



Swan Districts  
Gymnastics

# 2025 SQUAD HANDBOOK

UNLEASH YOUR POTENTIAL



## WELCOME

We would like to welcome you to our competitive program for 2025. We are thrilled to have your son/daughter as part of our program and look forward to watching him/her develop as an athlete. This information package has been put together with some essential information for the upcoming season for parents and gymnasts.

## ACCEPTING YOUR OFFER

Within your package you have an Acceptance Form, please sign the form and have returned as soon as possible. If you wish to decline the offer, then please notify us immediately.

## FEES

Ezidebit is our preferred method for payment of Squad fees. Swan Districts Gymnastics uses a bill smoothing system over 12 equal payments to assist with family budgeting.

Fees are invoiced monthly and are issued on the 25<sup>th</sup> of the month, payable by the 1<sup>st</sup> of the following month.

If you are experiencing difficulties in paying your account, please see Leanne to discuss a payment plan. Failure to pay your fees could result in your child being asked to leave the Squad.

## LEAVING THE PROGRAM

If your child decides to leave the Squad, one month's written notice *must* be given.

## UNIFORMS

### WAG Training Attire

- Club Training Leotard
- Leotard
- Crop top & shorts
- Hair tied up neatly, in a plait or bun (no ponytails)
- No Jewelry/watches

Leotards are to be worn at all training sessions, with crop top and shorts the exception. The Swan Districts training leotard is to be worn on Saturday's training session. If your squad doesn't train on a Saturday your coach will advise what day they are to be worn. Gymnastic shorts are allowed to be worn over your leotard.

### MAG Training Attire

- Training Singlet or shirt
- Shorts
- No Jewelry/watches

## COMPETITION ATTIRE

- Girls Competition Leotard
- Club Polo
- Club tracksuit (no different pants allowed)
- Boys Competition Leotard
- MAG – white shorts, white longs (need to be purchased from Dance & Design in Joondalup)
- Boys – Plain white clean socks (no logo's)
- Backpack

## COMPETITION HAIR

Competition Hair is a slick tight high bun with a black scrunchie and silver bow (gymnasts to purchase their own). Please check with your coach for explanation.

## ORDERING UNIFORMS

A uniform fitting day will be scheduled at the beginning of the year (approximately February) to order all your uniform requirements, attendance is **compulsory**. Full payment is necessary to complete your order.

If your child does not have the correct uniform, they are unable to compete. **There is no exception to this rule.**

Orders will be placed **ONCE** a year, prices are subject to change. Orders can take up to 10 weeks to arrive.

## PUNCTUALITY

All gymnasts must be ready to start training on time. Warm up is an essential part of the program, gymnasts should arrive at least 5-10 minutes before their class starts.

## WHAT TO BRING TO CLASS

Please make sure your child has all their clothing labelled, especially hoodies, tracksuits and club t-shirts.

Please bring a gym bag to all training sessions with their grips, drink bottle, strapping tape and band aids.

No grips will be left at gym and are the gymnast's sole responsibility. The water fountain is only to be used if the athlete forgets their drink bottle or if it needs re-filling.

## ILLNESS

If your child is sick and does not attend school, please do not send them to training. We encourage you to speak to your child's coach if they have missed a lot of training in the lead-up to Competitions. Colds/flu's and viruses spread quickly throughout the gym and affect the rest of the athletes and coaches. This also includes head lice; please take all necessary steps to eradicate head lice before returning to training.

## COVID-19

If you have any of the symptoms of COVID-19 we request, you remain at home until you record a negative test before entering our gym.

## INJURIES

Should your child sustain an injury during training or outside training please ensure your child's coach is made aware of the injury. Athletes may experience some body soreness; this is normal and to be expected as they are working different muscle groups. However, if the soreness is prolonged or intensifies, please speak with your coach.

## MAKE UPS

There are **NO** makeup classes for missed training sessions.

If the gym is closed due to COVID-19 or circumstances out of our control, arrangements will be made for alternative training sessions, if possible, but not guaranteed.

## BEHAVIOUR & ATTITUDE

Gymnasts will be expected to maintain a positive and respectful attitude to all other athletes and coaches during their training sessions and Competitions. Negative and bullying behavior will not be tolerated in the gym and will be dealt with accordingly.

## VOLUNTEER ROSTERING FOR COMPETITION

It is a requirement from Gymnastics WA that we provide volunteers at Competitions. We will be implementing a roster-based system when Competitions are scheduled. This will make it a fair system across the board and share the workload between parents. We are allocated the roles and sessions for volunteers by Gymnastics WA and these are specific to when your child is competing. It will be your responsibility to seek alternative volunteers if you are rostered on and are unable to fulfil your duty. These roles are not hard and require little knowledge of the sport.

If any parent wishes to become a Floor Manager, they will need to take a "Floor Managers Course" which is available via GWA. This course is free of charge.

## 2025 COMPETITION SCHEDULE

This will be announced once we receive the competition calendar from Gymnastics Western Australia.

If you have any questions, please feel free to contact Leanne on (08) 6383 6263

*We look forward to seeing you in the gym*