

WAG Squad Information Booklet



**college park
gymnastic academy**

WAG Squad Information Booklet

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WELCOME

We would like to welcome you to the Squad Program and hope that your time with us is enjoyable and productive.

Please take the time to read through this booklet and if you have any questions, please do not hesitate to contact us.

Inclusion in Development classes is by 'Expression of Interest' from parents and/or by Invitation.

Inclusion in Squad programs – both State and National levels is by Invitation only.

Competitions are compulsory for gymnasts within the Squad programs. You will find a table indicating the types of competitions in which the girls will be eligible to compete on the following pages.

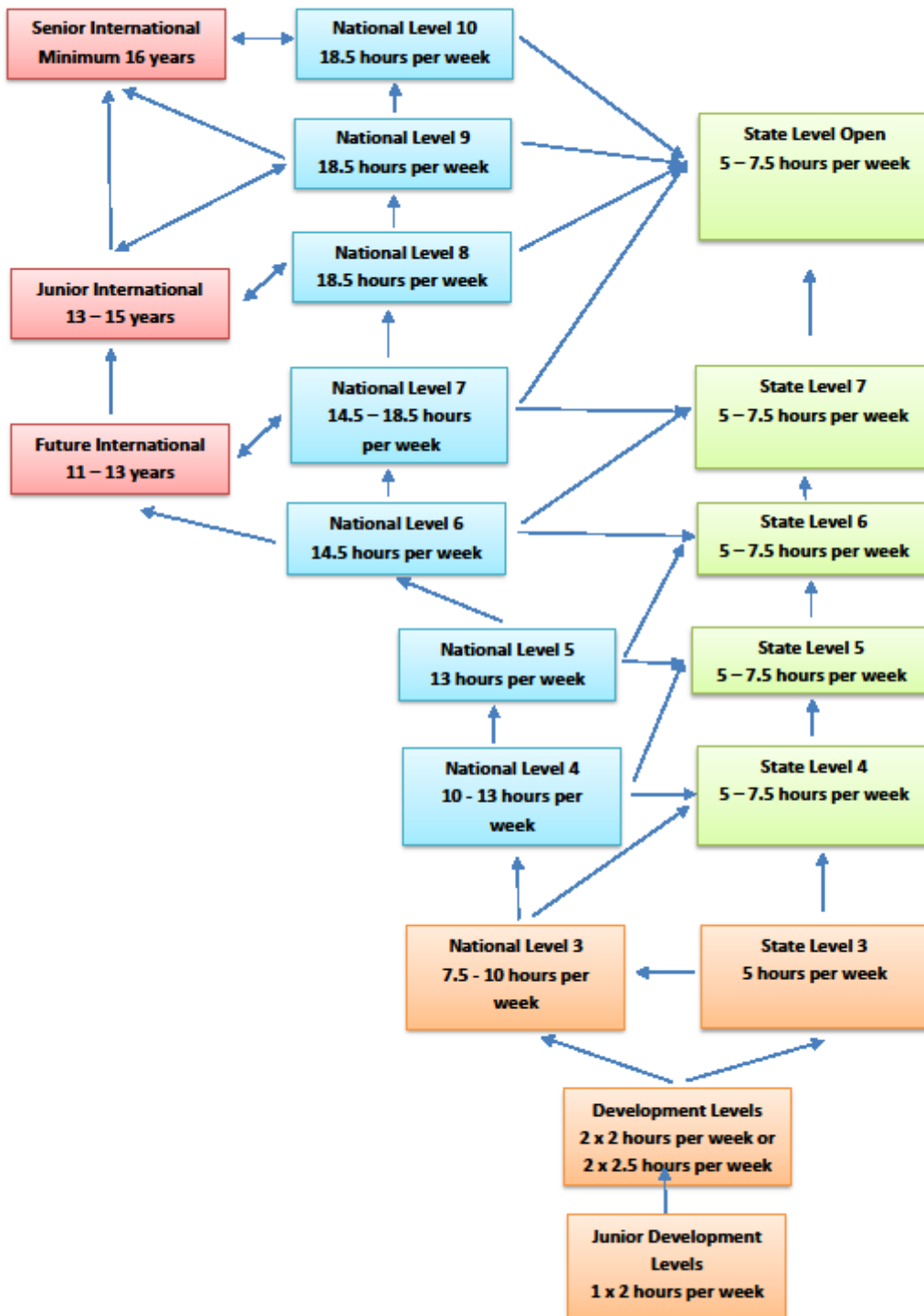
Training is ongoing throughout the year, with time off during school holidays, depending on the level of the gymnasts, and the Squad group in which they are training.

