



NOT JUST TEACHING A SPORT, CREATING A LIFESTYLE



Welcome to

AGDA's Competitive Program

Waiver

This handbook, its references and attachments are general in nature and their brevity could lead to misinterpretation. No responsibility can be accepted for those who act on its contents without first consulting Administration for specific advice.



Dear AGDA Families,

Thank you for joining our AGDA Stars Program. The attached information explains our:

- AGDA Stars Programs
- Gymnastics Pathways
- Competitive Vs Recreational Gymnastics: Expectations from you and us
- Fees Policy
- Other Procedures and Information
- Competitions – General Information
- Competitions involving travel
- Expectations in a Competitive Program
- Gymnasts' Code of Conduct
- Parents' Code of Conduct
- Where the Stars program can take your child

This package is to help you and your family understand the commitment involved in a competitive program for both your child and your family.

If you have any questions about the Stars programs or would like to pay and register your position, please contact us by:

- Phone - 07 3293 2355 during Office Hours
- Website - www.agymda.com.au
- Drop in to 101-103 Kabi Circuit Deception Bay Qld 4508
- Email - info@agymda.com.au

AGDA Staff look forward to serving you with the highest standard in customer service and tuition for competitive gymnastics.

Yours in Gymsport & Dance

Karen Eckel
Manager
Australasian Gymnastics & Dance Academy
Phone: 07 3293 2355

2013 Block Dates

- 1st Jan – 29th Feb Block One
- 1st Mar – 30th April Block Two
- 1st May – 30th June Block Three
- 1st July – 31st Aug Block Four
- 1st Sept – 31st Oct Block Five
- 1st Nov – 31st Dec Block Six

Welcome to the AGDA Stars Family

Our AGDA Motto is: Not Just Teaching a Sport....Creating a Lifestyle

We strive for all Members, Staff and Visitors to abide by and believe in AGDA's:

- **Unifying Principles**
- **Company Mission Statement**
- **Company Philosophy**

Our Unifying Principles are:

- **Respect for all**
- **Open Learners, Educators and Communication**
- **Responsible Actions and Reactions**
- **Respect for the Company**
- **Serious, Safe Fun**

AGDA's Philosophy and Mission:

- **We teach, educate and learn with and from co-workers, family and clients.**
- **We have passion for our Company, Responsibilities and Clients.**
- **Having the opportunity to contribute to our Clients', Co-workers' and Families' lives in an exciting, energetic, informative manner is our motivation.**
- **Operate out of the state of the art training facility of all combinations of sporting activities.**

What are the Benefits of Gymnastics?

Besides gymnastics being an incredibly challenging as well as fun sport, it might surprise you just how important this experience is for children as well as adults. Participation in gymnastics goes way beyond learning handstands and cartwheels. Gymnastics offers fundamental gymnastics education for children who enjoy gymnastics as recreation and those who wish to apply gymnastics to related fields such as dance, cheer, diving, or martial arts and many, many more sports.

Have you ever heard stories of elite athletes whose sporting careers started with GYMNASTICS?

Gymnastics is an excellent avenue for gaining confidence, athletic coordination, and personal growth.

AGDA programs promote and develop:

- | | | |
|-----------------------|-----------------------------|--------------------------|
| ✓ Body Awareness | ✓ Co-ordination and Balance | ✓ Muscular Strength & |
| ✓ Individual Learning | ✓ Fine & Gross Motor Skills | Endurance for Posture. |
| ✓ Self-confidence | ✓ School Readiness | ✓ Fun, Safe, Challenging |
| ✓ Discipline | ✓ Visual Tracking for | Movement Experiences |
| ✓ Social Skills | Reading | |

COMPETITIVE VS RECREATIONAL GYMNASTICS

At AGDA we recognise there is a clear distinction between recreational and competitive gymnastics. If you have received this handbook it is because your child has been offered and/or accepted a place in the AGDA Stars competitive program. From Level 1 onwards, gymnasts who are suitable to pursue competitive gymnastics are invited to join the Stars program.

The content and delivery of training programs is different for competitive and non-competitive programs. Non-competitive groups have a philosophy of fun, fitness, friendship and fundamentals. These programs are structured to give gymnasts the opportunity to progress at their own pace.

In a competitive program there are higher expectations placed on the gymnasts to work hard and improve their abilities and skills. Positions in competitive groups are offered on the understanding that the gymnast aspires to high levels of performance and intends to fully meet all of the training commitments of that group.

As a gymnast progresses through levels in the competitive program they will find the following:

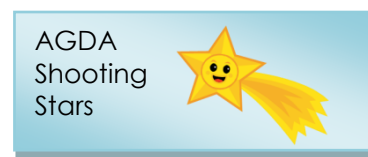
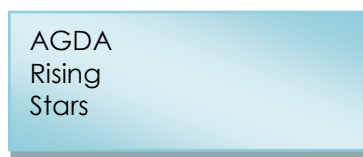
- Work load will become more challenging
- Training hours will increase
- Skills become more demanding and reliant on strength, flexibility, co-ordination, concentration, determination and nerve.



*Britnee McGrath – National Clubs 2011
IDP Level 6*

AGDA's Stars Programs

The AGDA Stars Program has 3 different stages.



Each program is a pathway to offer the best gymnastics experience to each child that is involved in the competitive programs.

How to join the AGDA Stars Program:

Places in AGDA Stars programs are invitation only and are offered at the discretion of the coaching staff and may also be withdrawn by coaching staff. Coaches are the correct people to make decisions about any gymnast's readiness to progress, the content of the programs, or any coaching-related matters.



