

Competitive Handbook



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ABOUT THIS PACKAGE

Inside this package you will find the following:

Key Staff	Page 4
Classes	Page 6
Competitions	Page 8
• 2020 Competitive Attendance Plan	
Club Uniforms	Page 12
• Guards & Loops	
• Training Attire	
• MAG & WAG Competition Uniform Table	
Communication	Page 17
Strength & Skills Testing	Page 17

Our Vision

“That Gymnastics Townsville will be a leader in the provision of enjoyable, high-quality gymnastic sports programs, whilst maintaining a strong community focus.”

Our Mission Statement

“To deliver a dynamic gymnastics inspired pathway through a variety of accessible high-quality programs in which all participants experience enjoyment and success.”

GYMNASTICS is one of the world's most popular spectator sports. Its history dates back to ancient Greece, evolving into today's modern Olympic apparatus - Floor, Pommel, Rings, Vault, Parallel Bars, Uneven Bars, Beam and High Bar.

Through controlled warm up and stretching activities, games, and skills performed on the apparatus, children are taught the enjoyment of movement. The overall emphasis, particularly in our Gymnastics For All classes is on **FUN** and **LEARNING**.

Our programs provide the enjoyment and challenge that you or your child are seeking. The co-ordination, flexibility, fitness, and discipline learned through gymnastics forms an excellent basis for other sports, or as a unique and challenging sport within its own right.

KEY STAFF

WAG Head Coach – **Kristen Walker**

Email: kristenw@gymtsv.com.au

Kristen started her gymnastics coaching career at Gymnastics Townsville in 2005 as a Junior Trainee Coach. Kristen has been involved with gymnastics for over 20 years, first as an athlete, moving into coaching and then managing programs. With a passion for developing an exciting and successful gymnastics program that focuses on more than just teaching cartwheels. The WAG Program in 2020 strives to offer girls and young women the opportunity to learn and develop independence, resilience and the ability to find balance between their commitments. We have an open-door policy, so feel free to call in or contact Kristen if you have any concerns or any ideas. Suggestions, assistance, and any support you can offer is always appreciated.

MAG Head Coach – **Matthew Walker**

Email: mattw@gymtsv.com.au

Matt started gymnastics at the age of 10 in a Brisbane based program. Competing as a MAG Open level's gymnast Matt attended National Championships over 5 years as a member of the Queensland State Team. Before retiring as an athlete Matt attended the Vitaly Scherbo International in Las Vegas as a representative for Australia. Turning his focus to coaching Matt started at Brisbane Grammar Gymnastics Club before moving to YMCA Bowen Hills in 2012 and then making the move to Cairns to be the MAG head coach at Barron Valley Gymnastics. Matt has now been at Gymnastics Townsville for 2 years where he has represented both Queensland and Australia with his team of boys from Townsville. Matt is passionate about coaching men's gymnastics and spends his time developing the Gymnastics Townsville MAG coaches to provide high quality programs targeted to boys! If you see Matt around the gym feel free to have a chat or contact him if you have any concerns or any ideas. Suggestions, assistance, and any support you can offer is always appreciated.

KEY STAFF

Customer Service Supervisor – **Cassandra Millican**

Email: cassandram@gymtsv.com.au

Cassandra has been involved in the gymnastics community through her daughter's participation for 13 years. Cassandra started as a parent in the stands before joining the committee during her daughter's competitive career. While her daughter has since graduated high school and moved on from training, Cassandra is now the Customer Service Supervisor at Gymnastics Townsville.

Cassandra has a strong understanding of competitive gymnastics and is more than happy to answer any questions. All questions or concern around invoicing and payment can be directed to Cassandra and her team.

CLASSES

Selection in Competitive programs is made after participating in Gym for All classes for a minimum of one term. Invitation into these groups involves an increase in the number of hours trained per week. Gymnasts in the competitive program focus on skill acquisition and development to a high level of technical specificity. Based on attitude and ability to perform these skills and routines, children may then be selected to start attending local competitions.

