BTYC
GYMNASTICS

MAG HANDBOOK 2026

BTYC
MAG

BTYC MAG HANDBOOK *2026*

Important information

This MAG handbook provides important information about your child's enrolment in the MAG program at BTYC Gymnastics and the conditions of participation. This document is subject to change and will be communicated to you via email when any changes occur. Everything you need to know about the MAG program is included in this handbook.

The MAG Program is run by **Head Coach, Lachlan Graham.**
Your point of contact for MAG related questions is the **MAG Program Manager, Cassie.**
Email: cassie.robison@btycgymnastics.org.au

Enrolling in the MAG Program secures your place in the squad ongoing.

Athletes in the MAG Program are required to compete throughout the year at various events. Once entered into a competition we cannot guarantee a refund from the event if you withdraw as this is at the discretion of the event organiser. If you do not wish to be entered into a competition you must let the relevant program manager know by the specified cutoff date on your competition calendar.

Enrolment into the MAG program is by invitation only.

EXPECTATION

Communication

- Parent coach meetings
- Competition reports
- Start of year information meeting
- Newsletter x 1 per term

Competition

- Competitions are a compulsory requirement

L**evel & Testing**

- Skill testing as required
- Level testing
- Competition practice

Tuition and Payment

Autopay

For payments of fees, BTYC has the option of direct debit from a bank account or a credit card. This is BTYCs prefereed method of payment. We use the services of Integrapay along with our current banking institution Westpac and payment gateway provider PayWay so you can be assured of security of your payment details in line with legislation.

On the 15th of every month, the monthly class charge will be added to your iClass account and on the 1st of the following month through our Autopay system; we will withdraw funds from your nominated bank account or charge your credit card for the total amount outstanding on your statement. For this Autopayment to occur, we require you to input and save your nominated payment details into your account on the iClass Customer Portal or contact the office for assistance on 9841 4773.

Withdrawal From the Program

Any gymnast who chooses to withdraw from the MAG program are required to give four weeks written notice.

Any gymnast who chooses to withdraw from an 'Optional' session will need to complete the current calendar month, regardless of attendance, before having the Optional class charge removed from their account.

School and Public Holidays

BTYC Gymnastics does not operate during public holidays. You will not be charged for classes that fall on these days.

During School holidays, there is compulsory training for some MAG Gymnasts. A holiday training schedule will be emailed to all families ahead of time.

Communication

A vital key to the success of any program at our Club is 'parents'. From the commencement of the term, we endeavour to establish effective methods of communication between the Club, Coaches and parents. This helps to ensure a clear understanding of Club program expectations, protocols and policies. To achieve this, we hold meetings each year with squads and their Coach to ensure that families are well informed and able to be part of each athlete's learning experience at BTYC.

Should you need to meet with your Coach, please arrange a time either before or after a training session. Under no circumstances should the Coach be approached during a training session.

BTYC has a policy to deal with the handling of complaints. In the event that you wish to make a complaint, please speak with your child's Coach in the first instance. If the matter is unable to be resolved, or it's not appropriate to speak with the Coach, the matter should be raised with the relevant Program Manager or Head Coach. Options for further escalation can be outlined at this point, if needed to the General Manager.

If the matter relates to Child Safety, please contact the office on 9841 4773 to be directed to our Child Safety Champions. For Member Protection Information please contact Paula Hay, who can be contacted at paula@btycgymnastics.org.au

Social Media

BTYC Gymnastics understands that many gymnasts may have access to social media/social networking platforms. When used in the correct manner these platforms can facilitate connections between gymnasts when outside of the gym. This can be beneficial to the growth of friendships and the social connection of a group.

BTYC Gymnastics has a zero tolerance for bullying within our facility and our expectation is that this policy continues from inside the gym to the online platform. Any allegations of online bullying between BTYC gymnasts will be taken seriously and all involved parties will be contacted by BTYC staff so that a resolution may be reached. Any cyber bullying from one BTYC gymnast to another may result in disciplinary action. In extreme cases they may include suspended or expelled from the club.

Medical Conditions

BTYC Gymnastics is an inclusive Club and will invite athletes with special needs into squads if they have the necessary skills to partake at that level. We also have a comprehensive asthma policy and anaphylaxis policy to ensure that all participants are catered for.

It is essential that families advise the Club of any medical conditions prior to commencing training.

Any athlete who requires medical attention for an injury obtained within or outside of the Club, is required to supply a medical certificate and documentation from their medical practitioner regarding activities that can and cannot be completed by the athlete. BTYC are accommodating of athletes who are carrying injuries, and are happy to modify programs within guidelines by a medical practitioner.

