

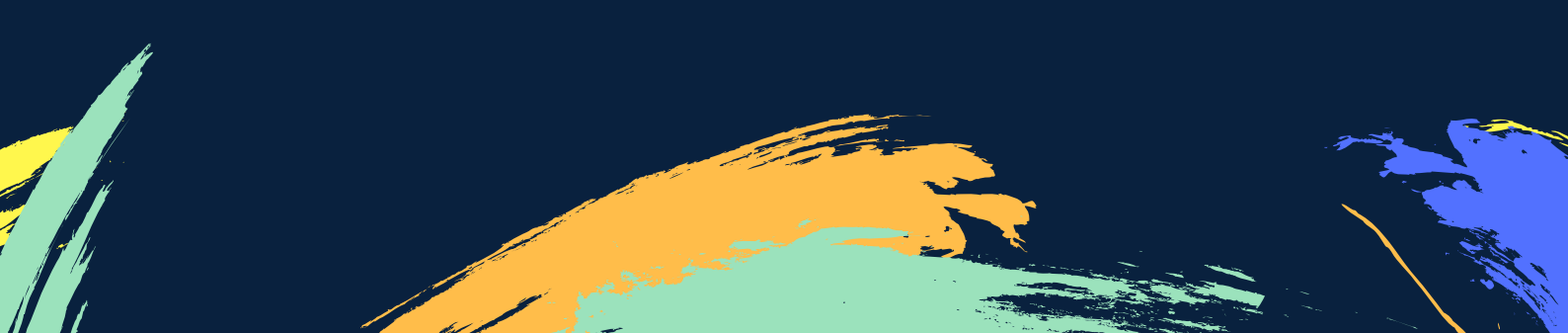
BTYC GYMNASTICS
GIRLS AND
BOYS
RECREATIONAL
PROGRAM





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Welcome

Welcome to the BTYC One Hour recreational program for girls and boys. This booklet will aim to give you some information regarding the structure and purpose of the program.

Gymnastics is a great all round sport that develops numerous aspects of fitness such as balance, coordination, body awareness, strength, flexibility, and power. We believe that our one hour recreational program provides children with a great introduction to this sport, and hope that it leads to long and distinguished sporting careers.

At BTYC Gymnastics, we have 4 key values we try to implement into our recreational classes.

These are-

FUN

INCLUSIVE

DEVELOPMENT

ENCOURAGEMENT

Here at BTYC Gymnastics, we separate our One Hour program into six levels;

- Bronze Beginners
- Bronze Blazers
- Silver Starters
- Silver Stars
- Gold Gladiators
- Gold Graduates

These levels are progressive and sequential which enables a smooth transition between each level of the program. As a result, children usually move through the 1 hour program from the bronze level to the gold level. From there, children are moved to a 2 or a 2.5 hour recreational class.


Athletes will also be constantly monitored by Coaches and Program Managers to identify if they are suitable to offered a place in a Competitive Program. More information about these programs can be found on the BTYC website.


The 2/2.5 hour recreational class levels are as follows;

Boys:

- Junior Team Freestyle
- Senior Team Freestyle

Girls

- 2 Hour Springers
 - 2 Hour Saulters
 - 2.5 Hour Advanced Twisters
 - 2.5 Hour Advanced Tumblers
 - High School (No official testing each term in this class)
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We stream our classes at BTYC based on ability to ensure that we are teaching to each child's level. This means that all the girls and boys in the one class are at a similar level and we are able to plan for consistent progression. Age is a secondary factor in placing children in 1 hour classes; however we try to keep similar aged children together where possible. Refer to the appendix for level achievement sheets and assessment sheets.

At the Bronze level of the program the focus is on shapes, safety and fundamental movement patterns such as running and jumping. We aim to provide a structured class that teaches children confidence and body awareness through fun, physical activities. At the bronze level children will also begin to learn some basic gymnastic skills through the development of correct shapes and techniques.

At the Silver level of the program we focus on the consolidation of gymnastics skills on all apparatus. Skills such as handstands, cartwheels, swings, jumps and rolls are taught through progressive drills and activities. There is a greater emphasis on presentation at the silver level and children are encouraged to constantly point their toes and keep their legs straight.

At the Gold level of the program there is a focus on perfection and extension. At this level children are expected to be more consistent, confident and capable as they move around the gymnasium. We aim to extend their repertoire of gymnastics skills and place a greater emphasis on strength activities to get them ready for a higher level class.

The girls and boys are evaluated regularly through observation and also tested formally each term. Anyone identified that demonstrates a much higher or lower ability level than the rest of the children in their class are moved to a class that is more suitable.

