

## Gymnastics Program Information 2019

Gymnastics has for many years been one of PCYC's core and most popular activities. It offers children the opportunity to develop gymnastics and life skills in a safe and positive environment whilst providing fun, friendships, confidence, fitness and performance.

PCYC gymnasts are provided with skill progressions and development through circuits, stations and other activities on all gymnastics apparatus and are assisted in improving their strength, flexibility, balance & co-ordination as well as team and sportsmanship values

### **What does gymnastics provide for young people?**

- Enhanced co-ordination and agility for body awareness and balance
- Develops posture and confident body movement including the ability to land safely
- Enhances creativity and builds self-confidence for sport and life
- Develops strength and flexibility for life's constant challenges
- Develops healthy minds for now and later life
- Teaches focus and self-discipline
- Challenges the mind and body to reach new goals

The following information provides you with all you need to know in regards to joining and participating in our gymnastics program for boys and girls.

Through our very experienced and wonderful team of qualified coaches, Bunbury PCYC looks forward to helping and guiding your child through their gymnastics training and hope that they have a successful and enjoyable gymnastics career at our centre.



## Class Descriptions

### IntroGymStarz

These fun beginner classes for 5-8yr old boys and girls, are designed with set progressions to introduce children to the sport of Gymnastics. Providing the core basics of confidence, gross motor skills, coordination and balance. Gymnasts are assessed and receive a certificate at the end of each term to show development through the 8 stage program. Children usually take 1 year to progress confidently to level 1.

No formal uniform is required although leotards are a must for girls with sport shorts and fitted sports clothing for boys. For safety reasons skirts are not allowed.

### Level 1 and Level 2

Level classes have set skill requirements on all apparatuses for children to achieve that are important foundations of Gymnastics. All children are given the opportunity to develop confidence and social skills in a safe and fun environment. They use a variety of different equipment to develop strength, flexibility, core body shapes and gymnastics skills. Gymnasts are continually assessed and classes adjusted as necessary. Children usually progress through one level per year, although sometimes need time to consolidate their abilities therefore taking two to three years.

No formal uniform is required although leotards are a must for girls and fitted sports clothing for boys. For safety reasons skirts are not allowed.

Level 1 and 2 gymnasts are given an opportunity to compete in a fun for all local competition in the year.

### Competitive Levels

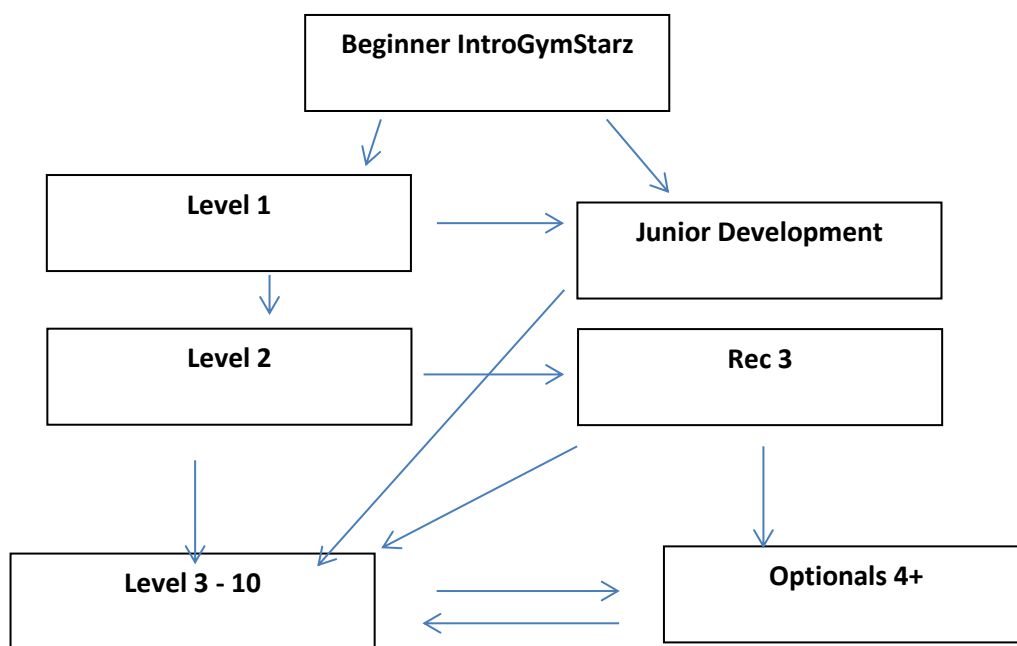
Gymnasts in these classes are working towards Participation for Fun and Competitive Levels. They are encouraged to attend set classes twice a week in order to develop and progress with the necessary strength, flexibility, core shapes and skills on all WAG (women's artistic gymnastics) or MAG (men's artistic gymnastics) apparatus.

