

CONTEMPORARY GYMNASTICS ACADEMY



SQUAD HANDBOOK 2020 – 2021

The Contemporary Gymnastics Academy Mission Statement

Our goal at The Contemporary Gymnastics Academy is to develop each individual's gymnastic potential in a safe, yet enjoyable atmosphere.

Using specific gymnastics progressions and a highly trained gymnastics staff each gymnast will learn the correct fundamentals and basic skills which will equip the athlete with the knowledge and ability to progress to whatever level they desire.

As instructors we will use the sport of gymnastics to help every child gain greater self-confidence and a more positive self-image.

Squad Philosophy

Our goal for gymnasts who accept the offer to train in the Squads Program is to provide the mental and physical discipline needed for competition within a framework of positive reinforcement and encouragement.

Learning to be comfortable in a competitive situation should be a positive experience and add your child's development.

Introduction

This squad manual is designed to answer questions and explain the rules and policies for the competitive gymnastics program at The Contemporary Gymnastics Academy.

Competitive gymnastics is a unique sport requiring the support of the whole family in order for the gymnast to be successful. This need not be a difficult or demanding task, only one that shows each family is interested in and committed to providing their child with a positive learning experience through the competitive aspect of women's gymnastics.

You are to be congratulated because you are taking the time to think through the consequences of team membership. Many parents are so thrilled when their child is asked to be on the team they do not take the time to assess what the consequences will be on the rest of their lives.

Gymnastics Goals

Does your son or daughter plan to make it to the Olympics, get on a State Team, or do they just enjoy the achievement of new skills and the companionship of other team members? Any of these may be valid reasons for joining the team, but it may be important to assess their goals in a shorter time frame, such as within the next six months to a year.

Talking to parents reveals that in many instances there is no agreement as to what the actual goal is regarding the child's gymnastics experience. The father may say, *"I want her to be the best, win state championships!"* while the mother says, *"I just want her to enjoy herself"* and the gymnast says, *"I like to go to gym because my friends are there and we have a lot of fun working out."* Which goal should the coach follow? And what about the goals the coach has for the team?

Gymnastics is a specialized sport that demands many hours of hard work and dedication. In this day and age teaching children to delay gratification for the attainment of a worthy ideal is a significant challenge. Everything they see and hear on television can be absorbed and internalized as "real life". If a 30-second commercial can get us to buy a product, a 30-minute sitcom or drama will surely sell us a lifestyle.

The problem with television is that it condenses what in the real world takes years of hard work and dedication to achieve. Please understand if your child says they want to be on a gymnastics team, or go for the gold at the Olympics, that's great, but it will take lots of hard work and dedication to make it there. It certainly will not happen overnight.

Life Changes to Keep In Mind

- ❖ At the lower team levels the number of hours of practice per week is relatively low. As your gymnast progresses up the competitive ladder the hours and days will continue to build.
- ❖ You may have to rearrange your schedule so that you are available to drive your gymnast to and from practice every day (you may want to start a carpool with other team parents, check with the front desk for others who may live in your area).
- ❖ Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available. *(It has been our experience that most of our athletes tend to get good grades and are better at studying because they have learned to budget their time more effectively than their peers.)*
- ❖ Time management skills will become a necessity in all areas of your child's life *(and yours)*. Practice times will be set up to try to accommodate school events, etc. but please keep in mind that they may be inconvenient to family time. Every effort should be made to be present and on time every day.

Be warned, however, that once a child has developed a taste for the sport of gymnastics (especially the competitive aspect) it is an addiction that will grow and become a part of your child for life.

Description of Levels

Developmental Squads

Junior Gym – A fun exciting introduction into gymnastics. Focused on movement and physical development, for children aged 12 months to 4 years. Classes are arranged around the child's actual age group and not on ability.

Pre Team - An introduction to formal training for children ages 4-6. Referral is made by recreational coaches and/or parental inquiry with team coach approval. This is a non-competitive level. Training is once a week.

Gemstone (Recreational) – An opportunity for older kids to have a go, learn new skills in an exciting and loud social environment. Classes are based on age not ability and gymnasts are only allowed to training once a week unless special approval is granted.

Competitive Squads (WAG) / Groups (MAG)

Squad 6 / Group D- This level provides a motivating environment for the up and coming gymnast. The focus is on creating a strong physical foundation for the skills necessary for competitive gymnastics. Gymnasts may be introduced to compulsory competitive gymnastics Levels at this stage or they may remain in the Preteam system. Athletes who are sufficiently ready to participate in the FastTrack program will be invited to participate. Gymnasts receiving awards based on scores on each event in their age level and division.

Squad 5 / Group D – This level further prepares the gymnast for competitive gymnastics. While the focus remains on creating impeccable physical ability, more time is spent on skill development than in the previous Preteam levels. Competitions at the State Gymnastics Centre in Leederville. Athletes, who are sufficiently ready to participate in the FastTrack program, will be invited to participate. Gymnasts receiving awards based on scores on each event in their age level and division.