If you have any questions or require more information, please see Bridget who is the Girls Recreational Program Manager, or Josh who is the Boys Recreational Program Manager. Their emails are bridget@btycgymnastics.org.au and josh@btycgymnastics.org.au.

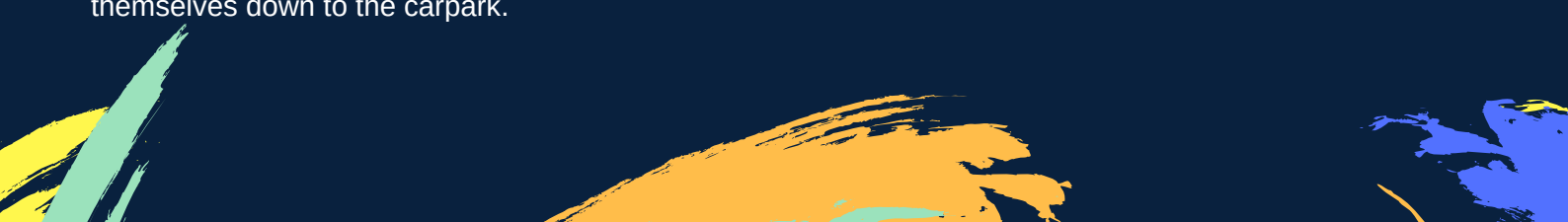
Photography Policy

BTYC has a strict "No Photo or Video Policy". This is for both privacy and child protection reasons. You can view this policy on the BTYC website underneath the tab "Policies".

Anyone who does not wish their child to be featured in any BTYC videos or photos can visit our office to be added to our Photo/Video Exclusion List.

When you arrive/leave

Things to remember when you arrive/leave:

- Ensure that all kids under 16 are walked inside the gym building and not dropped off in the car park.
 - Wait upstairs before your class starts or after your class finishes if your parent has not arrived yet.
 - Shoes and bags are to be left upstairs during class.
 - 4-5pm classes and Saturday 10am classes will be called down when the music starts. All other rec classes will be collected from upstairs by their coaches.
 - All athletes under 16 need to be collected from inside the gym building. Athletes are not allowed to walk by themselves down to the carpark.
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Reporting/Testing

At BTYC we continually test all Rec classes throughout the term. We use an online testing program that links up with BTYC's Parent Portal. Athletes are tested on each skill in their level and given a mark out of 3 stars: 1 star for beginning, 2 stars for developing and 3 stars for mastered. This is done on the iPads during class. Once the coach has submitted the results, they will appear on the Parent Portal under the Evaluations tab. Please note that you will only be able to see your own child's testing. At the end of each term the Program Managers will go through each athlete to see if they have passed to move up one of the levels. Once an athlete has achieved at least 80% of the possible stars for that level they will be ready to move up. On the final Friday of term, athletes who have passed will receive an email with a BIG CONGRATULATIONS and their level certificate. If moving up a level requires your child to change class, this will be done by the Program Managers. You will only be contacted if we cannot place them into a new class on the same day/time.

Safety

- Please ensure that all athletes leave their shoes and bags upstairs as it becomes a tripping hazard if left downstairs.
- Watches, fit bits and jewellery cannot be worn during class.

Rules for use of PIT:

- Do not wear jewellery, hair clips or pins in the pit as they are easily lost and are a hazard to other pit users.
- Do not dive into the pit or land on your stomach as it will hurt your back or neck.
- Do not pick at the foam cubes or graffiti them.
- If doing rotation moves like forward saults – have your knees apart on landing so you don't hit your face on your knees.
- Do not jump onto other people in the pit.
- Just because you are doing something into the pit does not mean it is safe or that you will not hurt yourself.
- Do not throw foam cubes out of the pit or at other people in the pit.
- Do not hide or sit in the pit, as part or all of your body will be hidden and could be landed on by another pit user.

Medication and special requirements

- Any medication athletes need i.e Asthma puffers or EpiPen's, need to be given to the coach before class starts.
- If your child has any special needs we need to be aware of please inform the office or the child's coach before class.



What to wear/bring

- Please ensure all athletes wear appropriate clothing i.e no jeans/skirts, all tops must fully cover the upper body, no socks.
- No fit bits/watches or jewellery are to be worn in the gym.
- Long hair needs to be tied back.
- Please bring a drink bottle to each class.
- All 1 hour Rec athletes are given a BTYC T-shirt at the start of the year. More shirts can be purchased from the office during the year. Wearing the shirt is not compulsory however it is encouraged.

