



WOMEN'S ARTISTIC GYMNASTICS (WAG) PROGRAM

COMMON QUESTIONS & ANSWERS

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) and Alysha Browne (alysha@btycgymnastics.org.au). For Member Protection Information please contact David Hunsdale, who can be contacted at david@btycgymnastics.org.au

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.

WHAT'S INVOLVED IN TRAINING?

WAG classes can include any or all of the following:

- Structured Warm Up's
- Skill and Apparatus Specific Training on all 4 competition apparatus
- Routine Practice & Development
- Food or Snack break (Gymnasts training 3 or more hours)
- Strength & Conditioning
- Assessments & Testing
- Flexibility Training or Appropriate Cool Down Activity

HOW ARE SQUADS STRUCTURED?

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 coaching staff deem to be the best structure for safe and competent skill display at competition for that specific level of gymnastics.

Please note, squads that train more than 3 hours will be given a short break, please provide your gymnast with a suitable snack. All athletes must bring a drink bottle with water to all sessions.

Level	Training Hours	Sessions
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

WHAT ARE THE ATTENDANCE EXPECTATIONS?

Gymnasts in the WAG Program have an 85% attendance requirement throughout the year. Athletes in the WAG 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 WAG specific 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

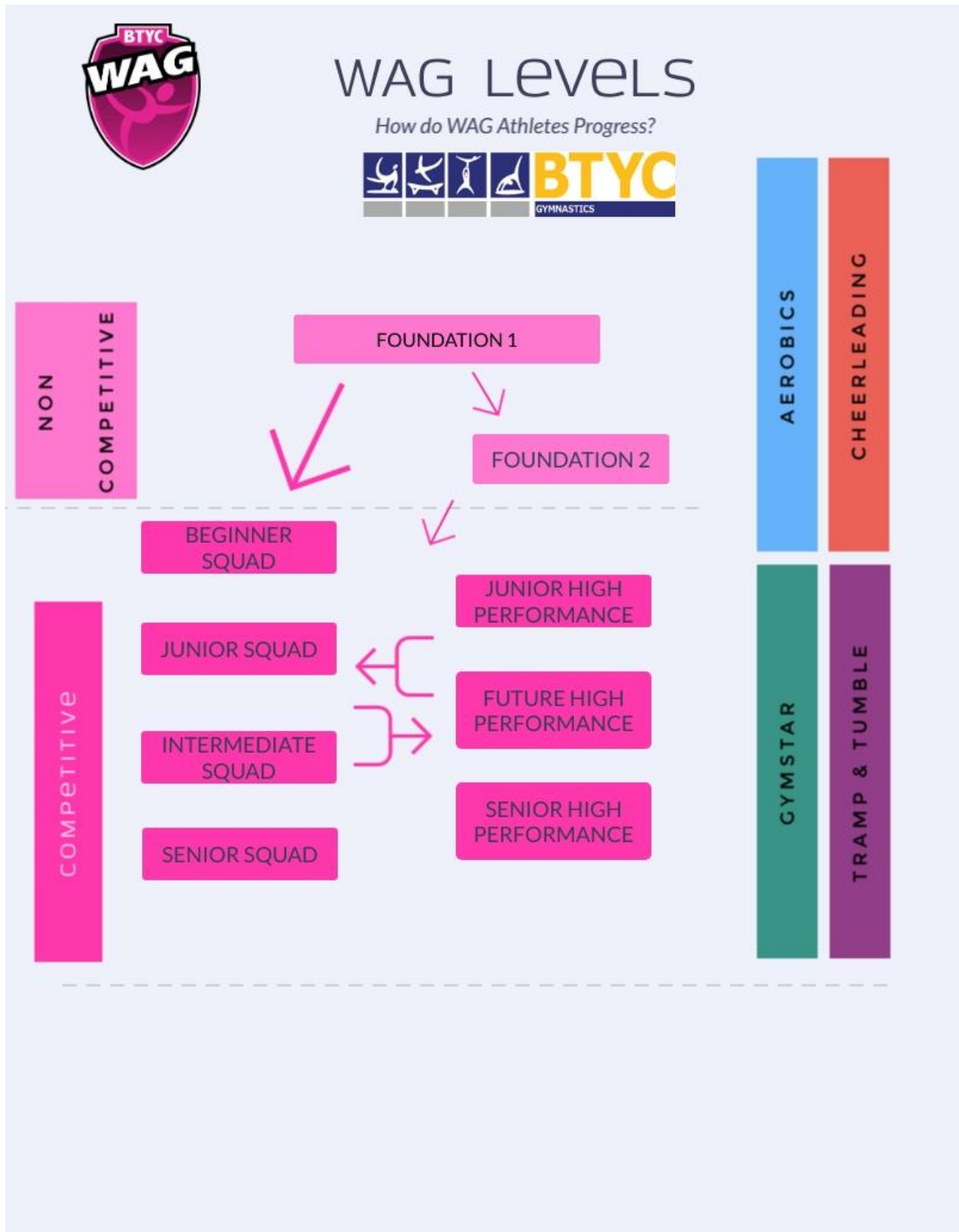
BTYC Gymnastics is an inclusive Club and will invite athletes with special needs into squads if they have the necessary skills to partake at that level. We also have a comprehensive asthma policy and anaphylaxis policy to ensure that all participants are catered for.

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 & WHEN DO ATHLETES MOVE FROM SQUADS &/OR PROGRAMS?

All athletes will progress at different pace, and children will not always progress one level each year like school. Gymnasts in the WAG 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.



COMPETITIONS

WHICH APPARATUS DO THEY COMPETE ON IN COMPETITIONS?



In a competition, athletes compete on all four 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)
- WAG leotard appropriate to level and Full Club Tracksuit (jacket, pants and white socks)
- Small bag to keep belongings in
- Hair brush and hair ties/clips
- Please leave shoes with parents before the competition starts
- Additional support items. Eg. Grips, strapping tape

COMPETITION DATES / COSTS

Competitions for Senior Athletes usually run from around February to April and then Level 2-7 from around July to November. 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 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 WAG 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 ARE TEAMS 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 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 only be credited against the fees once all shifts are completed. Nonattendance 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?

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.

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
Office	General Manager	David Hunsdale	david@btycgymnastics.org.au
	Office Manager	Susie Guttmann	susie@btycgymnastics.org.au
	Accounts	Debra Tomsett	accounts@btycgymnastics.org.au
	Customer Service representative Customer Service representative	Rhiannon McTier Adele Wilkie	admin@btycgymnastics.org.au office@btycgymnastics.org.au
	Child Safety Champions	Alysha Browne Rhiannon McTier	alysha@btycgymnastics.org.au jess@btycgymnastics.org.au
MAG	MAG Program Manager	Lachlan Graham	lachlan@btycgymnastics.org.au
WAG	WAG Program Manager	Alysha Browne	alysha@btycgymnastics.org.au
Gymstar	Gymstar Program Manager	Bridget O'Donnell	bridget@btycgymnastics.org.au
TRP & TUM	Trampoline & Tumbling Program Manager	Jordan	jordan@btycgymnastics.org.au
CHEER	Cheerleading Program Manager	Leonie Blyth	leonie@btycgymnastics.org.au
AERO	Aerobics Program Manager	Eve Hinchliffe	eve@btycgymnastics.org.au

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.

PAYMENT OF 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.***

