

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
- Are 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;

wag@gymwest.com

Development or Pre-Competition Squads Head Coach

ATT: Hayley Murphy

Competition Squad Head Coach

ATT: Jacque Smith

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

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 without a WWCC.

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 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.

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 2024

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

Head Coach Development & Pre-competition Hayley Murphy

Head Coach Competition Levels 3 - 10 Jacque Smith

Coaches	Sienna Keeble	Carla Flynn
	Velvet Byrnes	Sophia Eckermann

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

Yearly Membership

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

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 for First Term
Level 0	Friday	3.30pm – 5.30pm	2	\$355
Level 1 – 2	Tuesday	3.30pm – 5.30pm	4	\$400
	Thursday	3.30pm – 5.30pm		
Level 3 - 5	Tuesday	5.30pm – 8.30pm	9	POA
	Thursday	5.30pm – 8.30pm		
	Saturday	1.30pm – 4.30pm		
Level 5 – 10	Tuesday	5.30pm – 8.30pm	12	POA
	Thursday	5.30pm – 8.30pm*		
	Friday	5.30pm – 8.30pm		
	Saturday	1.30pm – 4.30pm		

*Thursday training sessions are held at Gymnastics SA, inside 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 (\$128.00 for Competition and \$79.00 for Development and Pre-competition sessions) 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 Membership Registration fee)
- 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, which includes:

- Level 1 - 2 gymnasts attend in-house competitions at Gym West with details advised to athletes and Parents/Carers as they become available
- Level 3 - 10 gymnasts are entered into Gymnastics SA 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. State Championships are held at 36er's Arena, Crittenden Road, Findon. Port Pirie/Whyalla Invitationals venue is to be advised
- Competing times for each level vary for each competition and will be confirmed 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/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 WAG competition schedule is available from:
<https://sa.gymnastics.org.au/events/events-calendar>

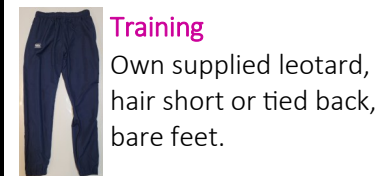
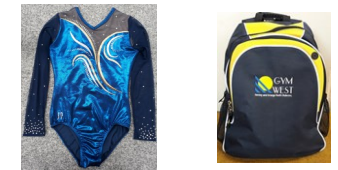
In summary:

Level 0	Training only, not yet competing	
Level 1 - 2	In-house competitions, details TBA	
Level 3 - 5	Competition Season July - October	
	Interclub	26, 27 & 28 Jul
	Invitational Champs	9 (TBC), 10 & 11 Aug
	State Championships	30 (TBC), 31 Aug & 1 Sep
	Port Pirie Invitational	4-7 Oct
	Teams Challenge	26 & 27 Oct
Level 6 - 10	Competition Season March - October	
	Interclub AGC Trial 1	2 & 3 Mar
	Invitationals AGC Trial 2	23 & 24 Mar
	State Championships	12, 13 & 14 Apr
	L6-7 Bigham Cup Trial 1	16 Jun
	L6-7 Bigham Cup Trial 2	13 Jul
Port Pirie Invitational	4-7 Oct	
	(country comp is an additional cost)	



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 and training leotards and Canterbury for our Tracksuits. Athletes are advised when they need to purchase them. Backpacks are available from the club at all times via the RevolutioniseSPORT shop.

Levels 3 - 10 Uniform

- Tracksuit \$185 (jacket (jnr size), pants, polo)
- Competition Leotard \$219.90 +postage
- Backpack \$35
- Training Leotard \$71.30 +postage