Training Requirements

MAG classes can include any or all of the following:

- Structured Warm Up's
- Skill and Apparatus Specific Training on all 6 competition apparatus
- Routine Practice & Development
- Strength & Conditioning
- Assessments & Testing
- Flexibility Training or Appropriate Cool Down Activity

Squad Structure

Athletes are in classes based on their gymnastics ability and then by age. Higher level athletes train more hours each week. The minimum training hours expectation for each group is specific to what BTYC head coach deem to be the best structure for safe and competent skill display at competition for that specific level of gymnastics.

Please note: all athletes must bring a drink bottle with water to all sessions.

Level/Squad	Training Hours	Sessions
Foundation	4 + Hour Training per week	2 Sessions per week
Beginner	6 + Hour Training per week	2 Sessions per week
Junior	9 + Hour Training per week	3 Sessions per week
Intermediate	10.5 + Hour Training per week	3 Sessions per week
Advanced	12 + Hour Training per week	3 Sessions per week
Senior	16 + Hour Training per week	4 Sessions per week
High Performance: ADS	17 + Hour Training per week	5 Sessions per week
High Performance: Future	26 + Hour Training per week	5 Sessions per week
High Performance: Junior	26 + Hour Training per week	6 Sessions per week
High Performance: Senior	28 + Hour Training per week	6 Sessions per week

Attendance Expectations

Gymnasts in the MAG Program must meet a 85% attendance requirement throughout the year. Athletes in the MAG Program have scheduled training during the holiday period. Athletes must attend training during these holiday periods as part of their training calendar.

Athletes must also arrive 5 minutes before the start of class as “Line up” (The beginning of class where the Coach addresses the athletes and run through the plan for the session) happens at the start of class. If a class starts at 5pm, they must be lined up down on the floor at 5pm sharp. If an athlete misses line up regualrly throughout term, this will count against the athlete’s attendance record.

Absences

If you know you are going to be absent, we appreciate being informed so we can plan for the class appropriately. To notify of an absence log this on the customer portal or call the office on 9841 4773

No make up classes will be offered in 2026 for squads. This decision has been made by management and committee due to the low attendance rates of make-up classes and high running costs. This will assist in keeping member fees as low as possible.

Private Lessons

If you are interested in booking a private lesson with one of our coaches please contact the MAG Head Coach, Lachlan Graham and organise a time and day with your desired coach.

All private lessons must be approved by the Head Coach to ensure that they are covering relevant content that is safe and within the progression pathway for that athlete.

MAG Pathways and Level progression

All athletes will progress at a different pace, and children will not always progress one level each year like school. Gymnasts in the MAG Program will work through the development skills list throughout the year. Gymnasts will develop at their own rate through this testing. Gymnasts will be tested prior to the competition season to determine their level for that year. Gymnasts will need to achieve a satisfactory score at the testing to compete each level.

Foundation
This is a non competitive squad designed to teach the fundamentals of the sport and prepare athletes for competitive squads

Beginner Squad
The first competitive squad in the program usually competes levels 1 & 2.

High Performance: ADS
Accelerated Development Squad is the beginner level of the high performance program

High Performance: Future
Development in the GA future levels working towards level 7 and 8 under (TFA)

High Performance: Junior Internation
Competing level 9 under working within the GA system

High Performance: Senior Internation
Competing SNR working within the GA system

Junior Squad 1
Introduction to the junior program that usually competes level 2 & 3

Junior Squad 2
Junior program that usually competes level 3 & 4

Intermediate Squad
Final squad of the junior program that usually competes level 4

Advanced Squad
Introduction to the senior program that usually competes level 5 & 6

Senior Squad
Senior program that competes level 7 - 10

Uniform

BTYC has uniform policies, specific to each Gymsport and Squad within that Gymsport. It is important that these policies are followed to ensure athlete and coach safety during training hours.

MAG Uniform Policies and requirements:

Foundation, Beginner, Junior, Intermediate, Senior and High Performance gymnasts:

- Can wear any appropriate gymnastics leotard, along with gymnastics shorts or longs.
- During warm up on colder days, or when seen appropriate by a coach, are also permitted to wear a BTYC Hoodie on top of their leotard. This must then be removed when full training begins.
- Only senior athletes are permitted to train topless and sports appropriate apparel. If going topless, they must have a suitable top available to wear, should their coach request that they wear one for any purpose.
- All Junior, Intermediate, ADS and Future High-Performance squads will be expected to arrive at Saturday training only, wearing the official BTYC Leotard, Shorts and Longs. All other training days, BTYC's official training uniform is optional.
- Gymnasts who have state/national team training attire can wear this on Saturdays.
- All long hair must be tied up appropriately when in training.
- Jewelry and watches must not be worn on the gym floor and are encouraged to be left at home. BTYC takes no responsibility for lost or stolen jewelry, watches or other belongings.