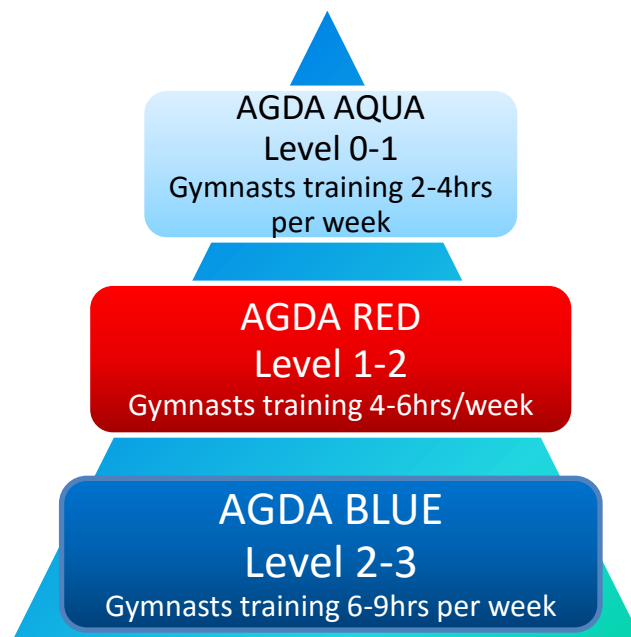
AGDA REACH FOR THE STARS

The AGDA Reach for the Stars program is a Level 0-3 program.

AGDA Reach for the Stars gymnasts train up to 8 hours per week gradually increasing as the child increases their ability and level.

To maintain the strength and flexibility required for gymnastics it is important that training hours increase, as the difficulty of skills increases, to avoid injury.

AGDA Reach for the Stars gymnasts also have a skill chart that they must complete, as well obtain a set score range over various competitions, before being tested to move the next level. These charts are kept with coaches at all times and updated and parents are welcome to view these charts at any time.



AGDA RISING STARS

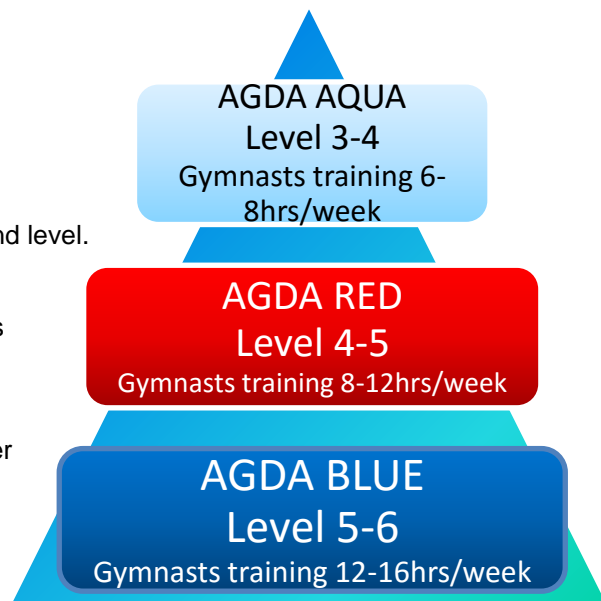


The AGDA Rising Stars program is a Level 3-6 program.

AGDA Rising Stars gymnasts train 6-12 hours per week gradually increasing as the child increases their ability and level.

To maintain the strength and flexibility required for gymnastics it is important that training hours increase, as the difficulty of skills increases, to avoid injury.

AGDA Rising Stars gymnasts also have a skill chart that they must complete, as well obtain a set score range over various competitions, before being tested to move the next level. These charts are kept with coaches at all times and updated and parents are welcome to view these charts at any time.



AGDA SHOOTING STARS

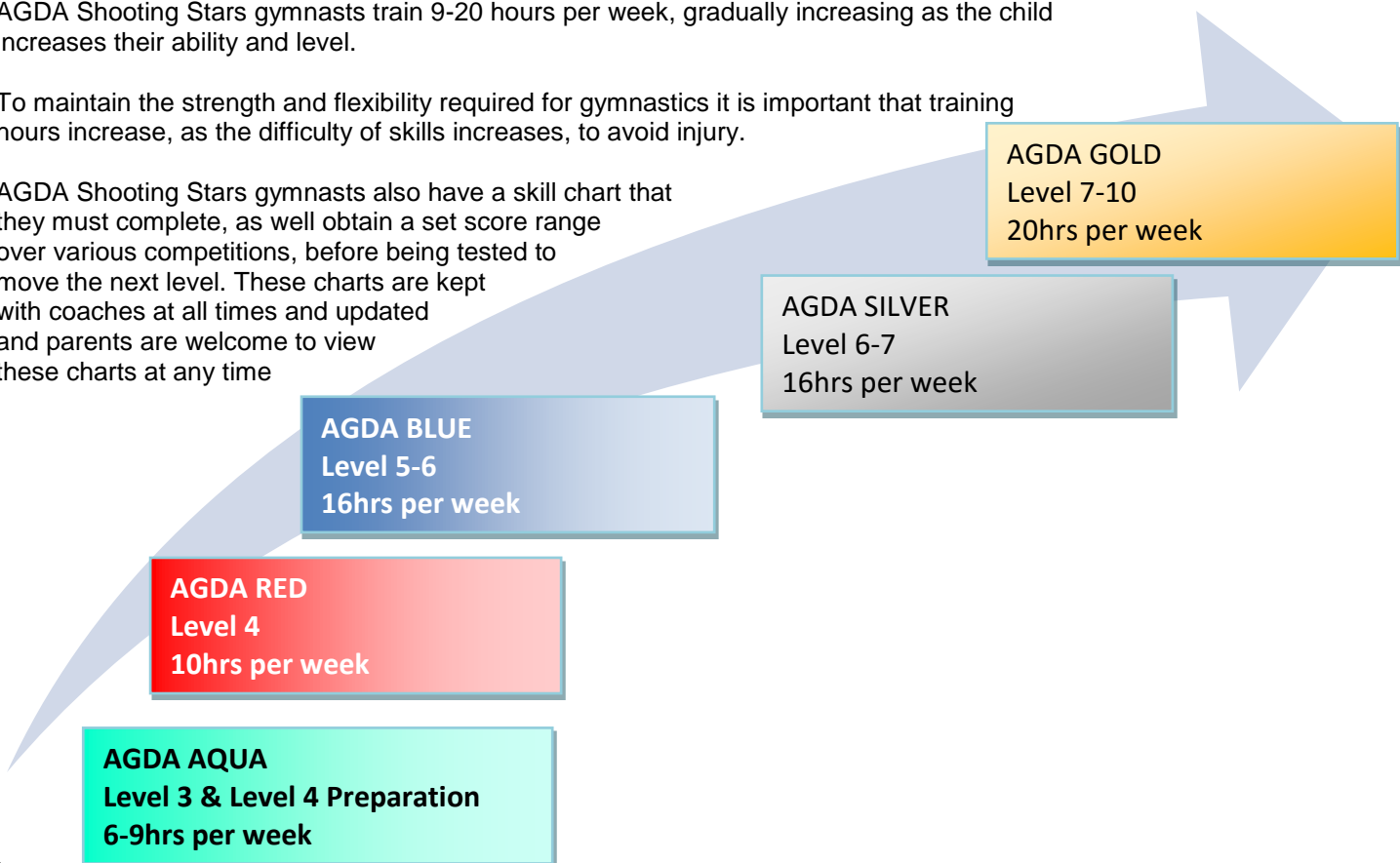


The AGDA Shooting Stars program is a Level 3-10 program.

