



# COMPETITIVE HANDBOOK

A reference guide to Sydney Gymnastics Centre (SGC)  
Competitive Gymnastics Program

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# WELCOME

First of all, **SGC would like to welcome you to our Competitive Gymnastics Program**. This handbook is a guide to everything you need to know about competitive gymnastics at SGC.

At SGC we are committed to 'Creating Tomorrow's Champions', and strive to ensure all athletes reach their full potential. We understand it takes a lot of hard work and dedication but nevertheless, we believe we can kick it with the best in Australia and the World.

We ask all athletes to think carefully about the level of commitment needed in a competitive program, especially as you progress in your gymnastics journey. It requires a commitment to training, determination and dedication to bring out your personal best.

Throughout the year you will be offered the knowledge, experience and skills of our accredited coaches. In return, we ask for your ongoing commitment along with the upmost respect for yourself, your team mates, coaches and the Club.

Included in our handbook is a wealth of information to assist you to better understand our Club, programs and processes. Every effort has been made to provide accurate and relevant information, however, it is not possible to address every issue. Should you require additional information on any topic or information on a topic which is not covered in the handbook, please contact Sheree Donaldson, Program Coordinator, [sdonaldson@sgac.com.au](mailto:sdonaldson@sgac.com.au) or Michelle Jones, Operations Manager, [mjones@sgac.com.au](mailto:mjones@sgac.com.au).

We thank you for taking this journey with us and look forward to future success.

## SYDNEY GYMNASTIC & AQUATIC CENTRE (SGAC)

The SGAC commenced operation in 2013 and was constructed to accommodate the widely varying fitness needs of everyone in the community regardless of age or ability. It is one of the largest purpose-built Gymnastics facilities in Australia with state of the art equipment. The Sydney Gymnastics Centre has been providing recreational and competitive gymnastics program since the SGAC opened and continues to increase its membership base which, as at April 2018 stands at more than 2500.

The SGC team comprises over 60 gymnastics coaches and a strong management team and continues to focus on recruiting high level coaches from both Australia and Internationally.

## Our facility and events held at SGAC

SGAC was built in partnership with Gymnastics NSW (GNSW) to accommodate all gymnastic disciplines and with the intention that all State GNSW events be held at our facility.

The Gymnastics hall is divided into three with SGC occupying 2 out of the 3 halls. The 3<sup>rd</sup> Hall is for the sole use of the Gymnastics NSW Mens High Performance program.

Where major events require the use of both SGC Gymnastics Halls, we do not run gymnastics classes on these days. This will occur approx. 11 weekends per year.

When an GNSW event is held that requires the use of just one of our SGC halls, all of our programs are run in one hall and programs and floor space are adjusted to ensure athletes continue to achieve program objectives. There are approx. 7 weekends per year where this occurs.

## SGC COMPETITIVE PROGRAMS

SGC offers competitive programs in Trampolining, Acrobatics, Men's and Women's Artistic Gymnastics and Team Gym. The competitive programs are selective and, accordingly, athletes are assessed and placed in programs based on skills, previous performance and training, with the ultimate goal to bring out their full potential.

The competitive programs place less emphasis on results for junior athletes and more emphasis towards mastering skills and techniques that will lead to future success. Movement through the programs may not always be linear but will be based on skill and age along with commitment.

The competitive programs are guided by Gymnastics Australia (GA) frameworks. As a result there may be changes to programs, although any changes will be guided by GA and communicated accordingly.

## SGC COACHES AND SUPPORT TEAM

The SGC coaching team is devoted to the sport of Gymnastics and are exceptionally hard working, many of them being ex-gymnasts themselves. Our coaches believe they can make a difference and bring out the best in every child who attends our programs.

The SGC coaches:

- are fully accredited with Gymnastics Australia;
- have completed a Working with Children Check;
- are trained in first aid;
- attend ongoing mandatory training to support a Child Safe, Child Friendly environment.

SGC will endeavour to ensure consistency with the competitive coaching staff. In the event of a coach being absent due to illness or other commitments, an alternate coach will be appointed or the affected athletes will be divided amongst other groups/squads at the absolute discretion of SGC in line with the membership terms and conditions.

The competitive programs are supported by a Program Coordinator, Operations Manager and a Team Leader. This enables us to focus on strong communication and support for our coaches.

## SGC PROGRAMS

The competitive programs are aligned to the GA framework to assist athletes reach their potential.

The SGC aims to have athletes across all GA competitive streams to enable our squads to continue to evolve as the athlete talent pool grows.

