

DEVONPORT GYMNASTICS CLUB HANDBOOK



Welcome to Gymnastics! We trust that you and your child will enjoy your time with us and hope your children benefit from this great sport.

Devonport Gymnastics Club (DGC) is run by a committee of passionate parents and friends of gymnasts and gymnastics. Devonport Gymnastics Club was formed in 1949. It has a strong tradition in recreational and competitive gymnastics. The club has had gymnasts compete at State, National and International levels. DGC has also had Coaches coaching on State and National Teams at National and International Competitions.

DGC is affiliated with Gymnastics Tasmania and Gymnastics Australia.

Should you be interested in viewing the Devonport Gymnastics Club Strategic Plan or any Club policies please do not hesitate to ask.

Vision Statement

Enriching lives and developing futures
through gymsports.

Mission Statement

To promote, develop and grow
gymnastics in an inclusive, fulfilling and
safe environment

Membership

All Gymnasts who enrol at the club are registered through Gymnastics Tasmania and Gymnastics Australia. The registration charge changes from year to year and the current charges for registration are provided in the current fee schedule for the year.

Gymnastics Australia

Gymnastics Australia has more than 180, 000 registered athlete members operating in over 550 gymnastics clubs throughout Australia. Collectively, the strength in athlete numbers provides Gymnastics Australia with the opportunity to lobby the Australian Sports Commission for funding to conduct activities for all gym sports.

By becoming a member of Gymnastics Tasmania (and in turn Gymnastics Australia) you are being counted as an active participant in gymnastics and assisting Gymnastics Australia to meet your child's growing needs as an athlete.

It is only when Gymnastics Australia knows who its members are, that it can actively contribute to improving the quality and standard of services to its members.

Primarily Gymnastics Australia provides members with insurance coverage in the case of accident or injury.

Fees

What Costs Can I Expect to Pay?

Conducting a gymnastics program is an expensive venture. Training requires low gymnast to coach ratios and an enormous outlay for the club, coupled with high recurring costs. As such, fees must reflect these obligations to ensure the program's continuation. The tuition fees, offer excellent value for money compared to the costs of many other intensive sports. Each year parents are required to pay tuition fees, annual membership and Registration Fees.

What Other Costs Can I Expect to Pay?

As gymnasts' progress, and if they choose to participate in competitions, parents will be required to pay:

- * Competition/Level Test entry fees (which are non-refundable)

- *Outfit gymnasts for training and competition in the required uniform

*Pay any travel costs associated with transporting children to training and competitions

Annual Registration and Membership Fee

The annual membership & registration fee is applicable to all gym sports prior to commencement of classes. The annual membership & registration fees are not refundable if your child discontinues. A discount on the membership and registration fee is offered for gymnasts who sign up in later terms.

Commencement in	Term 1	\$110
Commencement in	Term 2	\$99
Commencement in	Term 3	\$88
Commencement in	Term 4	\$77

The annual registration & membership fee includes Club Membership, Gymnastics Tasmania registration, Sports Insurance and some value-added benefits. The Gymnastics Australia registration and sports insurance is transferable between clubs but not from one gymnast to another. The Club membership and registration is valid from the date of payment until 31 December of that year. Membership and registration fees are renewable each January and must be paid in accordance with our payment terms.

For further information regarding the Insurance coverage supplied by Gymnastics Australia, or for instructions on how to make a contact Gymnastics Australia on 0386989700.

Class Fees

Class fees are calculated on the number of weeks within each term. Class fees pay for your child's position in a class. Non-attendance does not qualify you for a refund or credit. Class fees are due in accordance with our payment terms

Direct debit monthly payments via Ezidebit - Monthly payments will be deducted from your nominated bank account/credit card. The first payment will be deducted prior to your child commencing regular classes (they may attend one trial lesson) the first payment will include the \$110 registration fee, the last payment for the year being in November. Fees are not refundable.

You are required to give 1 months' written notice should your child no longer wish to attend classes. If classes are cancelled mid-term without 1 month's written notice, an administration fee of \$25 will be payable if the Club is required to issue a refund.

Email – accounts@devonportgymnastics.org.au

Any outstanding fees will need to be paid in full to the club prior to any club transfer being approved. In accordance with the transfer policy of Gymnastics Australia. The club has the right to refuse the transfer to another club if tuition fees are outstanding.

Missing Training

If gymnasts finish early or arrive late, this does not entitle a discount on fees as all the club's costs are the same regardless of gymnasts 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.

