EQUIPMENT</b> .....	13
<b>COMPETITION ENTRY TERMS AND CONDITIONS</b> .....	15
<b>TEAM SELECTION PROCEDURE</b> .....	17
<b>COMPETITION PREPARATION</b> .....	18
<b>GYMNAST'S HEALTH &amp; WELLBEING</b> .....	21
<b>FEE POLICIES</b> .....	22
<b>CODES OF CONDUCT</b> .....	23
<b>MEMBER PROTECTION POLICY</b> .....	26
<b>AWARDS</b> .....	27
<b>ANNUAL EVENTS – Date to be confirmed</b> .....	27
<b>YOUTH LEADERSHIP PROGRAM</b> .....	27
<b>EQUIPMENT FUNDRAISING</b> .....	27

## **WELCOME**

Welcome to one of our Gymsports Team programs. Joining a Gymsports 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. Gymnastics promotes excellent physical and motor development and also teaches life skills such as positive self-esteem, confidence, self-discipline, and teamwork.

## **ABOUT 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.

At Gymsports we focus on three competitive streams of gymnastics.

- Mens Artistic Gymnastics – Boys Team
- Womens Artistic Gymnastics – Girls Team
- Trampoline Gymnastics – Tramp and Tumbling Team

*For information on each of the gymnastics disciplines please refer to the [Gymnastics Australia Website](#)*

## **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 6 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.

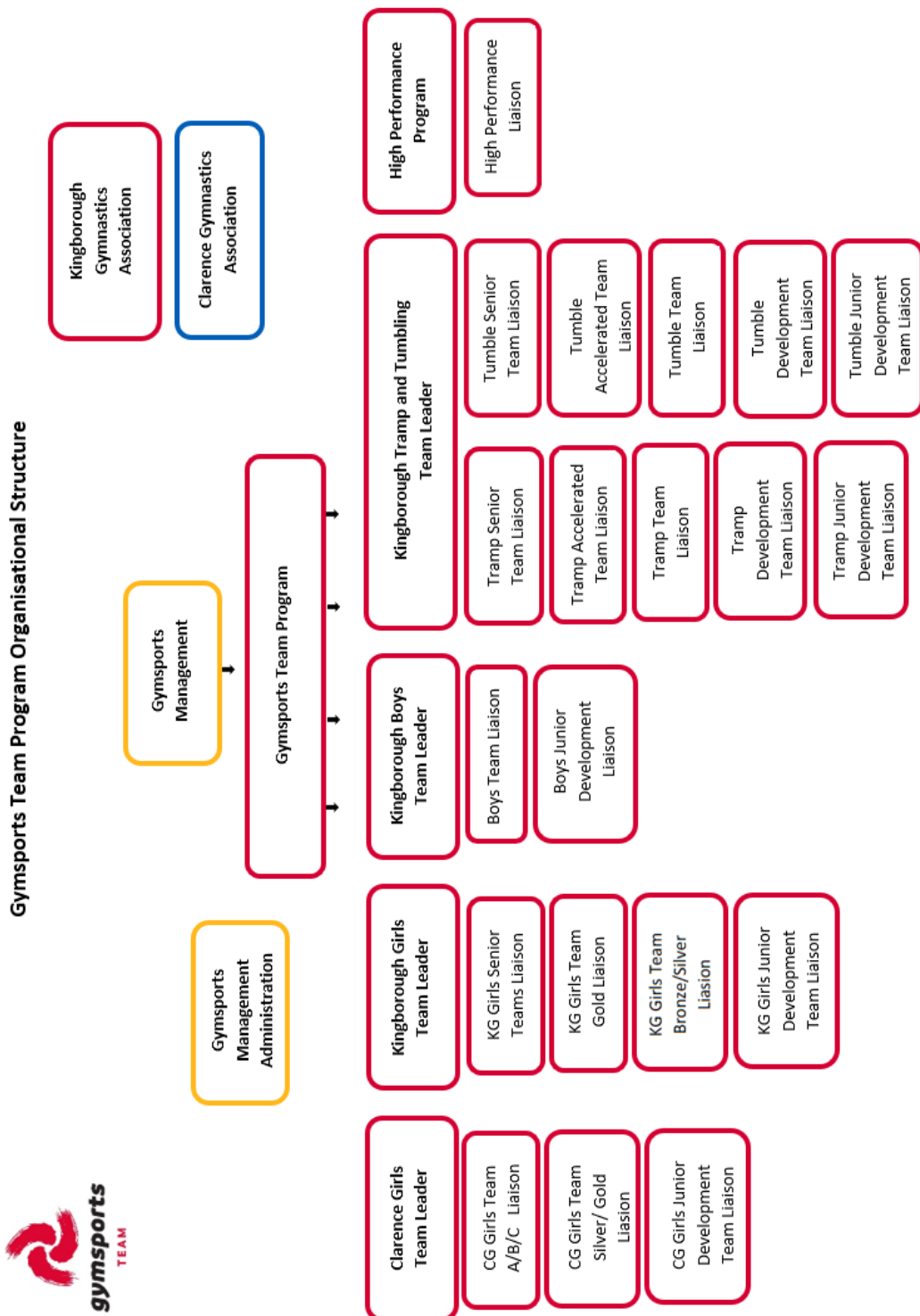
### **KEY DISCIPLINES OF OUR TEAM PROGRAMS:**

