

## Session Term Dates 2021

Term 1	27 <sup>th</sup> January - 9 <sup>th</sup> April
Term 2	27 <sup>th</sup> April - 2 <sup>nd</sup> July
Term 3	19 <sup>th</sup> July - 24 <sup>th</sup> September
Term 4	11 <sup>th</sup> October - 10 <sup>th</sup> December

## Training Sessions Are

- Held during the DfE school terms
- Not routinely held during School Holidays. Additional sessions occur on an adhoc basis at an additional cost
- Not held on Public Holidays

## Enrolment Enquiries

Please contact our administration staff during business hours, or send your enquiry via our website - gymwest.com - using the Contact tab. We will be in contact in 3 - 5 days to confirm availability and discuss any queries you have.

Administration Officer	Julia Klar
Administration Assistant	Denise Kris

## Communication with Coaches

Coaches are available to speak to Parents/Carers. Please email to make a time during a session. For longer communications please contact them as per below.

## Communication with the Club

President	Mr Mike Remkes
Street	Gate 3, Henley High School Harvey Street, Henley Beach, 5022
Postal	PO Box 599, Henley Beach, 5022
Phone	8353 4770 (Answering machine only)
Email	wag@gymwest.com
Website	www.gymwest.com
Facebook	GymWestGymClub

## Membership Form

Must be completed prior to commencement of activities and renewed yearly.

GW is proudly in partnership with the City of Charles Sturt and the Office of Recreation, Sport and Racing. GW is also grateful to its sponsors and welcomes enquiries regarding sponsorship.



## Assistance at Competitions

Parents are expected to help out at competitions from time to time. Roles included are Door Keeper and Music Operator. Only people over 14 years who hold a current Working With Children Check are allowed on the competition floor. Children 13 years and under are able to assist with Music.

## Fundraising

Gym West is an active, inclusive, dynamic community that regularly raises funds for various projects. These are primarily ongoing maintenance and upgrade of gymnastics equipment. Families are asked to support events and activities by contributing time, money and goods from time to time.

## Sports Vouchers

We are a registered provider of the SA Government's Sports Vouchers program. The purpose of the program is to reduce cost as a barrier for children to participate in organised sport. The \$100 discount is available to all primary school children (Reception to Year 7). Sports Voucher Claim Forms are available at Reception. The term fee balance (minus the \$100 SV value) is to be paid in full as per the member's invoice, with the \$100 discount applied once Gym West has received the funds from the Department of Recreation, Sport and Racing.

## Illness, Injury and Absence

If an athlete is unwell or injured:

- Please do not send them to training and risk their recovery and/or adversely affecting others
- Show courtesy to the Coach by advising the club

If an athlete will be absent:

- This should be a rare occurrence as committing to the WAG program requires committing to the training hours and high levels of attendance
- Please show courtesy to the Coach by advising the club

## Car Parking

In line with our agreement with HHS, please use the western car-park only, entry via Gate 3 off Harvey Street. The carpark is a hazardous area and children must be closely supervised in and out of the building.



Healthy clubs.  
Strong communities.



Henley and Grange Youth Clubs Inc.



## WAG Information Leaflet 2021

Information about Women's Artistic Gymnastics (WAG) is below. We hope you find this helpful and please do not hesitate to contact us if you require more details.

WAG is expressive and powerful with skills for girls and women on four apparatus: Beam, Uneven Bar, Floor and Vault. Gymnasts are selected and invited by GW to join their competitive program after undergoing a skills and strength assessment. If accepted into the WAG program, ongoing compliance with the following is expected.

## WAG Coaches

<b>Head Coach Level 1 - 3</b>	<b>Hayley Murphy</b>
<b>Head Coach Level 4 - 10</b>	<b>Jacque Smith</b>
Coaches	Hayley Murphy Chelsea Innes Tayla DeBeer Nicola Murphy Erin Rogers Emma Cenzato Ruby Henry

## Policies

GW has several policies that everyone must comply with, full details are available on the website, including our Member Protection and Child Safe Policies which cover issues such as:

- Asthma Aware
- Bullying, Discrimination and Harassment
- Child Safety
- Codes of Behaviour for Athletes and Parents/Carers
- All Weather
- Smoke and Alcohol Free
- Social Media

## Compulsory Training Hours and Fees

For safe, progressive development, gymnasts must train for the above hours per week according to their Level.

Committing to the WAG program means committing to the training hours.

Level	Training Days	Training Times	Hours	Fee per Term
Level 0	Friday	3.30pm – 5.30pm	2	\$345
Level 1 – 3	Tuesday	3.30pm – 5.30pm	4	\$391
	Thursday	3.30pm – 5.30pm		
Level 4	Tuesday	5.30pm – 8.30pm	9	\$600
	Thursday	5.30pm – 8.30pm		
	Saturday	1.30pm – 4.30pm		
Level 5 – 10	Tuesday	5.30pm – 8.30pm	12	\$773
	Thursday	5.30pm – 8.30pm		
	Friday	5.30pm – 8.30pm*		
	Saturday	1.30pm – 4.30pm		

\*Friday training sessions are held at Koorana Gymnastics Club, Rear of Marion Sports and Leisure Centre, Cnr Oaklands Road and Rosedale Avenue, Morphettville.

