



# 2025 CLUB HANDBOOK

UNLEASH YOUR POTENTIAL



## MISSION STATEMENT

*Swan Districts Gymnastics is committed to providing a healthy, fun, safe and social environment, for all ages and abilities.*

## AFFILIATION

The Club is affiliated with Gymnastics WA and Gymnastics Australia, providing the members; -

- The opportunity to participate in State, National and International events.
- Pathways for advancement in coaching, administration and judging.
- Sharing of knowledge, skills and experience.

## REGISTRATION

All club members are registered with Gymnastics WA, providing: -

- Personal accident insurance cover.
- Access to nationally approved and recognized gymnastics programs.
- Access to nationally accredited and insured coaches and judges.
- Eligibility to enter recreational and competitive sanctioned gymnastics events.
- Opportunity to travel interstate and overseas.
- Membership to a gymnastics club that meets the quality assurance requirements of Gymnastics WA.

## SWAN DISTRICTS GYMNASTIC PROGRAMS

### KINDER PROGRAMS

#### ***Tiny Tots***

This is a pre-school program catering for 1 to 2 year-olds, requiring parent participation.

#### ***Young-Stars***

This is a pre-school program catering for 2 to 3 year olds, working a little more independently with coaches.

#### ***Pre-Schoolers***

This is a pre-school program catering for 4 year olds, working independently with coaches.

All Kinder programs are designed to enhance child developed fine and gross motor skills in a fun filled, innovative environment.

## RECREATIONAL PROGRAMS

The Recreational program is designed for children who wish to participate in a healthy, fun, safe and social environment (please refer to our timetable).

### PRIMARY CLASSES

- Mini's** (3 years to 4 years) (Saturday only)
- Junior Girls and Junior Boys** (4 years to 6 years)
- Senior Girls and Senior Boys** (7 years to 14 years)
- Co-Ed Free G** (7 years plus)

#### Class Requisites

- 1 hour class per week
- Gymnasts to wear good fitting comfortable clothing, leotards, shorts, bike pants, t-shirts.
- Long hair to be tied up and all jewelry removed.

### OTHER CLASSES

#### Teen Free G (10 years plus)

Free G is a combination of gymnastics, parkour, obstacle training and freestyle movement designed the older athletes.

#### Class Requisites

- 1.5 hour class per week
- Gymnasts to wear good fitting comfortable clothing, leotards, shorts, bike pants, t-shirts.
- Long hair to be tied up and all jewelry removed.

#### Advanced Girls

Recreational Class for students that have passed their green certificate

#### Class Requisites

- 2 hour class per week
- Gymnasts to wear good fitting comfortable clothing, leotards, shorts, bike pants, t-shirts.
- Long hair to be tied up and all jewelry removed.

#### Power Tumble

Power Tumble is designed for children who wish to learn and develop tumbling skills.

#### Class Requisites

- 1.5 hour class per week
- Gymnasts to wear good fitting comfortable clothing, leotards, shorts, bike pants, t-shirts.
- Long hair to be tied up and all jewelry removed.

## SQUADS

### WAG INTERCLUB PROGRAM

Interclub Program is a competitive stream requiring a minimum of 2-6 hours per week training.

- Hours training per week will be detailed in your selection letter.
- Training leotard can be worn to all training sessions.
- Long hair to be tied up and all jewelry removed.
- Gymnasts will have the option to compete at Inter-club and/or In-house club competitions.

### WAG DEVELOPMENT PROGRAM

The WAG Development Program is structured around the Gymnastics Australia framework, encompassing the Australian levels; this requires a minimum of 2-6 hours per week training.

- Hours training per week will be detailed in your selection letter.
- Training leotard or training singlet are required to be purchased and are to be worn at competitions.
- Long hair to be tied up and all jewelry removed.
- Gymnasts may have the opportunity to compete at Inter-club and/or In-house competitions.

### WAG STATE LEVELS PROGRAM

State Levels is a competitive stream requiring a minimum of 5-12 hours per week training.

- The hours of training per week depend on level will be detailed in your selection letter.
- Training leotard/crop-top/shorts is required and should be worn to all training sessions.
- A compulsory competition leotard, club t-shirt and tracksuit are to be worn at all competitions.
- Long hair to be tied up and all jewelry removed.
- Minimum of 2 Gymnastics WA sanctioned competitions per year depending on readiness

### WAG NATIONAL LEVELS PROGRAM

National Levels is a competitive stream requiring a minimum of 8-16 hours per week training.

- Hours training per week depending on level will be detailed in your selection letter.
- Training leotard/crop-top/shorts is required and should be worn to all training sessions.
- A compulsory competition leotard, club t-shirt and tracksuit are to be worn at all competitions.
- Long hair to be tied up and all jewelry removed.
- Minimum of 2 Gymnastics WA sanctioned competitions per year depending on readiness

### MAG LEVELS PROGRAM

MAG Levels is a competitive stream requiring a minimum of 4-18 hours per week training.

