



# MEN'S ARTISTIC GYMNASTICS (MAG) PROGRAM

## 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. Options for further escalation can be outlined at this point, if needed to the General Manager.

If the matter relates to Child Safety, the appropriate contact is our Child Safety Champions, Rhiannon McTier ([admin@btycgymnastics.org.au](mailto:admin@btycgymnastics.org.au)) and Alysha Browne ([alysha@btycgymnastics.org.au](mailto:alysha@btycgymnastics.org.au)). For Member Protection Information please contact David Hunsdale, who can be contacted at [david@btycgymnastics.org.au](mailto:david@btycgymnastics.org.au)

## COMMON QUESTIONS & ANSWERS

### WHAT ARE THE EXPECTATIONS FOR GYMNASTS?

### GYMNAST 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 jewellery, 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
- 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 parent 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
- 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:

- issuing a warning, requiring verbal or written apology;
- a letter of reprimand from BTYC Gymnastics Club Inc.;
- counseling from the Program Manager or General Manager; and / or
- removal / suspension from the Club.

## **TRAINING**

### **WHAT'S INVOLVED IN TRAINING?**

Your MAG Squad training could include any or all of the following:

- Skill development
- Apparatus Specific Training
- Routine Practice & Development
- Physical preparation
- Flexibility Training
- Aerial awareness training

### **HOW ARE SQUADS STRUCTURED?**

Athletes are normally of a similar age, level and training commitment. Higher level athletes train more hours each week. The minimum training hours expectation for each group is specific to what BTYC coaching staff deem to be the best structure for safe and competent skill display at competition for that specific level of gymnastics.

The guide we follow is below:

<b>Level</b>	<b>Training Hours</b>	<b>Sessions</b>
Foundation 2	6 + hours training per week	2 session per week
Beginner	6 + hours training per week	2 session per week
Junior	9 + hours training per week	3 session per week
Intermediate	10.5+ hours training per week	3 sessions per week
Senior	12+ hours training per week	3 sessions per week
High Performance	20+ Hours training per week	Individualised training plan

Please note, squads that train more than 3 hours will be given a short break in the middle of training. Please provide your gymnast with a suitable snack and water bottle.

## WHAT ARE THE ATTENDANCE EXPECTATIONS?

Gymnasts in the MAG Program have an 85% attendance requirement throughout the year. Athletes in the MAG Program have scheduled training during the holiday period. It is imperative that athletes attempt to attend as many classes as possible, as even two weeks out of the gym can lead to significant de-conditioning. Extended time away from the gym may also result in large growth spurts, rather than a graduated rate of growth. Both of these can lead to periods of un-coordination due to de-conditioning or changes in body mechanics due to growth.

It is also important that athletes arrive at training on time, as the warm-up segment of training is a *crucial* part of injury prevention. Athletes who have not had adequate warm-up are more likely to injure themselves. This section of the class is also important for the focus of the athlete as it sets the tone for the entire training session. A disciplined team approach to warm-up will help generate a disciplined team approach to apparatus training.

## WHAT IS THE CORRECT UNIFORM?

Please follow the MAG uniform policy which can be found on the club website. [CLICK HERE](#) to view.

# PARENT CODE OF CONDUCT

## SQUAD TRAINING VIEWING POLICY

BTYC Gymnastics allows parents to view squad training sessions. This may be reviewed should we encounter any of the following:

- athletes being distracted by parents (coaching from the sidelines or over-monitoring behavior)
- lack of athlete concentration that can lead to athletes endangering themselves whilst doing skills

**ALL parents 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. **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 / carers 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
- Abide by the Gym Rules 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)**