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

Kingborough Gymsports - Gymsports Management is contracted by the Kingborough Gymnastics Association to provide quality gymnastics programs at The State Gymnastics Centre.

Clarence Gymsports - Gymsports Management are also contracted by the Clarence Gymnastics Association to provide quality gymnastics programs at Citywide Baptist Church.



## **TEAM PROGRAM COMMUNICATION GUIDE**

### **INFORMATION AND COMMUNICATION**

- This Handbook and attachments about fees
- Our website [www.gymsports.net.au](http://www.gymsports.net.au)
- All notices and information are e-mailed to parents via the Team Liaison
- Monthly updates are e-mailed
- 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

### **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 a minimum of once 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.

## DIRECTORY

<b>ROLE</b>	<b>NAME</b>	<b>EMAIL/PHONE</b>
Clarence Gymnastics Association		
Kingborough Gymnastics Association		<a href="mailto:kgagym.inc@gmail.com">kgagym.inc@gmail.com</a>
Gymsports Management Customer Service	Gymsports Administration	<a href="mailto:reception@gymsports.net.au">reception@gymsports.net.au</a> 0362290900
Accounts Receivable	Gymsports Administration	<a href="mailto:finance@gymsports.net.au">finance@gymsports.net.au</a>
Chief Executive Officer	Bond Larkin	<a href="mailto:bond@gymsports.net.au">bond@gymsports.net.au</a>
Events Team Leader	Jo Penny	<a href="mailto:jopenny@gymsports.net.au">jopenny@gymsports.net.au</a>
<b>Clarence Girls Team Leader</b>	Baylie Woolley	<a href="mailto:baylie@gymsports.net.au">baylie@gymsports.net.au</a>
<b>Kingborough Girls Team Leader</b>	Bri Waldon	<a href="mailto:bri@gymsports.net.au">bri@gymsports.net.au</a>
Kingborough Girls Senior Team Liaison	Mark Moncur	<a href="mailto:mark@gymsports.net.au">mark@gymsports.net.au</a>
Kingborough Girls Team Gold Liaison	Mark Moncur	<a href="mailto:mark@gymsports.net.au">mark@gymsports.net.au</a>
Kingborough Girls Team Silver/Bronze Liaison	Bri Waldon	<a href="mailto:bri@gymsports.net.au">bri@gymsports.net.au</a>
Kingborough Girls Junior Development Liaison	Anke Moncur	<a href="mailto:anke@gymsports.net.au">anke@gymsports.net.au</a>
<b>Kingborough Boys Team Leader</b>	Lars Becker	<a href="mailto:lars@gymsports.net.au">lars@gymsports.net.au</a>
<b>Tramp and Tumbling Team Leader</b>	Ben Kelly	<a href="mailto:ben@gymsports.net.au">ben@gymsports.net.au</a>
Tramp Senior Team Liaison	Ben Kelly	<a href="mailto:ben@gymsports.net.au">ben@gymsports.net.au</a>
Tramp Accelerated Liaison	Ben Kelly	<a href="mailto:ben@gymsports.net.au">ben@gymsports.net.au</a>
Tramp Team Liaison	Ben Kelly	<a href="mailto:ben@gymsports.net.au">ben@gymsports.net.au</a>
Tramp Development Team Liaison	Alison Morgan	<a href="mailto:alison@gymsports.net.au">alison@gymsports.net.au</a>
Tramp Junior Development Team Liaison	Alison Morgan	<a href="mailto:alison@gymsports.net.au">alison@gymsports.net.au</a>
Tumble Senior/Accelerated Team Liaison	Damien Axelsen	<a href="mailto:damien@gymsports.net.au">damien@gymsports.net.au</a>
Tumble Team Liaison	Caitlin Eaton	<a href="mailto:caitlineaton@gymsports.net.au">caitlineaton@gymsports.net.au</a>
Tumble Development Team Liaison	Damien Axelsen	<a href="mailto:damien@gymsports.net.au">damien@gymsports.net.au</a>
Tumble Junior Development Liaison	Damien Axelsen	<a href="mailto:damien@gymsports.net.au">damien@gymsports.net.au</a>



## ***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 regarding 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. Schedules may differ to their normal training

schedule; training length may also be extended in lieu of Saturday trainings. Please refer to the website to holiday training times.

