

Warrnambool City Council/Warrnambool Stadium

We aim to offer a professional and progressive program.

Our enthusiasm for gymnastics is apparent in our friendly and supportive staff.

We seek to have a positive influence on children's self confidence in a fun and safe environment.

OUR SPIRIT IS STRONG AND WE STRIVE TO PROVIDE THE BEST POSSIBLE SERVICE TO THE COMMUNITY .

Warrnambool Springers Gymnastics Inc

To work in conjunction with the program provider to promote and develop participation regardless of age and ability from grass roots through the provision of best quality programs, products and services that come under the Gymnastics banner.

WHY DO GYMNASTICS?

We believe that gymnastics is an inherently fun activity.

Children love to roll, jump, swing, and turn upside down.

Gymnastics is excellent for its contribution to general fitness, coordination, agility, strength, balance and speed.

Gymnastics also provides a sound foundation in general movement patterns for both boys and girls.

This allows children to develop their whole body, and provides a solid foundation to other sporting activities.

GYMNASTICS VICTORIA & GYMNASTICS AUSTRALIA

Warrnambool Springers Gymnastics Inc. is affiliated with both Gymnastics Australia and Gymnastics Victoria .





Warrnambool Gymnastic Centre - 5559 4590

Website: www.warrnamboolspringers.com

Facebook: Warrnambool Gymnastic Centre

Pam Davis - 5559 4590
Gymnastic Coordinator 0417 104 708

The Arc - 5559 4555
Stadium Manager

Warrnambool City Council - 5559 4800

Gymnastics Victoria - 03 9214 6020
(info@gymnasticsvictoria.org.au)

Gymnastics Australia - 03 9830 4588
(ausgym@gymnastics.org.au)



Warrnambool Stadium offers a range of activities within the gymnastics program designed to meet the needs and abilities of all participants.

Activities range from recreational gymnasts who participate for fun to competitive gymnasts who compete through the Australian WG or MG Gymnastics Levels programs.

Our program is based around gymnasts developing at their own pace.

The program not only aims to provide gymnasts with a strong physical foundation, but also to support values that will carry over to "life after gymnastics" including:

- * Self discipline
- * Self motivation
- * Time management
- * Respect
- * Sportsmanship
- * Dedication
- * Leadership
- * Concentration
- * Teamwork and friendship

Warrnambool Springers Gymnastics Inc is committed to assist the Warrnambool City Council, by providing resources and advice with the programs it delivers to Warrnambool and the surrounding communities.

Office Hours

The office is manned between 9.00 pm and 5.00 pm on Monday to Friday. Alternatively, a message can be left on the answering machine when calling 5559 4590, if staff are on the floor coaching.

Floor & Safety Rules

The gymnastic area can only be accessed by participants and coaches.

Parents must use the mezzanine area for viewing their children during classes.

Participants must wait until called onto the floor by the coaches.

Non participating children are not permitted into the gymnastic area.

No food, lollies, chewing gum or drink is permitted on or around the equipment.

Participants are not permitted back onto the gymnastic area and equipment once class has concluded.

Participants to remove shoes & socks before entering the gymnastic area.

Participants are to listen carefully to instructions.

Ensure that you warm up adequately.

Participants need to be ready for the start of their class.

Participants are required to bring a drink of water to training, and a suitable healthy snack for those training more than one hour.

No running through equipment.

No yelling or squealing in the stadium.

Ensure that hair is tied back.

No jewellery to be worn, (this includes woven wrist and ankle bands)

Participants should wear appropriate clothing. No jeans, clothing with zips or buckles. (see training attire in this booklet)

Ensure that all litter is placed in the bins provided.

Smoking or the consumption of alcohol is **NOT** permitted inside the stadium as per the Stadium's policies.

- ✦ Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
- ✦ Do not tolerate acts of aggression.
- ✦ Respect the talent, potential and development of fellow participants and competitors.
- ✦ Care for and respect the equipment provided to you as part of your program.
- ✦ Be frank and honest with your coach concerning illness, injury and your ability to train fully within the program requirements.
- ✦ At all times avoid intimate relationships with your coach.
- ✦ Conduct yourself in a professional manner in relation to language, temper and punctuality.
- ✦ Maintain high personal behaviour standard at all times.
- ✦ Abide by the rules and respect the decision of the official, making all appeals through the formal process and respect the final decision.
- ✦ Be honest in your attitude and preparations to training.
- ✦ Work equally hard for yourself and your team.
- ✦ Cooperate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level.



