



MENS ARTISTIC GYMNASTICS (MAG) PROGRAM HANDBOOK 2024 EDITION



TABLE of CONTENT

GENERAL INFORMATION	1
PROGRAM OVERVIEW	1
OUR CLUBS CORE VALUES.....	1
PROGRAM GOALS	1
MAG LEVELS - TRAINING HOURS.....	2
PROGRESSING THROUGH THE LEVELS	2
SQUAD GROUPS.....	3
EXPECTATIONS of OUR COMPETITIVE GYMNASTS	3
COMPETITIONS, CLINICS AND CAMPS	3
COMPETITION/CLINIC POLICIES	4
TEAM COMPETITIONS	4
COMPETITION REGISTRATION AND PAYMENT.....	4
CLINICS AND STATE SQUADS.....	5
PHYSICAL TESTING.....	5
BEHAVIOUR POLICY.....	5
CLUB UNIFORM.....	6
HOLIDAY TRAINING AND SCHEDULED TIME-OFF.....	7
FAMILY HOLIDAYS OUTSIDE OF SCHEDULED TIME-OFF	7
PAYMENTS & CLUB POLICIES	7
CHANGES TO PERSONAL DETAILS.....	8
MOBILE PHONE USE	8
CANCELLATIONS.....	8
PHYSIOTHERAPY	8
REPORT CARDS.....	9
CONTACTS	9
POLICIES, FORMS and GUIDELINES.....	9

GENERAL INFORMATION

Every year squads are reviewed and updated according to the current level requirements, gymnast's progress, gymnast-coach suitability as well as the coach's availability. Gymnasts move through the levels/squads as their skills and strength increase.

MWGC facility permits parents in viewing areas however asks that contact between parents and coaches/gymnasts does not occur during training times. This promotes the best atmosphere for the development of gymnasts and without distraction.

If gymnasts are selected to any inter-state clinics (AIS) or inter-state competitions, gymnasts will travel with their respective coaches / chaperones (if over 12 but under 18 years of age).

PROGRAM OVERVIEW

MWGC's Men's competition program has been structured to align with Gymnastics Australia and Gymnastics New South Wales development pathways. Our aim is to provide our gymnasts with the opportunity to train and compete in local, national, and international events.

Entry into the club's competitive program is by invitation only, based on individual ability and dedication. Our Competitive Squad Program has a limited number of positions available.

OUR CLUBS CORE VALUES

As a community owned club, MWGC strives to create a culture of sportsmanship, pride, and inclusion. The six points below are what our club values as the most important when it comes to creating a positive and successful environment. As a member of our club and our Men's Competitive Program you will be expected to:

1. **Be respectful**, honest, and loyal
2. **Believe** in yourself and work with passion
3. **Be kind**, caring, coachable and humble
4. **Be determined**, disciplined and resilient
5. **Be supportive**, celebrate everyone's success
6. **Be happy**, enjoy your friendships and love our sport

PROGRAM GOALS

- To provide a rewarding and challenging gymnastics program that aims to develop each child to their own potential.
- To produce gymnasts capable of performing at high levels of excellence both within the Australian Levels Program, and those ultimately aiming to represent Australia successfully at international gymnastics events.
- To provide a safe and first-class gymnastics environment for gymnasts to enjoy learning technically correct gymnastics skills.
- To provide ongoing education and professional development for coaches, with opportunities for advancement and growth of our gymnasts.
- To enhance each gymnast's physical, mental, and personal development through:
 - Appreciation of teamwork
 - Opportunity to perform in competitions
 - An environment that encourages supportive friendships
 - Promoting a love of gymnastics, good work ethic, self-discipline, and respect