### **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 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.

### **MAKEUP SESSIONS**

There are no make-up sessions for Team program. 3 weeks of unscheduled holidays or missed classes has already been factored 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 – as per the Gymsports Uniform Policy**

Gymsports is committed to a training uniform policy that allows gymnasts to feel comfortable while training with the following considerations;

- Uniform should be sports attire suitable for participating in gymnastics activities. Reasonably fitted attire is recommended to allow gymnastics skills to be performed safely. Hoodies that could cover the face while performing skills or loose clothing that could get caught on equipment are not appropriate.
- Clothing should be suitable in a family environment, and should not contain any language, wording, or images that may be offensive to others in the gym or bring the club into disrepute.
- Clothing must allow for coaches to be able to see body lines for coaching feedback or to safely spot a gymnast.
- Small stud earrings or sleepers maybe worn. Gymnasts should not wear
  - Loose or hanging jewellery that may get caught on equipment or on other participants/coaches when performing activities.

- Jewellery that may damage equipment such as rings on bars
- Long hair should be tied back to avoid hair becoming caught on equipment or covering the face that may pose a safety issue.

## ***FLOOR ROUTINES – Kingborough and Clarence Girls Team***

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

Level 7 to 10 gymnasts have individual optional floor routines (below is detailed information). In 2022, the Australian Levels Program introduced an increased focus on artistry of performance on both floor and beam, with specific choreography and composition requirements.

Floor routines require significant planning and time to complete. For those competing level 7 and above in 2024, the process will commence from August 2023 onwards.

At Level 7 the gymnasts will have 3 options:

1. Individual
  - An individually designed routine to suit the gymnasts with music agreed on by the gymnast and the choreographer.
  - Gymnasts have the choice of either our Dance Instructor (Flavia Letkaske), or one of our designated coaches as their choreographer.
    - Option A- Dance Instructor: Cost \$310
    - Option B- Gymnastics Coach: Cost- \$270
  - **Book via our customer portal** – Booking > events and Competitions > Choose Floor Routine Choreography option (ensure correct venue selected)
  - When booking, please ignore date set on iClass, as individual times will be made.
2. Generic
  - A generic routine that has been choreographed and will be used by any gymnast who does not have an individually choreographed routine.
  - There is no cost for this option.
3. Professional Choreographer
  - 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 to 10 the gymnasts will have 4 options:


1. Individual
  - An individually designed routine to suit the gymnasts with music agreed on by the gymnast and the choreographer.

- Gymnasts have the choice of either our Dance Instructor (Flavia Letkaske), or one of our designated coaches as their choreographer.
    - Option A- Dance Instructor: Cost \$310
    - Option B- Gymnastics Coach: Cost- \$270
  - **Book via our customer portal** – Booking > events and Competitions > Choose Floor Routine Choreography option (ensure correct venue selected)
  - When booking, please ignore date set on iClass, as individual times will be made.
2. Current Routine
    - Continue to use their individually choreographed routine.
  3. Professional Choreographer.
    - 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.
  4. Senior Gymnasts
    - 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

### **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.

<b>What:</b>	<b>Who:</b>	<b>Cost:</b>	<b>Sample Picture:</b>
Tape	Optional	Reception or Member Portal	
Ladies Grips	Recommended at Level 3/4	Reception or Member Portal	
Mens Grips High Bar and Rings	Required for level 5+	Reception or Member Portal	
Foam Wrist Bands	Required (personal preference)	Reception or Member Portal	
Towelling Wrist Bands	Required (personal preference)	Reception or Member Portal	

Chalk Block	Optional	Reception or Member Portal	
Trampoline and Double Mini Tramp Shoes	Recommended for Level 4+	Reception or Member Portal	
Club T-shirt (Kingborough or Clarence)	Optional	\$49	
Club Gym Bag (Kingborough or Clarence)	Optional	\$26	