Squads 2 – 4 / Group A, B & C – this is the compulsory competitive level. The focus is on learning how to compete while they begin training on more advanced optional skills. Gymnasts will compete at WA State competitions, National Clubs and will have the opportunity to travel overseas. Gymnasts receiving awards based on scores on each event in their age level and division. The compulsory levels are progressive in nature, building upon skills acquired at the previous levels.

Squad 1 - Advanced optional level routines are developed and choreographed individually by the coaches for each gymnast's strength, style, and difficulty level.

Squad Guidelines

Gymnastics training is exclusive to this club. Gymnasts may not train at any other gym, camp, or clinic while competing and/or representing this facility without explicit consent from the management.

1. Each gymnast is required to attend and be on time for all regularly scheduled practices. That means on the floor ready to go when practice begins and not talking or hanging around out front. If for some reason you will be late or absent you are required to call the office and notify the coaches.
2. Proper workout attire is a must at all times. A properly fitting leotard is the only acceptable workout attire. Hair should be appropriately tied so as not to interfere in any way during practice. No jewellery of any kind may be worn during the workout.
3. All gymnasts are required to bring to each workout a gym bag with the appropriate equipment as listed by the coaching staff.

4. Absolutely no food, drink, candy **or cell phone** is permitted on the workout floor. All snacks or meals must remain in the lobby area. Water bottles are the only exception to this rule.
5. Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.
6. Interaction between gymnast and parent (visually or verbally) during workouts or at gymnastics competitions **is not appropriate**. A distracted gymnast is a prime candidate for injury. Contact the front desk or the coach first if you need to communicate with a gymnast on the workout floor or competitive site.
7. All gymnasts are expected to maintain the best physical condition possible.
8. All injuries, no matter how small, must be promptly reported to the coach. Injured athletes are required to attend practice. They will be assigned a modified workout, keeping within doctor's restrictions.
9. No gymnast may be left at the facility unattended. When dropping off a team member please do so within a reasonable time frame. Please do not drop off any one more than ten minutes before the start of the scheduled practice and be prompt to pick them up at the conclusion.
10. Coaching technique and discipline are not subject to compromise with parents or gymnasts. The coaching staff has the final say in all competitive program matters, as they are ultimately responsible in the eyes of the law for each child's wellbeing.
11. All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition. In addition, the gymnast must be in good health and have attended every workout the week prior to any competition. Special situations should be discussed well in advance of the competition with the coach.
12. The majority of this section has focused on the gym and competition; however, the coaching staff believes that **the order of importance always needs to be family, education, and then gymnastics**. If you choose to be a member of our program, we make the assumption you have allowed appropriate time for family functions and that your child's study habits and schoolwork is of exemplary quality.

We do not advocate the use of this statement as an excuse for coming late to workouts, missing practices, etc. As with all things in life, it is your responsibility to fulfil your commitments.

Communication

Rumor, innuendo, and just plain backstabbing tend to occur when there is a vacuum created by a lack of information - this is detrimental to the successful operation of any gymnastic facility. If you need or want to know any information please see the coaching staff (except during training). Any of the above could be cause for dismissal from the program.

All questions regarding your child's progress, discipline etc., maybe discussed by appointment only with the coaching staff. To implement a meeting please see the front desk for a copy of the **"Meeting Request Form."** This form is the first line of communication you can use to make the coaches aware of any problems or suggestions you may have.

From time to time the coaches may have discussions in which they seek the opinion of team members and even parents. There may even be a vote, but it is opinion only - the coach has the final word on any decision that affects the competitive gymnastics program.

The National Levels Program

Here is some information for our parents about Men's and Women's National Levels Program (NDP)

It is obvious that gymnastics is a very technical sport whose very nature encourages a search for perfection.

Advancement and success in the sport requires mastery of basic skills. The Australian National Levels gymnastics program is a competitive program with ten levels to allow the gymnast to move on to more difficult skills as they advance.

Acceptance into the Competitive programme is based on a number of factors including but not limited to:

- ❖ Current physical ability
- ❖ Perceived potential ability
- ❖ Attitude and demeanour
- ❖ Work ethic
- ❖ Age
- ❖ Willingness to meet the demands of the programme
- ❖ Parental support

BADGE TESTING – Usually done at end of Term 1

Badge Testing is the assessment of the gymnasts' progress in developing the skills outlined in the National skills program. It provides the gymnast and coach with a useful tool – an assessment of their skills against the levels expected at each gymnast level taking into account their gymnastics development and age.