MWGC MAG PROGRAM 2024

MAG LEVELS - TRAINING HOURS

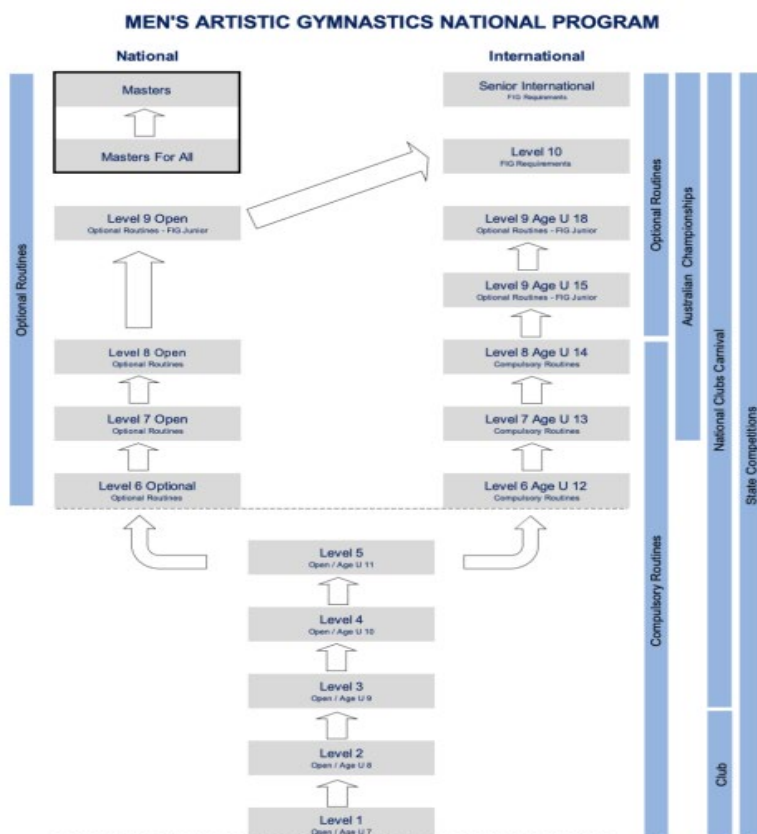
There are differences in the structure of the Men's and Women's Artistic programs, these include the number of apparatuses performed, the number of participants in each squad and the physical development and level of skill of individuals.

The details below are an indicative guideline.

MAG SQUAD	Minimum Hrs per week	Maximum Hours per week	Levels Program Range
Senior Group 1	16	26	7-10
Senior Group 2	16	20	7-10
Senior Group 3	16	20	7-10
Intermediate 1	10.5	14	4-6
Intermediate 2	6	9	3
Junior 1	6	9	2
Junior 2	4	6	1
Junior Development	1	2	Non - Competitive

PROGRESSING THROUGH THE LEVELS

Gymnastics Australia provides guidelines and requirements necessary to participate within a level. Using these guidelines, MWGC's coaching team will decide on the most appropriate level for each gymnast to compete. The coaching team will consider safety, confidence, likelihood of success, training habits and attitudes as well as current and future skill development when deciding on a level.



MWGC MAG PROGRAM 2024

It is important to realise that each child's pathway will vary. Some athletes at certain stages may skip levels, some may need to revisit levels, and some may progress at a level a year. All these pathways are completely acceptable, and it is important to realise that children rarely fit perfectly into the Australian Level Program (ALP) at every stage of their development.

The structure of the ALP has MAG athletes divided into the 'Age' and the 'Open' streams based on the ages that they will be turning in the year of competition. Regardless of their age, athletes compete compulsory routines up until level 5. From level 6 onwards athletes follow either the National or International Pathway. There is no reason that athletes cannot cross between the two streams at different stages of their development throughout their career in men's gymnastics.

SQUAD GROUPS

Each year we structure our groups within squads based on athlete potential, current skill level, age, and coaches' suitability/development. There may be multiple groups within a squad, and they are primarily determined on ability and work-ethic. Our coaching team puts a lot of time and thought into placing our boys into groups that we feel will best suit them, their ability and development. Placing boys in the wrong squads can be very detrimental to their progression and enjoyment of the sport. Please understand and respect that these decisions will be made by the coaching team.

EXPECTATIONS of OUR COMPETITIVE GYMNASTS

It is expected that our competitive gymnasts do their utmost to:

- Attend all training sessions as set by the coaching team.
- Advise your coach with as much notice as possible if you (your child) will be absent.
- Make yourself available for extra training if required.
- Attend all external clinics and competitions when offered.
- Accept that training dates, times and coaches may be subject to change.
- Prioritise gymnastics as their choice of extra-curricular activities.
- Be respectful of coaches at all times and always follow their instructions.
- Be encouraging of each other and celebrate in all teammates' success.