All gymnasts will be required to purchase a competition uniform, consisting of Competition leotard, club tracksuit, white club shirt, backpack. Second hand items are sometimes available to purchase. Second hand items are sold on a cash only basis. Any gymnast wishing to sell any competition uniform items, may bring them into the gym for sale. All items must be named and include the purchase amount required.

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GYMNAST PATHWAYS

WOMEN'S ARTISTIC GYMNASTICS PATHWAYS at COLLEGE PARK GYMNASTIC ACADEMY



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ABOUT THE SQUADS

JUNIOR DEVELOPMENT LEVELS

5 – 6 years

Mixed gender classes where the gymnasts will continue working through the Six Rising Stars Awards. Increased strength and flexibility programs will be introduced to prepare the gymnasts for inclusion in the Development Levels Program. Age and skill acquisition are relevant to the progression of the gymnast. Gymnasts may be eligible for entry into Club competitions.

DEVELOPMENT LEVELS

5 – 7 years (preferred age)

Mixed gender classes. With an increase in strength and flexibility programs, gymnasts will strive to achieve a set skill list and learn routines on each apparatus. Gymnasts in these levels are eligible to compete in Club and Interclub competitions. Inclusion in competitions is based on dedication to training and skill level achieved.

NATIONAL LEVELS 3 - 10

6 years and older

Gymnasts in these squads will train towards achieving skills and developing routines following the Australian National Levels Program. Training hours are relevant to the gymnasts' level and age and will increase depending on their chosen pathway and level. Gymnasts in these squads are eligible to compete in Club, Interclub and State run competitions. Gymnasts in Level 5 – 10 are also eligible to compete in Interstate competitions representing the Club. Gymnasts in Level 8 – 10 are eligible for selection into State Teams to compete at Australian National Championships.

STATE LEVELS 3 – 7 and Open

7 years and older

This program caters for gymnasts who do not wish to commit to the number of hours required in the National Levels program. Skills and routines for each level are the same as the National Level Program, however training hours are limited. Gymnasts are eligible to compete in Club, Interclub and State run competitions. Level 6, 7 and Open level gymnasts are also eligible to compete in Interstate competitions representing the club.

INTERNATIONAL LEVELS

Depending on age and ability level, gymnasts in the National Level program may opt to follow the International pathway once they have achieved National Level 6 or 7. Increased training hours will be compulsory for all gymnasts in the International Levels program.

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TRAINING SCHEDULE – subject to change.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Level 7 - 10	4.00-7.30 pm	4.00-7.30 pm	6.00-8.00 am Optional	4.00-7.30 pm	6.00-8.00 am Optional	8am – 12.00
National Level 6	4.00-7.30 pm	4.00-7.30 pm	6.00-8.00 am Optional	4.00-7.30 pm	6.00-8.00 am Optional	8am – 12.00
National Level 5	4.00-7.00 pm	4.00-7.00 pm	6.00-8.00 am Optional	4.00-7.00 pm	6.00-8.00 am Optional	8am – 12.00
National Level 4	4.00–7.00 pm	4.00-7.00 pm		4.00-7.00pm		10.00am-2 pm
National Level 3		4.00-7.00 pm		4.00-7.00pm		10.00am-1 pm
National Level 2		4.00-6.30 pm		4.00-6.30 pm		10.00am-1 pm Optional
Development Black		4-00-6.30pm		4.00-6.30pm		
Development White	4.00-6.00 pm		4.00-6.00 pm			
Development Gold					4.00-6.00 pm	
State Level 3			4.30-7.00 pm			1.00-3.30 pm
State Level 4 – Open	4.30-7.00pm Optional		4.30-7.00pm			1.00-3.30 pm

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FEES

Our preferred payment method is via the Online Portal; however, fees may be paid by Direct Bank Transfer or at the gym office by Credit / Debit Card or cash. No cheques will be accepted.