## Fees Policy

GW has a comprehensive Fees Policy, including:

- Fees are based on the expected annual attendance costs of training, registration, insurance and administration costs, Gymnastics Australia's (GA's) membership fee and equipment levy
- Member Registration with Gymnastics SA, plus Insurance and Administration Fee is invoiced once per year on first invoice, regardless of start date throughout the year. Subsequent invoices will have this component removed
- Fees must be paid in full within 28 days of the date of the invoice
- Failure to pay by the 28<sup>th</sup> day will result in a 5% late payment fee being charged
- All fees from the current term are to be paid before the next term's activities can be commenced

## Fee Payment Method

BSB: 065-152. Account: 10251986

Reference: Child's Surname and ID Number eg: Smith9999

## Competition Squads

GW has a comprehensive Competition Squad Policy, which includes:

- Level 1 - 2 gymnasts attend in-house competitions at Gym West and State Championships at Gymnastics SA. Details are advised to athletes and Parents/Carers as they become available
- Level 3 - 10 gymnasts are entered into GSA competitions as per below. Exceptions to this are if the coach does not feel adequate preparation has been achieved to ensure safe, successful participation. This is addressed on a case-by-case basis with the athlete and Parent/Carer
- Events are held at Gymnastics SA, corner of Oaklands Road and Rosedale Avenue, Morphettville. Port Pirie is held at John Pirie Secondary School, 40 May Elie Street, Port Pirie
- Competing times for each level vary for each competition. Confirmed competing times will be provided approximately 1 week prior to the competition date.
- Costs relating to the above local competitions including entry fees, coach attendance and administration costs will need to be paid upon being entered. Committing to the WAG program requires committing to attendance and paying the associated fees. In the case of withdrawal, GSA is to receive an Event Refund Application Form, along with a medical certificate no later than 14 days after the event.
- A parent/carers must be in attendance during every competition, as Coaches are only responsible for athlete's care while the competition is in progress

## Calendar of Events

The full WAG competition schedule is available from [www.gymnasticsaustralia.com.au/SA/Events/](http://www.gymnasticsaustralia.com.au/SA/Events/)

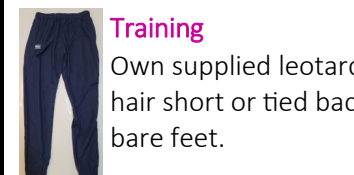
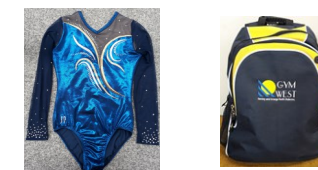
In summary:

<b>Level 0</b>	Training only, not yet competing	
<b>Level 1 - 2</b>	In-house competitions, details TBA	
<b>Level 3 - 5</b>	<b>Competition Season July - October</b>	
	Interclub	24 <sup>th</sup> - 25 <sup>th</sup> Jul
	Teams Challenge	14 <sup>th</sup> - 15 <sup>th</sup> Aug
	Invitational Champs	28 <sup>th</sup> - 29 <sup>th</sup> Aug
	State Championships	25 <sup>th</sup> - 26 <sup>th</sup> Sep
	Pt Pirie Invitational (Country Comp, at additional cost)TBA	
<b>Level 6 - 10</b>	<b>Competition Season March - October</b>	
	Interclub #1 & AGC Trial & BC Trial #1	20 <sup>th</sup> - 21 <sup>st</sup> Mar
	Invitational Champs & BC Trial #2	5 <sup>th</sup> - 6 <sup>th</sup> Jun
	State Championships	9 <sup>th</sup> - 11 <sup>th</sup> April
	Teams Challenge	14 <sup>th</sup> - 15 <sup>th</sup> Aug
	Trans Bass Trial	TBA
	Pt Pirie Invitational (country comp, at additional cost) 2 <sup>nd</sup> - 3 <sup>rd</sup> Oct	



## Uniforms

Committing to the WAG program requires committing to the purchase and wearing of the correct uniform as per the Uniform Policy.



## Training

Own supplied leotard, hair short or tied back, bare feet.

## Competitions

Gym West uses Sylvia P as the supplier of our competition leotard and Canterbury for our Tracksuits and athletes are advised when they need to purchase them. Backpacks are available from the club at all times.

## Levels 3 - 10 Uniform

- Tracksuit \$165 (jacket, pants, polo)
- Competition Leotard \$196 +postage (approx.)
- Backpack \$30
- Training Leotard \$66.00 (for Saturday training)