

TRAMPOLINE & TUMBLING HANDBOOK 2024



Important information

This Trampoline & Tumbling handbook provides important information about your child's enrolment in the T&T program at BTYC Gymnastics and the conditions of participation. This document is subject to change and will be communicated to you via email when any changes occur. Everything you need to know about the T&T program is included in this handbook.

Your point of contact for T&T Squad related questions.

T&T Program Manager / Head Coach, Jordan.
Email: Jordan@btycgymnastics

Enrolling in the T&T Program secures your place in the squad ongoing.

Our T&T gymnasts are provided with a competition calendar, holiday training schedule and an option of two makeups for up to two missed classes a term for missed classes.

Enrolment into the T&T program is by invitation only.



Tuition and Payment

Autopay

For payments of fees, BTYC has the option of direct debit from a bank account or a credit card. This is BTYC's preferred method of payment. We use the services of Integrapay along with our current banking institution Westpac and payment gateway provider PayWay so you can be assured of security of your payment details in line with legislation.

On the 15th of every month, the monthly class charge will be added to your iClass account and on the 1st of the following month through our Autopay system; we will withdraw funds from your nominated bank account or charge your credit card for the total amount outstanding on your statement. For this Autopayment to occur, we require you to input and save your nominated payment details into your account on the iClass Customer Portal or contact the office for assistance on 9841 4773.

Withdrawal From the Program

Any gymnast who chooses to withdraw from the T&T program 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.

School and Public Holidays

BTYC Gymnastics does not operate during public holidays. You will not be charged for classes that fall on these days.

During School holidays, there is compulsory training for all Tramp/Tumble Gymnasts. A holiday training schedule will be emailed to all families.



Training Requirements

T&T classes can include any or all of the following:

- Structured Warm Up's
- Skill and Apparatus Specific Training on competition apparatus
- Routine Practice & Development
- Strength & Conditioning
- Assessments & Testing
- Flexibility Training or Appropriate Cool Down Activity

Squad Structure

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: all athletes must bring a drink bottle with water to all sessions.

Squads

- **High Performance**

Athletes who meet the skill requirements for international events.

- **Future High Performance**

Athletes showing the potential to reach international levels, these athletes may trial for state team depending on their skill level

- **Senior Tumbling**

Athletes meeting skill requirements to trial for state team

- **Intermediate Tumbling**

Athletes aiming to make skill requirements for state team selection

- **Junior Tumbling**

Athletes competing levels 2-4, developing the competitive skills and building blocks for long term competitive tumbling

- **Foundation Tumbling**

Athletes competing levels 1-3, Develops the necessary skills to move into Junior tumbling or be selected for Future High Performance

Attendance Expectations

Gymnasts in the T&T Program must meet a 85% attendance requirement throughout the year. Athletes in the T&T Program have scheduled training during the holiday period. Athletes must attend training during these holiday periods as part of their training calendar.

Athletes must also arrive 5 minutes before the start of class as “Line up” (The beginning of class where the Coach addresses the athletes and run through the plan for the session) happens at the start of class. If a class starts at 5pm, they must be lined up down on the floor at 5pm sharp.

•How many sessions to train?

It is the expectation that athletes train there set training hours, these hours are the best to help athletes to achieve their goals, consideration will be given to athletes to reduced training hours under special circumstances, and with acknowledgment from the family that this could delay goals and outcomes.

Class	Training Hours	Session
High Performance	18 Hours Per Week	6
Future High Performance	15 Hours Per Week	5
Senior Tumbling	15 Hours Per Week	5
Intermediate Open Tumbling	9 Hours Per Week	3
Junior Open Tumbling	6 Hours Per Week	3
Foundation Tumbling	4 Hours Per Week	2

Absences and Make up classes

If you know you are going to be absent, we appreciate being informed so we can plan for the class appropriately. To notify of an absence please email Jordan, Jordan@btycgymnastics.org.au or call the office on 9841 4773

If classes are missed during the term, up to two make up classes for up to two missed classes can be booked in over the schools holidays.