- ✦ Respect the rights, dignity and worth of others.
- ✦ Remember that your child participates in sport for their own enjoyment, not yours.
- ✦ Focus on your child's efforts and performance rather than winning or losing.
- ✦ Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- ✦ Show appreciation for good performance by all participants (including opposing participants).
- ✦ Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons less than 18 years of age, as your words and actions are an example.
- ✦ Respect officials' decisions and teach children to do likewise.
- ✦ Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, administrator, member, visitor or committee etc).
- ✦ Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- ✦ Be a positive role model.
- ✦ Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
- ✦ Be aware of the repercussions that any breaches of this code of behaviour may incur.

Starting

All gymnastic classes will begin at the scheduled time so gymnasts gain the most from the coaching time provided. Warm ups are conducted for the first five minutes of each class. This is vitally important to teaching the basic body positions and for stretching the muscles to prevent injuries. A quick, fast game gets the body moving in a fun and social atmosphere.

Warrnambool Stadium reserves the right to cancel any class that has insufficient children enrolled or no suitably qualified coach is available for tuition of the class.

Finishing

Gymnasts are dismissed from the gymnastic floor at the end of their class awaiting collection from their parent. Parents are requested to collect their child/ren from inside the stadium rather than allowing them to wait outside un-supervised, as our car park is a very busy place.

Gymnasts are expected to attend all training sessions. The coaching staff also understand that there can be many different commitments that conflict with practice times (school work/events, family events, vacations and sickness).

Attendance

The occasional absence is understandable, but also realize the importance of continuity in maintaining the gymnasts' skill level, strength and flexibility.

Contact before scheduled class times is advisable if a gymnast will be missing classes. This enables the class to continue on time without having to wait for any absent gymnast to arrive.

Sessions include warm-up, flexibility and strength programs. Missing or rushing any of these increases the risk of injury to the gymnast, therefore any gymnasts arriving late may be unable to participate in the class and will be requested to remain in the stands until the end of the class.

If a child needs to be picked up early, please notify the coaching staff prior to the beginning of training so appropriate workout alterations may be made.

NON-COMPETITIVE, fun based programs—Ed Gym and Recreational Gym, Pre Level 1, Gym 4 Fun and Development classes.
COMPETITIVE, discipline based programs—Junior & Senior Gymnastics

Ed Gym

Ed Gym is a gymnastic based program involving parent assistance, and is designed for children aged 2-5 years.

Recreational Gymnastics

This class utilised the National General Gymnastic program and offers children both boys and girls aged from 5-8 years a gymnastics experience in a fun environment.

Gym 4 Fun– Junior & Senior

These classes utilises the National WG & MG Levels program and provides those boys and girls aged 8 years and above an experience of gymnastics in an environment that is suitable for their age group. Like a Recreational class, they are given an opportunity to improve their fitness, strength & flexibility in a fun and friendly environment.

Pre Levels 1

This class utilise the National WG level program and provides and develops the skills required to enter into the competitive stream in the next 12 months.

Junior & Senior Development

These classes utilise the National WG level program and offers gymnasts who are aged between 9 and 16 years. They enjoy the aspect of a more structured program with the aim of possibly entering into competitive stream in the next 12 months.

DEFINITION OF MG & WG:

MG or MAG is abbreviated for Men's Artistic Gymnasts and is composed of six components which are as follows: High Bar, Parallel Bars, Pommel, Vault, Floor, Rings.

WG or WAG is abbreviated for Women's Artistic Gymnasts and is composed of four components which are as follows: Uneven Bars, Vault, Beam and Floor.

Gymnastics Victoria Registration

All participating gymnasts, coaches, judges and officials must be registered members of Gymnastics Victoria.

Annual Registration

An annual registration is due on enrolment with the gymnastic program. This fee is made up of Warrnambool Springers Gymnastics Inc membership along with a compulsory insurance levy set by Gymnastic Victoria.

Delays in payment of this fee will result in your child being uninsured, and, therefore, any child wishing to participate in our gymnastics program will **not** be permitted on the floor until such registration has been paid.

Public Holidays

Classes will not run on the following days in 2016:

- Labour Day
- Good Friday
- Anzac Day
- Warrnambool Cup Day
- Queens Birthday

End of Year Display

This is an opportunity for all level gymnasts to showcase their skills to family and friends.