National 3 – 10 & International Levels

Fees are paid on a monthly basis and include 46 - 48 weeks training per year depending on the competition scheduling and the level of the gymnast. The monthly fee remains the same regardless of school holidays, public holidays or competitions. Monthly fees are calculated as follows:

\$ per hour x hours per week x no of weeks training - divided by 12.

If the gymnast will be absent from training for more than 4 consecutive weeks, for any reason, the monthly fee still applies, however the fee will be reduced x 50%. Notification in advance is required.

Fees are due on 1st of each month. Fees received after 8th of the month may incur a late payment fee. No invoices will be issued for monthly fees.

An annual Club Membership / Gymnastics WA registration fee also applies and is not included in monthly fees. This fee must be paid prior to gymnasts taking part in classes at the start of each calendar year. The fee includes Personal Accident Insurance.

The monthly fee does not include the cost of competition entry fees or uniform.

National Level 2, State Levels and Development

Fees are paid on a term by term basis, with fees due prior to the commencement of each new term.

Attendance at Holiday classes will incur additional costs. Term fees are non-refundable except on the production of a medical certificate.

Monthly fee schedule, as above, is available on request.

An annual Club Membership / Gymnastics WA registration fee also applies and is not included in term fees. This fee must be paid prior to gymnasts taking part in classes at the start of each calendar year. The fee includes Personal Accident Insurance.

The Term fee does not include the cost of competition entry fees or uniform.

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COMPETITION OPORTUNITIES

	Junior Development	Development	Nat Level 3	Nat Level 4	Nat Level 5	Nat Level 6	Nat Level 7	National Level 8 - 10	State Level 3	State Level 4	State Level 5	State Level 6	State Level 7 - Open
GWA COMPETITIONS													
Qualifying Competition # 1							✓	✓					
Qualifying Competition # 2							✓	✓					
WA State Championships							✓	✓					
GWA Series # 1									✓	✓	✓		
Perth International event					✓	✓	✓	✓					
GWA Series # 2			✓						✓	✓			
Judges Invitational			✓	✓	✓	✓	✓	✓					
GWA Series # 3				✓	✓	✓						✓	✓
GWA Series # 4			✓	✓							✓	✓	✓
WA Junior Championships			✓	✓	✓	✓			✓	✓	✓	✓	✓
CLUB & INTERCLUB EVENTS													
CPGA Skills Assessment									✓	✓	✓		
CPGA Badge Test			✓	✓									
CPGA Control test					✓	✓							
Zig Zag Invitational events									✓	✓	✓	✓	✓
Starmites Parade of Stars	✓	✓							✓	✓	✓	✓	✓
CPGA Club Championships	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
OTHER COMPETITIONS													
National Clubs					✓	✓	✓	✓					
GWA Levels tour							✓	✓					
Australian National Championships								✓					

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COMPETITION EVENT INFORMATION