- Hours training per week depending on level will be detailed in your selection letter.
- A SDG Training Singlet can be purchased and worn to all training sessions.
- A compulsory competition leotard, Club t-shirt, white longs, white shorts and tracksuit are to be worn at all competitions.
- Minimum of 2 Gymnastics WA sanctioned competitions per year depending on readiness

## GYMNASTICS FOR ALL (GFA)

### TEAM GYM

Team Gym Is a competitive stream requiring a minimum of 2 hours per week training. This is a team event, and participants may be required to travel.

- Competition Leotard **MUST** be purchased.
- Long hair to be tied up and all jewelry removed.
- Power Tumble Class is recommended if the athlete is not in a competitive squad.

### GYM FOR LIFE

- Team Event – floor routine with a theme
- Training schedule will be advised closer to the GFA Challenge
- One off Display (part of the GFA Challenge)

## UNIFORMS

All competitive squad gymnasts must purchase.

- WAG - Training Leotard
- Competition Leotard
- Club polo
- Club tracksuit
- MAG – shorts and longs
- MAG – training singlet

Optional uniforms/equipment

- Hoodie
- Club Bag

Orders will be placed **ONCE** a year only.

## DROP OFF AND PICK UP PROCEDURE

### KINDER PROGRAMS

- A parent *must* always stay on the premises
- Pre-schoolers parents *must* stay until the start of class

## RECREATIONAL

- Parents of young children must escort them into the building and sign in with one of our staff members
- Children over the age of 7 may enter the building by themselves but must sign in with one of our staff members
- At the conclusion of class, a parent *must* enter the building to collect their gymnast

## SQUADS

- Parents may wish to walk their children into class
- Parent viewing is limited to the first and last 15 minutes of any training session
- At the conclusion of class, a parent *must* enter the building to collect gymnast

## COACHING STAFF

Club coaches are fully qualified to coach to the appropriate levels pertaining to their squads, coaches are required to always maintain high standards to provide the best experience for their athletes.

All programs are prepared by accredited coaching staff who are affiliated with Gymnastics Australia and Gymnastics WA.

All assistant coaches are studying towards accreditation and are fully supervised and mentored by accredited coaches.

All coaches hold a current WWC card.

Advanced Coaches also hold a current First Aid Certificate.

Our coaching creed: *Unity, Harmony, Performance.*

## VOLUNTEERS

All members and their families are invited to participate fully in the Swan Districts Gymnastics Club. Calls for assistance with specific events and activities are placed in the Club Newsletter or emails.

Squad parents and families are required to volunteer at Competitions. There will be a roster drawn up to ensure an equal share of volunteering.

## CLUB POLICIES

### Codes of Behavior

Swan Districts Gymnastics has developed Codes of Behavior, with the following headings:

- ✓ General
- ✓ Participant
- ✓ Coach
- ✓ Parent
- ✓ Administration
- ✓ Judge
- ✓ Spectators
- ✓ Media

These documents are available, please ask at reception if you wish to have a copy.

## HEALTHY CLUB POLICY

### SMOKING

Swan Districts Gymnastics recognizes that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- 5 meter “No Smoking” zone around the building
- Ensuring the premises and in-house club functions are smoke-free.
- Prominently displaying non-smoking signage.



### ALCOHOL

Swan Districts Gymnastics does not permit the consumption of alcohol on the premises.

### OTHER DRUGS

Swan Districts Gymnastics does not condone the use of illicit or performance enhancing drugs.

### HEALTHY FOOD CHOICES

Swan Districts Gymnastics recognizes the importance of good nutrition for sports performance by:

- Providing adequate information on good nutrition and sports performance
- Ensuring when food is provided, healthy alternatives are available

## SPORT SAFETY

Swan Districts Gymnastics actively promotes Sports Safe strategies for all training and competition sessions at all levels. Safety of all gymnasts is our primary concern. The Club will (where possible) provide and encourage all staff and members to adopt practices that seek to prevent injury by:

