



2023

WAG PROGRAM

STRUCTURE, GUIDELINES AND POLICIES

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2023 Women's Competition Pathways & Squad Requirements

<p>GOLD SQUAD 20 - 27hrs per week</p>	<p>Gymnasts who show potential development towards Gymnastics Australia's Elite Competition Levels. This squad is strictly <u>INVITE ONLY</u> and athletes must follow a strict selection criteria.</p>
<p>SILVER SQUAD 17+ hrs per week</p>	<p>Preparation of gymnasts to compete in <u>Levels 7-10</u>, and beyond</p>
<p>BRONZE SQUAD 16+ hrs per week</p>	<p>Preparation of gymnasts to compete in <u>Level 6 & 7</u> whilst preparing for Level 7 and beyond</p>
<p>BLUE SQUAD 16+ hrs per week</p>	<p>Preparation of gymnasts to compete in <u>Level 6</u> whilst preparing for Level 7 and beyond</p>
<p>RED SQUAD 14+ hrs per week</p>	<p>Preparation of gymnasts to compete in <u>Level 5</u>, whilst continuing development for future levels</p>
<p>GREEN SQUAD 12+ hrs per week</p>	<p>Preparation of gymnasts to compete in <u>Level 3 & 4</u>, whilst continuing development for future levels</p>
<p>YELLOW SQUAD 6-9 hrs per week</p>	<p>Preparation of gymnasts to compete in <u>Level 3</u>, whilst continuing development for future levels</p>
<p> MIGHTY STARS 4hrs per week</p>	<p>Our aim is to introduce children into competitive gymnastics development through teaching strong fundamental skills as well as body preparation. Gymnasts will be offered Carnival Days to showcase their skills in addition to preparing for Level 3/Yellow Squad.</p>
<p> LITTLE STARS 1.5 hrs per week</p>	<p>Our aim is to introduce children into gymnastics through teaching solid fundamental skills as well as body preparation, in development for advancing into Mighty Stars and eventually Competitive Levels when they start school.</p>

2023 MWGC'S WOMEN'S COMPETITION STRUCTURE

GYMNASTICS AUSTRALIA'S COMPETITION FRAMEWORK

SENIOR COMPETITIVE
LEVEL 8 – SENIOR INTERNATIONAL

INTERMEDIATE
COMPETITIVE
LEVEL 5-7

JUNIOR
COMPETITIVE
LEVEL 3-4

FOUNDATION LEVELS
AGE 3-7YRS

MWGC'S COMPETITIVE LEVELS PATHWAY

GOLD SQUAD
HIGH PERFORMANCE
20-26HRS

SILVER SQUAD
NATIONAL
LEVEL 8-10
18+ HRS

BRONZE SQUAD
16+HRS

BLUE SQUAD
16+HRS

RED SQUAD
12+HRS

GREEN SQUAD
9-12HRS

YELLOW SQUAD
6-9HRS

MIGHTY STARS
4HRS

LITTLE STARS
1.5HRS

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GENERAL INFORMATION

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

MWGC prefers a closed-door environment. We feel this is the best atmosphere for the development of gymnasts and young athletes without distraction. Our facility does permit parents in viewing areas, but we ask that contact with the coaches and gymnasts does not occur during training times.

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

PROGRAM OVERVIEW

MWGC's Women's competition program has been structured to align with Gymnastics Australia and Gymnastics New South Wales. 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 feel to be the most important values in creating a positive and successful environment. As a member of our club and our Women'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 individual potential
- To produce gymnasts capable of performing at high levels of excellence both within the Australian National 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

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- An environment that encourages supportive friendships
- Promoting a love of gymnastics, good work ethics, self-discipline and respect

EXPECTATIONS OF OUR COMPETITIVE GYMNASTS

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

- Attend all training sessions as set down 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.

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.

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 options are fine, it is important to realise that children rarely fit perfectly into the Australian Level Program (ALP) at every stage of their development.

Gymnastics Australia's streamlined approach to women's gymnastics has all athletes compete the same level requirements up to Level 10, before branching off into strictly age specific elite levels: **Future, Junior and Senior International**. Alternately, open-aged **National Level 10** may also be a steppingstone for gymnasts who missed the Future or Junior age requirements and are wanting to progress to high performance gymnastics.

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COMPETITIONS, CLINICS AND CAMPS

Our gymnasts will be invited to compete in between 4-8 competitions each year, which are normally held on Saturdays and/or Sundays.

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.

Competition dates will be announced in advance on your calendar, however actual time/day will be confirmed 1-3 weeks prior to the event. MWGC will forward information to you as soon as it is available.

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.

Coaches will accompany MWGC gymnasts to all competitions. Please be aware that in certain instances the coach who accompanies the girls to competition might not always be their personal coach. For non-Club based competitions, such as 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 WAG 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 four 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 measures must be arranged.

