

COMPETITIVE GYMNASTICS 2021 HANDBOOK



COMPETITIVE GYMNASTICS PROGRAM A REFERENCE GUIDE TO SYDNEY GYMNASTICS CENTRE (SGC)

SGAC

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WELCOME

Sydney Gymnastics Centre (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 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 your designated Team Leader and/or Gymnastics Program Manager.

We thank you for taking this journey with us.

SYDNEY GYMNASTIC & AQUATIC CENTRE (SGAC)

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. SGC houses five (5) competitive streams as well as Recreational Gymnastics and Kinder Gym, which no other gymnastics club in NSW can offer.

The five competitive streams on offer include Men's artistic, Women's artistic, Trampoline, Acrobatics and Team Gym. This enables SGC families to explore the world of competitive gymnastics all under one roof.

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.

FACILITY AND EVENTS AT SGAC

SGAC was built in partnership with Gymnastics NSW (GNSW) and is home to many GNSW State Events.

When such events are held, SGC programs and training areas are amended accordingly to ensure our members are still able to train with minimal disruption. The Gymnastics venue is utilised for eleven (11) major events each calendar year. If the gymnastics venue is closed, the Company will not charge Gymnastics members for scheduled lessons.

The Gymnastics hall is divided into three (3) halls, with SGC occupying two (2) out of the three (3) halls. The third Hall is for the sole use of the Gymnastics NSW Mens High Performance program.

TRAMPOLINING (TRP)

Our competitive Trampoline classes are open to both boys and girls from age five (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)

Our competitive Acrobatic classes are open to both boys and girls from age four (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)

Our Women's Artistic Gymnastics program is a fun and challenging program 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)
- Uneven Bars (UB)
- Balance Beam (BB)
- Floor Exercise (FX).

MEN'S ARTISTIC GYMNASTIC PROGRAM (MAG)

The men's program is a competitive pathway of gymnastics for boys above the age of 5. It provides a fun and safe energy outlet where focus and discipline are key factors. Applying strength across six different apparatus will build confidence and test any young thrill-seekers through the development of mobility, endurance, flexibility and co-ordination.

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)

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 three (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.

and has the potential to incorporate harder skills depending on 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.

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
- **Attend competitions, external clinics, and club activities** when required e.g. Presentation nights, community activities
- **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
- 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.

EQUIPMENT/ADDITIONAL RESOURCES

- SGAC uniform is required to be worn at all training sessions and competitions
- The athletes must bring all relevant equipment for their Gymsport e.g. tramp shoes, toe socks, grips, wrist guards, water bottle, straps, additional items such as tape, scissors or medication to ensure they are prepared before training/competition starts
- Gymnastics Chalk can be purchased at the customer service desk.

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 may 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.

ATHLETE KITCHENETTE

SGAC provides a small kitchenette **for athletes** to store and heat meals when training in the facility. It is located in the downstairs marshalling area.

To ensure we have a safe and clean kitchenette we ask the athletes adhere to the following:

- Please respect the area and clean up after yourself
- Items placed in the fridge are to be clearly labelled with the athletes' name
- Microwave safe containers only should be used to heat meals. Younger athletes requiring assistance should speak with their coach or shift supervisor to assist
- All food wrappers and rubbish are to be placed in the bin.
- Make sure only microwave safe containers are used to heat food
- No sitting on the benchtops
- No storing of other items in the kitchenette.

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 five (5) mins and advised they have received a second 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.

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.

MEMBERSHIP & FEES

MEMBERSHIP TERMS AND CONDITIONS

A full copy of membership terms and conditions are provided on initial sign up. They are also reviewed annually and sent to current members when changed. 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 the squad is scheduled 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

- Squad fees are not varied due to non-attendance at squad sessions. This includes if a member is participating in a competition at SGAC or another location, or if they train fewer sessions than scheduled for the squad.
- Our Time Hold policy is available for instances of medical/injury or holiday absences. 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 four (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 West HQ Junior Membership. If over 18, you must be a member of West HQ.

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 1st January - 31st December 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.

POLICIES AND RULES

- [SGAC Conditions of Entry](#)
- [Drop off and pick up policy](#)
- [Gym Rules](#)
- [Covid Procedures](#)
- [Code of Conduct Participants/athletes](#)
- [Code of conduct – Parents/Guardians](#)
- [Uniform Policy](#)

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