END OF YEAR AWARDS: Sunday 2nd December 2018

Policies & Procedures

All policies and procedures pertaining to this program are available at the office for perusal upon request such as:

- Advancement Policy
- Accident Policy
- Discipline Policy

Fees

All term fees will be invoiced by Warrnambool City Council. Payments can be made at the Council Offices or the Post Office. No money will be accepted at the Warrnambool Gymnastic Centre for class payments.

All fees are to be paid in full within 14 days of the invoice. Instalment plans may be available but **only** upon **prior** arrangements with the Gymnastic Coordinator.

Non payment of class fees will result in gymnasts being withdrawn from the program.

Class fees are based on an hourly fee, which is calculated and paid for on a term basis, taking into consideration all public holidays and number of weeks within terms. For those who join the program after the commencement of the term, fees are calculated on a pro rata basis.

There will be no reduction in fees for missed classes.

In the case where the program provider cancels a class a credit for the class will be taken off the following terms' fees.

Any gymnasts ceasing training during the term must notify the Gymnastic Coordinator preferably in writing. A refund will be processed from the date the notification is received not from the last class attended.

Families with two or more children will receive a reduction on fees based on the number of hours trained and the number of children participating in the program.

Family Fee Reduction

First Child – Full fee (most hours trained)

Second Child – 10% off the full class fee.

Third + children – 15% off the full class fee.

Junior Gymnastics

This class utilises the National Levels WG & MG Levels program for juniors creating both attainable goals and challenging objectives for the beginner and proficient gymnast.

It offers a great variety of skills to broaden the basic knowledge and movement experiences attained through the recreational gymnastics program.

This program offers gymnasts from 2-4hrs to 4-6 hrs training a week. The objective of this program is to compete within optional competitions throughout Melbourne and the South West Region, with an emphasis on fun, participation and team spirit.

Senior Gymnastics

Our WG & MG senior program also utilises the National Levels and aims to provide gymnast with an opportunity to excel within the sport. The senior class requires a great deal of commitment and dedication with long training hours required (6-9 hrs per week).

Entrance into junior and senior gymnastics is via invitation only.

Training Attire

All gymnasts participating in our program are required to wear appropriate attire for training sessions.

Girls will be required to wear either a leotard, or crop top and bike shorts / $\frac{3}{4}$ leggings. Hair must be tied back and no jewellery should be worn. Boys are required to wear shorts that doesn't restrict their movement and a t-shirt or singlet.

Female competitive gymnasts will be unable to attend training sessions without the above attire. Please note that leotards are the preferred training attire. Board shorts, basketball shorts, tracksuit pants, jumpers, windcheaters, and loose t-shirts will not be tolerated.

In addition to training attire, all competitive gymnasts will be required to purchase the competition uniforms. Full details are contained in the Competition Handbook.

Coaching Staff

All senior coaches in charge of gymnastic classes at the Warrnambool Gymnastic Centre are Nationally Accredited with the Australian Coaching Council and registered with the Australian and Victorian Gymnastic Associations.

Warrnambool Stadium also utilizes junior leaders that are either current or past gymnasts and that have technical knowledge relating to general skills and movements. This ensures up-to-date information, skills and competition knowledge to the benefit of your child.

Gymnastics Staff

Pam Davis-Coordinator

Tegan McDonald

Ebony Jarry

Tessa Dayman

Sian Ryan

Bryce Halliday

Brenda Jarry

Samantha Dayman

Tamar Keane

Jacob McDonald

Shauna Darcy

Ella McCorkell



Temperature Policy

On very hot days (37°C +) classes will be cancelled. If the temperature is 37°C or above at the 3.00 pm news on the day of training, the class will be cancelled.

Such extreme temperatures increase the risk of heat exhaustion, fainting and lack of concentration which may raise the risk of injury.

In the event of classes being cancelled due to temperature, a credit for the class will be taken off the following terms' fees. If parents are unsure they are requested to ring the Gymnastic Co-ordinator on 55625114 or 0417 104 708.

Parent / Coach Liaison

It is inadvisable for parents to approach coaches before, during and after classes unless prior arrangements have been made. Please approach the gymnastic co-ordinator to arrange an appointment with the appropriate coaching staff.

Discipline

The best environment for learning is a disciplined one.

Discipline in this context means that the students follow the rules. The coaching staff will discuss appropriate behaviour in the gym.

The full Discipline policy is available upon request.