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CLINICS AND STATE SQUADS

Throughout the year gymnasts may become eligible/invited to attend certain clinics and State Squad training sessions. MWGC will select gymnasts to trial for NSW State Squads based on:

- Skill level
- Age guidelines
- Strength and physical preparation
- Current and future skills
- Training effort and attendance

Squads and Clinics are an additional cost to regular fees. Costing will change from clinic to clinic. Invoices will go out with event details or may be required to be paid directly to GA or GNSW.

NSW State Team and GA may invite selected athletes to attend a series of clinics annually. These athletes are selected based on GA specific high-performance criteria.

If gymnasts are selected to attend any clinics or camps, they are highly encouraged to attend all sessions.

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 admin fee on top of competition entry fees to subsidise petrol, staff wages, judges' fees and/or staff accommodation.
- 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.

TEAM COMPETITIONS

Each year MWGC will enter girls in various team competitions. At these events gymnasts normally compete in teams of up to 6 girls with 3 top scores counting on each apparatus.

MWGC will select their highest performing gymnasts to field their first team. Where there may be opportunities for additional teams, more gymnasts will have the opportunity to be selected.

TEAM SELECTION

Gymnasts will be selected based on:

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

MWGC team selection policy for Level 5 and above will be communicated prior to the competition season commencing.

TRAVELING / AWAY COMPETITIONS

Travelling competitions begin from level 5. Information for travelling competitions will be communicated closer to each of those competitions if they apply.

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DISCIPLINE POLICY

Our WAG 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
- Tell the gymnast when she has not followed the behaviour expected and ask them to rectify their behaviour
- 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.

PHYSICAL TESTING

It is important that we monitor the progress of each gymnast. Gymnasts will undergo two strength and flexibility tests throughout the year.

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

Our coaching team will determine the strength and flexibility requirements.

We aim to align as best as possible with the requirements of Gymnastics Australia and Gymnastics NSW squad testing guidelines, however there may be minor differences.

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CLUB UNIFORM

Club uniform is to be worn at all competitions, clinics and other specified events.

Before purchasing your leotard, please check with your squad coach.

2023 MWGC Uniform

Tracksuit L3-International



Polo L3-International



Training Leotard L3-10



Training Leotard International



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Gymnasts are required to wear **RUNNING SHOES & WHITE SOCKS** as part of their club uniform. **NO UGG BOOTS OR THONGS ARE ALLOWED TO BE WORN AT ANY COMPETITIONS.**

Hair must be worn in a tidy **BUN** that ensures it will not come out during competition, it must not hang loose, and it must not come over the face (use lots of gel or other products). **There are to be NO braids in the girl's hair for competitions.**

LEOTARD CARE – From Sylvia P

IMPORTANT WASHING INSTRUCTIONS

Do

- Turn garment inside out when washing
- Machine wash using mild liquid detergent (woolwash)
- Wash on short cycle in cold water
- Tumble dry immediately after washing on low or no heat

Don't

- 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 wearing

For more leotard care information please see the Sylvia P website:
<https://www.sylviap.com.au/pages/product-care-instructions>

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HOLIDAY TRAINING AND SCHEDULED TIME-OFF

Gymnastics is a physically demanding sport and can be dangerous if a child is not conditioned correctly. Consequently, all competitive gymnasts are expected to train all year round, including 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, we feel this 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 by March, 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 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 holiday may result in a gymnast being declared not ready or fit to compete.

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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:

1. An injury is a direct result of injuries sustained at MWGC training sessions or competitions where the gymnast is representing MWGC, a NSW State or Australian National team
2. 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 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.

General injuries sustained outside of MWGC training and representative events are not eligible for credit

- 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 parent 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 WAG 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.

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PHYSIOTHERAPY

Warringah Physiotherapy is run by Mark Stewart and Aaron Bruce who both have a wealth of experience 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 Masters in Public Health in 2000 and a PHD in 2006. He also specialises in the management of Whiplash Associated Disorders and exercise-based treatment for chronic conditions

Aaron graduated with a Bachelor Degree of Physiotherapy in 2017 and has a large background in the sport of gymnastics. A previous coach at Manly for the Men's Competitive Program, Aaron maintains his advanced coaching and judging accreditations. This combination gives Aaron a great understanding of the sport and allows for better communication between coach and physio.

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.

Taping is also available for training:

- Roll of tape: \$12 (Tape can remain in the clinic and gymnasts can get strapped before training)
- One off taping: Gold coin donation

REPORT CARDS

At the end of each year we send out a yearly report card. 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: wag@mwgymclub.com
Accounts and invoicing queries: accounts@mwgymclub.com
CEO: ian@mwgymclub.com