### Trampolining Program (TRP)

Team Leader: Belinda Cox

Our competitive Trampoline classes are open to both boys and girls from age 5 and up. SGAC currently offer numerous classes to fit a variety of skill levels from your entry level recreation child to athletes competing on the World Stage.

We offer three competitive rebound sports or apparatus which are:

- Trampoline
- Synchronised Trampoline
- Double-Mini Trampoline

### Acrobatics Program (ACR)

Team Leader: Rebecca Buffrey

Our competitive Acrobatic classes are open to both boys and girls from age 4 and up. SGC currently offer numerous classes to fit a variety of skill levels in either our national or international development streams. In Acrobatic Gymnastics there are three types of competitive routines and five group categories. All routines are choreographed to music and take place on a 12m x 12m sprung floor area.

Gymnasts have the opportunity to compete in five different categories:

- Mixed Pairs (Boy Base/Female Top)
- Men's Pair (Two males)
- Men's Group (Four males)
- Women's Pair (Two females)
- Women's Group (Three females)

### Women's Artistic Gymnastic Program (WAG)

Acting Team Leader: Marie Donaldson

Our Women's Artistic Gymnastics program aims to maintain a broad talent base and focus on increasing the talent pool of athletes aged 9 to 13 who can progress into the Future International division. Offering talented athletes, a pathway to international success.

There are four competitive apparatus in Women's Artistic Gymnastics (WAG):

- Vault (VT)
- Uneven Bars (UB)
- Balance Beam (BB)
- Floor Exercise (FX)

## Men's Artistic Gymnastic Program (MAG)

Team Leader: Corey Dehn

Our current program works to develop posture and confident body movement with an emphasis on landing safely.

There are six competitive apparatus in Men's Artistic Gymnastics (MAG):

- Floor (FX)
- Pommel Horse (PH)
- Rings (SR)
- Vault (VT)
- Parallel Bars (PB)
- Horizontal Bar (HB)

## Team Gym (TG)

Head Coach: Vanessa Barca

Team Gym combines parts of tumbling, mini tramp and dance to create an exciting team competition event. Kids of all ages get to flip, roll, jump and dance with their friends. Team Gym is huge in Europe, with strong teams of athletes pitting their skills and teamwork against other teams. The Australian Team Gym program has been developed for teams of gymnasts, with performances on 3 different apparatus.

Teams perform on the following apparatus:

- Floor (incorporating Acrobatics)
- Tumbling
- Vaulting / Mini trampoline

Teams can have a minimum of six and maximum of twelve members but depending on individual strengths, not everyone needs to perform on every apparatus.

The program is split into following divisions:

- Novice
- Intermediate
- Advanced
- Open
- International

and has the potential to incorporate harder skills depending on coach and gymnast competencies.

# SQUAD INFORMATION

## Squad Membership

Membership is invitational and the individual athlete's position in the squad will be reviewed on an annual basis.

Invitations for squad membership are issued to athletes based upon a number of factors including but not limited to;

- Potential to achieve
- Previous competitive results
- Gymnastics talent (Achievement of skills needed to be competitively successful)
- Natural physical abilities
- Mental aptitude / Understanding of complex Gymnastics skills and combinations
- High level of coordination
- Mental and physical toughness
- A level of self-discipline and focus in and out of the gym
- Strong work ethic and internal drive
- Independence, self-motivation and competitiveness

Generally, all athletes coming into a competitive program will undergo a trial period to allow the coach, athlete and family to assess their suitability to the program. This can be from 1 week to up to 6 months at the discretion of the Team Leader.

## Parent Information Sessions & Athlete Reviews

Parent information sessions will be arranged annually to discuss the squad plan for the year. This will provide key updates on competitions for the year ahead, expectations, uniform updates and an opportunity to ask questions.

Athlete performance will be reviewed annually and a report card will be provided in November/December.

The review will include evaluations of;

- Strength test results
- Skills test results
- Competition results
- Training attendance & punctuality
- Adherence to athlete expectations
- Behaviours in line with SGC code of conduct

Athlete reviews will determine any movement in squad programs for the upcoming year.

## Support Programs

As part of the SGC Family, athletes are very fortunate to have access to a range of extensive support programs to complement their coach's expertise. SGC currently have the capability to offer the following services:

- Physiotherapy
- Massage
- Pilates
- Ballet, Dance & Choreography
- Nutrition
- Fitness group sessions
- Exercise Physiology
- Psychology

In the lead up to competition, additional holiday training and choreography sessions may be held. Private lessons may also be suggested with our dance teacher. In all cases these sessions are to be approved by your child's coach & Gymsport Team Leader.

Use of support programs may incur an additional cost and programming of the support programs are at SGC Management discretion.