AGDA Shooting Stars gymnasts train 9-20 hours per week, gradually increasing as the child increases their ability and level.

To maintain the strength and flexibility required for gymnastics it is important that training hours increase, as the difficulty of skills increases, to avoid injury.

AGDA Shooting Stars gymnasts also have a skill chart that they must complete, as well obtain a set score range over various competitions, before being tested to move the next level. These charts are kept with coaches at all times and updated and parents are welcome to view these charts at any time



Fees and Payment Policies

Club Membership and Registration

The Club Membership package includes the following:

- ✓ Academy Membership
- ✓ Gymnastics Queensland Registration
- ✓ Sports Insurance
- ✓ AGDA Polo Shirt
- ✓ AGDA Fundraising Committee Membership

The Club Membership package is non-refundable. The Gymnastics Australia registration and sports insurance is transferrable between clubs but not from one gymnast to another. This package is valid from payment date to the 31st December of that year. The Club Membership package is due for renewal by the 1st January each year.

Competitive teams Training Fees' structure consists of block payments every 2 months. We request that all members read the *Fees and Payment Policies* found on the AGDA website at www.agymda.com.au

Blocks are as follows

	Invoice Issued	Due Date
Block 1 Jan/Feb	1 st Dec	15 th Dec
Block 2 Mar /Apr	1 st Feb	15 th Feb
Block 3 May/June	1 st April	15 th Apr
Block 4 Jul/Aug	1 st Jun	15 th Jun
Block 5 Sept/Oct	1 st Aug	15 th Aug
Block 6 Nov/Dec	1 st Oct	15 th Oct

Direct Debit Option

This option is via our Pay smart System.

Payment Specifics

Members can pay by cash, cheque, EFTPOS or credit card or via electronic transfer. AGDA's Dishonour Cheque Policy is such, that if a cheque is returned for insufficient funds, a \$20 dishonour fee will be charged, plus an additional \$20 PROCESSING FEE.

Mail-in, hand deliver or email registrations are preferred, as it allows our Reception team to process registrations in off-peak hours, allowing us to better serve our clients. Payment plans via credit card debits are available - terms and conditions apply. Please email AGDA or see reception for more information.

Fees not paid by the due date will incur a \$50 late fee. Please note, when you are late in paying fees to AGDA, then we are not able to pay our bills on time, meaning we incur late fees. Please, pay your accounts by the due date so that late fees are not added to your account.

10% Family Discount

When more than one *immediate* family member is enrolled at the same time the most expensive tuition in your family pays full fees, ALL other lesson tuitions are discounted 10% (*non-AGDA programs and Vacation programs excluded*).

Overdue accounts

If for any reason you are unable to pay your account on time please contact Administration to arrange a payment plan or to discuss payment options. Administration must be contacted **before** the due date. Overdue accounts will incur a \$50 late fee if not paid by the due date. You may also forfeit your place in a competitive program and gymnasts will be asked not to attend training until the account is up to date. It is important therefore, if you wish to retain your place in the competitive program, that your account remains up to date.

Other Activities

Competitions, private lessons, extra training sessions, camps, holiday programs, discos, sleepovers etc are to be paid for at the time of registration; however club fees must be up to date in order to book for extracurricular activities.

Missing training, Sickness, Injury, Altered Training hours

We encourage you not to miss any classes and maintain continuity for better results. Non-attendance to a competitive program does not qualify you for a refund or credit. You can view our full make up policy at www.agymda.com.au

If gymnasts finish early or arrive late this does not entitle you to a discount on fees, as all the clubs costs are the same regardless of gymnast leaving early/starting late or missing a session. Likewise, no discount is given when a family takes holidays during regular training time, as your child's position is being held in the class for you. There are no make up sessions for competitive teams for missing lessons, public holidays or scheduled rest days for coaches/gymnasts.

Make up lessons may be arranged if the coach or Academy cancels a training session due to absence, illness or unforeseen circumstances that requires the Academy to cancel the training session.

Medical Treatment and Clearances and Other Vital Information

Unfortunately, with all sport, there is an assumption of risk. We require your permission for AGDA, its Directors and operators, to seek medical treatment for a gymnast in the event we are not able to reach a parent or guardian. It is important that you inform us of all possible physical/mental challenges, restrictions or conditions and/or declare the participant to be in good physical and mental health. We will also require permission for AGDA to seek medical treatment and/or ambulance services to transport your child to the nearest hospital at your cost, should the need arise. All of this information is required on AGDA's Registration form at AGDA Administration.

When a gymnast has been given a Medical Referral letter to a physiotherapist it is important that the parent and gymnast seek medical attention and return the completed referral letter back to their coach BEFORE attending the next training session.

Gymnasts may require medical clearances to confirm their fitness for classes or their general health status prior to participating in classes. This may occur when a child has been absent due to illness or if they are returning to training from injury.

Parents must immediately notify Administration when there is a change in address, phone numbers, emergency contact details or any medical or disability information that is significant to coaching the child. Having all details up to date is vital in case of an emergency.

Hand Care

Swinging on the hands often causes blisters. A blister that has broken is called a rip. Because the superficial layer of skin has been removed in the case of a rip, there is potential for infection.

Gymnasts are encouraged to wash their hands after a bars session but should also thoroughly wash hands after training sessions to remove all chalk and dirt. Blisters should never be broken; if a blister has broken keep the area clean.