- Ensuring that there is adequate Public Liability insurance.
- Adopt Sports Medicine Australia's Safety "Guidelines for Children and Young People in Sport and Recreation" <https://sma.org.au/>
- Encourage senior gymnasts, coaches, judges and officials to be Sportsafe role models and to be aware of their roles and responsibilities.
- Advise gymnasts (and parents) about Sportsafe Policy at registration and encourage them to comply with it.
- Promote Sportsafe strategies through posters, newsletters and brochures.
- Ensure that an 'emergency management plan' is implemented. This includes:
  - Appointment of emergency co-ordinator
  - Access to details on emergency contact home numbers/location
  - Maintenance of an adequately stocked First Aid kit
- Ensure accredited Sports Trainers and First Aiders are present at all training sessions, competitions and club events
- Actively promote and encourage the use of safety equipment including additional matting, hand guards, magnesium carbonate, and safety harness and strapping where applicable
- Encourage members and supporters to always wear suitable clothing and footwear
- Include warm up, stretching and cool down activities for all training and competitions
- Ensure all equipment is well maintained and in good working order
- Advise gymnasts to replace fluids before, during and after training and competition sessions
- Encourage any gymnast who has an illness or serious injury to seek a medical clearance before returning to training and competition
- Consider the reasons for and appropriateness of any rules that prevent the implementation of Sportsafe strategies
- Review the Sportsafe policy annually
- Covid-19 safety plan

## MEDICAL REQUIREMENTS

Swan Districts Gymnastics maintains a medical cabinet for emergencies. Coaching staff are not able to dispense medicines (including paracetamol). Gymnasts *must* supply their own Panadol, Nurofen (and the like), Sting Goes and strapping tape. Gymnasts requiring regular medication are required to notify their coach and provide written consent from their parent or guardian.

## 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.



## PARENT/GUARDIAN RESPONSIBILITIES

- To abide by the Club Rules and Regulations
- **PAY FEES ON TIME (PLEASE SEE FULL FEE'S POLICY)**
  - Recreation Fees to be paid at the time of enrolment
  - Kinder and Adults classes – pay as you go
  - Swan Districts Gymnastics uses a bill smoothing system to assist with family budgeting. Squads run from November 2024 to October 2025 and are smoothed over 12 equal payments
  - Squad athletes must set up a direct deposit (Ezidebit) for instalment to be paid in **FULL** by the 1<sup>st</sup> of each month in advance.
- The Club does **NOT** refund Squad fees. If a class is cancelled (eg) holidays other than recorded on the yearly calendar, then a substitute class may be offered. Should your child miss a class due to personal reasons no makeup class will be offered
- Should you cancel your child from a Squad program, one full calendar months' notice must be received in writing; a refund for unattended classes will not be given
- It will be assumed that you wish to continue the new squad season if you do not notify us by the 1st of OCTOBER of each year
- All gymnasts should arrive at the gym 5-10 minutes prior to the commencement of class for warm up.
- All gymnasts must bring a water bottle to each training session, clearly marked with their name.
- To comply with Child Safety measures, gymnasts should be collected on time.
- Parents and siblings are not permitted to enter the training area. Limited seating is available inside, please do not stand or wait at the front exit.
- All training and competition information is communicated by email. Please regularly check your emails for updates
- Coaches are not to be approached whilst on the coaching floor. If you need to speak to a coach, please ask the office staff to pass on a message or wait until the training session has finished.
- The Club will take no responsibility for unauthorized use of equipment by gymnasts or family members.
- Once your child enters the training area they are under the care of their coach and Club staff. Please do not distract your child during training as this can lead to accidents and injury.
- At all events gymnasts participate in, they are under the sole care of the club coaches and officials for the duration of the event.
- If you have any concerns about your child's training or other issues with the Club, please contact Leanne.

## COMPETITION ETIQUETTE

- Spectators are **NOT** permitted on the Competition area.
- Spectators are **NOT** permitted contact with the Competitors, Judges, Event Personnel and Volunteers. If an urgent message needs to be relayed, please contact the Floor Manager
- Spectators are asked to set an example by displaying good sportsmanship throughout the event
- When taking photographs, please do **NOT** use a flash. Please take care to only photograph your own child, photos may not be taken of other children without parental permission
- During competition the Gymnasts are the sole responsibility of the Club and the Club Coaches
- Show appreciation of volunteer officials and administrators
- Focus on the child's efforts and performance rather than winning and losing. Remember that children learn best by example

**Please Note:** If an infringement occurs relating to the above rules this may lead to a penalty or disqualification for gymnasts competing.

## KEEPING INFORMED

To stay informed on Swan Districts Gymnastics activities and events: -

- Check your emails regularly
- Follow us on social media  
Facebook - <https://www.facebook.com/swandistrictsgymnastics/>  
Instagram - <https://www.instagram.com/swandistrictsgymnastics/?hl=en>  
Website - <https://www.swangymnastics.com.au/>
- Use iClassPro to book and pay for classes, competitions and uniforms.

## PARENTS AND FRIENDS OF SWAN DISTRICTS GYMNASTICS

We are a not-for profit organisation created for the benefit and betterment of all gymnasts in our Club

- We meet once a month
- Organise fundraising events (to raise money for state-of-the-art equipment)
- Organise family events (to engage families and build a stronger community)

If you would like to get involved the AGM is held every December and we welcome new members.