



GYMNASTICS FOR ALL

HANDBOOK

A reference guide to Sydney Gymnastics Centre (SGC)
Gymnastics for All program

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WELCOME

First of all, **SGC would like to welcome you to our Gymnastics for All (GfA) program.** This may be the first step in your child's gymnastics journey or perhaps a continued one with a new gymnastics club.

Either way, we look forward to supporting your child in developing amazing skills while getting strong and flexible in fun and challenging ways.

Benefits of Gymnastics for All (GfA):

- Lots of fun
- Develops balance, co-ordination and confident body movement
- Builds self-esteem, strength and flexibility, preparing the body & mind for life's challenges
- Provides a large variety of activities ...so there is something for everyone
- Is a sport for life
- Is taught within a safe environment which caters for personal growth and development
- Develops a healthy mind and body for now and later life
- Is mostly non-competitive with the main focus being safety and fun.

Throughout your journey with us 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, other participants, coaches and the club.

Following is our GfA handbook. Included is a wealth of information to assist you to better understand our club, programs and procedures. 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 or Michelle Jones, Operations Manager, mjones@sgac.com.au.

We thank you for taking this journey with us and look forward to seeing your child grow and develop.

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 August 2018 stood at more than 2500.

The SGC team comprises over 60 gymnastics coaches and a strong management team, which together 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 3rd Hall is for the sole use of the Gymnastics NSW Men's 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 PROGRAMS

Our programs cover fundamental movement activities for children from 6 months up to 18 years.

Kinder Programs

Kinder classes are for children 12 months and over. While the classes are a lot of fun with children enjoying a tumble, roll or balance, they're also learning skills that will get them big school ready.



Junior Explorers Ages: 12 – 18 months

A safe, semi-structured, multisensory environment to introduce toddlers to social interaction. Program incorporates gross and fine motor skills, hand/eye coordination & develops balance. Teaches children how to climb, master challenges, move to music and develop rhythm!

Kinder Gym Ages: 18 months to 2.5 years old

Develop child socially, emotionally, cognitively and physically through a safe, structured, multisensory environment. Program incorporates gross and fine motor skills, hand/eye coordination, develops balance and problem-solving skills. Teaches children how to climb, master challenges, move to music and develop rhythm!

Kinder Fun Ages: 2.5 – 4 years old

Develop a little further and focuses on refining skills developed in Kinder Gym. Includes circuits incorporating beams for balance and coordination, bar for swinging, hanging, holding body weight, trampoline for spatial awareness, develop jumping skills, floor for developing gross motor skills such as skipping, hopping, jumping and landing and core strength activities. Also focuses on fine motor skills similar to pre-school.

Kinder Skills Ages: 4 - 5 years old

Promotes independence. Program commences with a warm up, gross motor skills-based circuits using beams for balance, bars for strength, floor to develop basic skills such as forward rolls and movement patterns such as running, skipping and hopping. Build your basic gymnastics skills including, handstands and cartwheels lead up drills.

Recreational Gymnastics

Our recreational programs are for school aged kids and teens who are interested in gymnastics as a way to engage with their friends, overcome physical challenges and learn some new skills along the way.

Recreational gymnastics programs can be taken up by children aged 5 years or over whether or not they have completed Kinder Gym. Our programs have been designed to cater for all stages of physical, social and cognitive development.

As children progress and are confident with these basic steps they are far more likely to adapt these gross motor skills and continue doing other physical activity throughout their lifetime.

All recreational level participants are 'skills tested' at the end of every school term and a progress card will be provided to parents to see their child's progress.



Gym Fun Ages: 5 – 7

Develop FUNdamental skills such as balance, coordination, muscular strength, endurance and power. Whilst the focus is on fun and participation, children will learn a wide range of skills such as handstands, cartwheels.

Gym Skills Ages: 7 – 11

Further develop skill-specific training to create a talent base where children can progress into developmental programs. This program focuses on specific components such as flexibility, muscular strength. The classes are mixed including both boys and girls, each working on skills specific to their discipline.

Tramp & Tumble Skills Ages: 5 – 11

Develop trampoline and tumbling specific skills using mini tramps, double mini tramps and Olympic size trampolines. Focuses on jumping and landing techniques, core strength, aerial awareness.

Teen Skills Ages: 12+

Focus on improving overall fitness as well as develop gymnastics specific skills such as flexibility, coordination, strength and conditioning.