Your child's coach is educated in correct hand care for blisters and rips; please consult them for more information on the best hand care. If the child has a severe rip it may limit them in their training on bars temporarily and they will be given alternate training until the blister or rip has healed.

If your child's hands are ripping frequently please consult your child's coach about how best to avoid this occurring so often. Hands guards and/or strapping tape may be required. It is required that all gymnasts have a roll of strapping tape in their gymnastics bags.

Pick Up and Drop Off Policy

It is a safety policy that all participants are collected and dropped off from inside the venue. All participants must wait inside the venue for an authorised person to arrive to pick them up; no participant will be permitted to leave alone.

If you are late collecting your child please call AGDA to inform us of the situation. AGDA may charge a late collection fee to accounts. This fee is due before the gymnast may re-enter for the next training session.

Reception Waiting Area

Upon arrival for class students must wait in the Reception Area with their parents. The instructor will call them for class and the students enter via the gate at Reception. Students are not permitted on the gym floor or apparatus at any time prior to, or after their class. Only enrolled students under direct supervision of an instructor are allowed in the activity area.

On departure, all athletes exit from the gym via the security gate at the front of the gym. Please wait at this exit to collect your child and gather any information from your coach. Please note that coaches may have to follow on to another class; if you need to speak to your coach this can be done via email. All staff email contact details are on the Staff Profile page of the AGDA website www.agymda.com.au
If you attend the gym and the front door is locked and the matter is urgent you can alert the coach of your presence by coming to the side windows.

Viewing Days

Viewing days are the last week of every second month. Please refrain from entering the gym at any other time.

Sideline coaching from parents to competitive gymnasts is strictly forbidden. Parents coaching from sidelines can cause confusion for the gymnast and can interrupt or contradict goals that a coach may be setting for a gymnast. If you have any queries about progress in your child's training please consult your child's coach outside of training hours.

In the event of an injury, minor or major, we ask that parents refrain from entering the floor unless the coach or senior first aid staff member has instructed you to do so.

Punctuality

We ask that you arrive 10 minutes prior to the class time in consideration of parking and traffic delays. The first 15 minutes of each class is dedicated to warm-up exercises. This warm-up time is very important and necessary for every student. Warm-ups provide physical and mental preparation for the class and, when performed completely, will help prevent injuries.

Therefore, if your child arrives late and misses any portion of the warm-up period, he/she can be **denied access to join the class**. We recommend students dress for the gym before leaving home. Please pick up your child promptly at the end of his/her class. We are not able to supervise children before or after classes.

Parents, guests, and siblings are required to wait in our reception area. All siblings in waiting areas must be supervised. Please do not allow children to 'tumble' or 'rough-house' or climb/sit on fence in the reception area. Please keep these areas clean and remove your rubbish. **No Food or Beverages are permitted in the Reception Area.** Please keep our facility clean!

Parents, please NEVER:

- *call out from the sidelines as this is distracting and dangerous for the athletes and coaches.*
- *enter the gym to speak to a coach; you may walk straight in the path of a training athlete and cause an accident. (Please only be on the gym floor to go to the toilet and quickly return to Reception waiting area.)*
- *enter the floor if your child or another child is injured, crying or misbehaving unless a coach requires your assistance.*

Alterations to Training

The Academy is closed for all public holidays so there is no training on these days and there are no make-ups for these sessions. Rest days for gymnasts and coaches after competitions are taken into account in fees and will appear on the yearly competitive calendar.

If training is cancelled due to a coach's absence, the coach will arrange alternate training for the team. Correspondence is done mostly through email. We advise all competitive team members to check emails regularly to ensure you are up-to-date with any changes to training.

If a coach is absent due to illness and an alternate coach is not available Admin will endeavour to contact all team members with as much notice as possible and an alternate training sessions will be arranged when the coach has returned to training.

Coaches may also alter training length in the training session prior to a competition to ensure the gymnast is rested and ready to compete. There are no alterations to fees for these reduced hours.

School Holiday Training

Competitive programs will have scheduled rest days/weeks following major events. These rest periods are taken into account in fees. We endeavour to have these rest periods in school holidays however if training is scheduled as normal then competitive teams will be expected to train. Fees will not be adjusted for family holidays taken throughout normal scheduled training.

Invitational/Regional Events:

Rest days occur either the next training session after the competition or when decided by your coach.

These rest days are planned and scheduled for all members of the competitive team who competed (if your team competed at an event then the whole team has a rest day).

Holidays are planned and scheduled for ALL Competitive Teams after major events (State events excluding Invitational and Regionals) even if your child has not competed at that event. These rests allow times for gymnasts to re-energise and refocus for the next training sessions. Please note these rest weeks have already been taken into consideration with fee structures.

Rest Days are as follows:-

Invitational Competition: No training on the first training session usually scheduled or when decided by the coach.

Regional Competition: No training on the first training session usually scheduled or when decided by the coach.

State Competition: No training for the first week after competition or when decided by the coach.

Changes to Coaching Staff

AGDA attempts to give the gymnasts consistency with coaches and we endeavour to inform parents of changes in advance, however, the Academy reserves the right to make changes to coaching staff without notification.

Places in Teams and Program Content

Positions in classes are offered at the discretion of the coaching staff and may be withdrawn by the coaching staff. Coaches are the correct people to make decisions about a gymnast's readiness to progress, the program content and any other coaching-related matter.

Training Attire

It is compulsory that all competitive gymnasts wear appropriate training attire that does not inhibit their ability to perform.

These may include:

- Full piece leotard
- Bike pants, crop top or fitted tank top (for girls)
- Singlet, shorts and longs (for boys)
- Leggings in cooler months
- Hair tied neatly off face. Long hair should be in a bun to avoid landing on the ponytail in some skills.

Jeans, denim shorts and t-shirts are not appropriate attire for a competitive gymnast and are not permitted in training.

Gymnastics Training Bag

Below is a list of things that a competitive gymnast should have in their training bag at all times.

- Training attire (e.g. spare leotard, training longs/shorts and socks for boys, please specify requirements with your child's coach)
- Tracksuit
- T-shirt – for spotting or training on a cool night
- Socks/gloves for loops – Level 3 and above
- Water bottle
- Spare hair ties and pins
- Strapping tape
- Hand guards – if required

Lost Property

Any lost property is placed in the top left pigeon hole. At the end of each term this area is cleaned out and items left there are disposed of or donated to charity. As competitive uniforms, gloves and water bottles can be identical it is highly recommended that all property is labelled so that, if lost, it can be returned.