- The level at which each gymnast competes will depend on the skill level achieved and routine quality. Generally, all gymnasts will remain at the same level for the entire competition season, but in some instances, gymnasts may progress up a level during the season. The decision to compete gymnasts at a higher level will be at the discretion of the coach and Program Manager.
- Attendance at competitions for all gymnasts in the National & State level programs is compulsory.
- All gymnasts will receive an annual competition schedule at the commencement of the year once we receive the calendar from Gymnastics WA. Additional Interclub competitions may be added to the calendar as and when we receive information from clubs. Please let us know, via email, as soon as possible if you know you will not be available for any of the competitions.
- Gymnasts in the Development groups will receive competition information relevant to their level throughout the year as required skill level is achieved.
- Competition entry fees are due prior to the due date on your competition calendar. A reminder will be sent one week prior to the due date. Late entries will not be accepted. Gymnasts with outstanding balances on monthly or term fees will not be entered into competitions.
- Competitions schedules and workplans are set by GWA and we have no input into the process. You will be advised of times and days for competitions once we receive the information from GWA. It is not unusual for there to be changes to the schedule or workplan after we have received it. If this is the case, you will be informed as soon as we receive the information.
- Gymnasts must wear full competition uniform for their respective level and wear their hair in the club style.
- Gymnasts must be at the venue at least 10 minutes prior to registration time. Any gymnast not at the venue prior to General Warm up time will not be permitted onto the competition floor.
- Once the gymnasts take the floor for General Warm up, they will be in the hands of the coaches. Parents should have no contact with their gymnasts during the competition. This includes hand signals.
- Parent volunteers are required at all competitions. An email will be sent asking for volunteers once the work plan has been received from GWA. If no-one volunteers, we will randomly select a family to fulfil the allocated positions. Volunteers will receive free entry to the event.
- Where the event is a team event, teams will be selected to give the greatest number of gymnasts the best possible chance of achieving team placings. Team members are selected from results at competitions, attitude and attendance at training and apparatus strengths.

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UNIFORM

Compulsory Uniform items

Competition leotard

Training leotard or crop set (selected groups only)

Tracksuit

White Club shirt

Backpack

All items are available from the office however stock is limited. An order for Tracksuits, Shirts and Backpacks is placed with our supplier mid-April. If you will require any items, please make sure you fill out a Uniform Order Form as early as possible. Order forms are available from the office or website.

Competition Leotards and training leotards are made to order, so please make sure these are included on your order form. We only keep a very small stock of competition leotards.

Competition leotards differ depending on the level of the gymnast and whether they are competing at State or National Level.

If you have any questions regarding the Uniform, please speak to your coach or the Program Manager.

JUDGING AT EVENTS

All clubs are required to supply judges for events depending on the number of gymnasts entered. Although Judges are deemed to be volunteers, we pay all our judges to attend competitions. A Judges levy will be added to all event entries to help cover the costs.

Fines are applied for clubs not supplying judges for events.

As most of our judges are our coaches it is sometimes difficult for us to supply the required number of judges. It is very important for our gymnasts to have as many of our club judges as possible on the competition floor.

Judges course are held throughout the year and we would love to hear from anyone is interested in attending one of these courses. Course costs will be paid by the club and education assistance will be available at all times from our current judges and coaches.

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TRAINING GUIDELINES

SPECTATORS AT TRAINING

Apart from the first and last 15 minutes of training, it is requested that parents do not stay during your child's training sessions. If you feel the need to stay and watch, please do not talk to your child or attempt to coach them from the spectator area.

ARRIVAL & DEPARTURE

It is important that gymnasts are punctual for their classes. Please ensure that your child arrives on time and is ready to commence class at the designated time. If you will be late for any reason, please inform your coach.

If, for any reason, your child needs to be collected early from class, please let your coach know in advance.

MEETINGS WITH COACHES

If you wish to discuss your child's progress or any other matters with your coach or the Program Manager, please call the office to make an appointment.

If you need to speak to the coach before class for any reason, please do so before the class starts to avoid any interruption to the program.

Regular meetings will be called with each group for general discussion. You will be notified by the office of the dates of these meetings.

INJURIES

If your child suffers an injury, either at training or during time off, we ask that, after you have sought medical advice, you arrange a meeting with your child's coach and / or the Program Manager to discuss the details of the injury and the recovery process. It is recommended that where possible, injured gymnasts continue to attend training sessions to maintain strength and flexibility and skill level, and to keep contact with their group, coach and the club. Programs will be tailored to suit the needs of the injured gymnast, so they are able to gain the maximum from their training.

