

Session Term Dates 2023

Term 1	Mon 29th January - Sat 13th April
Term 2	Mon 29th April - Sat 6th July
Term 3	Mon 22nd July - 28th September
Term 4	Mon 14th October - Sat 14th December

Training Sessions Are

- Held during the DfE school terms
- Usually held during School Holidays 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.

Program Coordinator Bonica Little

Club Administration Officer Julia Klar

Communication with Coaches

Coaches are available to speak to Parents/Carers briefly at the beginning and the end of sessions. For longer communications please contact the Coaches as per below; mag@gymwest.com

ATT: Ruby Henry | MAG Competition Head Coach

Communication with the Club

V. President Mr Nick Black

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 enquiries@gymwest.com

Website www.gymwest.com

Facebook GymWestGymClub

Note: There is limited office cover and all enquiries are answered as soon as possible

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.



Yearly Membership

Membership must be renewed each year via our online membership database, RevolutioniseSPORT prior to commencement of activities. This is renewed annually.

Fundraising

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

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 MAG 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 carpark 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.

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 aged 5-15 (Reception to Year 9). Sports Voucher Claim Forms are available at Reception or via the Sports Voucher website and must be completed and provided to Gym West. 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.



Healthy clubs.
Strong communities.



Henley and Grange Youth Clubs Inc.



MAG Information Leaflet 2024

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

MAG is a competitive program of daring skills, strength and power for boys and men on six apparatus: Floor, Rings, Horizontal High Bar, Pommel Horse, Vault and Parallel Bars. Gymnasts are selected and invited by GW to join after undergoing a skills and strength assessment. If accepted into the MAG program, ongoing compliance with the following is expected.

MAG Coaches

Head Coach

Ruby Henry

Coaches

Ryan Black

Adam Gibson

Isla Sorensen

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 MAG program means committing to the training hours.

Level	Training Days	Training Times	Hours	Fee for First Term
Development	Monday or Wed	5.30pm – 7.30pm	2	\$362
Level 1 – 2	Monday or Wed	5.30pm – 8.30pm	3	\$464
Level 2 – 4	Monday Wed	5.30pm – 8.30pm 5.30pm – 8.30pm	6	\$527
Level 4+	Monday Wed Friday	5.30pm – 8.30pm 5.30pm – 8.30pm 5.00pm – 8.00pm*	9	POA

*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 of \$128.00 is invoiced once per year, in the first term of attendance regardless of start date and attendance duration through the year. Term invoices will be raised once GW has placed your child in their session (term fee minus \$128)
- Fees must be paid in full within 28 days of the date of the invoice
- Failure to pay by the 28th 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

Ref: Athlete's Surname and Invoice Number

(eg: SmithMC555)

Competition Squads

GW has a comprehensive Competition Squad Policy, including:

- All Level 1 - 10 gymnasts are entered into the events below
- Exceptions 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. State Championships are held at 36er's Arena, 44A Crittenden Road, Findon. Port Lincoln and Port Pirie/Whyalla are held at those country locations
- Competing times are generally:
Level 1 - 2 Saturday morning
Level 3 - 5 Saturday afternoon
Level 6 - 10 Friday evening
- 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 MAG program requires commitment 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/carer 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 MAG competition schedule is available from; sa.gymnastics.org.au >Events >2023 Event Calendar

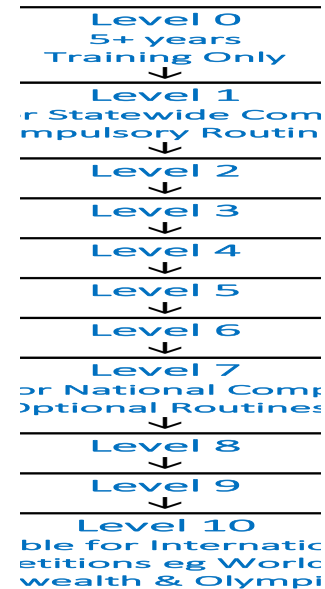
In summary:

Level 1 - 10 Competition Season: March - November

- L1-10 Interclub 1 16 Mar
- L1-10 State Championships 12, 13 & 14 Apr
- L1-10 Teams Challenge 15 Jun
- L5-10 Interclub 2 21 Sep
- Port Pirie Invitational 4-7 Oct
(country comp is an additional cost)
- L6-10 Invitational Championships 1 Nov
- L1-5 Invitational Championships 2 Nov

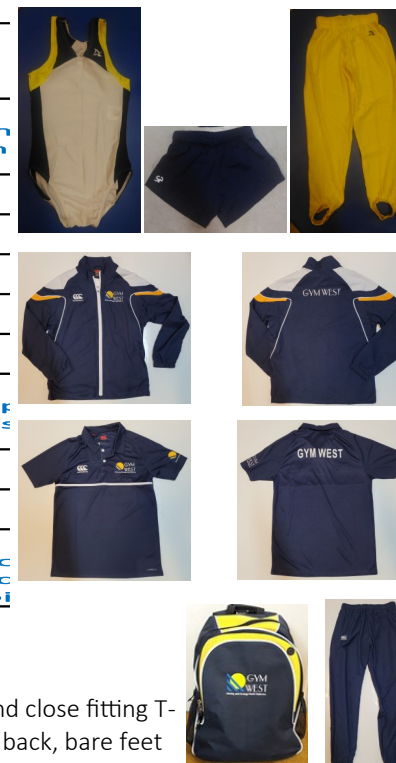
What Other Programs Does GW Offer?

For 5+ year old children interested in doing non-competitive gymnastics, please see our GfA Information Leaflet available at Reception or on the GW website.



Uniforms

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



Training

Own supplied shorts and close fitting T-Shirt, hair short or tied back, bare feet

Competitions

Gym West uses AMCO as the supplier of the MAG competing uniform and Canterbury for the competition tracksuit and polo. Athletes are advised when they need to purchase these.

Uniform - All levels (postage fees will apply for leo, shorts and longs)

- Leotard \$117.00
- Shorts \$45.00
- Longs \$73.00

Level 3 - 10 Uniform (In addition to the above and are optional for levels 1 & 2)

- Backpack \$35
- Tracksuit \$185 - jnr sizes (jacket, pants, polo)
\$190 - snr sizes (jacket, pants, polo)
- White GW socks \$15.00