Uniform

BTYC has uniform policies, specific to each Gym sport and level's within that Gym sport. It is important that these policies are followed to ensure athlete and coach safety during training hours.

T&T Uniform Policies and requirements:

Foundation, Junior, Intermediate, Senior/High Performance and Future High Performance gymnasts:

Can wear any appropriate gymnastics leotard, along with gymnastics shorts if preferred. During warm up on colder days, or when seen appropriate by a coach, are also permitted to wear a BTYC Hoodie on top of their leotard. This must then be removed when full training begins.

Senior athletes only are permitted to wear any suitable sports singlet, compression top or crop top. If wearing a crop top, they must have a suitable top available to wear, should their coach request that they wear one for any purpose.

On Saturdays only, all T&T gymnasts are expected to wear their BTYC Sleeveless Leotard. Alternatively gymnasts can wear State/National Team uniform if they own said uniform.

T&T Athletes are required to have a BTYC tracksuit jacket and pants for competitions. These do not need to be worn to training. These are purchased from the BTYC front office.

Tumbling Uniform Specifics

All BTYC tracksuits are purchased via the BTYC front office.

Below are the competition uniform requirements for each T&T Squad.

Levels 1-4

BTYC T&T sleeveless leotard - (this is the training AND competition leotard)
BTYC Tracksuit jacket and pants
White Socks

Level 5-7 & International

BTYC Long sleeve Leotard
BTYC Tracksuit Jacket and Pants
White Socks



BTYC Buy and Sell Page

The Facebook page is a place where BTYC members can sell, buy and swap their unwanted gymnastics clothing and equipment. Search BTYC Gymnastics Buy and Sell on Facebook, to request membership to this group.

When selling please list item, price, photograph and postage cost if relevant.

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, please contact the office on 9841 4773 to be directed to our Child Safety Champions. For Member Protection Information please contact Jes Larsen, who can be contacted at jes@btycgymnastics.org.au

Social Media

BTYC Gymnastics understands that many gymnasts may have access to social media/social networking platforms. When used in the correct manner these platforms can facilitate connections between gymnasts when outside of the gym. This can be beneficial to the growth of friendships and the social connection of a group.

BTYC Gymnastics has a zero tolerance for bullying within our facility and our expectation is that this policy continues from inside the gym to the online platform. Any allegations of online bullying between BTYC gymnasts will be taken seriously and all involved parties will be contacted by BTYC staff so that a resolution may be reached. Any cyber bullying from one BTYC gymnast to another may result in disciplinary. In extreme cases they may include suspended or expelled from the club.