All competitive uniforms must have names on each item as at a competition all uniforms are put in a bag while gymnasts are competing and can easily be mixed up.

Fundraising

The AGDA fundraising committee is always working towards making events cost effective for families. To achieve these goals though, the committee needs the support of the AGDA members. There are many events run throughout the year and meetings held each month, and we encourage as many members as possible to attend these meetings to assist in ideas to raise money for your children and the required equipment for competition gymnastics.

This fee will be included in your child's Joining Fee entitling your child to benefit from monies raised for events. You can elect to opt out of this fee however your child will not be entitled to the benefits the committee has to offer.

Media Liaison

After major events the Academy is often asked to participate in newspaper stories to acknowledge achievements. These stories may require gymnasts for photos. The gymnasts will be selected for photos at the coaches' discretion and may require the gymnast to be at the Academy at times outside training hours and in uniform. If you do not wish for your child to participate in these photo shoots please inform the Academy and your child's coach.

Any media liaison which mentions the Academy, its gymnasts, coaching staff, programs or management, must be cleared by the Owner to ensure all information is appropriate and accurate.

Photographing/Videoling While Participating at AGDA

No videos or photographs are permitted of any child at AGDA without permission from the parent and AGDA Director. Doing so breaches the Member Protection Policy and the Privacy Amendment (Private Sector) Act 2000.

AGDA requests the permission of each parent to photograph/video their child while participating in any Academy activities. AGDA may use this material for publicity if required, free of charge. If you strongly object, please indicate this on your enrolment form so that we can inform our staff.

Personal Information

The Academy stores members' personal information and it is available upon request. A completed registration form is required each year, including medical information. It is a requirement that all sections are completed and correct to the best of your knowledge; if details change during the year please log in to your members account from AGDA's website to update this information or contact AGDA Administration during office hours.

In accordance with the Privacy Amendment (Private Sector) Act (2000), information contained within this registration form, including medical information (required to be completed whilst attending AGDA), will be used primarily for matters specifically related to participating in gymnastics or dance. The secondary purpose is related to the primary purpose and one could reasonably expect such use or disclosure.

To assist in providing our services, the organisations to which we disclose your information include:

- Gymnastics Australia
- Insurers
- Gymnastics Queensland
- Government and regulatory authorities and other organisations, as required or authorised by law.
- Sport Education Sector (ASC)
- Professional Advisors; Accountants & Lawyers

We limit the use and disclosure of any personal information provided by us to such organisations for the specific purpose for which we supplied it. If you choose not to provide personal information, we may not be able to provide you with the services you require, or the level of service on which we pride ourselves.

Sick Children / Disruptive & Abusive Children

Please respect the safety of our students and staff by excusing your child from class in case of an illness. We reserve the right to ask ill children to leave the class. In addition, if your child is disruptive or abusive to the students or the class, we may excuse him/her from participating in class. AGDA staff will follow the AGDA Behaviour Management Plan (found on the website) and request parents support us with this process. Your cooperation in keeping AGDA healthy and happy is appreciated.

Cancellation / Refunds

If you decide to cancel your membership, we will gladly refund any unused portion of your tuition in the first term of participation; after this first term there are no refunds once the invoice has been sent from our office. Please note, many hours of planning go into each competitive team, and when an invoice has been sent out, this is confirmation of your child's position in an AGDA Stars Program. Please see our Fee and Payment Policy for more information. Competitive Teams MUST provide a 30 day written notice on ending their membership. Annual Registration Fees are not refundable due to insurance and registration with the State and National bodies.

Private Lessons

Private lessons must be scheduled and paid for in advance. Once the private lesson is scheduled, there are no refunds for missing your scheduled time slot. If you arrive late, you will not get extra time to compensate for coming late. Please understand that our instructors' times to offer private lessons are very limited and valuable, therefore you must be punctual and ready to participate. If you are scheduling a private lesson less than one week in advance, you must make your payment using cash or credit card. Personal cheques will not be accepted. The cost for a private lesson commences at \$60/hr.

Social Events

The AGDA Competitive Stars program is like a family and team building is a large part of the program. AGDA run many social events for all AGDA members and also specifically for the competitive teams.

These events include:

- **Competitive Fun Nights** – open to all competitive gymnasts. There are different activities each time, challenges, discos and more.
- **Parent Retreat nights and Sleepovers** – usually run on a Saturday night; parents can have the night off while we entertain the children with movies and games.
- **Sports Camps** – either run in winter or summer, a week long camp of physical activities, team building, training and more.
- **Discos** – frequently run throughout the year.

COMPETITIONS

Preparation

Gymnastics training involves both preparation for competition and skill development for future, higher levels. The two are, to some extent, mutually exclusive. How much of each type of training a gymnast is doing will depend on the stage of competition season he/she is at and the importance of the upcoming competitions.

All apparatus are not always equally prepared for as a competition approaches. This may be because one apparatus requires more work than another for the gymnast to be competent. It may also be because the coach feels that greater improvement can be made on one apparatus over another, or that a gymnast or team has a chance of winning a medal in one area but not in another.

Selection

Positions offered in representative teams and readiness to compete is based on some of the following criteria:

- Rules and requirements of the competition
- Current skill level and quality of training
- Previous competition results including practice competitions
- Current physical ability levels (strength and flexibility)
- Psychological readiness

At the discretion of the Head Coach a selection trial or practice competition may be held to determine positions offered.

Entries

Competition entries are due 4-6 weeks prior to the competition. Entry due dates will be confirmed when the State body calendar is released and reminders will be sent out via email on upcoming entry due dates. It is important that your entries are received by the due date for the Head coach to finalise entries. The Academy will not pay for your child's entry on your behalf; if your entry fee is late you risk missing the competition or incurring late fees.

If you withdraw from the event after the closing date you must supply a medical certificate prior to the competition if you wish to have part of your fee refunded. This process can take some time and if/when the refund is received by the Academy, your account will be credited accordingly.