Progression to higher levels is through further selection by head coaches and based on skills and strength testing held in Term 1 and Term 3 of each year. A greater degree of self-discipline and control is expected, and a commitment to increased training hours is required as children progress higher through the levels and competitive structure. Competitive gymnasts are offered the opportunity to compete in competitions locally through to National events.

Gymnastics Townsville strives to offer programs that allow athletes to develop at their own pace and progress through the Australian Level's Program. The gymnastics Townsville competitive structure allows gymnasts to gradually increase training hours and level of commitment, whilst aiming to allow gymnasts balance between gymnastics commitments, schooling and other extracurricular activities. Please see below diagram for competitive structure.



MAKE-UP CLASSES

Make-up classes are not available in competitive programs due to the nature and specificity of these classes. Should your child be unwell or sustain an injury please see reception for credit / refund procedure.

COMPETITION NOMINATIONS

The Head coaches will invite gymnasts to nominate for events in accordance with the Annual Competition Attendance Plan. These invitations will also be subject to each individual gymnast's competition preparedness. All gymnasts **MUST** return their competition nomination and pay the nomination fees prior to the nomination closing date.

A levy will be charged to all gymnasts representing the club at competitions / events where club officials are required to be in attendance. This subsidy is a means of recognising the contribution of our staff and minimising the financial impact upon them. The official's subsidy assists the club to ensure that a full complement of capable officials (including managers / coaches / judges / chaperones) can accompany the team. The maximum official's subsidy that will be charged to a gymnast for any event is \$150.

COMPETITIONS

Competition attendance

An Annual Competition Attendance Plan is developed every year by the Head Coaches of each discipline. This plan will indicate which teams will be competing at which events throughout the year and can be seen below in the next pages.

Please note that in 2020 the Competitive uniform is compulsory for attendance at competitions

Foundations

In the Foundations program attendance at competitions is not compulsory, however performing at these events can be a rewarding part of each athlete's gymnastics development. In the foundations program gymnasts do not compete against each other, instead they compete and receive feedback from judges in the form of a coloured ribbons. Once your athlete moves into the Junior Squad Program they will start competing for overall placings.

Junior Squad

Junior squad athletes are offered the opportunity to compete at local events as well as the opportunity to travel to events in North Queensland including Mackay and Cairns. There is also the chance for gymnast to nominate for State Club Championships which is a team event in Caloundra and be selected by the Head Coaches as part of the Gymnastics Townsville team. Finally, if gymnasts achieve a qualifying score for their level, they may be offered the opportunity to compete at Junior State Championships.

Senior Squad

Senior Squad athletes are required to compete throughout the year. Their competition attendance and plan for the year will be decided with the head coaches. With focus towards competing at State Championships & State Clubs. When a gymnast is in level 7-10 they will have the opportunity to represent Queensland at the Australian Championships and if selected (WAG Level 10 & MAG Levels 8, 9 & 10) represent Australia at International events around the world.

COMPETITION ATTENDANCE PLAN

Senior Squad WAG/MAG Level 7-10

Competition	Date	Approx. Entry Fee	Approx. Coach & Judge Levy	Approx. Travel Costs (organised by individual family)	Total
MAG Regional Development Clinic (x2)	2-3 May 17-18 Oct	\$150.00	\$40.00	\$200.00	\$390.00
TSV Senior Control Test	15 Mar	\$50.00	\$10.00	N/A	\$60.00
Senior Regional Champs.	28-29 Mar	\$89	\$10.00	N/A	\$99.00
Senior States	4-7 Apr	\$145.50	\$150.00	\$850.00	\$1145.50
NQ Games	11-12 Apr	\$70.00	\$10.00	N/A	\$80.00
National Champs.	25-31 May	\$2000.00	N/A	N/A	\$2000.00
State Clubs	26-1 Jun/Jul	\$83.00	\$150.00	\$850.00	\$1083.00
Tropical Townsville	6-8 Nov	\$60.00	\$10.00	N/A	\$70.00