## Squad Athlete Responsibilities

- **Attend all training sessions and arrive on time.** This is to ensure that an athlete does not fall behind with their development, and there is no impact to athletes performing as part of a group or team.
- **Show commitment to the program** through hard work, and a genuine interest in achieving the goal of competing at a high standard
- **Maintain a healthy lifestyle** that allows proper sleep, rest and nutrition for maximum performance
- **All athletes must refrain from;**  
Smoking, drinking alcohol, use of non-prescribed medication
- **Report all injuries immediately** to coach(s) to ensure appropriate action can be taken.
- **Attend** external clinics, competitions and club activities when required e.g. Presentation nights, community activities
- Athletes are to **focus on their own personal development.** At no time should they interfere or disrupt other athletes from focussing on their development
- **Display behaviour** in line with SGAC Code of Conduct

## Acknowledgement

Gymnastics is an inherently dangerous sport. By enrolling your child in one of our programs, you are accepting the natural risks which occur in this sport. At SGC we work hard to reduce the risk of accidents and injury through the provision of high quality equipment and qualified staff who thoroughly prepare each gymnast for every skill. However, not every risk can be eliminated and thus participants must take responsibility for their own actions.



# POLICIES AND RULES

## SGAC Conditions of Entry

- Parent/Guardian must accompany all children under the age of 12 when entering and exiting the building
- All members enrolled into programs must swipe their cards for access into the facility
- All members are entitled to one parent (associate) RSL membership card which must also be scanned upon entry for a parent into the facility
- Footwear must be worn when entering and exiting the premises
- SGAC Management reserve the right to inspect all bags upon entry and/or exit into the facility as required
- No drugs or alcohol to be brought into the facility. Anyone suspected to be under the influence of drugs or alcohol may be refused entry
- SGAC expects members and their guests to be respectful of all SGAC property and other members and guests
- No pets or animals to be brought into the facility with the exception of guide dogs/assistance dogs
- SGAC accepts no responsibility for lost or stolen property
- Photography of your own child is permitted with SGAC Management reserving the right to check photography as required otherwise no photography within the centre is permitted
- Smoking within the facility is not permitted
- The facility is under 24/7 security surveillance
- **Staff/Management reserve the right to refuse any person entry to the facility or participation in programs**

## Drop off and pick up policy

- Please park in designated areas and drive with caution as there may be children about
- We offer a drop off and pick up zone for parents. Please note this is not a designated parking area and under no circumstances are cars to be left unattended
- If you will be running late for pick up please contact Member Services on 98515811. Please also inform your child that should you not be in the pickup zone when they are finished, they must wait inside in the foyer until you arrive

## Gym Rules

**To ensure we have a safe and respectful gym environment, the following Gym Rules apply to all athletes and parents enrolled at SGAC**

1. Entry into the training hall is only permitted when instructed by coaching staff
2. Parent/Guardians are not permitted in the downstairs area or in the gymnastics halls unless participating in the Kinder Gym program, or requested by an SGAC staff member. Parents are welcome to watch from the viewing area
3. The gym has different surfaces including soft mats, hard mats and uneven flooring. Please watch your step and be aware of the floor surface and objects around you
4. No food or drink permitted in the Gymnastics Halls, with the exception of bottled water for gymnasts
5. Athletes must be respectful to all coaches, fellow gymnasts and SGAC staff
6. Athletes must advise their coach if they need to leave the gym floor
7. Athletes are encouraged to leave valuable items at home. Personal belongings are to be kept together and placed in lockers or bag racks. SGAC is not responsible for personal belongings brought to the centre
8. Athletes are not to have any mobile devices on the gym floor
9. Athletes must appreciate and respect all equipment
10. Equipment is not to be used without a coach's permission. Only one person should be on equipment at any given time
11. No pushing, hitting or swearing at any time
12. No flips or somersaults on trampolines or other equipment without coach's permission
13. Be careful when jumping in the foam pit. Do NOT jump in until the area around you is clear. You must jump in feet first – jumping in head first may cause injury
14. SGAC uniform is to be worn when participating in training and competitions
15. Hair should be securely tied back neatly and off the face
16. No jewellery to be worn during class. Rings, earrings, watches and necklaces can potentially cause injury and damage to equipment. Small stud earrings are acceptable
17. No socks or shoes to be worn on the floor unless directed by your coach
18. Any injuries are to be reported immediately to the coach. This includes any existing injuries
19. Only Centre staff and authorised contractors are permitted to conduct coaching or instruction at SGAC
20. Athletes and Parents/Guardians must adhere to our Code of Conduct at all times