Sickness, Injury, Altered Training Hours

A pro-rata adjustment will be made to your account to reflect reduced training hours in the case of:

- an injured gymnast with adjusted training hours
- a new gymnast beginning on reduced hours
- the coach has set reduced hours for the gymnast.

Public Holidays

The gym is closed on public holidays. Public Holidays have been considered when calculating fees.

Arrival and Departure

Your gymnast should be at the gym 5 minutes prior to the start of their lesson to ensure they are ready to warm up on time.

It is important in the interests of your child's safety that you are waiting outside the gym doors to pick your child up.

Gymnasts are to be collected promptly at the completion of their class. If somebody other than usual will be picking up your child, please notify the coach beforehand. If there is a specific person/s not permitted to pick up your child, please notify the office in writing.

If a parent is running late due to unforeseen circumstances, please

leave/text a message to the gym phone 0439 640 444

Devonport Gymnastics are required to pay staff to wait with children if parents are late. There will be a fee of \$15 per fifteen minutes that a coach needs to wait with a child.

Clothing

For Training

For ease of movement and as posture and bodyline positioning play a key role in gymnastics the following attire is required to be worn in training:

- Shorts/ close fitting tops/ leotards are recommended, the leotards may be of any design
- NO crop tops are to be worn for training.
- Leggings – must be tight and not to go past the ankles
- Hair must be securely tied back during class i.e. buns and no bobby pins allowed
- NO loose clothing is to be worn during class; this includes leotards with dance skirts.
- Tracksuits may be worn for warm up only.

Devonport Gymnastics Club uniform for competition is as follows;

Boys:

Navy blue leotard

White shorts (level 3 and above) Blue shorts (level 1 and 2)

White Longs

DGC logoed sport top

DGC tracksuit

White socks

Girls:

DGC leotard

Scrunchie

DGC tracksuit

A Club Gym bag is optional and may be purchased through DGC

Operating Times

A timetable is released at the beginning of each year. Occasionally the timetable may have to be adjusted; we will endeavour to cause as little disruption as possible

About the coaches

We are lucky to have a very dedicated and talented group of coaches.

We encourage our higher level Gymnasts to assist our senior coaches where possible as they bring a younger perspective to our lower level classes.

Coaches

Our coaches must be highly trained and accredited with Gymnastics Australia

Youth Development Program

Leadership is required in all areas of our lives and can be developed as we grow older. The Devonport Gymnastics Club Youth Development Squad (YDS) leadership program gives our young people opportunities to develop leadership qualities and their own personal leadership style. This program is open to our youth at the start of the year they are turning 14. If you would like more information on this program, please contact Leanne on 0439640444.

Gym Rules

- Children not participating in class are not permitted on the equipment at any time
- Do not mount the apparatus without safety matting
- Please wait until after class to speak to coaches, not during.
- No food or drink is permitted on the gym floor or on or around the equipment
- No jewellery is to be worn during class
- Hair must be securely tied back during class
- No loose clothing is to be worn during class
- Coaches are to be made aware of any medical conditions your child/children may have

Grievance Procedure

We ask that you do not address any concerns directly with your child's coach. If you have any concerns at any time relating to administrative or coaching issues you can address these to the Head Coach or the Committee at a suitable time to be arranged with them. Every effort will be made to resolve all issues in a professional manner within our club policy guidelines. Please note that all issues will be treated confidentially, and individual privacy is assured.

Lost Property

Lost property is kept in the lost property tub and is emptied at the end of each term. All unclaimed items will be donated to charity. Children should clearly mark all their belongings, including club uniforms and water bottles. DGC does not take responsibility for private property left on the premises of the members and their families.

Committee

The DGC committee consists of elected volunteers, without these volunteers the club could not operate.

Meetings are held on the 2nd Wednesday of each month. Please ask your child's coach for details.

The AGM is held in February of each calendar year. All are welcome.

Insurance

All Gymnasts are insured through Gymnastics Australia's insurance

broker. Insurance is included in the Club registration fee.

Banking Information

Account Name: Devonport Gymnastics Club Inc

BSB: 037 604

Account No: 180 304

PROGRAM INFORMATION

DGC provides recreational (non-competitive) & competitive programs for children aged 18 months – adult. We are aware that all gymnasts learn at his/her own pace, and as such there is no set time frame that a gymnast should be in one level.

Some or all of these classes may be offered each year.

Wrigglers Pre-school gym 2-4 Years

Wrigglers pre-school gym is for children aged 2 years – 4 years; is an early learning program based on explorative 'play'. Children will have the opportunity to jump, climb, hang, twist, turn and roll using a variety of bright, safe gymnastics equipment. Wrigglers instructors are enthusiastic and encouraging, who will teach children fundamental gymnastics shapes and skills. This program is ideal for parents wanting to accelerate or develop their child's fine and gross motor skills in a fun and safe environment.

