



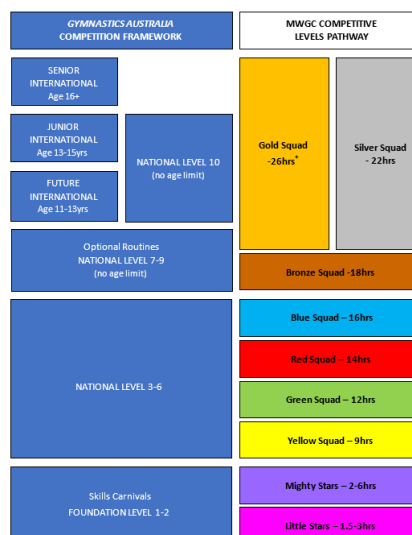
Manly Warringah Gymnastics

WAG PROGRAM 2018

Structure, Guidelines and Policy – Women’s Competition Program

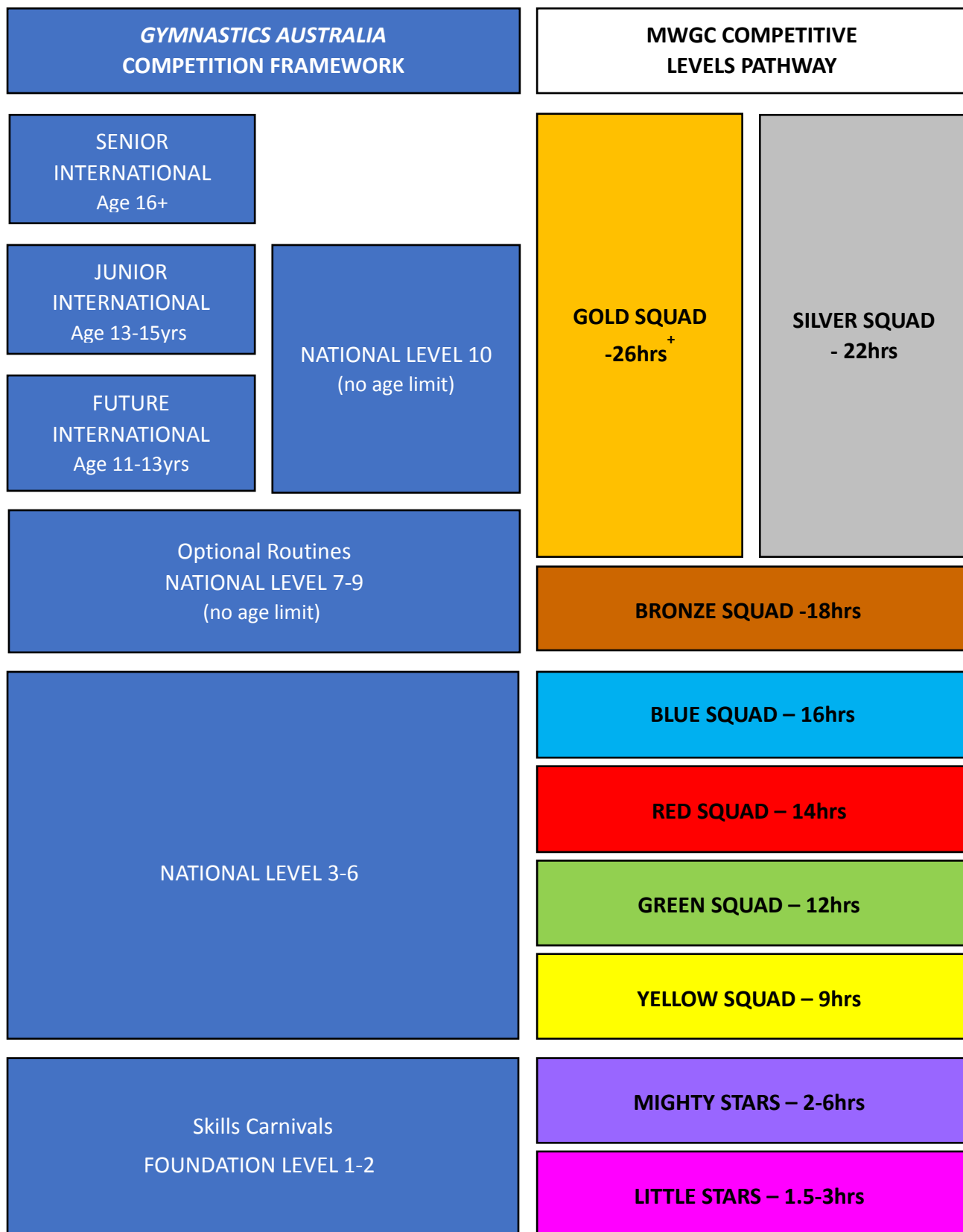
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GOLD SQUAD 26 hrs per week	Gymnasts who have the potential and fit into strict age categories from Gymnastics Australia become eligible to compete in the Future International, Junior and Senior Competitions.
SILVER SQUAD 22 hrs per week	Preparation of gymnasts to compete in Levels 8-10, and beyond.
BRONZE SQUAD 18hrs per week	Preparation of gymnasts to compete in Level 7 whilst preparing for Level 8 and beyond.
BLUE SQUAD 16 hrs p/w	Preparation of gymnasts to compete in Level 6 whilst preparing for Level 7 and beyond.
RED SQUAD 14 hrs p/w	Preparation of gymnasts to compete in Level 5 whilst preparing for Level 6 and beyond.
GREEN SQUAD 12 hrs p/w	Developing gymnasts to compete in Level 4 whilst preparing for Level 5 and beyond.
YELLOW SQUAD 9 hrs per week	Equipping gymnasts to compete in Level 3 whilst preparing to tackle skills required for Level 4 and beyond.
MIGHTY STARS Pre-competitive School age 2, 4 or 6 hrs/week	The 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; the first level of competition.
LITTLE STARS Pre-competitive Pre-school age 1.5, 3 or 4.5 hrs/week	The aim is to introduce children into gymnastics through teaching <u>solid</u> fundamental skills as well as body preparation in development for advancing into Mighty Stars and eventually Competitive Levels when they start school. Gymnasts may be offered Carnival Days to showcase their acquired skills.