## Code of conduct – Participants/Athletes

### Purpose:

To ensure SGAC remains a safe and positive environment for all

To maintain a high standard of behaviours amongst all participants/athletes and ensure they represent SGC in a positive way

### Policy:

#### *Behaviour and attitude*

- Athletes must display respect and honesty towards coaches, officials, administrators, parents and fellow athletes.
- Athletes must adhere to **SGAC Gym Rules** at all times
- Athletes should show teamwork and sportsmanship – encourage and help each other, congratulate and show genuine appreciation for everyone’s skill, regardless of the outcome achieved
- SGAC has a zero tolerance to physical/verbal violence, bullying/ harassment or abuse. This includes any online bullying/harassment via social media or other medium
- If an athlete has a concern with another team member they must bring this to the attention of their coach or SGAC management. No secrets, whispering or talking behind each other’s back
- All athletes are required to abide by all policies/rules of Gymnastics Australia, and gymnastics state governing bodies when attending competitions
- Be proud of SGC and promote it positively

#### *Punctuality*

- Always arrive to training on time
- If you are going to be on leave, please notify your coach

#### *Personal Presentation, Uniform & Personal Belongings*

- All athletes must wear appropriate SGC uniform when participating in training, training camps and competitions
- Hair should be securely tied back neatly and off the face. Hair for competition should be worn as directed by coaches
- No socks or shoes to be worn on the floor unless directed by your coach.
- With the exception of small stud earrings, no jewellery to be worn on the floor to avoid injury and damage to equipment
- SGAC is not responsible for personal belongings brought to the centre by athletes. Athletes are encouraged to leave valuable items at home

#### *Care of equipment*

- Athletes must appreciate and respect the equipment. Do not damage, deface or intentionally destroy the equipment. This includes not handling other people’s personal belongings without their consent

#### *Injuries*

- All injuries are to be reported immediately to the coach so that appropriate action can be taken

***Any behaviour not in line with the code of conduct may result in suspension or cancellation of the participant/athlete SGAC membership or removal or demotion from a Program.***

## Code of conduct – Parents/Guardians

### Purpose:

To ensure SGAC remains a safe and positive environment for all

To maintain a high standard of behaviours amongst parents/guardians, which supports a positive gymnastics environment.

### Policy:

#### *Supporting your child*

- Remember that your child participates in sport for their own enjoyment, not yours
- Show appreciation for good performance by all participants, including those from other clubs
- Never ridicule or yell at your child or any other athlete for making mistakes or losing a competition
- Do not coach or communicate with your child from the grandstand. This includes gesturing, yelling, and speaking over the railing. Side-line coaching can sometimes be dangerous as it becomes a distraction to athletes and could potentially lead to injury

#### *Respect for others and SGAC*

- Treat all persons with respect and courtesy. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion. This includes all SGAC staff, athletes, other members and guests
- Respect the decision of coaches, contractors and officials whilst teaching your children to do the same. At no time should a parent badger or harass a coach, judge or official. This includes gesturing, pointing and speaking to coaches, contractors and officials from the grandstand
- Demonstrate a high degree of individual responsibility especially when dealing with, or in the vicinity of, those persons under the age of 18, as your words and actions will be noticed
- Allow SGAC to supervise and manage the progress of your child without interference
- Be proud of your Club and promote it positively

#### *Viewing of Training and Competitions*

- Parents are not permitted in the downstairs area or within the gymnastics halls under any circumstances (unless requested by a coach or participating in the Kinder Gym program) satisfying our Child Friendly, Child Safety Policy
- If you notice any behaviour or hazards which could potentially harm or endanger someone, please report to Member Services

#### *What to do if you have questions or concerns*

- Should you require to speak with your child's coach, please book an appropriate time to do so. It may not always be possible for you to speak with the coach directly after training due to the coach's schedule. Please speak with Member Services who will forward your request to the coach or team leader to contact you. Alternatively, you can email your request to [reception@sgac.com.au](mailto:reception@sgac.com.au)
- If an issue arises that needs attention, please contact Member Services who will assist immediately or pass on to the relevant coach or team leader to address
- Maintain confidentiality regarding any issues raised and please do not gossip or complain to other parents
- SGAC management will be responsible for the handling and mediation of all grievances Under no circumstance should parents/athletes approach other parents/athletes in the attempt to resolve any possible grievances they may have. This includes any contact via social media or any other medium

**Any behaviour not in line with the code of conduct may result in suspension, demotion or cancellation of the participant/athlete SGAC membership.**

## Our strategy for dealing with poor behaviour

Discipline is vital to the safety of the gymnastics program. To ensure we maintain a safe and enjoyable experience for everyone, we have implemented the following strategy to deal with any poor behaviour.