Recreational Skills Testing

Skills testing will be conducted once a term, usually around week 8 and 9, for every athlete participating in Recreational Gymnastics. This will be conducted within the class and a report card issued approx. 2 weeks later for parents to view their progress. A letter will be issued to any athletes that completes both levels in each stage allowing them to move to the next level dependant on class availability. See diagram below.

The children will be assessed using SGC's **G.Y.M.N.A.S.T.I.C.S** framework. Every stage has core components that need to be achieved before progressing to the next stage. During class time, all coaches will be assisting children to meet the core components set out in the testing phase.

RECREATIONAL GYMNASTICS PATHWAY

SGAC Gymnastics offers a comprehensive recreational pathway program with up to 20 core skills tested quarterly. Plus, we host recreational gymnastics competitions throughout the year to give your child the competition 'experience' every young gymnast wants.

GYM FUN

School aged children aged 5+ years old

This is a beginners, entry-level program aimed at developing FUNDAMENTAL gymnastics skills and various movement patterns. Whilst the focus is on FUN, the emphasis is on safety and your child's ability to perform skills in the best possible manner. Inspection of skills is vital to ensure your child is mastering core skills which are essential for them to progress to the next level of the program. Core skills within levels G & Y are tested quarterly.

GYM SKILLS

School aged children aged 8+ years old

The program aims to further develop and 'perfect' gymnastics skills. We cater to beginner and intermediary levels of gymnastics skills within this program with coaches progressing children on an individual basis based on ability. The aim of this program is to develop your child for one of the competitive program streams we offer such as Women's Artistic Gymnastics, Men's Artistic Gymnastics, Acrobatics or Trampoline Sports. Whilst not every child will progress to a competitive level, our program will prepare them for the next level-Intermediate Gym Skills. Core skills within levels M & N are tested quarterly.

INTERMEDIATE GYM SKILLS

School aged children - Entry by Invitation ONLY

The aim of this program is to teach children skills within our lower level competitive programs. Although children will not attend regular competitions, we host an in-house competition twice a year to provide your child with the 'competition experience'. Core skills within levels A & S are tested quarterly.

ADVANCED GYM SKILLS

School aged children - Entry by Invitation ONLY

This program aims to provide an individual-based program to ensure your child maximizes their potential within gymnastics. Our coaches teach ADVANCED skills in line with our competitive programs in a non-competitive setting. We host in-house competitions twice a year to provide your child with 'competition experience'. Core skills within levels T & I are tested quarterly.

TEEN SKILLS

School aged children aged 12+ years old

Our program caters to beginners, intermediate, advanced and even elite gymnasts looking to maintain strength and conditioning as well as learn core gymnastics skills. Whilst this is a recreational program, we provide your child with the opportunity to participate in an in-house competition twice a year to give them 'competition experience'. Core skills within levels C & S are tested quarterly.

SGAC
GYMNASTICS

Recreational Gymsport Competition

Twice a year SGAC hold an In-House Gymnastics Competition. This competition allows our recreational and development programs the opportunity to compete in a pressure free and fun environment. This event is a great way for the gymnasts to show the result of their hard work during the year and most gymnasts find competing very rewarding and enjoy the experience. It's a non-compulsory meet open to our recreational and development athletes.

Gymnasts will learn a series of routines during their weekly classes and are then given the opportunity to register in the weeks prior to the event. They will perform a routine on each apparatus for their Gym Sport discipline and be rewarded with certificates, ribbons, medals and/or trophies for their efforts.



Team Gym

Team Gym is both a recreational and competitive gym sport. It 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

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.

OUR COACHES AND SUPPORT TEAM

Our coaching team are passionate about the sport of Gymnastics, many of them being ex gymnasts themselves, and truly believe they can make a difference in the life of every child who attends one of our programs. Our coaches are exceptionally hard working and will focus on each child in their squad to bring out their best.

The coaches are fully accredited with Gymnastics Australia, have completed a working with children's check and are trained in first aid. Coaches also attend ongoing mandatory training to support a Child Safe, Child Friendly environment.

SGAC will, at all times, endeavour to ensure consistency with the coaching staff, however, 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 SGAC as per our membership terms and conditions.

Our programs are supported by a Program Co-ordinator, Operations Manager and a Team Leader for each gym sport. This enables us to focus on strong communication and support for our coaches.

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
- 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 participating 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 advise your child that should you not be in the pickup zone when they are finished, to wait inside in the foyer until you arrive.