Session times and day/s of competition are not received by the Academy until after competition entries have closed and usually 1-2 weeks prior to the competition date.

Please be aware that when you enter your child into a competition you commit to the possibility that your child could compete at any time of day on either or all of the given dates. The Academy has no way of knowing on what day each level will compete or at what time of day, until those session and presentation times are received from the host club. As soon as this information is received it is forwarded onto the participating families via email and posted in Reception. If your child competes in a competition they **MUST** attend the presentation ceremony regardless of whether they are in the running for an award or not.

If you are in a competitive team then it is compulsory that your child attends all competitions scheduled for their level or as instructed by their coach; this is part of the commitment of accepting a place in a competitive program.

Competition Uniforms

Unless otherwise specified all gymnasts competing at an event must attend in full uniform.
The AGDA competitive uniform consists of:

Women's Gymnastics

- Competition leotard
- Competition tracksuit
- Navy blue competitive t-shirt
- White socks
- Closed in shoes
- AGDA Bag
- Navy blue scrunchie for hair

Please see your child's coach for details on competition hair style. All gymnasts must have the same hair style. Extra accessories or details in the hairstyle are not permitted. Glitter hair spray on the hair only is acceptable.

Men's Gymnastics

- Competition leotard
- Competition shorts
- Competition longs
- White socks
- Competition tracksuit
- Navy blue competition t-shirt
- Closed in shoes
- AGDA bag

Competition Routine Music and Choreography

Level 1-3 WG and All levels for MG have compulsory routines. This means that the coach will teach the gymnasts the routines and the music is supplied by the club where required.

Level 4 and up routines are optional routines and each gymnast requires a different piece of music and choreography.

Coaches can assist gymnasts to select a piece of music or they may select a piece for them. If the selected piece of music requires purchasing parents are required to cover the cost of this process.

The music must:-

Be no longer than 1m 30s (1.15m) is preferred.

No words (sung or spoken) are permitted.

Must be approved by coach before handed to choreographer.

Choreography for WG floor routines is approx. \$50 / routine.

Guideline for Gymnasts and Parents

Gymnasts and parents should abide by the following guidelines at all events.

Gymnasts

- Be quiet, neat and orderly at all times
- Follow directions of the coach at all times
- Do not speak to judges unless asked a question
- Do not speak while other gymnasts are competing
- If you have a problem that requires immediate attention, see your coach
- Arrive at the venue on time

Parents

Once the gymnast is in the hands of the judges and coaches there should be no contact between parents and their child until after presentation is completed. Any such contact could incur a deduction against the individual or team score. At some events gymnasts are permitted to see their parents between the end of competition and presentation but please wait to be informed of this by the child's coach.

Parents must not attempt to contact judges or coaches at any time. In the event of an emergency please contact the coach via the floor manager.

We encourage all parents to demonstrate good sportsmanship:

- Encourage and applaud the efforts of all gymnasts.
- Show unconditional support for the gymnasts regardless of the outcome of the competition. Criticism or correction should be left to the coaches.
- Do not criticise the officials or other gymnasts.
- Questions about scores or official decisions can be directed to the coach following the completion of the competition – not to officials during the competition.

Protest Fees

Protest fees, if incurred, will be added to the gymnasts account. Protests are made at the discretion of the coach.

COMPETITIONS INVOLVING TRAVEL

The Academy's policies regarding competitions which involve travel and accommodation as a team are detailed below; this is to ensure that we give our gymnasts the opportunity to perform to the best of their capabilities in the competition. It is also to facilitate a more organised and safer trip, and to reflect well on our Academy as a professional organisation.

The following policies refer to all Competitions or Tours where the gymnasts will travel, stay overnight and compete as a representative of AGDA. In the case of State or National team trips, the appropriate QGAI or AGF policy will apply in place of the Academy policy, except that relating to training fees.

Once an offer of a position on a touring party has been made, the parents and gymnast must agree to abide by the policy to be accepted onto the touring party. If your family is not willing to meet the criteria described here, you may decline a position in a travelling team with no prejudice. The policy however will not be altered to suit your child or family.

The Touring Party

The touring party will consist of the following

- Gymnasts
- Coaches
- Judges
- Manager
- Chaperones

The party is limited to include only these positions and all will travel and stay as a group. No extra parents, friends or siblings will be permitted to stay or travel with the touring party.

The purpose of having a clearly defined touring party is:

- To facilitate a safe and enjoyable tour
- To enable the best competitive results for our gymnasts
- To create memories
- To prepare the gymnasts for the conditions they will face in a State or National team.

Gymnasts

Gymnast positions on the touring party will only be given to gymnasts who have been selected to compete at the competition. In some cases, where required, reserves may also be chosen. Gymnasts who hold positions in a squad or training group are not assured positions on the touring party. These positions are earned and will be determined by the coaching staff, by the means described under 'Selection'

Chaperones

Chaperone positions are held either by parents or Academy staff members. Any person wishing to be considered for a position as a chaperone can fill out the appropriate application form which is available from reception.

Chaperones roles primarily include

- Organising meals
- Fulfilling any duties required by the team.

All applicants must hold a current Blue Card or apply for one. Any parents who apply for a position on the touring party as a chaperone should do so from a neutral position to care for all children on the tour and are not on the tour to act as a parent to their own child. Chaperones are usually not accommodated with their own child and may miss competition if other duties prevail, however we do endeavour to ensure that all chaperones do see their own child compete. These positions are usually partially funded.

Travel and Accommodation Arrangements

Gymnasts who are in the touring party must travel with and stay with the touring party at all times. Room allocations, bedtimes, sightseeing tours, eating arrangements and discipline are the responsibility of the touring party officials. Any special dietary or medical concerns must be given to the Chaperones in writing prior to departure.

Gymnasts are considered to be under the direction and supervision of the touring party officials from the time of leaving the airport, gym, bus terminal or train station until the time of return to the same.

Contact with Parents, Relatives or Friends

Parents who are not in the 'Touring Party' are welcome to travel independently to the competition. Parents, relatives or friends should **not** stay in the same accommodation as the touring party. If parents, relatives or friends wish to visit the gymnast or take the gymnast away they must ask for this in writing prior to departure and must have the request approved by the Event Manager. Parents, relatives and friends must respect the position of the touring party officials who are deemed in charge of the child at all times, including visits.

