



GYMSTAR 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 (office@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

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.

WHAT'S INVOLVED IN TRAINING?

Gymstar classes can include any or all of the following:

- Structured Warm Up's
- Skill and Apparatus Specific Training on all 6 apparatus
- Routine Practice & Development
- Food or Snack break (higher hour classes only)
- Strength & Conditioning
- Assessments & Testing
- Flexibility Training or Appropriate Cool Down Activity

HOW ARE SQUADS 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.

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
Level 2 Junior	2 hours training per week	1 session per week
Level 3 Junior	3 hours training per week	1 session per week
Level 4 Challenge	3 hours training per week	1 session per week
Level 4 Intermediate	4 hours training per week	2 sessions per week
Level 5 Challenge	3 hours training per week	1 session per week
Level 5 Intermediate	5 hours training per week	2 sessions per week
Level 6 Challenge	4 hours training per week	2 sessions per week
Level 6 Intermediate	4 hours training per week	2 sessions per week
Level 7 - Senior	7 hours training per week	2 sessions per week

WHAT IS THE DIFFERENCE BETWEEN WOMEN'S ARTISTIC GYMNASTICS (WAG) & GYMSTAR?

WAG classes are directed by the Victorian and Australian governing bodies for Gymnastics. Athletes in WAG classes compete on four apparatus' – Bars, Vault, Beam and Floor.

Gymstar is a separate program with its own levels. A Gymstar class require less training hours than WAG. Gymstar is a competitive program, with athletes expected to compete at a number of competitions in the second half of the year. Athletes in the Gymstar program compete on six apparatus' - Floor, Vault, Beam, Bars, Parallel Bars and Rings.

WHAT ARE THE ATTENDANCE EXPECTATIONS?

Optional training sessions are offered during the Term 2 and Term 3 school holidays; however, they are not compulsory.

Training sessions during the holidays are different to term training, as we can utilise the gym during the day when there are less classes. Athletes need to book in for training sessions during the school holidays. There is a minimum number of 5 participants for training sessions to run in the holidays. The fees for holiday training are invoiced separately.

WHAT IS THE CORRECT UNIFORM?

