

# ***Gymsports Mini Development Handbook 2024***



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## **WELCOME**

Welcome to the Gymsports Mini Development program. Following your child's success in their previous class, we believe that your child is ready to progress 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.

Program	Level	Hours (per week)
Mini Development	Bronze	2
Mini Development	Silver	4
Mini Development	Gold	6

### **MINI DEVELOPMENT BRONZE**

Mini D Bronze is the first step in the Mini Development program pathway. In the Mini D Bronze program, the gymnasts train 2 x 1-hour sessions per week.

### **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 2-hour sessions per week.

### **MINI DEVELOPMENT GOLD**

Mini D Gold is the last step in the Mini D program pathway before progressing into our competitive programs. In the Mini D Gold program, the gymnasts train 3 x 2-hour sessions per week.

Gymnasts from Mini D Gold may move up into either the competitive Junior Development Bronze program, The competitive Team 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.

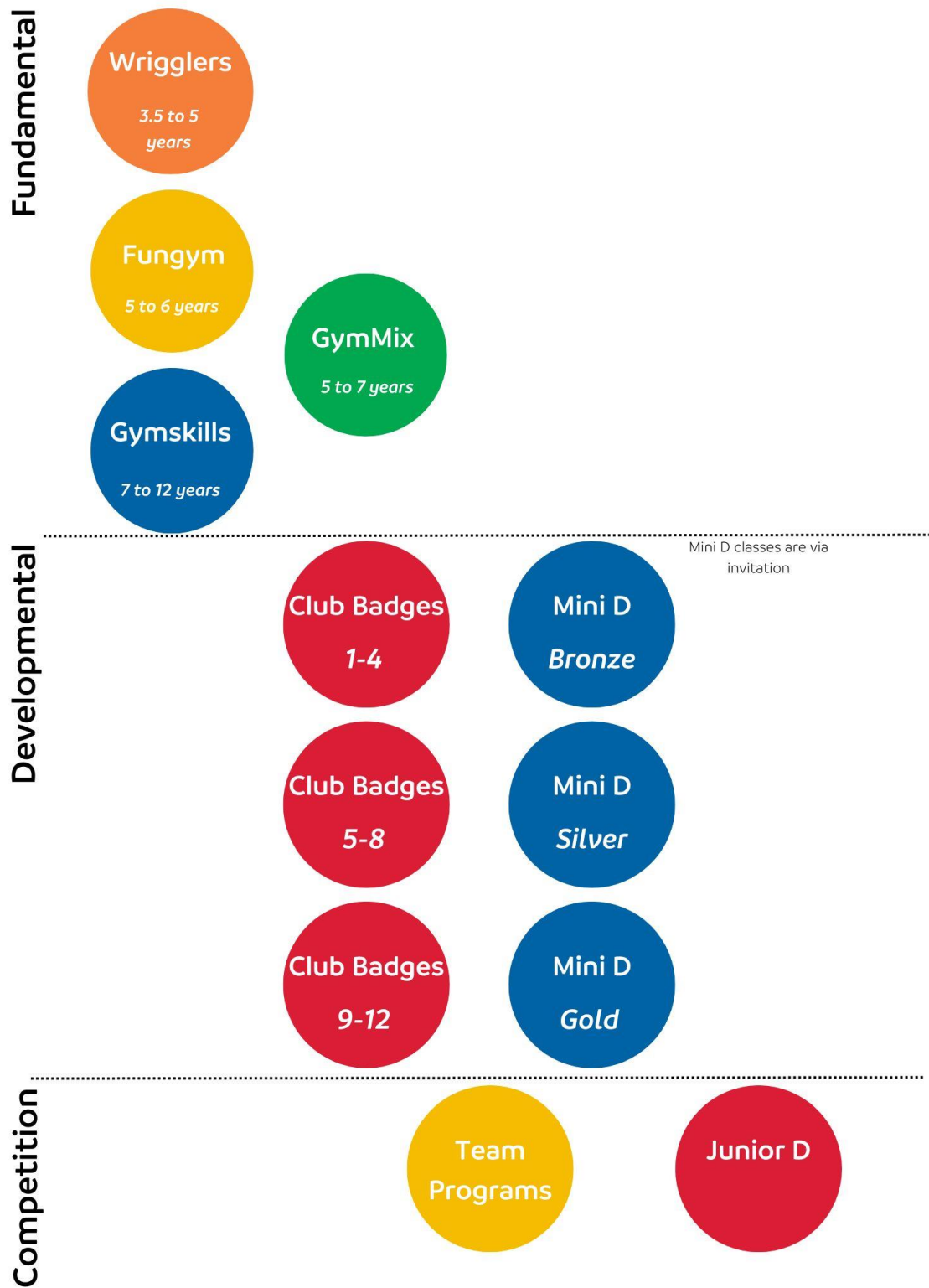
**PRACTICE** – Understanding practicing repetition of activities leads to achievement.

**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



## **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

[baylie@gymsports.net.au](mailto:baylie@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, coaches fill out a tracking report for each gymnast in towards the end of each term 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
Strength	
Basic shapes	4
Upper body	5
Middle body	2
Lower body	4
Rope climb	5
Flexibility	
Leg flexibility	3
Shoulder flexibility	3
Coordination	
Aerial awareness	5
Movement coordination	4
Behaviour	
Following instruction	2
Concentration	2
Effort	3

Guide

1	Needs work
3	Good
5	Excellent

## SKILLS WEEK

During the Gynsports 'Skills Week' of each term, Mini D gymnasts 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.

## HOLIDAYS

Mini D Classes continue to run through school holidays, with the exception of pre-designated weeks off training.



## **ABSENCES**

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

## **MAKEUP SESSIONS**

Make up tokens are not available in Mini Development. 3 weeks of unscheduled holidays or missed classes has already been factored into your child's fees.

## **HOMEWORK**

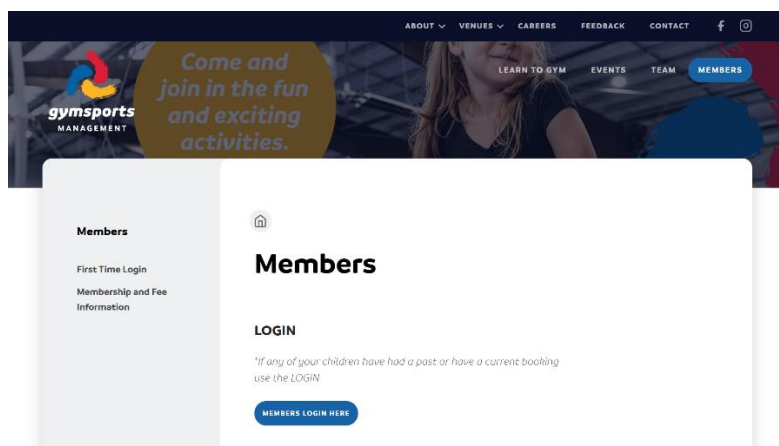
Gymnasts are encouraged to spend some time at home working on their strength and flexibility. For specific activities please see your Team Liaison.

## **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**

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

## **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 in person or online. 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 refer to the integrity information on the Gymsports Website.**

## **CODES OF CONDUCT**

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.

## INFORMATION

- This Handbook.
- Fee schedule, Terms and Conditions available on the website.
- Integrity and Member Protection information 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.