Warning 1 – A verbal warning will be given by the coach to the athlete together with the reason they have received the warning. An example would be for not following gym rules or behaviour in line with the code of conduct.

Warning 2 – The athlete will be sat out of the class for 5 mins and advised they have received a 2<sup>nd</sup> warning and the reason for it. The coach will also advise what will occur should the behaviour continue.

Warning 3 – This will result in the athlete sitting out for the remainder of the class or sent home. The coach will ensure the reasons are clearly identified and explained to the child. This will also be advised to the parent/guardian.

## Notifiable Incidents & Illness

It is SGC's duty of care to ensure all participants train in a safe and healthy environment.

If you or your child have a contagious or infectious condition, it is the parent/ guardian's responsibility to notify SGAC Member Services. These may include but not limited to;

- Conjunctivitis
- Chicken Pox
- Influenza
- Head Lice
- Pertussis ("whooping cough")
- Diphtheria
- Mumps
- Poliomyelitis
- Meningococcal disease
- Rubella ("German measles")
- Measles

Once SGAC is notified of the incident, it will then pass on the information to its membership base. The purpose of notifying the members is to ensure they are proactive in recognising the signs and symptoms of the condition in case a family member contracts the illness. SGAC will not identify the child/ parent who reported the incident and will not provide any further information apart from bringing the incident to the attention of our valued members.

SGAC coaches or management reserve the right to refuse access to the premises if they consider any child/family member is unfit or contagious.

# MEMBERSHIP & FEES

## Membership Terms and Conditions

A full copy of membership terms and conditions are provided on initial sign up. This includes key information regarding fees, payments, cancellations and missed lessons.

## Program Fees

The program fees are reviewed annually and are based on the hours an athlete is required to train. They are direct debited fortnightly from a nominated bank account.

Individual squad fees are communicated via email to parents/guardians along with confirmation of the squad for the coming year.

## Fees – General information

- There are no make-up lessons in our competitive program.
- Training fees may be placed on hold for period of absence. Please see our Membership Terms and Conditions for details
- Time hold on medical grounds will only occur when the injury prevents all training or when the athlete is completely unfit for training. (Doctor's Certificate must be provided as proof of the severity of the injury. All medical certificates must be from an appropriate and qualified practitioner)
- Minor illnesses are not considered eligible for credit
- SGAC coaches or management reserve the right to deny access to the premises if they consider any child /family member unfit or contagious
- If an athlete leaves during a session there is no credit for any reason
- No credits or make up lessons for resting days after clinics or competitions
- In the event that an athlete is away for more than 4 consecutive weeks they may be declared ineligible for competitions surrounding the absent period

## Registration and Insurance

Registration is compulsory for all SGC athletes and payable annually on a calendar year basis. The registration payment covers two areas – registration with Gymnastics Australia and Rooty Hill RSL Junior Membership. If over 18, you must be a member of Rooty Hill RSL Club.

The Gymnastics Australia fee is set annually and covers members for certain medical expenses up to a maximum of 12 months from the date of injury. The insurance cover is valid from January 1<sup>st</sup> – December 31<sup>st</sup> and it is compulsory that gymnasts pay the fee at the beginning of each year.

## SGAC Sports Academy Scholarships

The Sydney Gymnastic and Aquatic Centre Sports Academy Limited (**Academy**) is a charitable organisation created for the purpose of encouraging participation in sports, providing financial assistance and support to young athletes and families. Established in 2013, its charter is to financially support, identify and develop young athletes at an elite level, who can compete nationally and internationally in any sport. The Academy provides unique opportunities for scholarships and travel subsidies to SGC members. Any breaches of the Codes of Conduct may result in exclusion from consideration by the Academy.

The Academy meets at various times throughout the year to consider subsidy applications and approve the terms of scholarships to apply the following year.

SGAC Sports Academy scholarship policies can be found on our website.

## Cancellation request

- You may terminate your membership agreement by:
  - giving FOURTEEN (14) days written notice to the SGAC (during which time fees will remain payable);
  - paying all outstanding fees for completed lessons; and
  - paying a \$100.00 cancellation fee (if membership is currently within minimum term of 12 weeks)
- You should receive a confirmation email with 1-2 business days, regarding your request. If this is not received, it is the member's responsibility to follow up on the cancellation. You can do this by calling us on 98515811 or via email to [reception@sgac.com.au](mailto:reception@sgac.com.au).

## Keeping your details up to date

To ensure you receive all important communication and updates, please keep our Member Services team updated with your current contact details at all times.