Medical Conditions

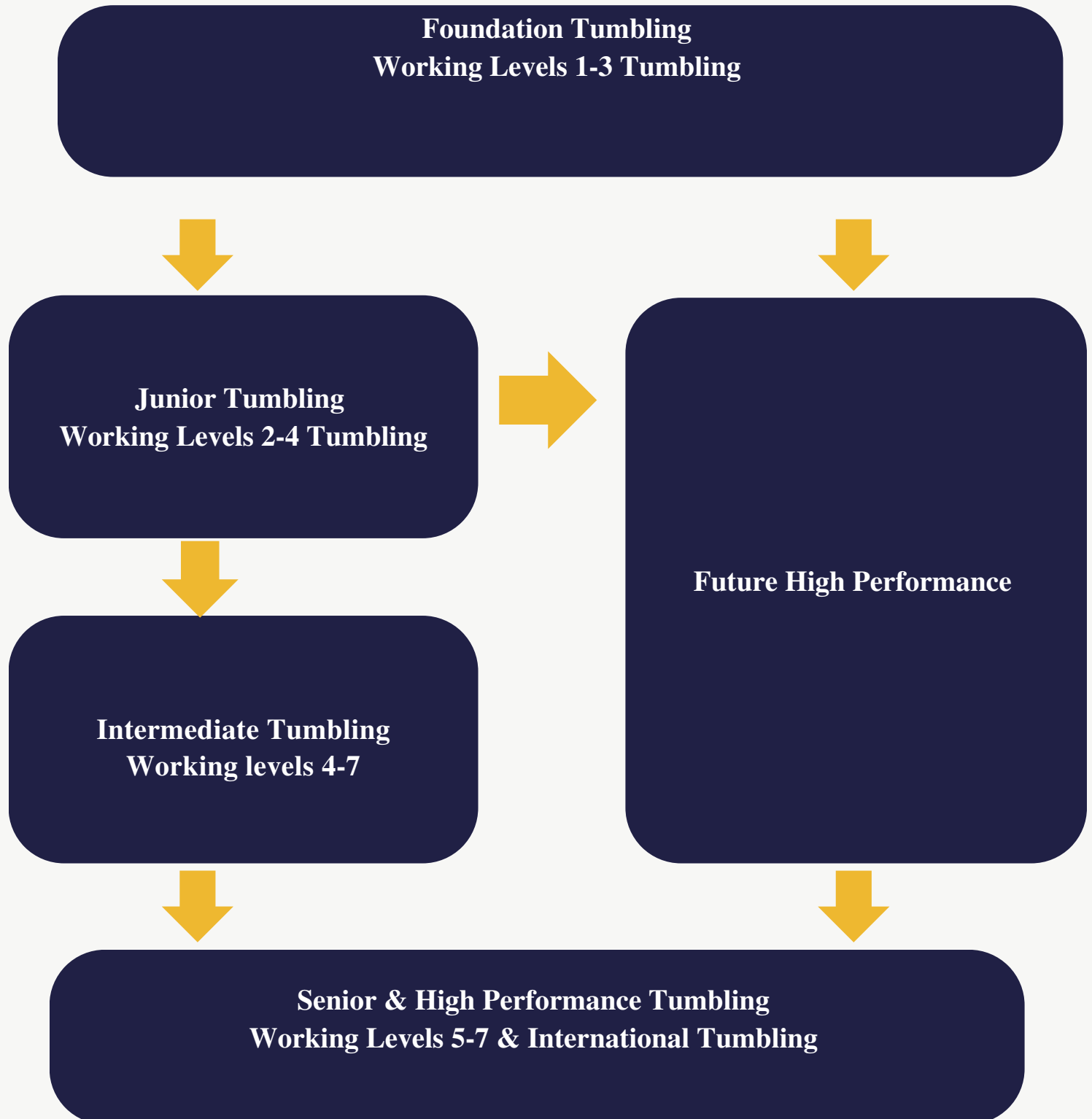
BTYC Gymnastics is an inclusive Club and will invite athletes with special needs into squads if they have the necessary skills to partake at that level. We also have a comprehensive asthma policy and anaphylaxis policy to ensure that all participants are catered for.

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 T&T Program will work through the development skills list throughout the year. Gymnasts levels will be discussed with coach and athlete prior to competition season and planned out from there.



Camps and Off site Training/Trips

As part of being in the T&T competitive squad there will be opportunity's for camps and trips:

These are the polices and requirements for certain trips and camps:

- Trips to other Victorian clubs for training (Athlete's who have made state team for that year or the year Prior)
- Trips/Camps to other clubs (Interstate) Athletes who are apart of the High Performance



COMPETITIONS

WHICH APPARATUS DO THEY COMPETE ON IN COMPETITIONS?

Athletes will compete on apparatus dependent class and pathway for athlete

- Double Mini
- Rod Floor / Air Track
- Trampoline

WHAT DO ATHLETES TAKE TO A COMPETITION?