COMPETITIONS, CLINICS AND CAMPS

Gymnasts in the competitive programs are expected to participate in competitions. The level that a gymnast is in will determine the number of competitions that they will participate in. Typically, athletes in the senior levels (level 7-10) will have their competition season between the months of February and May, while athletes in the junior levels will compete between July and October. In addition, all athletes are expected to represent the club at the State Club Championships and levels 3 & above are highly encouraged to attend the National Clubs Carnival. These events are typically held between August and October.

It should be noted that competitions are typically held on Saturdays and Sundays. It is impossible for us to indicate either days or times of competitions until after entries have been received and collated by the organising association. This information will be forwarded to you as soon as our staff are made aware.

A calendar will be sent out at the start of each year containing the major competitions, however additional competitions may be added throughout the year.

MWGC MAG PROGRAM 2024

MWGC may offer gymnasts opportunities to travel to competitions and training camps which could be either interstate or overseas. Significant factors in selection may vary by gymnast's age or level. In recent years MWGC has offered trips to Tasmania, Gold Coast, Tamworth, Singapore, USA, and China.

All athletes will be accompanied by MWGC coaches to any state or national competition, clinic, or camp. Please note however that in certain instances this may not be the athlete's personal coach. For non-Club based competitions (e.g., school competitions), requests for coaches may be made and a costing will be arranged to be covered by the athletes. These arrangements must be made through the MAG Coordinator, and this will come at an extra cost.

COMPETITION/CLINIC POLICIES

Gymnasts are expected to participate in all events that are offered to them. Practicing how to compete is an important part of gymnastics development. Failure to attend competitions/clinics may be considered a lack of commitment to the program and result in reduced likelihood of selection in particular events, reduced opportunities, and the inability to renew enrolment within the competitive program.

It is the expectation of MWGC and our coaching team that gymnasts compete full routine requirements on all six apparatus at every competition. Circumstance considerations may apply with review by the gymnast's personal coach and MWGC's Head Coach.

Gymnast's readiness to compete in the level they are working towards will be determined prior to competition entry date. It is at the discretion of the gymnast's squad coach and MWGC's head coach to determine if they are ready to compete and can do so safely. Otherwise, they may not be entered or may be asked to compete their previous level.

In the event that a gymnast is entered into a competition / invited to a clinic and then is not completing their skill requirements during training, it may be decided that they will not be permitted to participate in that event / that apparatus. This will be at the discretion of the coaching team and will be based on safety and merit.

It is a requirement that all gymnasts attend every session the week leading into a competition, this is to ensure the safety of our gymnasts. In a situation that a gymnast may have another significant commitment this must be discussed with their squad coach and a plan/safety measure must be arranged.

TEAM COMPETITIONS

Each year MWGC will enter athletes in various team competitions. The minimum number of scores required for a team is 3 with the maximum number being dependent on the competition. If there are more than the maximum number required for a team, MWGC will divide the boys as evenly as possible based on expected performances at the event. This will be based on:

- Results from preceding events (internal judging days/competitions)
- Individual apparatus strengths and contribution to overall team score
- Training attitude, effort, and attendance
-

COMPETITION REGISTRATION AND PAYMENT

- Invoices for competitions are sent out via e-mail.
- Late payments are not accepted.
- If your child is competing on a training day, refunds for training do not apply.
- MWGC adds an administration fee on top of competition entry fees to subsidise petrol, staff wages, judges' fees and/or staff accommodation.

MWGC MAG PROGRAM 2024

- Schedules for competitions are released by the organiser closer to competition dates and MWGC will e-mail this information to parents.

After entries are sent, refunds or cancellations are only considered with a Medical Certificate and must be requested no later than the date of competition. Competition refunds incur an administration fee.

CLINICS AND STATE SQUADS

Throughout the year, gymnasts may be invited to trial for selection to any of the Gymnastics NSW based squads. Selection to any of these squads is based on skill / competitive level, age requirements, strength & physical profiling as well as training effort and attendance. NSW currently offers the below state-based squad programs;

- **State Development Squad:** Gymnasts aged 8 – 12
- **Team Future:** Gymnasts aged 9 – 14 and competing Level 6 u/12, 7 u/13 or 8 u/14
- **State Squad:** Gymnasts in level 7 & above (requirement for selection to NSW Team)

Squads' sessions are an additional cost to regular fees and are invoiced directly through Gymnastics NSW upon selection.