MAG Squad Uniform Specifics

All BTYC leotards are purchased via https://chalkgymwear.com/collections/btyc-gymnastics.
All BTYC tracksuits are purchased via the BTYC front office or 2nd hand from the BTYC Buy and Sell page on FaceBook..
BTYC Front office has sizing kits, provided by Chalk Gymwear, to try on leotards before ordering. Please speak to the front office if you would like to try on leotards before purchasing.

Below are the uniform requirements for the MAG Squads. Generally, Foundations, Beginners, juniors and Intermediates will fall under the "junior season", however please speak to a coach/program manager if you wish to double check requirements for your gymnast.

MAG Junior Season athletes (Levels 1-4)

- "BTYC MAG NAVY Training Leotard" **OR** "BTYC MAG WHITE Training Leotard"
- "BTYC MAG Shorts" (Navy or white)
- "BTYC JNR MAG Junior/Intermediate Competition Leotard"" with NAVY Shorts (only required if competing)
- BTYC Tracksuit jacket and Pants

MAG Senior Season athletes (Level 5+)

- "BTYC MAG Senior Competition Leotard"
- BTYC MAG Shorts (White)
- BTYC Tracksuit jacket and Pants

BTYC Buy and Sell Page

The Facebook page is a place where BTYC members can sell, buy and swap their unwanted gymnastics clothing and equipment. Search BTYC Gymnastics Buy and Sell on Facebook, to request membership to this group.

COMPETITIONS

WHICH APPARATUS DO THEY COMPETE ON IN COMPETITIONS?

- Floor
- Pommel
- Rings
- Vault
- Parallel Bars
- High Bar

In a competition, athletes compete on all six apparatus in order, starting at the one shown on the Rotation Schedule, which is published 1 – 2 weeks before an event and given out to show start times etc.

WHAT DO ATHLETES TAKE TO A COMPETITION?

- A drink bottle containing water (no soft drink allowed on the floor)
- MAG leotard, shorts and longs appropriate to level and Full Club Tracksuit (jacket, pants and white socks)
- Small bag to keep belongings in
- Snacks such as muesli bars or lollies to have throughout the competition.
- Additional support items. Eg. Grips, strapping tape

Please leave shoes with parents before the competition starts.

COMPETITION DATES / COSTS

Competitions for Senior Athletes (Lvs. 5-10/SNR) usually run from around February to May and then Junior Athletes (Lvs. 1-4) from around July to October. Athletes and families are informed about which competitions they will compete at when the competition calendar is released. All gymnasts will be entered into competitions unless the Program Manager or Head Coach has spoken to you, or you have contacted the Program Manager. There is a late entry fee and withdrawal fee which is passed on to us by Gymnastics Victoria. These fees are passed on to families as relevant. Competitions can cost between $90-$130 depending on your level (subject to change).

COMPETITIONS

WHERE & WHEN WILL MAG ATHLETES COMPETE?

Competitions are held in gymnastics Clubs around Victoria. They run for approximately 3 and a half hours for Juniors and 5 hours for Seniors on either Saturday or Sunday. Schedules for events will be emailed to families when they are received, usually between 1-2 weeks prior to an event.

HOW ARE TEAMS SELECTED?

During the competition season, for club invitationals teams are selected at random by BTYC, within each eligible level. For any Gymnastics Victoria, Gymnastics Australia, Interstate or international competitions gymnasts are split into ranked teams. Tier 1 team athletes will be chosen based on past competition experience from that year, using Apparatus and All Around scores. Additionally, the Program Manager and Coaches may use performance at training and internal testing to support team selection.

ARE THERE OTHER EVENTS THAT ATHLETES HAVE TO PARTICIPATE IN?

Throughout the year, BTYC will offer a range of social events. All social events are not compulsory but highly encouraged as they are great team bonding events. All are invoiced separately, and you need to book in to participate.

COMPETITIONS

Type of competitions:

Club Invitationals:
These are competitions that are open to all members in the community. There is no selection event for entry and awards are usually given for 1st to 6th place. BTYC usually enters 3 club invites throughout the season, and they are great opportunities to practice routines before state competitions.