ABSENCE

If your child will be absent from gym for any reason, please inform your coach or the office staff.

HOLIDAY TRAINING

Holiday training is compulsory for all National Level 3 and above gymnasts where possible.

It is recommended that all Development and State Level gymnasts attend as many Holiday training sessions as possible to maintain strength and flexibility.

Squad Holiday training schedules will be sent once we receive the Event calendar from Gymnastics WA.

RESIGNATION FROM SQUAD TRAINING

Inclusion in the Squad training program for National Level 3 – 10 gymnasts is ongoing and as such gymnasts are required to give one month's notice in writing if intending to leave the program. Monthly fees are required to be paid for this month. If the gymnast wishes to change to another class, fees may be credited towards the new class.

It would be appreciated if Development and State Level gymnasts let us know as soon as possible if they are intending to leave the program. Term fees are non-refundable but may be transferred to another program if required.

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CODES OF CONDUCT

As a member of College Park Gymnastic Academy, all persons are required to comply with the following Codes of Conduct.

PARTICIPANTS

- Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
- Do not tolerate acts of aggression.
- Respect the talent, potential and development of fellow participants and competitors.
- Care for and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- At all times avoid intimate relationships with your coach.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- always maintain high personal behaviour standards.
- Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Cooperate with coaches and staff in the development of programs to adequately prepare for your competition at the highest level.

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CODES OF CONDUCT

PARENTS / GUARDIANS / SPECTATORS

As a parent / guardian of a participant in programs held at College Park Gymnastic Academy (including external events and competitions) you are expected to follow the Rules and Codes of Conduct as stated below

Rules

- Parents / guardians / spectators are not permitted in the gym area (with the exception of Kindergym classes)
- Where possible, inform the Administrator or Class Supervisor of non-attendance at classes.
- Inform the Program Manager and / or your child's coach of any illnesses or injuries which may influence the training schedule of the gymnast.
- Be punctual to arrive for classes and collect children at the end of class.
- Come into the building to collect gymnasts, not wait in the carpark.
- Inform Program Manager / Class coach if the gymnast will be leaving the venue with someone other than immediate family / guardian.
- Be a positive role model.
- Respect the rights of the gymnasts and other parents.
- Encourage your child to enjoy their classes – emphasis should be on participation and personal achievement – not winning.
- Be aware that children progress at different rates and respect the knowledge of coaching staff regarding your child's program.
- Respect the rights of all persons regardless of gender, ability, cultural background or religion.
- Do not seek to speak to coaches during class time. If you wish to discuss your child's progress, please make an appointment with the Group coach or Program Manager.

At Competitions or Events

- Under no circumstances are parents permitted to enter the competition arena or speak or signal to the gymnasts during the competition.
- Parents must not question any judges, judge's assistants or scorers regarding their child's performance at a competition or event. Any discussion should take place with the gymnasts' coach or Program Manager – away from the competition arena.
- Show appreciation for good performances from all gymnasts (not just our club).
- Respect the rights and dignity and worth of others.
- Refrain from making comments about gymnasts' height, weight, hair, leotard, skill level and execution of performance.
- Refrain from any form of harassment of others.
- Be aware of Club and State Association policies regarding photography of participants before taking photos or videos.
- Be aware of the repercussions any breaches of these Rules may incur.

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COLLEGE PARK GYMNASTICS VOLUNTEER SUPPORT GROUP INC

This group was formed to help raise funds to

- Assist with travel and accommodation expenses for gymnasts and coaches chosen to travel with Club, State or National teams
- Assist with the purchase and maintenance of equipment specifically required for our competitive program
- Assist volunteers with the cost of courses and updating their qualifications

The group is run by a committee made up of committed parents and staff of College Park Gymnastic Academy.

Volunteers are always needed and most welcome to join the group.

An annual family membership fee is compulsory for any members wishing to apply for funding.

Sponsorship packages will be available to any parties interested in supporting our cause.

More information will be available shortly.