**** Parental involvement required.**

Fundamental Gymnastics

These classes focus on a fundamental Gymnastics program, teaching children basic gymnastic elements on all apparatus to lay the foundations for more advanced movements in the higher levels. This is the perfect entry point for beginners.

Club Levels Program

The Club Levels Program has 12 levels; each level in this program contains skills included in the current National Levels program. This program recognises that not all gymnasts will be competitive gymnasts but allows these athletes to progress through a program that recognises and rewards their achievements. It also allows coaches to easily move gymnasts from this program to our competitive programs (level 3 and above).

It is anticipated that each level will take approximately one or two terms to complete.

Testing will be carried out in normal class time during the school terms. Gymnasts will be awarded a “Club Levels” ribbon for each full level they achieve and a check sheet of skills they have learned.

Teenage Girls / Gym skills

These classes allow older girls not wishing to compete, or who may be just commencing gymnastics, or returning to the sport on a

recreational basis to develop their gymnastics skills from the basic to more complex.

Development

Participants in our development program are generally quite young but show the ability to progress at a faster rate. This class will focus on strength, conditioning, skills and technique in a fun environment.

Boys Classes

We currently have two boys' classes which are recreational. We have a long and successful history in men's gymnastics and have produced Tasmanian and Australian representatives, we are hoping to re-introduce our competitive boys' program in the future.

How Does My Child Move Between the Developmental and Competitive Programs?

Developmental programs

The aim of the Developmental programs (pre-levels, club levels and development classes) is to enable gymnasts to progress to our competitive programme. In the Developmental programs there are level requirements, and a list of supplementary skills that gymnasts will need to perform. The supplementary skills are directly linked to future

skills. Gymnasts will work on drills and progressions for up to 2 levels above the level that they are currently working. This gives the gymnasts time to learn elements slowly, insuring all the correct techniques have been mastered.

Competitive programs National Levels Program level 3-10

Participants in our Competitive Program have progressed through the Developmental programs and will compete at National levels 3 - 10. They will have the opportunity to compete at statewide competitions throughout the year. Those in National Level 8 (& above) will have the opportunity to trial for the State team that competes at the Annual Australian National Championships.

How do gymnasts progress through the levels?

Once a gymnast has 'mastered' a level (that is be able to complete all the skills at a high standard) stated in the National Level requirements manual, their coach will make a recommendation to the Head Coach that they progress to the next level. The Head Coach will then complete a 'readiness-assessment' and then make the final decision. The 'readiness-assessment' may be based on training history or competition results. Please note - there is no set time-limit that a child may spend at each level; a child can spend anywhere from 12 months or more at a level. A child must attend a grading competition to be officially progressed to the next level.

HOW DOES A COACH DETERMINE WHICH PROGRAM/CLASS YOUR CHILD PARTICIPATES IN?

The Coaching Coordinator (in consultation with other coaches) determines which program is most suitable for your child.

Determining factors include:

- Level of strength & flexibility
- Willingness to learn
- Level of coordination, speed & agility
- Time commitment available



Competition Information

Our Junior & Senior Competitive Programs provide participants with the opportunity to represent DGC at competitions. Competitions are held in various venues around the State. It is an expectation that

gymnasts in these programs participate in competitions and purchase the required competition uniform.

Entry into our Competitive Programs is via selection only. Gymnasts and families involved in these programs are expected to be fully committed to training and competition schedules.

Competitive Program Aims

- To produce high-quality gymnasts who are competitive with the best gymnasts in Tasmania & Australia
- Be a leading club in Tasmania
- For each gymnast to meet the requirements stipulated for their respective level
- To enhance the physical, mental and emotional development of our participants by teaching them;
 - The importance of team work
 - How to perform under pressure
 - How to win and lose graciously
 - To respect coaches and judges' decisions
 - Self-discipline, self-respect & resilience
 - Attitude and work ethic is the key to achieving success
 - Making mistakes is a normal part of every-day living
 - To celebrate other's successes

Winning is not everything – success can be measured in many other ways!

Annual in Club Fun Event



**Held at Devonport Gymnastics Club for our Club Levels and
Recreational Gymnasts our Senior Gymnasts are team
leaders for this event**

Annual Devonport Gymnastics Club Extravaganza



All gymnasts participate in this event

DGC: 31 – 49 Mersey Main Rd Spreyton

Phone: 0439640444

Email: admin@devonportgymnastics.org.au



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