Gymnasts are also expected to commit to the program which includes some school holiday sessions, for the 12 month PCYC Competition season. Term 4 to term 3.

Set competitions are as follows

- **Badge Test** in Bunbury (June) Gymnasts must have the necessary skill requirements for their level. Gymnasts receive a certificate and Badge if they pass.
- **SW Regionals Competition** held in either, Albany, Bunbury, Collie or Kalgoorlie is a fun competitive weekend for Level and Optional gymnasts. Gymnasts receive Participation Certificates. Medals are given for top 3 scores and ribbons to 8<sup>th</sup>.
- **Invitational 1/2 Challenge Competition** in Serpentine during September. Participation Certificates and medals. Club Jacket only required
- **States Competition** held in Fremantle on the September long weekend. Participation Certificate. Medals and trophies for top 3 scores

## Pathway



## Changing classes

LEVELS	OPTIONALS
Must attend twice per week	Can attend once OR twice a week
Can Badge Test	Badge test not required
Invited to compete	May choose to compete
Must meet set requirements	Skill requirements are flexible to the needs of the gymnast
Regionals and State Competitions	Regionals and State Competitions
Trains on all 4 apparatus	Trains on all 4 apparatus
Must compete all 4 apparatus	May compete up to 4 apparatus
Works on Strength, flexibility and fitness	Works on Strength, flexibility and fitness

The class which gymnasts are placed in is at the sole discretion of our accredited coaches. After receiving a placement and commencing a class, should you wish to change classes you will need to speak to the Head Coach. All class times are set according to the coach availability. Class times and groups change every year in term 4.

## **Attire**

All gymnasts in all levels are to wear the correct attire & have a water bottle at training.

\*All gymnasts should be fully clothed including shoes, when arriving and leaving the gym. This is for your child's safety and protection.

**GIRLS** are required to wear a leotard or a crop top and gym shorts.

Hair must be tied back appropriately

No jewellery or skirts.

**BOYS** are required to wear fitted shirt and sports shorts or a Boys leotard with shorts.

Leotard is preferred from level 3 for safety reasons

Long hair must be tied back appropriately. No jewellery

## **PCYC competitive gymnasts**

**Girls** Competition Leotard \$80.00

Club Jacket \$80.00

Club Pants \$70.00

**Boys** Competition Leotard \$80.00

Club Jacket \$80.00

Club Longs \$65.00 Shorts \$40.00

Second hand uniforms are privately sold on the Gymnastics FB Page.

## **Bunbury Gymnastics Buy and Sell.**

\* NOTE: This is a closed group. Do NOT sell non gymnastics items as they will be deleted.

New uniform orders for competing gymnasts will be placed at the start of each year (Feb/Mar). Uniform dates will be posted and must be paid in full before the order can be placed.

## **Terms and Conditions**

Please note, we always have a long waiting list of young people wishing to be offered a place in our program. As such, we do respectfully require parents, carers and gymnasts to adhere to all the following terms and conditions.

## **Attendance**

Due to the large waiting list for gymnastics, any participant who misses three classes in a row without notifying the Centre Office will be deemed as not returning and that place in the activity shall be allotted to another person on the waiting list. We have a no refund policy for gymnasts missing classes.



### **Drop off and Pick up**

As per our duty of care and risk management policy, **all** children must be dropped off and picked up from **inside** the gym hall. Our duty of care for the children is during class times and we take no responsibility for those who are not supervised by an adult outside of these times or outside our building.

### **Arriving late**

If you are running late to pick up your child, please text one of the Head Coaches as quickly as possible.

### **Spectating during a session:**

Parents and or any spectators are NOT to distract gymnasts or coaches at any time throughout training.