Parents will be given locations for meals while on tour and are welcome to join the touring party for designated meal times at the restaurant only.

Discipline and Behaviour while on a Touring Party

Parents must ensure that their children understand that they may be sent home or withdrawn from the competition for reasons of disregard for safety, misbehaviour, unsatisfactory training or unsportsmanlike behaviour.

No refunds will be given in any such case. Any additional expense of sending a gymnast home, or repairing damage caused by the gymnast, will be paid by the parents of the gymnast.

Costs for Competitions with Travel

Costs will be calculated by the Events Co-ordinator and will include:

- Travel (airfares, bus hire, petrol, transfers, refundable deposits etc.)
- Accommodation
- Meals
- Competition Entry Fee
- Coaches & Judges costs
- Chaperone costs (partial)

Fees for the trip must be paid by the due dates as advised. Failure to pay by the due date may jeopardise your child's position on the team.

Often the fundraising committee will aim towards assisting with funding towards trips, however assistance is required by all AGDA families to help the committee to raise these funds.

Spending money will be advised depending on the itinerary. The Academy will make every effort to minimise costs of the trip however some unexpected costs may be incurred. As a matter of courtesy, parents are expected to reimburse any outstanding funds to the Academy or individual concerned as soon as is practically possible after the group returns.

Sightseeing activities are a second priority to training and competition. These activities will be organised if the schedule allows and costs are reasonable. All officials, including coaches, are responsible for their own spending money and sightseeing costs.

EXPECTATIONS OF A COMPETITIVE PROGRAM

What can Gymnasts and Parents expect from AGDA?

The gymnast can expect the dedication of their coaches to the task of developing their gymnastic ability to their maximum potential. Also, they can expect that the coaching staff abides by professional and ethical standards of the highest degree. No guarantees can be made regarding the outcomes of the competitions or the level to which a gymnast will rise. We can only assure you that the training programs in place will give your child the opportunity to maximise their own potential if correctly followed with effort, persistence and determination.

What are the expectations of a gymnast and parent when joining a competitive group?

An invitation to join a competitive training group is an honour and privilege. Being identified as a potential competitive gymnast is only the first step toward achieving a high standard of performance. Once a gymnast enters a competitive training group they are entering a system in which the Academy invests a great deal of money and expertise.

Accordingly the expectations on the gymnast and his/her family are high.

The gymnasts will be expected to meet 85% or more training hours, prepare for competitions, show continual improvement and apply themselves to the program. Parents are expected to be supportive, ensure that adequate sleep and a nutritious diet are provided and ensure that their child attend training at the appropriate times.

If a gymnast does not meet AGDA's expectations of attendance to training than the gymnast may be put back a 4 week trial and if not committed for that trial period than the gymnast will forgo their position in the competitive program.

What training can be expected?

Sound training over a lengthy period of time is the key to success in High Levels Gymnastics. Unlike other sports, gymnastics skills are so complex and physically demanding that success is impossible to achieve without total long-term dedication to the sport. The development of high level gymnasts demands a young starting age and long term coaching contact hours, which are unique to this sport. The training will include:

- Physical preparation which includes strength and flexibility
- Skill training
- Skill combinations
- Routines

Female gymnasts must reach competitive maturation by approximately 15-16yrs of age and as such are 'child athletes' who face training and competition commitments generally unheard of amongst their peers.

Male athletes reach competitive maturation by approximately 18-20 years of age and although begin at a similar age, they may compete for five or more years longer than female gymnasts.

Gymnasts Report Cards

Each bi-month your child is set goals by their coach that they must work hard to achieve. These goals are tested each week to assist the gymnast in staying focused on their goals. Every six months your child will be assessed with a full PAD (Physical and Development Test) Test. Along with any competition results and coaches feedback, these results will be distributed to the parents in the form of a report card.

Injuries and/or recurring pains

No gymnast is ever expected to train with increasing pain. If a gymnast suffers an injury and/or pain, their coach will monitor the situation and may require the gymnast to attend a physiotherapist. A referral form will be completed by the coach and MUST be returned before the gymnast will be permitted to return to training. Please note that any gymnast injured must still attend training for a rehabilitation program.

Too much school work?

AGDA approaches all Schools that our students attend to request leniency for our competitive gymnasts who train more than 10hrs/week. We request:-

- For our members to have time to do homework either during school time or over the weekend.
- Limit the sport that they participate in at school (to assist in preventing injuries)
- Be excused from sport when suffering pain/injury or leading up to a competition and/or season.

Club Rules, Codes of Behaviour, and AGDA Policies and Procedures

Fees and Payment Policy, Club Rules and Codes of Behaviour are found on AGDA noticeboards, in the 'Now your part of the AGDA Family' Handbook - distributed on registration and on the website.

All other policies and procedures are available upon request at Administration or can be found at the AGDA website www.agymda.com.au Please read these BEFORE registering for an AGDA program.

GYMNASTS' CODE OF CONDUCT

- Play by the rules and be a good sport. Acknowledge all good skills or routines whether they are by your team mates or from other clubs.
- Be prepared to lose sometimes. Everyone wins and everyone loses at some time. Be a gracious winner and a good loser.
- Treat others as you would like to be treated. Do not interfere with, bully or take advantage of another gymnast.
- Co-operate with your coach, parents and team mates.
- Train to be the best you can be.
- Do not use derogatory language based on gender, race or impairment.
- Follow the instructions of your coach at all times.
- Never use a piece of equipment or try to do any skill without being instructed to do so by your coach.
- Notify your coach immediately if you hurt yourself.
- Never enter the training area without being invited by your coach and always leave the training area when dismissed by your coach.
- If you need to leave the training area to go to the bathroom you must ask your coach for permission first.
- If nobody is there to pick you up after class, wait inside the training area until they arrive. If they are more than 10mins later than expected, notify your coach or reception so that they can call someone for you.
- No food or drink is permitted in the training area, water being the exception.
- Treat equipment gently. When you move equipment make sure it is left in a position that will not damage it. Never break or pick foam. Never write on and rub off chalk or white boards.