Junior Squad WAG/MAG Level 3-6

Competition	Date	Approx. Entry Fee	Approx. Coach Levy	Approx. Travel Costs (organised by individual family)	Total
MAG Regional Development Clinic (x2)	2-3 May 17-18 Oct	\$150.00	\$40.00	\$200.00	\$390.00
NQ Games	11-12 Apr	\$70.00	\$10.00	N/A	\$80.00
Mackay Party (WAG Only)	22-24 May	\$60.00	\$30.00	\$200.00	\$290.00
Macca Team Challenge (CNS)	13-14 Jun	\$60.00	\$30.00	\$200.00	\$290.00
State Clubs (Caloundra)	26-1 Jun/Jul	\$83.00	\$150.00	\$850.00	\$1083.00
Junior Regionals	15-16 Aug	\$89.00	\$10.00	N/A	\$99.00
BV Spring Fling (CNS)	29-30 Aug	\$60.00	\$30.00	\$200.00	\$290.00
Junior States (BNE)	19-23 Sep	\$83.00	\$150.00	\$850.00	\$1083.00
Tropical Townsville	6-8 Nov	\$60.00	\$10.00	N/A	\$70.00

Foundations WAG/MAG Level 1-Pre-3

Competition	Date	Approx. Entry Fee	Approx. Coach Levy	Approx. Travel Costs (organised by individual family)	Total
NQ Games (TSV)	11-12 Apr	\$60.00	\$10.00	N/A	\$70.00
Burdekin Blast (Ayr)	Term 2 (TBC)	\$60.00	\$30.00	\$40.00	\$130.00
Junior Classic (TSV)	15-16 Aug	\$50.00	\$10.00	N/A	\$60.00
Tropical Townsville	6-8 Nov	\$60.00	\$10.00	N/A	\$70.00

CLUB UNIFORMS

Training Uniform:

- Tight fitting shorts/tights
- Tight fitting shirts or membership shirt
- Crop tops or leotard (if comfortable)
- WAG Level 3-10 are to wear the club training leotard on the first day of their training week
- WAG Gymnasts are required to wear their hair in a bun if their pony tail is longer than their eyes when flipped forward. All buns must be secured with hair ties and scrunchies. Gymnasts are allowed to wear their hair in braids as long as the end of the braids are not long enough to hit their face during training.

Competitive Uniforms:

- Uniforms are detailed in the below chart for each level
- Uniforms are compulsory part of gymnastics and competitions
- Please see the chart below regarding uniforms needed for your child

Ordering Uniforms:

GKD – LEOTARDS

GKD are responsible for our leotards, shorts and longs. Please see instructions for ordering below:

1. ORDERING ON-LINE please visit gkdgymnastics.com
2. Don't have an account? Select Register.
3. Complete your details. Under the "Have you been selected for States?" there will be a drop-down menu. Click on the down arrow and select "Gymnastics Townsville" and click on Update Details.
4. Once saved, refresh the page and you will be able to see Gymnastics Townsville in the menu bar. *If refresh doesn't work, log out and log back in. Click on Gymnastics Townsville to find all the leotards.*
5. Have an account with GKD Gymnastics - login and go to Accounts, then select Account Settings. Go to "Have you been selected for States?" and click on the down arrow and select "Gymnastics Townsville, then Save Changes. Once saved, refresh the page and you will be able to see Gymnastics Townsville in the menu bar. *If refresh doesn't work, log out and log back in. Click on Gymnastics Townsville to find all the leotards.*

**Sizing chart is located in the bottom left hand corner of the page in the menu items. Please use this to measure your gymnast for sizing of GKD uniforms

Any problems getting access, please contact GKD Gymnastics' office on 07-3090 3999 or send an email to sales@gkdgymnastics.com

GMD – TRACKSUITS, BAGS, ACCESSORIES

GMD will be responsible for the above. Please follow the instructions below to purchase these items.