The development of the young gymnast involves creating the necessary conditions and learning environment for their talent to develop at all stages of the process; there by providing the gymnast with the best opportunity to reach their potential. In National Level gymnastics coaches must exercise considerable judgment in planning the long-term development of their individual gymnasts. The pathway, methodology and program technical content is highly defined in gymnastics. In Australia the technical content of the competitive program for Women's Artistic Gymnastics and Men's Artistic Gymnastics is outlined by the National Program Levels 1-10.

At CGA the Men's and Women's program is divided as follows for the National level 1-6 gymnasts.

- Term 4 - Strength and conditioning program
- Term 1 - Drills for individual skills and continuation of condition program
- Term 2 - Skill progressions and routine development
- Term 3 - Competition Season

Men and the Women's National 6 + gymnasts have a slightly different timeline, as their competitions are in Term 2.

National Level 6+ gymnasts can be considered for selection into the West Australian State Team. All National Level gymnasts from Level 3 and above will also be given the opportunity to compete in international competitions approximately held every 2 years. Level 5 gymnasts will also be expected to travel to the National Clubs Carnival every 2 years.

The International Levels Program (Fast Track)

We have always had a strong girls program and expect discipline and hard work from our gymnasts but with a fun attitude. The FastTrack program is designed for gymnasts who want to reach the highest levels and requires dedication not just from the gymnast but also their families. Very few girls will meet the requirements for consideration into the Fast Track Program, but if you or your child is interested please contact me on the numbers below and I will arrange a meeting to discuss the program in more detail.

Classes

Starting at the beginning of Term 4 this year we will be changing some of the National level classes. Please take note of the coming changes and let me know if there are any issues. Some of the boys and girls will be staying in their current level if I do not believe they are quite ready to progress, this does not mean that throughout the year they cannot move classes, but that I feel staying in their current class will be beneficial to their gymnastic development.

Uniform

Please read carefully the uniform requirements for NDP training and ensure to adhere to these. During group training sessions, those gymnasts not wearing the set uniform will be unable to train.

Pre Level 1 Girls Any Leotard

Level 2 Plus Girls	CGA Training leotard with shorts or leggings
Pre Level 1 Boys	White T-Shirt and club training shorts
Level 1 + Boys	CGA Mantard and training shorts, with longs for competitions
Saturdays	Any leotard (Free Day)

Girls Competition leotards are **not** to be worn for training purposes and a tracksuit / hoodie (CGA or otherwise) needs to be worn to and from the gym as well as during warm up. Due to the Covid outbreak, gymnasts need to wear **socks for training**. Shoes must be worn to and from the gym

Hair

Female gymnasts hair needs to be tightly tied up at all times, Gel/hair spray must be used as well as hair clips to ensure hair stays out of the gymnasts face. Once again if gymnast's hair is messy and in their face they will not be able to train until it is fixed.

Male gymnast's hair should be short and tidy, if long - his hair must be securely tied away from face.

Being on time

Gymnasts that arrive more than 10mins late will not be able to train. If they miss their warm up, injury is more likely and we cannot take time to individually warm up gymnasts after the group warm up.

Holidays

Please note that we continue training during each school holiday period and training times will be modified to fit in extra training. If you plan to take a holiday during one of these periods notice is required. Please try to avoid taking holidays during the July school holidays and in early to mid-September as this is the competition season for all levels. – This also applies to any holidays being taken during the term, for example a weekend away.

Competitions

As a National level gymnast the boys and girls must take part in a Badge Test to be eligible to compete. In 2021 you will be required to enter and pay the competition fees for ALL the competitions by the end of Term 4 or Term 1, depending on competition season. Details about specific comps will be given to those competing closer to the date of competition.

General Competition information

In most competitions gymnasts compete both as a team and individually.

Girls compete on four apparatus – Vault, Bars, Beam and Floor.

Boys compete on six apparatus – Vault, High Bar, Pommel, Rings, Floor and Parallel Bars.

There will always be at least one coach from CGA with our gymnasts at all competitions, where possible this will be the coach that has been coaching that level.

All competitions have a closing date, by which all entries must be handed in (with money). After all entries are collected by CGA, they are sent to the host club (USUALLY Gymnastics WA), the host club then sends us further details (usually one / two weeks before the competition) including session times which we immediately pass on to parents.

Presentations are normally held at the end of each competition, and awards can vary from competition to competition (i.e. could be medals, certificates, trophies or a combination of all three).

It is crucial to de-emphasise the importance of these awards to gymnasts, particularly those new to competitions and focus instead on trying their best and supporting their team-mates.

Judging

For those sitting and watching this sport for the first time, the way that it is judged may seem very confusing!! Below is a basic guide that may take away some of the mystery.

In lower levels the scores are out of 10, in the higher levels there are 2 scores that are added together, the first score is the content of the routine. A base mark of 10 is awarded, if all the base skills are completed, bonus marks can be awarded for different series and skills. Execution of the routine is out of 10 – this is how well they completed each base skill.

