

**BLACKWOOD COMMUNITY RECREATION ASSOCIATION
INC.**

GYMNASTICS PROGRAM

Gymnastics for All
Registration Pack
2018



Blackwood Community Recreation Association Inc. Blackwood Gymsports

Contact Details

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As above

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**Blackwood Gymsports is affiliated through the
Blackwood Community Recreation Association Inc. with**

Gymnastics South Australia (GSA)

Gymnastics Australia (GA)

All coaches are accredited with Gymnastics Australia

Welcome to Blackwood Gymsports

Blackwood Gymsports commenced in 1903 as the Blackwood & Belair Boys Club. It has evolved over the years to become Blackwood Gymsports covering the disciplines of Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG), Trampoline Sports and Gymnastics For All, non-competitive programme. Blackwood Gymsports operates out of the Blackwood Community Recreation Centre in Eden Hills.

Blackwood Gymsports is responsible for providing a nurturing environment that is conducive to the development and enjoyment of athletes young and old. Our club is socially responsible and a fun community based sports club which takes the responsibility of its athletes seriously and applies structured management to ensure long-term sustainability.

Our club is run by a generation of enthusiastic, yet experienced coaches; long has it been the culture of our club to be taught how to coach from a young age as part of our mentoring program. This tradition still holds today as we have volunteer coaches who seek to improve their skills and junior/senior coaches who are qualified.

Our culture of participation, enjoyment and honest effort has helped develop a club that we are more than proud to call our own and one we know you will enjoy and take pride in being part of.

System of Governance

Blackwood Gymsports is a program operated by the Blackwood Community Recreation Association Inc. (BCRAI).

BCRAI is run by a volunteer Board of Management.

Blackwood Gymsports - Gymnastics Programme and Trampolining Programme are administered by committees. These committees are deemed to be sub-committees of the BCRAI in accordance with the BCRAI Constitution.

BCRAI Board of Management consists of a President, Vice-President, Secretary, Treasurer, Blackwood Lions Club Representative, Blackwood Rotary Club Representative, City of Mitcham Representative and 3 general committee members.

The Board meets monthly on the third Thursday.

The Gymnastics Programme sub-committee meets as required.

Trampoline Sports sub-committee meets as required.

Administration

The day to day management of the centre is undertaken by a

Manager – Margaret Cuthbertson

Assistant Manager – Tyler Simmons

Administration Officer – Pat Porter

Finance Officer – Diana Atkinson

More Information and Policies

The Gymsports –Gymnastics Program Handbook can be found at www.blackwoodrec.com.au or view a hard copy at Reception.

The Gymsports - Trampoline Sports Handbook can be found on the website - www.blackwoodrec.com.au

Please read the appropriate document for the sport you are involved in as it includes more detailed information about:-

- Privacy Policy
- Member Protection Policy
- Codes of Behaviour
- Child Safe Environment Policy & Procedures
- Emergency Procedures
- Hot Weather Policy

Gymnastics for All (GFA) Gymsports

GFA covers the following classes:-

Kindergym is a multi-movement based program designed specifically for children 5yrs and under and their caregiver.

The program promotes the development of the whole child – physically, socially, emotionally and cognitively, in a safe, structured, multi-sensory environment, indoors.

Learning through play in a stimulating, non-competitive environment assists children to develop to their full potential in readiness for kindergarten, school and sports.

Each session is directed towards empowering your child with the skills and confidence to hang and swing, spin, balance, skip, climb, throw, crawl and jump. It helps to provide the foundations for a lifetime of positive attitudes towards physical activity. While having fun, children learn to move and move to learn.

Junior Gymfun - During Junior Gym the gymnastic techniques explored in Kindergym will be further developed with some parental assistance. There will still be elements of the original Kindergym, however, a stronger focus will be made on improving coordination and building muscle strength. In a fun safe environment your child will begin to learn a diverse range of gymnastic skills with your help.

GymFun:- Fun is a key element in this program. If kids are enjoying what they're doing, they're more likely to want to stick with it. As long as they are safe and repeating skills / activities with great body control, we're happy for kids to practise as much as they like! In GymFun, we focus on the fundamental movement patterns that will help kids to then progress into more advanced skills or activities. Just like KinderGym, the games and activities in GymFun are safe and encourage kids to work with others, cooperate and build self-esteem while learning Gymnastics.

Gymskills:- The Gymskills program is developed for those continuing gymnastics from Gymfun or for those who have never done it before and fall in this age group. It caters for those aged between 9-12 yrs with the aim of introducing basic skills, as well as pushing the gymnast's boundaries. It is designed to develop and condition the gymnast's bodies in a safe and fun environment. After being involved in GymSkills, children will have had the opportunity to increase their confidence and competence in movement; preparing them for a wide range of other sports and activities.

GFA Intermediate/Advanced – These classes are run for gymnasts who wish to challenge themselves. classes are well structured with a progression of skills, flexibility and strength.

Adult Gymnastics caters for those of us who want to experience what their children do as well as for retired gymnasts who just can't give it away. Adult classes are available for general fitness or 'Masters' competitions.

Accreditation

Blackwood Gymsports is LaunchPad accredited. LaunchPad is a joint national initiative between Gymnastics Australia and the Australian Sports Commission to increase participation in physical activity for 0 – 12 year olds through fundamental movement skills required in all types of physical activity and hopefully to lead a happy, healthy life.

By participating in a LaunchPad program children will develop their fundamental movement skills strength and fitness all while having a great time. Furthermore, LaunchPad programs are not just a work out for the children's bodies but also for their brains, with activities designed to benefit learning, concentration and brain development. LaunchPad also helps develop children's social skills through team work and cooperation.