Any Gymnastics Australia training clinics are by invite only based on GA specific high-performance criteria. These camps are run nationally and will run at an additional cost to cover the attendance of a coach to be there with them. Any gymnast selected to attend any squad or camp are highly encouraged to attend all sessions for the betterment of their own gymnastics' future and potential.

PHYSICAL TESTING

It is important that we monitor the progress of each gymnast. Gymnasts in levels 3 and above will undergo a number of strength and flexibility tests throughout the year. These are based on the National Profile Tests.

The benefits of our testing:

- Allows both athletes and coaches to clearly see how gymnasts are progressing throughout the year.
- Outlines progressive skill development which eliminates "holes" in the gymnast's future program.
- Highlights areas of weakness to help coaches develop effective programming.
- Highlights areas of strength so coaches can identify future skill development for athletes

BEHAVIOUR POLICY

Our MAG competitive gymnasts are role models for other members and ambassadors for our club. Training requires a significant amount of discipline from our gymnasts to achieve success and safety. We always expect a high standard of behaviour – on and off the floor. In the event that a gymnast does not comply, our coaches will follow this model:

- Explain to the gymnasts the kind of behaviour which is expected of the gymnast when they have not followed the behaviour expected and ask them to rectify it.
- Remove the child from training for them to reflect on their behaviour.
- Contact the parent of the gymnast and potentially ask for the child to be removed from training.

At MWGC we have a zero tolerance for bullying. Any reports of bullying will be taken seriously and dealt with immediately. You can find our bullying policy on the MWGC website.

MWGC MAG PROGRAM 2024

CLUB UNIFORM

Club uniform is to be worn at all competitions. Club Tracksuit & Polo shirt should also be worn to any squad or camp training sessions unless otherwise indicated.

Compulsory Items for All Levels		
Club Tracksuit Jacket 	Club Tracksuit Pants 	Club Polo Shirt 
Competitive Wear – Level Specific		
Junior Singlet (Levels 1 - 2) 	Junior Leotard (Levels 3 - 6)  <p>Front Back</p>	Senior Leotard (Levels 7 - 10)  <p>Front Back</p>
Maroon Shorts 	Maroon Shorts 	White Longs 

Gymnasts are required to wear running shoes & plain white socks (no branding) as part of their club uniform to competitions. Ugg boots or thongs / slides should not be worn to any competitions.

IMPORTANT WASHING INSTRUCTIONS

DO	DO NOT
<ul style="list-style-type: none"> - Turn garments inside out when washing - Machine wash using mild liquid detergent (wool wash) - Wash on a short cycle in cold water - Tumble dry immediately after washing on low or no heat 	<ul style="list-style-type: none"> - Soak, bleach or use strong detergent or softener - Iron, dry clean or hang dry - Leave in direct sunlight or plastic bags for long periods - Use antiperspirants or deodorants prior to or while using

For more leotard care information please see the Sylvia P website:

<https://www.sylvia.com.au/pages/product-care-instructions>

HOLIDAY TRAINING AND SCHEDULED TIME-OFF

Gymnastics is a physically demanding sport and can be dangerous if a child is not properly conditioned. Consequently, all competitive gymnasts are expected to train all year round, including throughout the school holidays.

Each year gymnasts will have up to four weeks of scheduled training breaks; 2 weeks over Christmas and New Year (for junior and intermediate gymnasts) and the other 2 weeks will be dependent on each level's competitive season.

For our Senior athletes (level 8+), training will be offered through the Christmas/New Year period as their competitive season starts very early in the year. This is important for their safety as well as allowing them to be able to perform at their best.

Scheduled time-off weeks will be finalised once MWGC has GA and GNSW confirmation about all competitive events.

Holiday training times for the year will be sent out prior to the start of each school holiday period, however, are subject to change if coach or competition circumstances change.

Training hours will be condensed into a Monday to Friday schedule, which may be mornings or afternoons depending on coach and space availability.

FAMILY HOLIDAYS OUTSIDE OF SCHEDULED TIME-OFF

Any holidays taken by the gymnasts during the year will not be eligible for billing credits unless the holiday is at least 4 **consecutive** weeks in duration and is outside the planned holiday calendar for the gymnast's squad. These dates must run from Monday - Saturday. The holiday dates must be provided to MWGC administration at least one month in advance, by completing the "Notice to Accounts Dept" form which is available at reception.