- A drink bottle containing water (no soft drink allowed on the floor)
- T&T 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. Wrist guards, strapping tape

Levels system within Trampolining & Tumbling

Levels 1 - 2 - 2s - 3 - 3s - 4 Tumbling & Trampoline

- Compulsory Routines

Trampoline & Tumbling National Stream levels 5 - 6 - 7

- Optional routines either given by coach or planned with athlete
- Minimum difficulty score and execution score need to qualify for the state team

Trampoline & Tumbling International Streams YU13 - YU15 - JNRU17 - JNRU22 - SNR

- Optional routines either given by coach or planned with athlete
- Minimum difficulty score and execution score need to qualify for the state team / National squad / International Events

COMPETITIONS

COMPETITION DATES / COSTS / SEASONS

Competitions can cost anywhere \$90-\$160

This encompasses competition fee and coach and judge costing

Level 1- 4 Trampoline & Tumbling Season

- **All clubs invites, these competitions are usually during the second half of the year (June - November)**
There is between 2-3 Competitions for our Levels 1- 4 athletes.

National Level 5-7 Trampoline & Tumbling Season

All athletes in level 5 and above must compete in our senior season for trampolining and tumbling.
This includes:

- **All trials and qualifiers (these are usually between November and April)**
- **Senior Victorian Championships (April)**
- **National Championships (If qualified for the state team) - (During May)**
- **National Clubs Championships (October School Holidays)**

International Levels Season Trampoline & Tumbling (Athlete only trialing for international competitions if communicated with family via Head Coach the year prior)

- **All trials and qualifiers (these are usually between November and April)**
- **Senior Victorian Championships (April)**
- **National Championships (If qualified for the state team) - (During May)**
- **National Clubs Championships (October School Holidays)**
- **WAGC (World Age Group Competition) - If athlete has been selected - November**
- **If required VSA (Video Selection Activity) - This may be required if athlete is trialing for an international competition (Any time throughout the year to be used as a qualifying event for an international competition)**

COMPETITIONS

WHERE & WHEN WILL T&T ATHLETES COMPETE?

- Competitions are held in gymnastics Clubs around Victoria. They run for approximately 2-3 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.
- Athletes will also be expected to compete at Australian National Championships and National clubs Carnival if level and squad appropriate, these competitions are currently being held in Queensland

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.

We will also be hosting a in house competition for all our BTYC T&T athletes, this competition is a requirement and is considered part of our competition season





Expectations for gymnasts

Gymnasts 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 customer 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.



Expectations for Parents

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)

SQUAD DUTY REQUIREMENTS

BTYC requires the involvement of all squad families to ensure that the club can 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), Trampoline and Tumbling and Gymstar.

The Squad Levy will be invoiced early term 1 2024 at \$50 per required shift and will be credited to your account after the duty is completed at an event. 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
Trampoline and Tumbling	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

Signature of Employee

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.

Program	Role	Name	E-Mail
Office	General Manager	Jes Larsen	jes@btycgymnastics.org.au
	Office Manager/Assistant General Manager	Susie Guttmann	susie@btycgymnastics.org.au
	Accounts Manager	Debra Tomsett	accounts@btycgymnastics.org.au
	Customer Service representatives	Patricia Lew Ebony Mactier Brett Tomsett	admin@btycgymnastics.org.au
MAG	MAG Program Manager	Ross Donaldson	ross@btycgymnastics.org.au
WAG	WAG Program Manager	Ross Donaldson	ross@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
AERO	Aerobics Program Manager	Amy Channon	amy@btycgymnastics.org.au

General Information

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.

CHILD SAFETY

BTYC Gymnastics is committed to the safety, wellbeing and empowerment of all children and young people accessing our programs and services, including indigenous children, those from culturally and linguistically diverse backgrounds and children and adults with disability. The following policies and reporting are available on our website.

- Child Safety and child friendly policy
 - Child Protection statement
 - Child safety requirement policy
 - Report a child safe concern
-

**Don't forget to follow
and like us on Facebook
and Instagram**



@BTYC_Tumbling

