

GYMNASTICS FOR ALL HANDBOOK



GYMNASTICS FOR ALL PROGRAM

A REFERENCE GUIDE TO SYDNEY GYMNASTICS CENTRE (SGC)

SGAC

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GYMNASTICS 2021

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WELCOME

Sydney Gymnastics Centre (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 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 the Recreational Team Leader and/or Gymnastics Program Manager.

We thank you for taking this journey with us and look forward to seeing your child explore, learn and play at SGC.

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 KinderGym, which no other gymnastics club in NSW can offer. The 5 competitive streams on offer include, Men's Artistic, Women's Artistic, Trampoline, Acrobatics and Team Gym. This enables SGC families to explore world of gymnastics all under one roof.

The SGC team comprises over 70 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) and is home to many Gymnastics NSW 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) with SGC occupying two (2) out of the three (3) halls. The third Hall is for the sole use of the Gymnastics NSW Men's High-Performance program.

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 Team Leaders, a Program Manager and a Gymnastics Manager. This enables us to focus on strong communication and support for our coaches.

SGAC RECREATIONAL PROGRAMS

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.

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 like pre-school.

Kinder Skills / Ages: 4-5 years old

Promotes independence. Program commences with a warmup, 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. Building basic skills including, handstands and cartwheels lead up drills.

SCHOOL AGED RECREATIONAL GYMNASTICS

Our recreational programs are for school aged kids and teens who are interested in gymnastics 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 five (5) years or over whether 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.

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.

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 will be electronically emailed. A communication 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 GYM SPORT COMPETITION

Twice a year SGC 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 is 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.

GYMNASTICS FOR ALL PROGRAMS

FITTER FOR LIFE GYMNASTICS 55+ YEARS

Fitter for Life is a fun and social opportunity that aims to help improve mobility, strength and coordination. Activities will be tailored to your level of ability or mobility. This program is set to commence in 2021.

SPECIAL NEEDS ASSISTANCE PROGRAMS (SNAP) – BY CONSULTATION ONLY

SNAP is a gymnastics class specifically designed for children with special needs. The class focusses on building developmental skills to improve their daily living through physical and social activity.

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

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

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.

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 West HQ Junior Membership. If over 18, you must be a member of West HQ.

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.

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 PROCEDURES

[SGAC Conditions of Entry](#)

[Drop Off and Pick up Policy](#)

[Gym Rules](#)

[Missed Lessons/Absentee request](#)

[COVID Procedures](#)

[Code of Conduct](#)

[Uniform Policy](#)

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