## **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.**

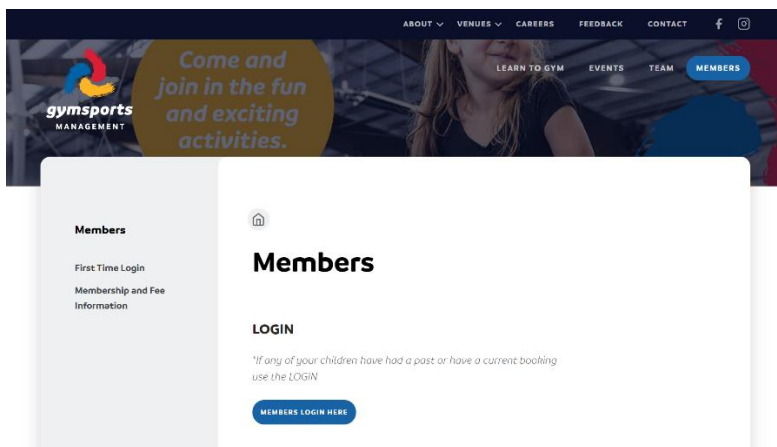
## 6. COMPETITION FEES

- 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) **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 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 to the team leader/team liaison.
- Withdrawals prior to the closing date (4 weeks in advance), will be eligible for a refund.
- Withdrawals after the closing date, will be eligible for a refund only if supported by a medical certificate.
- Any request for a refund must be submitted via the competition refund form within 1 week of the completion of the event (<https://form.jotform.co/91960979460875>). After this no refunds will be given.
- All event refunds incur a 20% administration fee. This will be deducted from the refund total.
- For interstate competitions, no refunds will be provided after the coaches/officials levy has been published. This is due to the substantial traveling costs incurred by the coaches/officials for the event. Any event refund will be subject to acceptance by Gymnastics Tasmania/Gymnastics Australia and will incur a 20% administration fee.

## 9. GYMSPORT COMPETITION INFORMATION

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

### TEAM SELECTION PROCEDURE

Please refer to the Team Selection Policy available on Gymsports website.

### 2024 COMPETITIONS

Refer to the website for the 2024 competition calendar for your child's sport.

### FUNDRAISING FOR INTERSTATE TRAVEL

Fundraising for individuals 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 each National 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**

- 30 -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
- Chalk
- White socks (TRP/TUM - no logos)
- Trampoline/ Double Mini Tramp shoes (TRP/TUM)
- Water bottle
- Tape
- Band aids
- Spare hair ties

**UNIFORM REQUIREMENTS** – all orders must be made online prior to the cut-off date. (approx. 6 weeks before major events). Try on sizes are available at Kingborough and Clarence Gymsports.

What:	Who:	Cost:	Sample Pictures:
Club Tracksuit Jacket Girls/ Boys/ TRP/ TUM	Level 3 -10 (Required for competitions)	\$80	
Club Tracksuit Pants Girls/ Boys/ TRP/ TUM	Level 3-10 (Required for competitions)	\$45	
Kingborough Girls Club Leotard Girls/ TRP/ TUM	Level 3+ (Required for competitions)	\$245	
Clarence Girls Team Leotard	Level 3+ (Required for competitions)	\$215	
Black Shorts (Clarence or Kingborough specific)	Optional	\$30	

Boys Club Leotard	Trampoline and Tumbling- Level 4+ (level 3+ for State Clubs Competition) Boys Team – Level 3+	\$78	
Boys Longs	Boys Team – Level 3+	\$78	
Boys Shorts	Trampoline and Tumbling- level 3+ (with singlet level 3 and with leotard level 4+) Boys Team- Level 3+	\$40	
Club Hoodie	Optional for all levels	\$80	
Girls Training leotard Girls/ TRP/ TUM	Level	\$50	

## **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**

Please refer to the Team Program Fee, 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

## **CODES OF CONDUCT**

We are committed to facilitating a vibrant, challenging and safe learning organisation for each child and our team of staff. Equally important to participation in our gymnastics programs is the manner in which gymnasts, coaches, parents, administrators and judges conduct themselves.

Our codes of conduct identify a series of key principles for club involvement to ensure young people develop good sporting behaviour, have an enjoyable experience and are encouraged to remain involved in physical and sporting activities throughout their lives.

We expect that all of those involved in our club follow the Gymnastics Australia and Gymsports Management Policies, including but not limited to; The National Integrity Framework, Gymnastics Australia Member Protection Policy, Child Safeguarding Policy, Competition Manipulation and Sports Wagering Policy, Improper use of Drugs and Medicine Policy and the eSafety Commissioner recommendations.

## **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 gymnast regarding issues such as drinking alcohol etc in person or online.
- Do not engage in online communication with children or young people, including but not limited to, instant messaging, sharing images, sharing video content.
- Do not take or store images of athletes using personal devices.
- 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 gymnasts 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 in person and online.
- 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 in person or online.
- 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 to 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 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.

**Please refer to the integrity information on the Gymsports website for further information.**

## **AWARDS**

### **CLUB CHAMPION ANNUAL AWARD**

Club Champions are awarded for each level and program for the competition year. Awards do vary slightly between programs.

Awards are presented at the Annual Awards Dinner.

### **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. Gymnasts are awarded a certificate and a perpetual trophy that is returned at the end of the month to be re-awarded.

### **ANNUAL EVENTS – 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 discipline occurs along with other annual 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 discipline.

### **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).