MWGC 2018 WOMEN'S COMPETITION PATHWAYS



WAG SQUAD REQUIREMENTS

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PROGRAM OVERVIEW

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

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

PROGRAM GOALS

Provide a rewarding and challenging gymnastics program that aims to develop each child to their individual potential.

Produce gymnasts capable of performing at high levels of excellence both within the Australian National Levels Program, and those ultimately aiming to representing Australia successfully at international gymnastics events.

Provide a safe and first class gymnastics environment for gymnasts to enjoy learning technically correct gymnastics skills.

Continually update and improve our facilities to ensure they are of highest possible quality.

To maintain a high coach to gymnast ratio for personalised attention.

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 personal friendships.***

Promoting a love of gymnastics, good work ethics, self-discipline and respect.

GENERAL INFORMATION

Every year squads are reviewed and updated according to the latest level requirements, gymnast's progress, gymnast/coach suitability and coaches' availability and preferences. Gymnasts move from squad to squad as they progress.

MWGC promotes 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. Will organise specific sessions for parents to attend.

If gymnasts are selected to any inter-state clinics (AIS/NCE-Melbourne) or inter-state competitions. Gymnasts will travel with their respective coaches and chaperones.

KEY REQUIREMENTS OF COMPETITIVE GYMNASTS

It is expected that our competitive gymnasts do their utmost to

- 1. Attend all training sessions as set down by the coaching team.*
- 2. Advise your coach with as much notice as possible if you (or your child) will be absent*
- 3. Make yourself available for extra training if required.*
- 4. Attend external clinics and competitions when required.*
- 5. Accept that training dates, times and coaches may be subject to change.*
- 6. Be respectful of coaches at all times and always follow their instructions.*
- 7. Be encouraging of each other and celebrate in all teammates success.*

FAST TRACKING

*Gymnastics Australia's new streamlined approach to women's gymnastics has all athletes compete the same level requirements up to Level 9, before branching off into strictly age specific elite levels; **Future, Junior and Senior International**. Alternately open-aged **National Level 10** may also be a stepping stone for gymnasts who missed the Future or Junior age requirements.*

MWGC's competitive program has been updated to allow gymnasts to advance through Gymnastics Australia's Levels Program at their own pace. This means MWGC may offer a fast track program where gymnasts could skip certain levels to enable them to progress more quickly.

Gymnasts who have shown exceptional skill development, fit GA's strict age markers, as well as being selected into NSW Squads may be invited to be fast tracked through our competitive levels pathway to suit their individual development needs.

It is at the discretion of MWGC's head and senior coaches to offer this accelerated pathway.

Key contributing factors to an individual being offered a fast track program may include:

- Fitting strict age requirements set out by Gymnastics Australia and GNSW.*
- Substantially accelerated skills development over a short period of time.*
- High level of natural and trained physical preparation (strength, flexibility, dynamic strength).*
- Showing self-motivation, hard work, courage, resilience during training.*
- Parental commitment (financial, punctual, flexible)*
- As part of our competitive program all gymnasts will undergo regular skills and strength testing, in addition to recorded absences to maintain our high standards.*
- Gymnasts, who achieve high results in their skills and strength testing, can become eligible to attend clinics with some of the country's best coaches and athletes.*

DISCIPLINE POLICY

Our WAG competitive gymnasts are role models for other members and ambassadors for our club. Training requires significant discipline from our gymnasts to achieve success and safety. We expect a high standard of behaviour at all times – on or 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***

TESTING

It is important that we monitor the progress of each gymnast. All gymnasts will undergo termly physical testing and skill assessments. There are 2 components to testing and assessment, skills and strength, to be conducted once per term at MWGC.

