



TRAMPOLINE AND TUMBLING

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 (office@btycgymnastics.org.au) and Alysha Browne (alysha@btycgymnastics.org.au). To report a child safe concern, [CLICK HERE](#). For Member Protection Information please contact David Hunsdale, who can be contacted at 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 IS INVOLVED IN TRAINING?

Classes can include any or all of the following:

- Structured Warm Up's
- Skill Specific
- Routine Practice & Development
- Strength & Conditioning
- Assessments & Testing
- Flexibility Training or Appropriate Cool Down Activity
- Aerial Awareness

HOW ARE SQUADS AND CLASSES STRUCTURED?

Athletes are in classes based on their gymnastics ability. 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.

Level	Training Hours	Sessions
Beginner TRP Pre-Squad	3 hours of training per week	2 sessions per week
Intermediate TRP Squad	TBC	TBC
Beginner Recreational TRP	We offer 1-hour classes	Optional
Intermediate TRP	We offer 2-hour classes	Optional
Beginner TUM	We offer 1-hour classes	Optional
Intermediate TUM	We Offer 2-hour classes	Optional
Squad TUM Level 3s and above	5 hours of training per week. Hour due to change	1

WHAT ARE THE ATTENDANCE EXPECTATIONS?

Recreational Classes run during Term times only, with gymnasts being asked to attend all sessions. Competitive Class training sessions are also offered during the school holidays, as well as during the term for those who have been selected for competitive squads.

Competitive athletes are expected to attend all training sessions, and to notify the Program Manager if they are going to be absent.

WHAT IS THE CORRECT UNIFORM?

Please follow the Trampoline and Tumbling specific uniform policy, which can be found on the club website. [CLICK HERE](#) to view.

BTYC BUY, SELL AND SWAP FACEBOOK PAGE

The Facebook page is a place where BTYC members can sell, buy and swap their unwanted gymnastics clothing and equipment. Join the page and start buying and selling today. When selling please list item, price, photograph and postage cost if relevant.

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)**

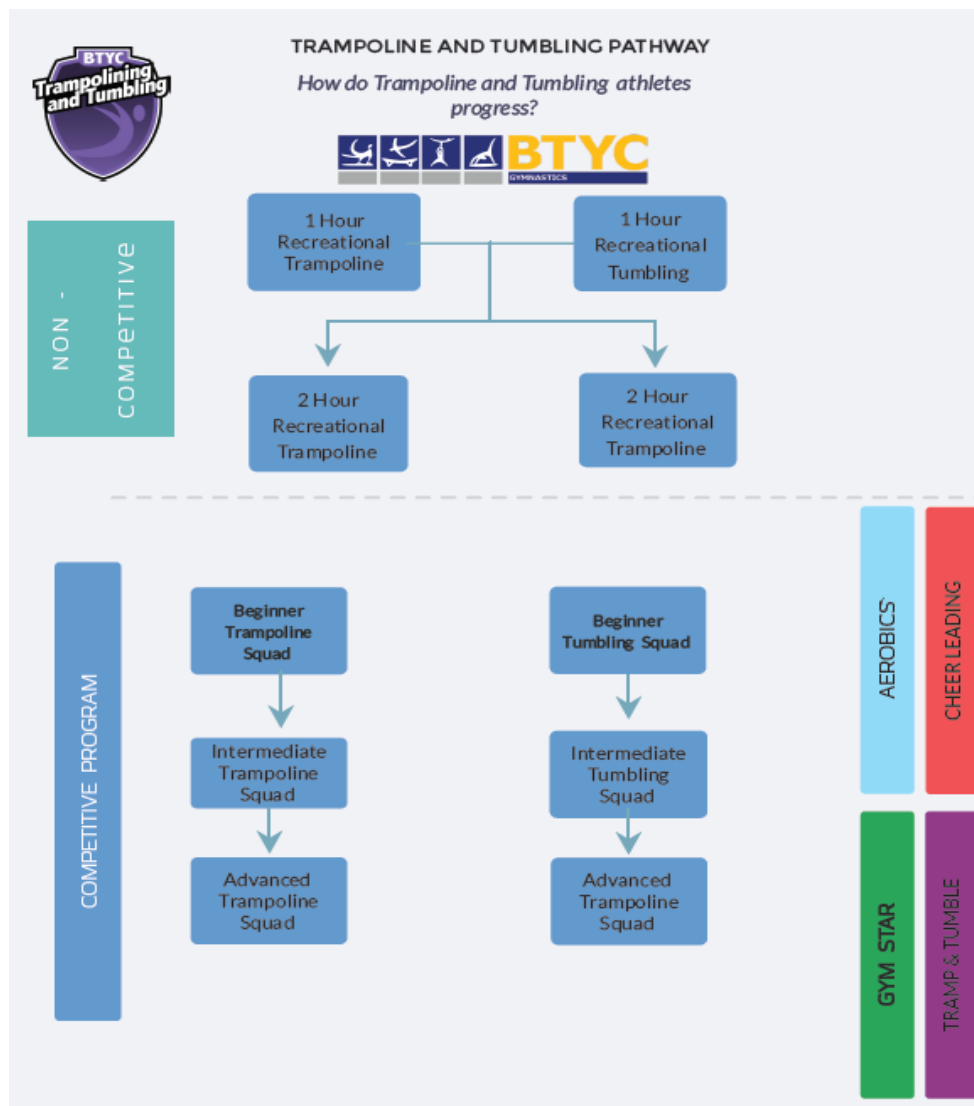
MEDICAL CONDITIONS

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.

PROGRAM PATHWAY



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 Program Administration. This is not an expectation for our recreational gymnasts.

WHICH APPARATUS DO ATHLETES COMPETE ON IN COMPETITIONS?

Trampoline

Trampoline - A single competitor performs routines combining ten different skills, judged and scored on the quality of performance, the degree of difficulty and the time of flight.

Double-Mini

Double Mini Trampoline - Two skills are performed in sequence, one on the Double Mini Trampoline bed and one to dismount

Tumbling

Tumbling - Tumblers perform two passes demonstrating sequences of forward, backward and sideward skills, rotating from hands to feet and feet to feet.

WHAT DO TRAMPOLINE AND DOUBLE-MINI ATHLETES TAKE TO A COMPETITION?

Male

- Leotard and competition pants and competition shorts
- BTYC tracksuit and jacket
- Trampoline and double mini shoes
- If Tumbling - leotard and shorts

Female

- Leotard
- BTYC tracksuit and jacket
- Trampoline and double mini shoes
- If Tumbling - leotard

COMPETITION DATES / COSTS

Competitions for Senior Athletes usually run from around February to April and then juniors 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 AND WHEN WILL TRP- TUM -DMT 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.

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 Manager	Debra Tomsett	accounts@btycgymnastics.org.au
	Customer Service representative Customer Service representative	Rhiannon MacTier Adele Wilkie	admin@btycgymnastics.org.au office@btycgymnastics.org.au
	Child Safety Champions	Alysha Browne Rhiannon MacTier	alysha@btycgymnastics.org.au office@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 Mitilineos-Janicke	jordan@btycgymnastics.org.au
CHEER	Cheerleading Program Manager	Bridget O'Donnell	bridget@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 – [CLICK HERE](#) to view.

PAYMENT OF FEES

BTYC's preferred method of payment is through automated monthly direct debit. This can be set-up through the customer 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 Trampoline or Tumbling programs are required to give 14 days written notice.***