Qualification/Trail Events:
Qualification and Trail events are used to select athletes for Victorian championships and Victorian Teams. These are competitions that are run by Gymnastics Victoria who often use their state facility or a host club to facilitate the event. As these events are technically qualifications, not all events have awards. In general, the lower levels (1-6), receive 1st - 3rd.

State Championships:
The Victorian Championships are held by Gymnastics Victoria and are ran in an arena venue. For many levels this is the high point of their season and a time where athlete can compete to be Victorian Champion. For the senior season, this event is competing for the team champions as well as individuals. For athletes trailing to make the Australian Championships, this event is also a trail event where athletes can achieve the scores or placings to qualify.

National Championships:
The Australian Gymnastics Championships is held by Gymnastics Australia once a year. For the majority of the BTYC senior program this is the pinacol of their season and a chance to represent Victoria and fight to be an Australian Champion. For certain levels this event is also a selection event for National squads and teams.

Other National competitions:

- **Boarder Challange:** This event is run by Gymnastics Queensland. Athletes are selected by gymnastics Victoria to represent the state in the Victorian Team. Similar to National Championships the logistics of this event is organised and communicated by Gymnastics Victoria.
- **National Club Carnival (NCC):** This event is run by Gymnastics Australia and open to all clubs to enter a team. BTYC have their own selection process for choosing teams for this event and representing BTYC on the national stage.
- **Souther Crosn Classic (SCC):** This is a national level competition organised and ran by Gymnastics Victoria and usually held in line with the junior Victorian Championships at the end of the year. This event if for high level gymnasts to compete against other states while representing their club.

Levels qualifications:

Invites: 1-10/SNR

Boarder Challenge: 6 & 7 open

Australian Championships: 7 - 10/SNR

National Clubs: 3 - 10

Southern Cross Classic: 9 under

Expectations for gymnasts

Gymnasts Code Of Conduct

ALL gymnasts training at BTYC Gymnastics are required to abide by the following Code of Conduct:

- Come to training appropriately attired, (See BTYC uniform policies). Long hair must be tied back. No hair pins or clips. No jewelry, watches or items in pockets
- Bring your own drink bottle. Do not consume drinks other than water on the floor area.
- Listen and fulfill your Coach's instructions to the best of your ability.
- Always show respect to your coach and coaching team, fellow athletes and BTYC equipment.
- Do not argue with an Official or Coach. If you need clarification, approach your Coach or have your parent approach the Official / Coach after the competition / training session and ask for clarification.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Do not use bad language (swearing) under any circumstances.
- Stay with your Coach and squad at all times and seek permission from your Coach to leave the group, e.g. to go to the toilet.
- Be safety conscious and look where you are going. No running. Look before walking in front of other equipment, e.g. vault.
- Disclose any specific medical conditions, injuries or illnesses your child may have, using the child's medical section in the customer portal and if it is a new injury, discussing with the coach before the start of a training session.
- Do not enter the gym area or go on equipment under any circumstances unless supervised by your Coach in a class or made previous arrangements with coach.
- Follow BTYC uniform policy for official events.

Discipline

BTYC Gymnastics has a specific policy which outlines the process in the event that an athlete breaches the Gymnast Code of Conduct. Consequences depend on the severity of the breach and will include, but are not limited to, the following:

- LEVEL 1: Issuing a warning, requiring verbal or written apology, sitting out of class for a period of time.
- LEVEL 2: A formal warning &/or meeting with the Program Manager and Head Coach.
- LEVEL 3: A formal meeting with General Manager &/or Committee representative which may result in suspension &/or expulsion from the club.

Expectations for Parents

Parent Code Of Conduct

ALL parents/guardians who have gymnasts training at BTYC Gymnastics are required to abide by the following Code of Conduct:

- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance, rather than medals and scores.
- Encourage children to always play according to the rules.
- Remember that children learn best by example - appreciate good performances of other athletes.
- Respect Officials' decision and teach children to do likewise.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Do not make comments about, or verbally abuse other children or BTYC staff. **It is the sole responsibility of the Coach to direct children during training,** with the exception of Kindergym parent assisted classes.
- Ensure as a parent / guardian you make your child aware of the Gymnast Code of Conduct and abide by this Code.
- Athletes and parents / guardians must wait upstairs before and after classes. No child is to wait for parents in foyer or outside the gym.
- Ensure that siblings of participating members (especially during Kindergym classes) do not play in the gym area even if they are supervised by an adult. They are not covered by insurance if they are not registered members being supervised by a Coach.
- For queries and concerns contact your child's relevant program manager via their BTYC email. Contact through staff's private social media, or personal mobile numbers, is strictly forbidden.
- Abide by the Gym Rules and policies at all times.
- Abide by the Manningham DISC rules and regulations, including appropriate use of the car park (i.e. no double parking near entrance, no parking in turning circle)