The benefits of our testing

- ***Allows both athletes and coaches to clearly see how skills are progressing throughout the year.***
- ***Outlines progressive skill development which eliminates "holes" in the gymnast's future program.***
- ***Encourages mastery and retention of basic skills in conjunction with advanced skill learning.***
- ***Highlights skill readiness preparing for competition routines and areas of focus for advancement.***

Our head coach will determine the skill and strength 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.

COMPETITIONS

Our gymnasts will be invited to between 5-8 competitions each year, which are normally held on Saturdays and/or Sundays.

Gymnast's readiness to compete 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 MWGCs head coach to determine if they are ready to compete and doing so safely. Otherwise they may not be entered or may be asked to compete their previous level.

There will be opportunities for Club Invitational, Regional and State Qualifiers for all our gymnasts. High achievers may be invited to State and National Championships, in addition to Interstate and International competitions.

A calendar will be sent out at the start of each year containing the major "State" run competitions, however additional competitions maybe 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, Singapore, USA and China.

We highly recommend that gymnasts compete at all events that are offered. Practicing how to compete is an important part of gymnastics development.

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

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.

Competition Registration and Payment:

- **Invoices for competitions are sent out via e-mail.**
- **Late payments are not accepted.**
- **As a result of that, if your child is competing on a training day, refunds for training do not apply.**
- **MWGC adds a flat fee of \$20.00 on top of competition entry fees to subsidise petrol, staff wages, judges' fees and/or staff accommodation.**
- **Schedules for competitions are released by organiser closer to competition dates and MWGC will e-mail it to you. For further info on competitions timetables contact WAG@mwgymclub.com.**
- **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 a 20% administration fee.**

Team Competitions

Each year MWGC will enter girls in various team competition. At these events gymnasts 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.**

CLUB UNIFORM

To be worn at all competitions, clinics and other specified events.

Before purchasing your Leotard please check with Squad Coach.

LEOTARD CARE – (From GK Australia)

Please make sure you hand wash these garments in COLD water using a very mild liquid detergent; however not a wool wash or anything containing eucalyptus.

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

Hair; must be worn in a tidy manner 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)

Uniform Item List:

- TRACKSUIT SQUAD**
- POLO SHIRT**
- COMPETITION LEOTARD**
 - LEVEL 3-6 - Sleeveless Sequin**
 - LEVEL 7 & BEYOND - Long Sleeved White & Maroon**
- TRAINING LEOTARD**
 - LEVEL 3-6 - AS COMPETITION**
 - LEVEL 7 & BEYOND - Sleeveless Fancy Back**
- BACKPACK**

STATE SQUADS & CLINICS

Throughout the year gymnasts may become eligible to attend certain clinics and State Squad training sessions.

MWGC will select gymnasts eligible 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.

NSW State Team and GA may invite selected athletes up on their specified high performance criteria to attend a series of clinics annually.

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

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 four weeks of scheduled training breaks:

- ***2 weeks over Christmas and New Year.***
- ***The other 2 weeks will be dependent on each level's competitive season.***

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 in 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

To request credits, a gymnast must be away for a minimum of four weeks. The dates must be given to administration at least a month in advance, along with the "Notice to Accounts Dept." form. This form can be requested 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 time-off breaks as they are scheduled to provide the best competition preparation and rest for all our gymnasts.

PAYMENTS and POLICIES

- ***There are no makeup classes in competitive programs***
- ***Credits on medical grounds will only occur when***
 - ***An injury is a direct result of injuries sustained at MWGC training sessions or competitions***
 - ***An injury prevents all training or if the gymnast is completely unfit for training***
 - ***General injuries outside of MWGC activities are not considered eligible for credit***
 - ***Minor illnesses are not considered eligible for credit***
- ***MWGC coaches/management reserve the right to deny access to our premises if they consider any child/family member unfit or contagious***
- ***A partial gym related injury that restricts training (at the coach's discretion) may receive a 50% discount.***
- ***Any credits will commence as of the following training day***
- ***No refunds or make up classes for resting days after clinics or competitions***
- ***In the event a gymnast is away for more than 4 consecutive weeks they may be declared ineligible for competitions surrounding the period of absence***

- *All medical certificates must be from an independent and appropriately qualified practitioner.*

CHANGES IN 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 the reception.

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

CANCELLATIONS

If you are withdrawing your child from the program, a written notice must be given to the office 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.

CONTACTS

Coach and program queries: WAG@mwgymclub.com

Accounts and invoicing queries: lisi@mwgymclub.com

General Manager: mshields@mwgymclub.com