PARENTS' CODE OF CONDUCT

- Encourage children to participate if they are interested, if they are not, don't force them.
- Focus on enjoying the sport, reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
- Encourage children to always play by the rules.
- Do not criticise children in front of others but reserve constructive criticism for more private moments.
- Remember children are involved in sport for their enjoyment, not yours.
- Remember a child learns best by example. Applaud good skills and routines by all teams.
- Accept decisions of all judges as being fair and called to the best of their ability. Do not raise issues of disagreement publicly.
- Do not use derogatory language based on gender, race or impairment. Parents' behaviour and language should always be appropriate in the presence of children and in keeping with our family environment. Set a good example by your own conduct, behaviour and appearance. Support all efforts to remove verbal and physical abuse from sporting activities.
- Do not criticise coaches, gymnasts, opposing team members and supporters (particularly whilst watching a competition). If you have a concern, make a time to see your coach or co-ordinator.
- Avoid gossiping about coaches, other gymnasts, programs or the club – particularly in front of gymnasts or parents. This can be a source of misinformation.
- Support the staff and officials in their enforcement of the rules and their coaching techniques. If you have a problem with either of these, please follow the correct grievance procedure.
- Do not enter the training area or office unless invited to do so by a coach. In the event that you need to speak to a coach urgently when they are on the floor, please ask the administrator to pass on the message. If it is not urgent please leave a message for the coach to contact you.
- Once your child enters the training area they are in the care and supervision of the coaching staff. Please refrain from attracting their attention until they have been dismissed at the end of class. You should not remove your child during class without first speaking to the coach.

Annual Awards

Each year at AGDA we hold an Annual Awards Night dinner to recognise and celebrate the achievements of the competitive gymnasts throughout the year.

The awards presented are:

MOST IMPROVED

Gymnasts nominated for this category show commitment to competitive program, a positive attitude towards training and competitions and have shown improvement in competitive results. One gymnast is awarded per level.

LEVEL 1-3 AWARDS

Gymnasts in level 1-3 will receive certificates for their participation in competitions along with their top competition results.

GYMNAST OF THE YEAR

Gymnasts nominated in this category demonstrate excellence in training and competition and by their competitive results demonstrate leadership for the program. One gymnast is awarded per discipline (MG and WG).

AA ACHIEVEMENT AWARDS

Gymnasts who score a 35.75 or above, at a minimum of 2 events throughout the competition season will receive this award in recognition of their efforts.

REPRESENTATION AWARDS

Gymnasts who place 1st, 2nd or 3rd on any apparatus or overall at Regional, State or National Championships will receive awards recognising their efforts at these events.

COMPETITIVE COACH OF THE YEAR

Gymnasts and parents vote the competitive coach of the year.

RECREATIONAL COACH OF THE YEAR

Gymnasts and parents vote the recreational coach of the year.

VOLUNTEER OF THE YEAR

Chosen by the Clubs Director and Department Leaders

FUNDRAISER OF THE YEAR

The Awards Dinner is held at a hired venue and includes dinner, awards ceremony and disco. Gymnasts must be present on the night to receive their awards and certificates. Ticket purchase information and costs will be finalised closer to the awards dinner date. The date will be set and put on the annual calendar at the start of each year.

Encouragement Feedback, Complaints and Grievances Procedure

Throughout the year, AGDA will request members to complete surveys online. Please feel free to give us as much feedback so we can improve our services to you.

Don't like what we are doing? – Tell US!
Love what we are doing? – TELL EVERYONE!

If at any time you want to give encouragement, or are unhappy or would like more information, please complete AGDA's Encouragement and Feedback Form. This can be found on our website on the home page or ask for a form from Administration.

AGDA cannot investigate a complaint unless it is in writing. We want to make sure no miscommunication occurs with your feedback. We prevent this by requiring written communication.

Section 8 of AGDA's Parents and Spectators Code of Behaviour states, "Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc)".

Parents/Spectators are **NOT permitted** to enter the gym floor at any time to speak with a coach. All inquiries MUST go via Administration who will relay written information and/or feedback forms to the required staff.

Breaches of the Parent/Spectator Code of Behaviour will be considered extremely serious and will be acted upon.

AGDA Newsflashes and Correspondence

AGDA sends out all correspondence via email and updates on Facebook and the AGDA website, and it is the parents' responsibility to read and take note of any important dates and events. AGDA noticeboards and handbooks display the majority of AGDA information however the website holds all current and updated policies and updates. It is recommended that all members stay updated via the website www.agymda.com.au

RINGING OF THE BELL!

At AGDA we like to catch our athletes doing the right things in the gym so when we see an athlete who achieves a new skill

- ✓ that they have worked really hard on or
- ✓ has achieved a skill on their first attempt...

their coach may get them to ring the bell so everyone in the gym has the opportunity to cheer that athlete on!

AGDA Is a Proud Supporter of the Following Charities...

AGDA staff and management work hard at being able to offer great value for money sports programs to the members of our community. Over the past seven years AGDA has developed a strong member-based Academy who, at present, consists of 401 registered members. We like to support the community that supports us by donating to the following charities:

- AGDA Fundraising Committee
- Aussie Flood Fundraiser January 2011
- B105 Royal Brisbane Christmas Appeal
- The Starlight Foundation
- The Kokoda Challenge
- The Pink Morning Tea in Support of Breast Cancer Research
- and Local Schools and events.

Thank you families for your support so, in return, we can support these charities.

EVENTS CALENDARS, FEE STRUCTURE, TMETABLES FOR 2012

- ✓ AGDA HAS GREAT HOLIDAY CAMPS, PROGRAMS AND TERM SOCIAL EVENTS FOR ALL OUR MEMBERS!
www.agymda.com.au
- ✓ PLEASE VISIT OUR WEBSITE FOR THE LATEST INFORMATION ON OUR EVENTS AND ACTIVITIES THROUGHOUT THE YEAR!
- ✓ PLEASE VISIT OUR WEBSITE FOR THE OUR FEE STRUCTURES AND TIMETABLES!
www.agymda.com.au

OUR LOCATION

**101-103 Kabi Circuit
Deception Bay Qld 4508**

State Association

Gymnastics Queensland (GQ)

National Association

Gymnastics Australia (GA)

International Association

Federation of International Gymnastics (FIG)