You can access this via this direct link: <https://www.gmdirect.com.au/collections/gymnastics-townsville>

Alternatively, they can access the club uniform webstore via the following steps below:

1. Visit www.gmdirect.com.au
2. Click on “Club Uniforms” tab on the main menu
3. Click on “Gymnastics Townsville” from the list

If there are any issues please contact GMD directly. Turnaround time is only approximately a week on these items and the webstore will be updated with approximate delivery times should it ever be longer due to an event.

GUARDS & LOOPS

When ordering loops, please see you son or daughter’s coach so the correct measurement is taken. The coach will give you the measurements, so you can order the loops kit (bag for loops, loops & gloves).

When ordering guards, you will need to outline your son or daughter’s hand on an A4 piece of paper with a 20cm scale, so you can email this with your order (this will ensure the correct size). Please use Reisport branded guards with buckles where possible from GMDirectt.

Measure from base of palm (where wrist creases) to the tip of the middle finger.



Size	Measurement (inches & cm)
0	Up to 6 ½"----- Up to 16.5cm
1	6 ½" – 7"-----16.5cm- 17.5cm
2	7" – 7 ½"-----17.5cm- 19cm
3	7 ½" – 8"-----19cm- 20cm

MAG COMPETITION UNIFORM TABLE

Competition Uniforms	Foundations Pre-Comp & Level 1	Foundations Level 2	Junior Squad Level 3	Junior Squad Level 4-6	Senior Squad Level 7-10
Competition Shorts	✓	✓	✓	✓	✓
Membership Shirt (Supplied with Registration)	✓	✓	✓	✓	✓
Competition Leo		✓	✓	✓	✓
Competition Longs		✓	✓	✓	✓
Competition Backpack		✓	✓	✓	✓
Competition Tracksuit Pants			✓	✓	✓
Competition Tracksuit Jacket			✓	✓	✓
Loops			✓	✓	✓
High Bar Guards			✓	✓	✓ X 2
Ring Guards				✓	✓ X 2

WAG COMPETITION UNIFORM TABLE

Competition Uniforms	Foundations Level 1, Pre-2, Level 2 & Pre-3	Junior Squad Level 3	Junior Squad Level 4	Junior Squad Level 5 & 6	Senior Squad Level 7-10
Membership Shirt (Supplied with Registration)	✓	✓	✓	✓	✓
Level 1-3 Leo & Level 4-10 Training Leo	✓	✓	✓	✓	✓
Competition Backpack		✓	✓	✓	✓
Competition Tracksuit Pants		✓	✓	✓	✓
Loops		✓	✓	✓	✓
Competition Tracksuit Jacket			✓	✓	✓
Junior Leo (Level 4-6)			✓	✓	
Uneven Bar Guards			*Coach Recommendation	✓	✓ X 2
Senior Leo (Level 7-10)					✓

COMMUNICATION

Parents of children in all competitive classes will be invited to attend a team meeting or be sent an information bulletin throughout the year. These meetings provide an opportunity for the head coaches and competitive coaches to explain their expectations of children's progress, attitude, and behaviour and to discuss possible competition and related travel requirements.

At any time, parents are welcome to discuss progress, technique or program questions with coaches. We would ask that this is confined to before and after class, and not whilst classes are in progress. Meetings with your child's coach can also be arranged at a mutually convenient time by contacting the head coach or program leader.

Any concerns or complaints should be directed to the head coaches via email or phone. Notices and a club newsletter are regularly sent to the athletes allocated email address, and our notice board is updated regularly.

If your child will be absent from training, please email your relevant head coach and they will pass on to the coaches of your child's class.

STRENGTH & SKILLS TESTING

We will be running strength and skills testing throughout the year to track gymnast's development, identify areas of improvement, determine class suitability and ensure gymnasts are on track to succeed on their individual pathways. Results will be available via the MAG or WAG Head Coach after the testing has been complete.