Where to wait for your class to start

Kinder Gym – please wait downstairs outside the gym hall for your coach. No athlete is to enter the gym hall without instruction from a coach.

Recreational gymnastics & Team Gym - please wait at the top of the stairs for the coach to come and collect the class

Class variations, changes and progression

Class Variations

- SGC will make every effort to adhere to the published timetables but reserve the right to change or consolidate classes and alter timetables and schedules to suit demand

Request for Class Change

- Every effort will be made to accommodate a request for a class change. This will be subject to class vacancies

Class Progression

- Every child will progress at a different pace and we do not rush this process. When your child is ready to progress, the coaches will communicate and let you know. This is usually done around skills testing time. When your child progresses to another class, you agree to vary your direct debit agreement to reflect the change in the contracted rate based on the new class fee at the time of progression

Uniform Policy

SGC has a uniform policy that requires all athletes to be in club attire at every training session. Having a set uniform ensures that athletes are always wearing clothes which do not restrict movement and are form-fitting to allow coaches to observe form and assist shape. It also provides a sense of uniformity among our gymnasts.

In addition, it is important that gymnasts take care not to wear anything which may catch on an apparatus or coach. In particular, navel piercings etc. must be either removed or taped over before training. Gymnasts who have long hair must securely tie it back.

Club training and competition leotards for both boys and girls are available from reception. For any enquires or current prices please speak to Member Services.

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 SGAC 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 (GA), and gymnastics state governing bodies when attending competitions.
- Be proud of SGAC 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 SGAC 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 teams.
- 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.
- 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 our 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 advised by the coach along with the reason they have received the warning. This would usually be for not following gym rules or behaviour not 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 2nd warning and the reason for this. The coach will also discuss 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 SGAC duty of care to ensure all participants training 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 Management is notified of the incident, we will then pass on the information to our membership base. The purpose of notifying our members is to ensure they are proactive in recognising the signs and symptoms of the condition mentioned above in case a family member contracts the illness. We will not identify the child/ parent who reported the notifiable incident and will not provide any further information apart from bringing this to the attention of our valued members.

SGAC coaches or management reserve the right to 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 upon sign up. This includes key information regarding fees, payments, cancellations and missed lessons.

Schedule of Fees

The program fees are set for each class type and are reviewed annually. Fees are direct debited fortnightly from a nominated bank account.

The Gymnastics venue is utilised for ELEVEN (11) major events each calendar year. In the event that the gymnastics venue is closed, the Company will not charge Gymnastics members for scheduled lessons.

Missed Lessons/Absentee request

- We offer up to 2 make-up lessons per term that can be used in the corresponding School Holiday Program. Dates for the holiday programs are available from reception.
- To qualify for the make-up lesson, we require supporting documentation in the form of a doctor's certificate or a copy of your travel itinerary to be e-mailed to gymnastics@sgac.com.au. A confirmation email will be sent to you within 1-2 business days. If the confirmation is not received, it is the member's responsibility to follow up the Make-up request.
- Request approval is at the discretion of management
- Make-up credits expire at the end of their scheduled term period and are unable to transfer to another scheduled term block. Make-up lessons are not guaranteed and subject to availability for that School Holiday Program period.
- Upon approval of Cancellation or transfer requests, the member will forfeit all approved missed lessons/absentee requests.
- Makeup lessons will only be provided when a member's fees are up to date.

Cancellation request

- You may terminate your membership agreement by:
 - giving FOURTEEN (14) days written notice to the Company (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)
- If you do not receive a confirmation email with 1-2 business days, regarding your request, it is the member's responsibility to follow up on the cancellation via email to reception@sgac.com.au

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 (GA) and Rooty Hill RSL Junior Membership. If over 18, you must be a member of Rooty Hill RSL Club.

The GA fee is set annually by Gymnastics Australia 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 1st –December 31st and it is compulsory that gymnasts pay the fee at the beginning of each year.

Keeping your details up to date

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

SGC Competitive Gymnastics Programs

We offer competitive programs in Trampolining, Acrobatics, Men's Artistic and Women's Artistic Gymnastics. Our competitive programs are selective and athletes will be assessed and placed in a program based on skills, previous performance and training, with the ultimate goal to bring out their full potential.

They have less emphasis on results for junior athletes and more emphasis towards mastering skills and technique that will lead to future success. Movement through our programs may not always be linear. It may involve sideways moves based on skill and age along with commitment.