**Please note the four weeks must be taken all together and cannot be accrued with different holiday periods previously taken.*

We strongly encourage families take time off during the club's designated breaks as they are scheduled to provide the best competition preparation and rest for all our gymnasts. Extended absences from training due to holidays may result in a gymnast being declared not ready or fit to compete.

PAYMENTS & CLUB POLICIES

There are no makeup classes in competitive programs.

- There will be no credits for non-attendance or inability to start/finish at the required times.
- There will be no credits for days off other than those set out in the annual training calendar, including days off after competitions or training clinics.

Credits on medical grounds will only occur when:

- An injury is a direct result of injuries sustained at MWGC training sessions or competitions where the gymnast is representing MWGC, NSW State or Australian National team.
- Billing credits will be available where the gymnast is unable to train at all due to an injury sustained as outlined above, or 50% where the gymnast is restricted to partial training hours up to and including 50% of

MWGC MAG PROGRAM 2024

the scheduled hours. Otherwise, gymnasts will be billed at the standard monthly rate, even if they are restricted to less than 100% of regular training hours.

- A medical certificate is required for all credit and refund claims.
- Minor illnesses are not considered eligible for credit.
- Any credits will commence from the following training day.

In the event of a major illness that incapacitates the gymnast and prevents them from training for an extended period, the case will be reviewed by the coach of the gymnast's program, in conjunction with medical advice, to determine the appropriate outcome for training and billing.

Please note that all medical reports/certificates must be from an appropriately accredited and independent medical practitioner. To request credits/refunds a Doctor's Certificate must be handed in along with the "Notice to Accounts Dept" form. This form can be requested at reception.

MWGC coaches/management reserves the right to deny access to our premises if they consider any child/family member unfit or contagious.

CHANGES TO PERSONAL DETAILS

Any changes that affect billing must be advised to the office at least a week before next payment is scheduled. You must complete the form "Notice to Accounts Dept," available at reception.

Any changes related to billing or fees must be addressed to the office and not with the coaches.

MOBILE PHONE USE

It is important for gymnasts to be focused on their training whilst at the gym. Mobile phones are **NOT** permitted to be used by gymnasts during training. A gymnast may be contacted by a parent via Reception, on 9972 9222. If required, a gymnast may contact their parents on the gym phone also.

CANCELLATIONS

If you are withdrawing your child from the program, a written notice must be given to the office and MAG Coordinator 4 weeks prior to the date you plan to finish. The finishing date must be a day before the next payment is scheduled to start.

PHYSIOTHERAPY

Warringah Physiotherapy is run by Mark Stewart who's staff are well experienced in physiotherapy and gymnastics. They have a keen interest in paediatric sporting injuries and specialise in the diagnosis and treatment of this unique group.

Mark has over 25 years of experience and is the director of two other successful clinics, Kensington Physiotherapy, and the Mater Clinic Physiotherapy. Mark completed his master's in public health in 2000 and a PHD in 2006. He also

MWGC MAG PROGRAM 2024

specialises in the management of Whiplash Associated Disorders and exercise-based treatment for chronic conditions.

We have on site HICAPS for automatic claims through your private health insurance. We also welcome private and third-party cases including Department of Veteran's Affairs, Medicare EPC, Workers Compensation and CTP (Motor vehicle accidents) cases.

Strapping tape is available for purchase at the physio or reception.

REPORT CARDS

At the end of each year report cards will be sent to parents about the progress of their son over the year. It will include a summary of their competition and profile testing results so that parents can see where development has occurred over the duration of the year. These report cards are aimed at providing parents and gymnasts more specific feedback, so all parties are aligned on current and future goals.

CONTACTS

Coach and program queries:	mag@mwgymclub.com
Accounts and invoicing queries:	accounts@mwgymclub.com
CEO:	ian@mwgymclub.com

POLICIES, FORMS and GUIDELINES

All MWGC's polices, forms and guidelines are available of our website;

<https://www.mwgymclub.com/policies-documents>

We welcome you to our MAG team, and if we can help in you in any way, please contact us.

Manly Warringah Gymnastics Club
24 Middleton Rd Cromer NSW
Ph 02 9972 9222
www.mwgymclub.com