Expectations for Parents

Parent Code Of Conduct

TRAINING VIEWING POLICY

BTYC Gymnastics allows parents, guardians, and other spectators to view squad training sessions. Individual rights will be reviewed if BTYC Gymnastics encounters ANY of the following:

- Athletes being distracted by parents/guardians (coaching from the sidelines or over-monitoring behavior) which may lead to serious safety issues. (lapses in athlete concentration can lead to athletes endangering themselves, or others, whilst doing skills)
- Parents/guardians bickering, spreading rumors, or gossiping.
- Parent/guardians behavior that hinders coaches from effectively fulfilling their responsibilities as BTYC staff members.
- Parents interfering with the running of a session, class, or competition.

Any face-to-face discussions with coaches should be pre-arranged. Urgent concerns must not be raised during training sessions and requested after class finishes. Coaches will not always be available if they are coaching back-to-back classes. In these instances, you will be referred to the office.

DISCIPLINE

In the event of a parent or guardian breaching the Parent Code of Conduct, the following consequences will occur depending on the severity, and if the conduct is repeated. The consequences will include but are not limited to the following:

- Issuing a verbal or written warning regarding the breach
- Removal from the viewing area for a period of time, (ranging from 1-4 weeks) at the discretion of the General manager.
- Suspension of the parent from the club
- In extreme circumstances, your athlete may also be asked to leave the club

SQUAD DUTY REQUIREMENTS

BTYC requires the involvement of all squad families to ensure that the club can host competitions at BTYC. As part of that process, BTYC levy a nominal amount to all squad members to assist with the cost of hosting and staffing competitions.

This levy applies to all squad members from all disciplines –Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG), Trampoline and Tumbling and Gymstar.

The Squad Levy will be invoiced early term 1 2025 at $50 per required shift and will be credited to your account after the duty is completed at an event. Non-attendance of a scheduled squad duty will also result in the forfeit of your squad duty levy.

Program	Duty Commitment	Total Levy
Men' Gymnastics (MAG)	4 shifts per squad athlete	$200
Women's Gymnastics (WAG)	4 shifts per squad athlete	$200
Gymstar	2 shifts per squad athlete	$100
Aerobics	2 shifts per squad athlete	$100
Trampoline and Tumbling	2 shifts per squad athlete	$100
MAG foundation	1 shift per squad athlete	$50
WAG foundation	1 shift per squad athlete	$50

Please note: There is a maximum of 8 duties per family

It is COMPULSORY for all family members aged 18 and over, to carry a working with children check card with them when assisting at competitions. BTYC staff will be handing out volunteer lanyards in which you must place your card in, while volunteering.

Families will be able to log on to a web-based program called SignUp Genius and select their squad duty shifts, for competitions hosted at BTYC. Invitations to sign ups will be sent to the main account email (the same email your account is sent to) for each roster.

There are a variety of duties required at the competitions including:

- Set up
- Door Attendant
- Canteen assistant
- BBQ assistant
- Athlete helper
- Judges hospitality
- Scorer
- Pack up

Signature of Employee

General Information

Committee

BTYC Gymnastics is a 'committee-run organisation'. The BTYC Committee of Management meets once per month to look at the strategic and budgeting aspects of the Club. It is vital to maintain a strong Committee to ensure the successful running of our Club. The Committee aims to have at least one parent representative from each Program on the Committee at all times.

If you are interested in joining the committee, please speak with either the General Manager or Club President.

BTYC Gymnastics is a 'Not for Profit' sporting Club, and as such, relies heavily on parent involvement and help in a variety of different areas throughout the year. You will receive regular e-mails and notices advising of any assistance sought with competitions, Club activities etc..

General Information

POLICIES & PROCEDURES

BTYC Gymnastics has a number of Club Rules, Policies and Procedures that relate to squads and general operations. This information, along with other valuable information, can be viewed at the BTYC Gymnastics website.

CHILD SAFETY

BTYC Gymnastics is committed to the safety, wellbeing and empowerment of all children and young people accessing our programs and services, including indigenous children, those from culturally and linguistically diverse backgrounds and children and adults with disability. All our coaches are accredited with Gymnastics Australia registration and have a valid WWCC on file. The following policies and reporting are available on our website.

- Child Safety and child friendly policy
- Child Protection statement
- Child safety requirement policy
- Report a child safe concern

Don't forget to follow and like us on Facebook and Instagram

Facebook