Trampoline Gymnastics

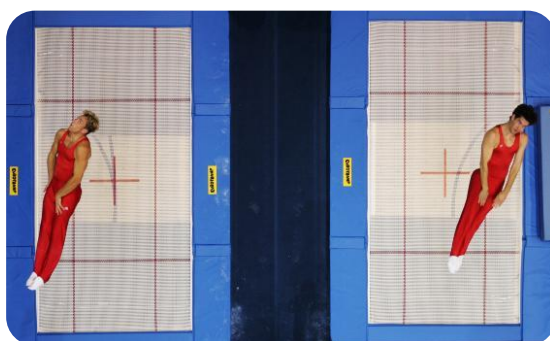
Trampolining is a competitive Olympic sport in which gymnasts perform acrobatic moves while bouncing on a trampoline. These can include simple jumps in the pike, tuck or straddle position to more complex combinations of forward or backward somersaults and twists.

There are four related competitive rebound sports or apparatus which are:

- Trampoline
- Synchronised Trampoline
- Double-Mini Trampoline
- Power Tumbling

As the disciplines and their technique can vary dramatically, we have Trampoline and Tumbling specific classes.

Our competitive Trampoline classes are open to both boys and girls from age 7 and up. SGC currently offer numerous classes to fit a variety of skill levels from your entry level recreation child to athletes competing on the World Stage.



Acrobatic Gymnastics

Acrobatic gymnastics is a fast-growing discipline for gymnasts who want to share the thrill of performing balances, flips and twists in a team environment. Acrobatics combines power and dynamics with poise, grace and beauty. What makes acrobatics unique is that while other gym sports will demonstrate handstands on equipment, acrobats will find themselves balancing on their partner's hands and feet.

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)

Our competitive Acrobatic classes are open to both boys and girls from age 4 and up. SGAC currently offer numerous classes to fit a variety of skill levels in either out national or international development streams. Athletes in our international stream will have the opportunity to trial for World Age Games and World Championships every two years.



Men's Artistic Gymnastics

Men's Artistic Gymnastics is an all-boys discipline that aims to enhance co-ordination, agility, and strength. Our current program works to develop posture and confident body movement with an emphasis on landing safely. Men's gymnastics is a competitive Olympic sport that challenges the mind and body to reach new goals. Men's Artistic Gymnastics squads will feel the exhilaration of being in control as you fly and swing plus It is the perfect sport for focus and self-discipline.

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

Floor (FX)

An exercise in pure acrobatics, alternating between powerful tumbling series and the composure necessary for balance and strength elements.

Pommel Horse (PH)

Routines mostly involve circles of the legs together and pendulous, scissor swings with the legs split, spectacularly combining these movements while turning and travelling along the horse.

Rings (SR)

Difficult combination of strength and swinging elements requiring control, strength and balance in the forward and backward swings and strength holds.

Vault (VT)

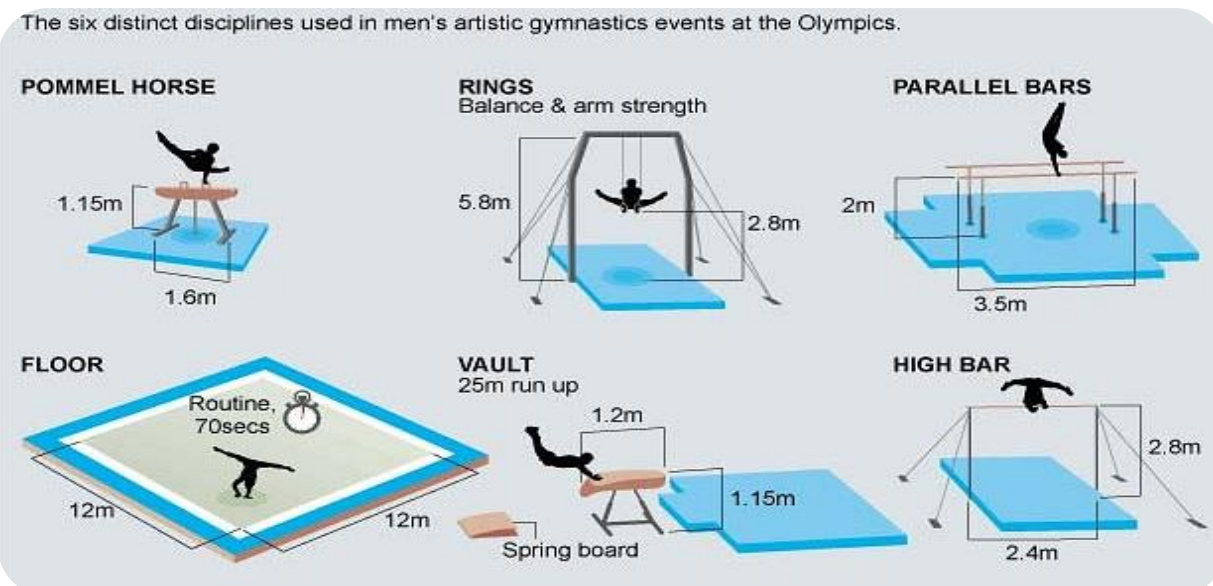
A 25m sprint creates the necessary power to explode from the board before the dynamic push off the table, to generate greater height for rotations and flight before landing on the other side.

