



Competition Squads Policy

Policy Name	Competition Squads Policy
Approved By	Gym West Management Committee
Policy Coverage	MAG and WAG Athletes
Date of Approval	May 2019
Date of Review	May 2021

Policy Statement

Gym West (GW) is committed to providing high levels of safe, successful gymnastics programs that meet the needs and interests of its athletes.

Policy Aim

The aim of this policy is to clearly define GW's commitment to, and expectations of, athletes training and participating in gymnastic-based competitions.

Policy Purpose

The purpose of this policy is to ensure all athletes in competition squads are well informed and prepared for the rigours and requirements of participating in this specialised sport.

Policy Detail

GW offers a competitive program through the provision of Gymnastics Australia's (GA's) Men's Artistic Gymnastics (MAG) and Women's Artistic Gymnastics (WAG) programs.

- Participating in athletic-based competitions and displays is demanding both physically and mentally, and adequate training and preparation must be undertaken before an athlete is considered ready to compete
- Participation in the MAG and WAG programs is by invitation only, and once this invitation is accepted, all the below requirements are expected to be adhered to
- MAG athletes compete on the six speciality apparatus as seen in the Olympics: Floor, Horizontal Bar, Parallel Bars, Pommel Horse, Still Rings and Vault. Level 0 Athletes are training only and do not compete. Athletes from Level 1 are eligible to compete in competitions held by Gymnastics South Australia (GSA)
- WAG athletes compete on the four speciality apparatus as seen in the Olympics: Balance Beam, Floor, Uneven Bars and Vault. Level 0 Athletes are training only and do not compete. Levels 1 – 2 participate in inter-club, in-house competitions and one GSA event annually. Athletes are eligible to compete from Level 3 in competitions held by GSA

1. Training Hours Required Per Week

- Less than 90% attendance of the hours below will jeopardise an athlete's participation in the competition squad, as skills, strength and flexibility will be less than optimal
- Session times are provided on GW's MAG and WAG Information Leaflets

MAG

Level	Hours Required per week	Level	Hours Required per week
Level 0	2 hours	Level 6	12 hours
Level 1	4 hours	Level 7	12 hours
Level 2	4 hours	Level 8	12 hours
Level 3	6 hours	Level 9	12 hours
Level 4	9 hours	Level 10	12 hours
Level 5	12 hours		

WAG

Level	Hours Required per week	Level	Hours Required per week
Level 0	2 hours	Level 6	12 hours
Level 1	4 hours	Level 7	12 hours
Level 2	4 hours	Level 8	12 hours
Level 3	6 hours	Level 9	12 hours
Level 4	9 hours	Level 10	12 hours
Level 5	12 hours		

2. Upgrading From One Level To The Next

Upgrading is achieved by attaining the required pass mark in a competition as listed below. Most athletes take approximately two years to move from one level to the next.

MAG

National Level	All Around Scores	Minimum Score Per Apparatus	Routine Types
Level 1 – 6 Open	42.0	Not < 5.5	Compulsory
Level 7 U13	45.0	Not < 6.5	Compulsory
Level 8 U14	45.0	Not < 6.5	Compulsory
Level 7 Open	60.0	Not < 8.5	Optional
Level 8 Open	62.0	Not < 9.0	Optional
Level 9 U15	60.0	Not < 9.0	Optional
Level 9 U17 & Open	63.0	Not < 9.5	Optional
Level 10 Open	65.0	Not < 10.0	Optional

National Levels Recommended Pass Mark (Per Men's Artistic Gymnastics Gymsport Technical Commission Part B – Technical Regulations 2018)

WAG

National Level	Ages	Recommended Pass Mark All Around scores
NL 3 - 6	N/A	28.00 points
NL 7	N/A	38.00 points
NL 8	N/A	39.00 points
NL 9	N/A	40.00 points
NL 10	N/A	41.00 points

National Levels Recommended Pass Mark (Per Women's Artistic Gymnastics Gymsport technical Commission Part B – Technical Regulations 2018)

3. Communication

- All communication regarding an athlete is directed to the Coach or Head Coach
- Coaches are generally available 10 minutes before or after the training session, they are not available during training as this poses a safety risk. Coach's private contact details are not distributed
- GW has limited office cover and communicating can be done either by emailing the club or leaving a telephone message on the answering machine.

