



Woman's Artistic Gymnastics

Development , Pre-Competition & Competition Squads

WELCOME PACK

Gym West
Gymnastics Club



WELCOME

Thank you for accepting our invitation into Gym West's, Woman's Artistic Gymnastics Squad. We are excited to have you on board! We have created this welcome pack to ensure the transition into your new squad is smooth and enjoyable. Whether you have many years experience in gymnastics, or are beginning a new adventure, Gym West is here to support you on your journey.

Welcome

Gym West is a local community club that has developed a reputation for providing the highest quality program for gymnasts of all ages. Our Coaches, staff and Management Committee are passionate about the enjoyment, confidence, and physical & mental fitness gymnastics brings to each member of the club. We strongly believe gymnastics supports the development of strength, flexibility, persistence and self-esteem.

Our Vision & Mission

Our vision is to provide the best professional training for all programs, abilities, levels and interests; promoting a challenging, safe, fun and inclusive environment. A club that is known for providing the best professional training and highest quality programs in the West of Adelaide. A club that strives for excellence and continues to exceed it's mission. Our mission is for every person in our club; gymnasts, staff, coaches, volunteers and families to feel included, to express themselves freely and to have ownership of the club, giving a sense of belonging. To employ qualified coaches who safely deliver classes in a fun and inclusive environment for all children aged 0-18 years; and to foster resilience by providing challenges designed to allow gymnasts to explore their boundaries in an encouraging and safe environment.

Our Values

⇒ Respect our People

- * Listen and act to enhance member experiences
- * Strive to learn about and understand our people
- * Create environments where opinions are heard and valued

⇒ Excellence in Delivery

- * Inspire and implement innovative thinking and behaviour
- * Keep things simple, safe and fun
- * Anticipate change and use evidence to determine our future

⇒ Act as One

- * Seek shared alignment around decisions and accountability
- * Work together to proactively identify opportunities and solve our problems
- * Build trust, strengthen relationships and communicate openly

⇒ Lead with Integrity

- * Act in the best interest of gymnastics with commitment to our vision
- * Operate collectively with transparency
- * Demonstrate and promote honesty and respect

Congratulations

on being selected into the

**Woman's Artistic
Gymnastics Squad**

(Development, Pre-Competition or Competition)

Our Woman's Artistic Gymnastics pathway consists of three invitation-only squads. Gymnasts will train on all four WAG apparatus: Vault, Bars, Beam & Floor. Upon reaching the WAG Competition Squad, gymnasts will have the opportunity to compete their routines at a number of competitions throughout the year.



ABOUT

The **WAG Development Squad** is the entry point into our WAG competition pathway. Gymnasts in the Development Squad focus on the foundation skills necessary for competitive gymnastics. Foundation skills include: strength, conditioning, flexibility and basic shaping. Gymnasts will also gain an understanding of the basic skills required on each four apparatus.

Upon invitation, gymnasts will be invited to a trial in the **WAG Pre-Competition Squad**. Once successful, gymnasts will begin the progressions required for level's 1-3 of the WAG Australian Levels Program. Gymnasts in the Pre-Competition Squad will begin strength & skills testing, which is continued throughout the WAG pathway.

Based on their strength and skills testing results, gymnasts will be invited to a trial in the **WAG Competition Squad**. The WAG Competition Squad is for gymnasts level 3 and above. Gymnasts will follow the Australian Levels Program, and progression through the levels will be determined by strength and skills testing results.





EVENTS

Below is an outline of the events attended by the WAG Competition Squad.

This is a draft outline and is subject to change.

February—L6-10 Interclub

March— L6-10 Invitationals (ACG Trial 1 & BC Trial 1)

April—L8-10 ACG Trial 2

April/May—L6-10 State Championships (BC Trial 2)

May—Australian Gymnastics Championships

June— Border Challenge

July—L6-7 Bigham Cup Trial 1

July—L6-7 Bigham Cup Trial 2

July—L3-5 Interclub

August—L3-5 Team Challenge

August—L3-5 Invitationals

September—Bigham Cup

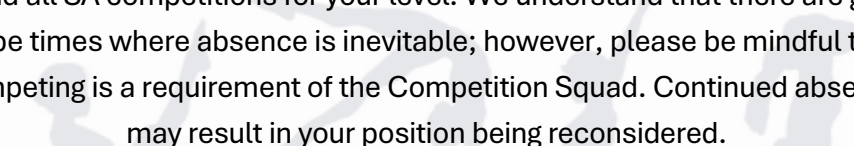
September—L3-5 State Championships

September/October - National Clubs Carnival OR

October—Port Pirie Invitationals

October—L1-2 State Challenge

By accepting your position in the WAG Competition Squad, you are agreeing to attend all SA competitions for your level. We understand that there are going to be times where absence is inevitable; however, please be mindful that competing is a requirement of the Competition Squad. Continued absence may result in your position being reconsidered.