## **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.

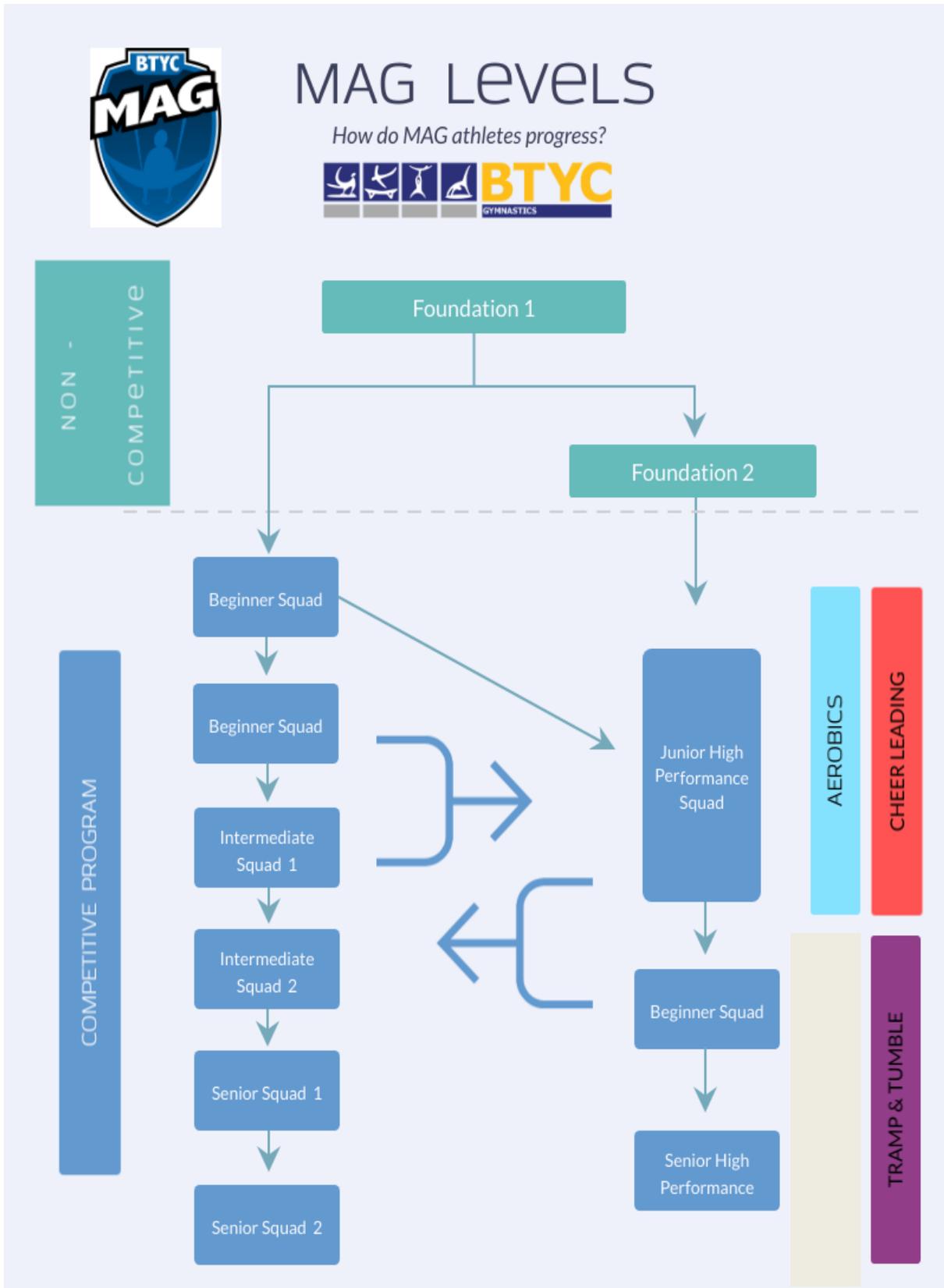
## **HOW AND WHEN DO ATHLETE MOVE FROM SQUAD AND/OR PROGRAMS?**

New athletes are assessed and placed on trial in the squad that the Program Manager (through consultation with Coaching staff) feel they are best suited to. Existing athletes are evaluated continuously. If an athlete level or squad needs to be considered this will be communicated through the Program Manager. However, it is expected that an athlete will spend approximately two years in each squad.

Athletes training less than the BTYC guide to training hours are less likely to see improvements or progress to the next level.

# PROGRAM PATHWAY

The process by which MAG athletes proceed through Squads is detailed below. Please note there may be further changes to this system for 2020:



## **COMPETITIONS**

It is expected that all squad athletes enter competitions. The type of competition and the level at which the athlete competes is determined by the Coach, in conjunction with the MAG Program Administration.

### **WHICH APPARATUS DO THEY COMPETE ON IN COMPETITIONS?**

Olympic order for Men's gymnastics is:



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 COMPETITIONS?**

MAG competition uniforms are available to be purchased from the BTYC office in Donvale. Both new and second-hand uniforms are available (depending on size availability).

MAG athletes are required to have the following items when they compete:

- Competition leotard, white longs and white shorts (**NOT** training uniform)
- Apparatus aides – grips etc
- Club Tracksuit
- 1 pairs of plain white cotton socks (no color bands, logos or colored heel / toe parts)
- Club bag for holding drink bottle of water, small snack which is not messy (minimize lollies) and their uniform items they are not wearing.

Athletes should leave shoes with parents before going on to the floor to join the Coach before the competition. Parents should label all items as they are easily mixed up with other athletes. Grips and other gymnastic equipment should be placed in the competition bag.

Long hair must be kept neatly off the face with gel, or tied back with a hair band or head band. Athletes should check which apparatus they are starting on in competitions and wear the appropriate longs / shorts to the competition.

### **COMPETITION DATES / COSTS**

2020 is broken into two Main seasons, one for our senior athletes competing levels 5 and above and one for our junior athletes competing levels 4 and below. The competition season for the senior athletes will commence in February and conclude with the Australian championships in late May. Athletes not selected for the National championships however will conclude their season with the Victorian championships in April. There will also be competition opportunities outside of this season (such as the National Clubs Carnival) and they are referred to as Off-Season competitions. The competition season for the junior athletes will commence in July and conclude with the Junior Victorian Championships in October.