Parallel Bars (PB)

Routines require swinging above and below the bars with acrobatic flight, changes of directions and precise balances, ending in a dramatic dismount off the side or the end of the bars.

Horizontal Bar (HB)

A spectacular apparatus, largely due to the combination and variation of giant swings, acrobatic releases and re-grasp flight elements. The high dismounts from the bar allows the gymnast to show his acrobatic talents and landing prowess.



Women's Artistic Gymnastics

Women's Gymnastics is a fun and challenging sport where girls are able to build their co-ordination and confidence to an advanced level.

Built around performing four apparatus, the sport allows for participants to provide creative input into their routines, where strength, flexibility, balance and body awareness all contribute towards a gymnast's self-confidence.

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

Vault (VT)

Vaulting shows off the gymnasts' athletic qualities, with a run up of about 25m preceding the vault movement, where clean movements, height, length and a controlled landing all key. The apparatus involves the completion of two vaults, where strength in the take-off and aerial awareness key elements.

Uneven Bars (UB)

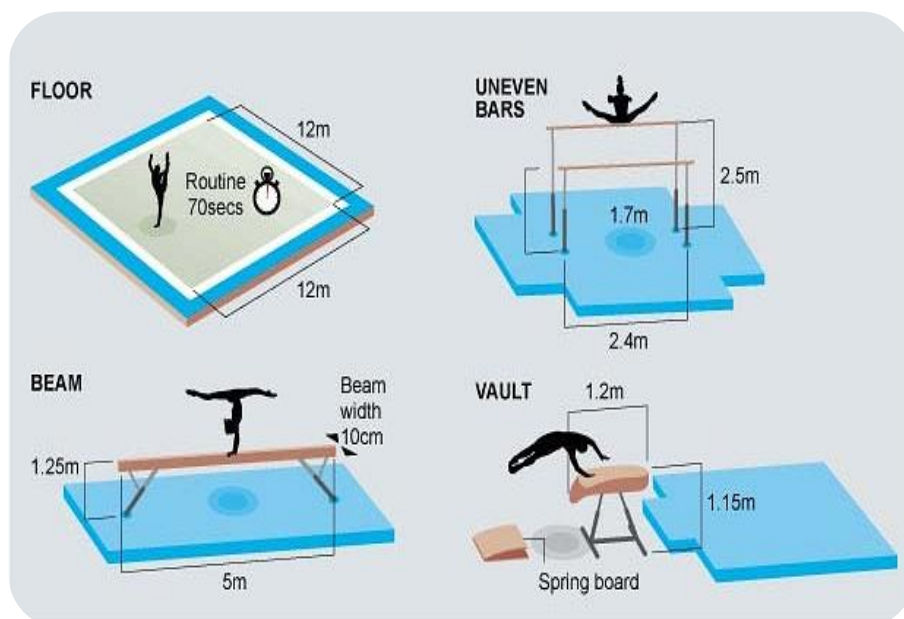
Swinging movements are a continuous and prominent element on the uneven bars, where movement in both directions, above and below the bars are a requirement. Much of the apparatus' essential skills are in the release and re-grasp movements where aerial awareness and strength are put to the test.

Balance Beam (BB)

A beam routine combines a number of acrobatic elements, including leaps, jumps, turns and other gymnastics movements. With each move performed across the 10cm wide beam, balance is an essential whilst gymnasts demonstrate elegance, flexibility and confidence.

Floor Exercise (FX)

A gymnast's floor routine is performed to a piece of music to enhance, where dance movements are combined with tumbling and acrobatics elements. The gymnast is required to use the whole floor area in expressing their individuality, originality and artistry, where creative input is a fun, yet important factor.



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.