Volunteering

CGA is a family run gymnastics club and we are required by Gymnastics WA to provide a substantial number of volunteers during the competition season for our National Level Gymnasts. These roles include

Judging/scoring/announcing/managing competitions, as a small club we will require **ALL** the parents of the national level boys and girls program to volunteer for one these roles as the club incurs fines for each competition session we don't provide these volunteers. A Meeting will be held in Term 4 to allow you to opt for which position you can assist the club with.

Cultural Sensitivity

Parents are asked to inform their coach and the Director of any culturally specific requirements or behaviours that we should be aware of. Staff will do their best to cater for these needs wherever possible.

Language

Bad or offensive language by any CGA staff, gymnasts, parents, spectators or members will not be tolerated at CGA. Sexually suggestive comments (even as a joke) are not allowed at CGA. Should either of these occur then disciplinary procedures will be applied. Offensive language used by any NDP gymnasts will result in a timeout on the chair as a first warning, any secondary offence will result in expulsion from the NDP team and the gymnast will be dropped from the program.

Parents Watching Training

Parents are invited to watch their daughter at gymnastics in any one of the following circumstances:

- ❖ All competitions & displays
- ❖ If invited in by a coach

Whilst we always welcome the support of our parents, we do ask that aside from these three instances it is a CGA policy that parents do not watch training sessions from the gym area.

Even the really good/supportive parents with the best of intentions tend to become over involved if they watch training regularly and this leads to more pressure on the gymnast and a lower chance of gymnast succeeding and enjoying their sport.

The best parents from the coach/club point of view are the ones that take on the support role and let their children tell them about training, rather than trying to watch it themselves.

It is similar to children going to school. At school, parents fully support their child's education but of course they are not allowed to watch their son/daughter being taught whenever they wish as this would be disruptive and it is the same for competitive gymnastics.

Competitions, open training sessions and parent meetings are designed for parents to see how their child is progressing

Contact details

My contact details are as follows, please make sure you have these programmed into your phone. I will try my hardest to answer enquiries via phone but due to my coaching timetable that is not always possible. If you cannot get a hold of me please send me a text message or email as I can check these more regularly whilst in class.

Mobile: 0432 381 979

Emails: cga@iinet.net.au

Regards

Michele

Michele McDermott (FIG 3 WAG / Advanced MAG / Advanced GFA / Intermediate Kindergym)

Owner & Head Coach

Contemporary Gymnastics Academy



WAG & MAG COMPETITIVE - Squad Training Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am – 7.45am Senior Boys	6am – 7.45am FastTrack Girls		6am – 7.45am FastTrack Girls		Junior Boys 8.30 – 10.30am	Level 1 Girls 9 – 11am
				Level 3 & 4 Girls 4 – 6pm	Level 3 & 4 Girls 8.30 – 11am	Level 2 Girls 9 – 11am
		Level 3 & 4 Girls 4 – 6pm	Level 2 Girls 4 – 6pm	Senior Girls 5.30 – 8.00pm	Senior Boys 1 – 5pm	
Senior Girls 4 – 7.30pm	Senior Girls 4 – 7.30pm	ALL Boys 4 – 7.00pm	Senior Girls 6 - 8pm	Senior Boys 5.30 – 8.00pm	Senior Girls 1 – 5pm	

FEE STRUCTURE

Boys Program	Level 1	2 Hours Per Week	\$130 Per Month	Saturday Morning
	Level 2	4 Hours Per Week	\$175 Per Month	Wednesday & Saturday AM
	Level 3 Plus	6 Hours Per Week	\$265 Per Month	Wednesday & Saturday PM
		8 Hours Per Week 10.5 Hours Per Week	\$330 Per Month \$375 Per Month	Monday / Wednesday / Saturday PM Monday / Wednesday / Friday & Saturday PM
Girls Program	Level 1	2 Hours Per Week	\$130 Per Month	Sunday Morning
	Level 2	4 Hours Per Week	\$160 Per Month	Thursday PM and Sunday AM
	Level 3 & 4	4.5 Hours Per Week	\$190 Per Month	Wednesday OR Friday and Saturday AM
		6.5 Hours Per Week	\$245 Per Month	Wednesday & Friday and Saturday AM
	Level 5 & 6	9.5 Hours Per Week	\$325 Per Month	Must Include Saturday afternoon, other days as suit schedule
13 Hours Per Week		\$365 Per Month		
Level 7 Plus	10 Hours Per Week	\$335 Per Month	Must Include Saturday afternoon, other days as suit schedule	
	12 Hours Per Week	\$365 Per Month		
	15.5 Hours Per Week	\$385 Per Month		
FastTrack	Invite Only	17.5 Hours Per Week	\$395 Per Month	All Scheduled Classes