All gymnasts will be entered into competitions unless the Program Manager 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-\$120 depending on your level (subject to change).

### **WHERE & WHEN WILL MAG ATHLETES COMPETE?**

Competitions are held in gymnastics Clubs around Victoria. They run for approximately 3 hours 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 TEAMS ARE SELECTED

During the competition season, 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.

## SQUAD DUTY REQUIREMENTS

BTYC Gymnastics requires the involvement of all squad families to ensure that the club is able to 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) and Gymstar.

The Squad Levy will be invoiced in February 2020 at \$50 per required shift and will be refundable after all shifts are completed. 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
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 **NOW COMPULSORY** for all family members aged 18 and over, to carry a **working with children check** card with them when assisting at competitions. This year we 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

## ARE THERE OTHER EVENTS THAT ATHLETES HAVE TO PARTICIPATE IN?

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.

For Level 2 and 3 athletes, we offer a practice competition at the start of their competition season. This gives the athletes a first experience of competitions in the comfort and relaxed environment of their own Club. Lunch is provided afterwards and the girls can have a free play and socialise.

For Level 4 - 10 athletes BTYC offer a pizza and play night. The boys will get to spend time in the gym socialising, playing on equipment and participating in structured games. They get to have pizza for dinner and have some fun before we get into the seriousness of competition season.

## THE VICTORIAN MAG DEVELOPMENT SQUAD

The Victorian MAG Development Squad is a group of gymnasts and coaches, selected yearly, who meet for regular training and education sessions throughout the year. This is not to be confused with the Victorian State Team who competes at the Australian Championships. Gymnasts can be selected onto the Victorian MAG Development Squad by achieving the minimum qualifying score for their level at a State Trial, the Victorian Championships or Australian Championships.

# GENERAL INFORMATION

## COMMITTEE / STAFF

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.

The following staff are responsible for day-to-day operations at BTYC Gymnastics:

Program	Role	Name	E-Mail
<b>Office</b>	General Manager	David Hunsdale	<a href="mailto:david@btycgymnastics.org.au">david@btycgymnastics.org.au</a>
	Office Manager	Susie Guttmann	<a href="mailto:susie@btycgymnastics.org.au">susie@btycgymnastics.org.au</a>
	Accounts	Debra Tomsett	<a href="mailto:accounts@btycgymnastics.org.au">accounts@btycgymnastics.org.au</a>
	Customer Service representative Customer Service representative	Rhiannon MacTier Adele Wilkie	<a href="mailto:admin@btycgymnastics.org.au">admin@btycgymnastics.org.au</a> <a href="mailto:office@btycgymnastics.org.au">office@btycgymnastics.org.au</a>
	Child Safety Champions	Alysha Browne Rhiannon MacTier	<a href="mailto:alysha@btycgymnastics.org.au">alysha@btycgymnastics.org.au</a> <a href="mailto:office@btycgymnastics.org.au">office@btycgymnastics.org.au</a>
<b>MAG</b>	MAG Program Manager	Lachlan Graham	<a href="mailto:lachlan@btycgymnastics.org.au">lachlan@btycgymnastics.org.au</a>
<b>WAG</b>	WAG Program Manager	Alysha Browne	<a href="mailto:alysha@btycgymnastics.org.au">alysha@btycgymnastics.org.au</a>
<b>Gymstar</b>	Gymstar Program Manager	Bridget O'Donnell	<a href="mailto:bridget@btycgymnastics.org.au">bridget@btycgymnastics.org.au</a>
<b>TRP &amp; TUM</b>	Trampoline & Tumbling Program Manager	Jordan	<a href="mailto:jordan@btycgymnastics.org.au">jordan@btycgymnastics.org.au</a>
<b>CHEER</b>	Cheerleading Program Manager	Leonie Blyth	<a href="mailto:leonie@btycgymnastics.org.au">leonie@btycgymnastics.org.au</a>
<b>AERO</b>	Aerobics Program Manager	Eve Hincliffe	<a href="mailto:eve@btycgymnastics.org.au">eve@btycgymnastics.org.au</a>

**The primary contact point for all squad queries is the Program Manager for each program.**

## 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 website – [www.btycgymnastics.org.au](http://www.btycgymnastics.org.au).

## PAYMENT OF SQUAD FEES

BTYC's preferred method of payment is through automated monthly direct debit. This can be set-up through the parent portal, by inputting valid credit card details on to your account. Your relevant monthly charge details are sent with initial squad offers, usually at the end of each year.

***Please note:***

- ***Any gymnast who chooses to withdraw from the WAG, MAG or Gymstar programs 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.***