Training Times

Tuesday—5.30-8.30pm

Thursday—5.30-8.30pm

Friday—5.30-8.30pm (level 4+)

Saturday—1.30-4.30pm

Uniform

Training Attire

WAG Gymnasts are required to wear a leotard during training. This may be worn with bike shorts/leggings. Competition gymnasts are required to purchase the clubs training leotard. The training leotard is optional during the week but compulsory on Saturday's.

Competition Attire

Long sleeve competition leotard

Club tracksuit (jacket, pants, polo)

Plain white socks

Silver club scrunchie



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. Competition fees are invoiced separately.
- 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 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
- Please contact finance@gymwest.com to discuss options for payment of fees if payment plan is required.

Safety in Training

All users of GW's training areas are required to conduct themselves with care, courtesy to others, respect, in a responsible manner and according to the Code of Behaviour.

The following rules must be observed when in training and/or competitions areas:

- Only athletes, coaches, staff and designated volunteers are permitted
- All parents/carers, siblings and visitors are required to be in the designated seating area
- No parents/carers, siblings and visitors are permitted to use any gymnastics equipment
- Athletes must wait in the foyer until their session is to commence before they move to training areas
- Running is not permitted unless instructed by a Coach
- Food and drinks are not permitted in the gymnasium with the exception of water bottles
- Jewellery or watches must not be worn during class. Gym West takes no responsibility for lost items e.g., smart watches
- Athletes are required to wear their uniform as stipulated in the Uniform Policy
- Any equipment moved by athletes and/or coaches must be done using correct manual handling techniques

Codes of Behaviour

ALL PARTICIPANTS

- Act within the rules and spirit of our sport, including all guidelines which govern Gymnastics Australia, the member associations and the affiliated clubs (available at www.gymnastics.org.au).
- Promote fair participation over winning at any cost.
- Encourage and support opportunities for people to learn appropriate skills and behaviours.
- Support opportunities for participation in all aspects of the sport.
- Treat each person as an individual and show respect and courtesy to all involved with the sport.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Respect the decisions and efforts of officials, coaches and administrators.
- Display appropriate and responsible behaviour in all interactions.
- Act with integrity and objectivity, and accept responsibility for your decisions and actions.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Do not tolerate or participate in abusive, bullying or threatening behaviour or bad language.
- Display responsible behaviour in relation to alcohol and other drugs.
- Wherever practical, avoid unaccompanied and unobserved one-on-one activity (when in a supervisory capacity or where a power imbalance exists) with people under the age of 18.
- Gym West Members are covered by Gymnastics Australia Member Protection and Child Safe Policy.

ATHLETES

- Give your best at all times and participate for your own enjoyment and benefit.
- Care for and respect the equipment provided to you as part of the program.
- Cooperate with and show respect for other participants, coaches and officials.

PARENTS AND SPECTATORS

- Encourage your child to participate, do their best and have fun.
- Focus on your child's effort and performance, rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or not performing as hoped.
- Help out the coach or officials at training and events, where possible.
- Model appropriate behaviour, including respect for other participants and officials. Respect the effort and performances of participants and officials.
- Reject the use of harassment, bullying or violence in any form, whether by other spectators, coaches, officials or athletes.
- Check on the appropriate club or state bodies' policy on photography of participants before taking photos or other media.

Always accompany your child to and from the gymnasium for drop off and collection. Families should always ensure that no single child is left alone, even if a coach is present. Always stay until others arrive to avoid leaving a child alone at drop off or collection.

BREACH OF CODES OF BEHAVIOUR

The Gym West Management Committee will review any breach of the Codes of Behavior and respond accordingly.

Contact

Administration

admin@gymwest.com

Finance

finance@gymwest.com

Enquiries

enquiries@gymwest.com

Committee

committee@gymwest.com

Each GymSport has their own respective email address:

Woman's Artistic Gymnastics



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