Please follow the Gymstar 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

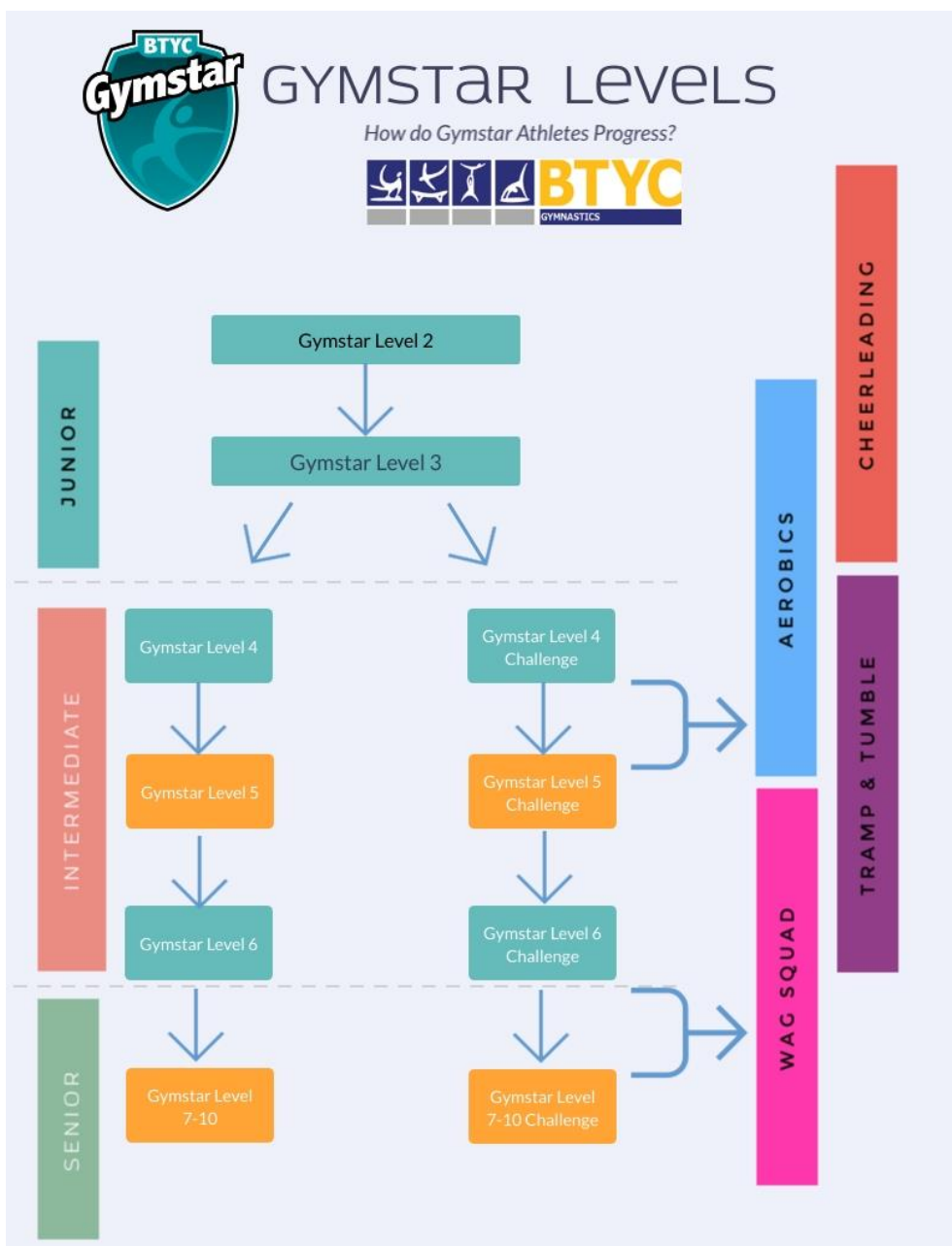
BTYC Gymnastics is an inclusive Club and will invite athletes with special needs into squads if they have the necessary skills to partake at that level. We also have a comprehensive asthma policy and anaphylaxis policy to ensure that all participants are catered for.

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?

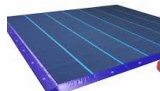
All athletes will progress at different pace, and children will not always progress one level each year like school. Children will have 4 testing reports that will help both families and coaches understand how children are progressing and if they are ready for the next level. Coaches and Managers will use both testing and competition results to determine the most suitable squad placement for each athlete.



COMPETITIONS

WHICH APPARATUS DO THEY COMPETE ON IN COMPETITIONS?

**Floor
Bar**



Beam



Rings



Vault



Parallel Bars



Uneven



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)
- Small clean snack (i.e. sandwich, fruit, or muesli bar – please limit lollies and chocolate)
- Gymstar leotard appropriate to level and Gymstar t-shirt
- Small bag to keep belongings in
- Navy/black tracksuit pants or navy/black shorts
- Hair brush and hair ties/clips
- Please leave shoes with parents before the competition starts

COMPETITION DATES / COSTS

Comp calendars are usually finalized by early March and will be available for all members to see, some competition dates can change based on availability, this will be communicated to family as early as possible. Competitions start in Term 3, around July or August and usually run through until early November. Athletes and families are informed about which competitions they will compete at but are required to do a minimum of 3 or 4 per year (depending on level). There are also 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 \$65-\$75 depending on your level (subject to change).

WHERE & WHEN WILL GYMSTAR ATHLETES COMPETE?

Competitions are held in gymnastics Clubs around Melbourne. They are almost always on a Sunday and run for approximately three to four hours. 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 staff, within each eligible level. All attempts are made to ensure children have equal and fair opportunities to be part of different teams throughout their competition season.

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?

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 2-4 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.

At the end of the year, we hold an end of competition celebration. BTYC offer a pizza and play night. The girls 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 the end of the year.

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 Guttman	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 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 – 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.***