Due to limited space and viewing room, parents are not encouraged to stay during training but if your child is easily distressed, we ask you to discuss your child needs with us. We will work with you to make your child feel happy and safe.

### **Contacting coaches**

When contacting your coach, please be respectful of when you contact them. Under no circumstances should you share your coaches phone number with anyone.

We do appreciate knowing your child will be absent. It helps with our planning

### **Behaviour Policy**

At all times, gymnasts must follow all Coaches instructions. If coaches deem that a particular gymnast's behaviour for whatever reason is unacceptable, the following procedure will apply

1. Gymnast will be spoken to quietly by their coach and be reminded of their obligations.
2. Should the misbehaviour continue, the gymnast will be directed to the Head Coach and be asked to sit out for a few minutes before returning to their group.
3. If the gymnast still fails to comply with instructions, they will be sat out for the remainder of the class and a meeting between their coach, head coach and parent or carer will take place that day at the end of class
4. Beyond step 3, if necessary a meeting between all parties and Centre Management will be convened to determine whether the Gymnasts placement in the class will be continued.



## Forms, Fees and Refunds

### Forms

All participants of the centre must have a completed a 2019 Membership Form before commencing. Correct contact details are necessary, especially phone number and email PCYC must be informed if your contact details change at any time.

### Fees

- **Annual PCYC Membership including GWA - \$85.00** (Valid 1<sup>st</sup> January – 31<sup>st</sup> December) This comprises of PCYC Membership of \$25.00 plus Gymnastics WA membership \$60.00. This is required on acceptance of your placement and prior to the commencement of any class.
- **Gymnastics Term Fees** – gymnastics fees are charged by a full term and payment is required within 2 weeks of any term unless other arrangements have been made with Centre Management. Any such payment arrangement must also have been made prior to the commencement of any given term.

**Financial arrangements** – PCYC will consider all requests for financial arrangements. Please speak to Centre Management if you are experiencing payment difficulty. Kidsport is available for those families who are eligible.

**Refunds** – Under most circumstances PCYC are unable to offer refunds for gymnastics. We may consider a refund for term fees only if a gymnast cannot complete the remainder of a term due to injury. You can defer to the next term. All refunds are at the discretion of PCYC Management

**Cancelled classes** – Should PCYC need to cancel a class at short notice, gymnasts will be offered a credit or a replacement class

### Contact Details

#### Bunbury PCYC Centre Management

Ph: 97958690

Email: [bunburypcyc@wpcyc.com.au](mailto:bunburypcyc@wpcyc.com.au)

#### Head Coach

Natalie Raftos: 97958690    Email: [bunburygymnastics@wpcyc.com.au](mailto:bunburygymnastics@wpcyc.com.au)



## Codes of Conduct

### Gymnasts

- Play by the rules.
- Never argue with an official or a coach.
- Work equally hard for yourself and your team - your team's performance will benefit and so will you.
- Be a good sport and applaud all good displays.
- Show respect to and acknowledge opponents and officials. Cooperate with your coach, team mates and opponents
- Participate for your own enjoyment and benefit not just to please parents and coaches.
- Play fair — no verbal abuse of coaches or officials (including vilification) or deliberately distracting or provoking another gymnast.
- Respect the rights, dignity and worth of all participants - regardless of their gender, ability, cultural background or religion.
- Do not expect or accept "special" favours from a coach or person involved in team or club management.
- Speak to an adult you trust if you have an issue, feel unsafe or are concerned about someone else.

### Parents, Carers, Spectators

- Remember that children participate in sport for their enjoyment - not yours.
  - Encourage children to participate according to the rules - settle disagreements without resorting to hostility or violence.
  - Never ridicule or yell at a child for making a mistake or not winning.
  - Respect Coaches decisions and encourage children to do likewise.
  - Show appreciation for coaches, officials and administrators. Remember they are often volunteers.
  - Applaud good performance and efforts from all individuals and teams.
  - Congratulate all participants regardless of outcome.
  - Condemn the use of violence, verbal abuse or vilification in any form regardless of whether it is by spectators, coaches, officials or gymnasts.
  - Support all policies and practices (lead by example) and support of child safe strategies.
  - Support involvement in modified rules and other junior development programs.
  - Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
  - Ensure you are aware and follow the correct processes to follow if you have an issue or complaint. Do not perpetuate issues with gossip or general criticism.
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