- Any late collections of athletes must be organised with a third party as GW cannot ensure emails or telephone messages will be acknowledged during a session
- Informal Parent/Carer meetings are held once per term and provide an open forum for information sharing and discussion

4. Competitions

- Local and state competition dates are as per GSA's website
- Athletes are entered into all local, state and regional competitions based on:
 - Adequate skill execution and preparation
 - Availability of coaches
 - Other conditions imposed by the event provider
- Regional competitions are primarily held in Port Lincoln and Port Pirie and incur an additional cost
- A Parent/Carer must be in attendance during every competition, as Coaches are only responsible for athlete's supervision while the competition is in progress

5. Volunteering

As with all other sports, Parents/Carers are required to support GW and the sport of gymnastics by undertaking a number of volunteer roles at competitions. When volunteers are not provided at competitions, GW incurs a financial penalty from GSA. This cost is recouped from families via increased term fees.

The roles which require filling include Judges, Panel Secretaries, Music Operators and Door Keepers. Training is provided where required and participation is highly rewarding for individuals as well as athletes.

6. Fees

Fees are charged and invoiced according to the Fees Policy, with any additional costs for regional competitions, school holiday or extra training sessions also invoiced.

The Fees Policy details GW's:

- Fees Charged
- Payment Terms
- Fee Considerations
- Refund of Fees

This policy should be read carefully and firmly adhered to. Of note is GW's strict Payment Terms:

'PAYMENT TERMS

- *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*
- *An athlete is a financial member when all payment terms are met'*

7. Uniforms

Uniforms are supplied and invoiced according to the Uniform Policy. This policy should be read carefully and firmly adhered to. Of note is the following:

'PURCHASE OF NEW UNIFORM ITEMS

- *Purchasing a uniform is a requirement for an athlete enrolling in Levels 1 – 10 of the competitive squads*
- *GW will advise the Parent/Carer when an athlete requires uniform items, what those items are, and the cost*
- *Once the order has been paid for, the items are given to the athlete*
- *It is Parents/Carers responsibility to ensure their child(ren) is adequately attired for both training and competitions*

GW endeavours to keep an adequate supply of all uniform items in stock, on occasion items are ordered from the manufacturer and there may be a delay in delivery.

Unacceptable Uniforms

We do not accept or tolerate from athletes:

- *Dirty, marked and/or damaged uniforms*
- *Ill-fitting uniforms*
- *Incomplete or mismatched uniforms*

Where the uniform for athletes is incorrect that person will be exempt from GW activities until the appropriate uniform is worn.'

8. General Information

- Athletes are expected to maintain high levels of compliance with the Member Protection Policy (MPP), Child Safe Policy (CSP), Fees Policy, Uniform Policy, and all other GW regulations and policies. A breach of policy could result in disciplinary action as per Part 8 – Disciplinary Measures of the MPP
- Athletes are entered into all competitions unless they are assessed and are not considered ready to compete. This is discussed between the athlete, coach and Parents/Carers
- On occasion additional training sessions are offered during school holidays. These are not compulsory but highly recommended for maintaining skill, strength and flexibility, for which there is a minimal charge
- On occasion, compulsory training sessions are arranged, the cost of which is payable by the member
- Athletes are regularly assessed during training and based on their competency are placed into the most suitable squad. This will occasionally necessitate a change of training hours

Policy Breach

Where a member believes this policy has been breached they are able to make a complaint by referring to Part D – Complaint Handling Procedure of the Member Protection Policy.