BTYC Rec Class Structure


Most recreational classes at BTYC run for one hour from 4pm and 5pm week days and 10:00am on Saturdays. There are also 5-6pm classes each day during the week for girls and on Mondays for boys. Recreational classes have a maximum of 10 participants to one coach. BTYC only uses fully qualified coaches registered with Gymnastics Australia, first aid trained and carries a working with children check. Occasionally there may be times when there is more than one coach on your child's class. This is done for training purposes for our upcoming coaches.

Generally the one hour classes take on the following structure:

- You may see our coaches all meeting together before class starts to discuss any changes, feedback from families and get coaches excited for the class.
- A 10 min warm up game and stretch. This can be either on the floor, or in the pit
- Children are split off into classes.
- There is a song that plays, which tells athletes when to come down from upstairs, as well as when it is time to move from one rotation to the next.
- There are 4 x 12.5 min rotations on 4 apparatus. These change every 3 weeks so that all apparatus are covered.
- Girls apparatus: Floor, Bars, Beam, P-Bars, Rings, Pit, Trampoline and Vault.
- Boys apparatus: Floor, High Bar, Pommel, Rings, P-Bars, Pit, Trampoline and Vault.
- Finally, Gymnast of The Day certificates are given to an athlete from each class by their coach. This can be given for many reasons such as hard work, improving a new skill, good listening, good behaviour etc.

Term Breakdown

Each term is generally broken down into the following:

- Week 1 is "Meet and Greet" weeks
 - Week 2 of Term 1 is when t-shirts are handed out – if you join our classes after this time, you can collect your T-Shirt from the front office.
 - Testing will occur in weeks 3 through 8. Information on testing is under "Reporting"
 - BTYC's Annual Rec Challenge Day will be held towards the end of Term 1 - exact date TBC
 - BTYC's Amazingly Awesome 10 Activity Day will be held during Term 3 - exact date TBC.
 - Last week of each term is 'Games Week'. Each term we have a new theme, and this is used in the games we play as well as the overall activities.
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REC Challenge Day

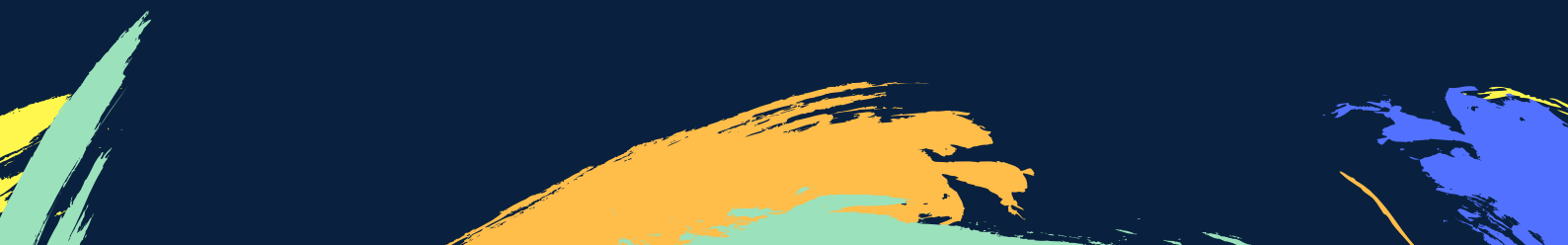
Towards the end of Term 1, there will be another chance for our 1 hour Rec athletes to enter an event. Rec Challenge Day is a sister event to the 10 Activity Competition. But rather than showing off routines, athletes are required to complete a series of challenges based on strength, flexibility, spacial awareness and speed. They are then scored and will receive a certificate based on their scores. Rookie Challenger, Seasoned Challenger and Master Challenger. The top scorer on each activity also receives a BTYC Ultimate Champion plaque to take home. An exciting day filled with lollies, laughter and awards for everyone. Exact date TBC.

10 Activity Competition

In term 4 this year, all boys and girls in the BTYC 1 hour Rec program are invited to participate in the Amazingly Awesome 10 Activity Day competition. During this competition they can showcase to their families and friends some basic routines and skills that they have learnt over the year. Participants are not required to memorise routines as the coaches can call it out for them, and everyone receives a medal, balloon and certificate. It is a fun day and we encourage all 1 hour Rec athletes to get involved. The exact date for 2019 is still being decided, but it will happen during Term 3.

Display Day

The BTYC End of Year Display will be held on the 15th December this year. It is a chance for all athletes to show off all the amazing skills they have learnt over the year. Each class will put together a routine to music that will performed either on the floor or around the gym. It is a great way to have a look at what the higher level athletes do and what your child could be doing in the future. Information about specific times and routines will be made available in term 4.





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