The LaunchPad logo recognises quality programs that develop fundamental movement skills in a fun environment. All programs, which fall under the LaunchPad initiative, are conducted by accredited coaches who aim to give all children a fun, exciting and educational introduction to gymnastics and movement.



Gymsports provides a “launch pad” into life.....into sports, education, health and a happy childhood!

General Information

Coaching Staff

Coaches are paid by the BCRAI and are deemed to be employees of the Association.

Head Coach Trampoline Sports – Daniel Lynch

Coaches – Michaela, Nikita, Bethany, Claire, Natalie and Brenton & Andrew (Tumbling)

Head Coaches Gymnastics – Jodie Woods, Jacob Griffin-Bloy

WAG –

Coaches – Skye, Dylan, Daniel, Katie, Olivia, Andrew, Reza, Imogen

MAG -

Coaches – Daniel, Rhys, Reza and Andrew

GFA Coordinators – Brenton Dicker & Andrew Moxham

Coaches – Andrew, Brenton, Cameron, Michaela, Nikita, Robyn, Daniel, Imogen

Kindergym Coordinator – Karen Pilgrim

Coaches – Carol Alford and Monica Pugh

All coaches undergo training and are required to update their accreditation each year, hold current Apply First Aid Certificate and Criminal History Screening.

All staff are Child Safe trained. Member Protection Information Officers are Daniel Lynch & Karen Pilgrim

Expectations on joining Blackwood Gymsports

What can gymnasts and parents expect from Blackwood Gymsports - Gymnastics programme

- The gymnast can expect the dedication of their coaches to the task of developing their gymnastic ability to their maximum potential. Additionally they can expect that the coaching staff will abide by professional and ethical standards of the highest degree.
- No guarantees can be made regarding the outcomes of competitions or the level of competence to which a gymnast will rise. We can only assure you that the programs we put in place will give your child the best chance to maximise their own potential if correctly followed with effort, persistence and determination.

What are the expectations of a gymnast & parent when joining a class?

- The gymnasts will be expected to arrive on time, follow instructions, and apply themselves to the program.
- Parents are expected to be supportive, ensure that adequate sleep and a nutritious diet are provided, and ensure that their child arrives at the appropriate time and is picked up on time.
- Both children and parents are expected to abide by their respective rules at the back of this book.

Participation Safety Rules

The following safety rules must be followed by gymnasts, parents and siblings:-

1. No running in the gym AT ANY TIME.
2. After class, the gymnast must remain in the Gymsports Hall until collected by their parent/guardian.
3. Equipment may only be used by gymnasts under the supervision of a coach.
4. During class, the gymnast is to walk between pieces of equipment and run on the floor only when asked by the coach.
5. Gymnasts are to seek permission to leave the class at all times. If going to the bathroom advise your coach and take a "Bathroom Buddy". If the gymnast is leaving early, please ensure the coach is aware of this.
6. Food or drinks are not permitted in the Gymsports Hall except for drink bottles containing water.
7. No photography or videoing during training, unless permission has been granted from the management committee.
8. All bags and personal effects are to be neatly stored in the cubby holes and not present a trip hazard to other gymnasts and visitors to the club.
9. Please keep the Gymsports Hall free of clutter and rubbish. Put rubbish in bins provided.

10. If a gymnast is feeling unwell or is injured, please report this immediately to the coach. First aid equipment is available onsite.
11. In an emergency, coaches will try to contact parents but if necessary, the most appropriate medical assistance will be called upon including an ambulance (at the gymnast's expense), if deemed needed.
12. Blackwood Recreation Centre is a SMOKE FREE environment and no alcohol is allowed on the premises.
13. Parents/Caregivers must accompany children to and from the Gymsports hall
14. Parents/Caregivers are to keep siblings under control at all times. Equipment is only to be used by members during their session time. Children may be asked to leave or be charged a casual fee.
15. No jewellery and long hair must be tied back.

Caregivers are welcome to stay during session times to watch their child's progress in the parent viewing area. Caregivers should ensure that the privacy and reputation of all athletes is preserved at all times; and recognise the fun nature of gymnastics before the competitive. At no time should any athlete other than your own child be discussed with any other members.



Hot Weather Policy

The Blackwood Gymsports follows Blackwood Recreation Centre's hot weather policy as follows:

All GFA (Kindergym, Junior Gymfun, Gymfun, Gym Skills, GFA Intermediate & Advanced) and beginner Trampoline Sports classes are cancelled when the temperature is forecast to be 38 degrees or above by the Bureau of Meteorology (www.bom.gov.au). The forecast is taken at 7am of the day of the classes. A forecast of 36 degrees or above will trigger a modified program.

All Levels classes for MAG, WAG and Trampoline Sports are cancelled when the temperature is forecast to be 40 degrees or above by the Bureau of Meteorology (www.bom.gov.au). The forecast is taken at 7am of the day of the classes.

The Recreation Centre will be closed on days of catastrophic fire danger.

See separate brochure or website for details.

Uniform

There is no specific uniform for GFA, however participants are encouraged to purchase a "Launchpad" T-shirt to train in. This builds our identity, makes them feel part of a 'team' and makes them easier to identify as one of 'our athletes'. T-shirts are available at the Reception desk for \$10 each.

Assumption of risk

Like any sport or physical activity, participation in gymnastics carries an inherent risk of injury. Because many gymnastics activities require inversion (turning upside down) of the body, the sport by its nature carries a risk of head and spinal injury. This risk is greatly controlled in a supervised class with a qualified and experienced instructor. Parents should explain this risk to their children prior to accepting membership.

Gymsports Fee Policy

Gymnastics for All (GFA) program - Kindergym, Junior Gymfun, Gymfun, GymSkills, Intermediate & Advanced GFA and Team Gym.

Competitive Levels program - WAG, MAG and Trampoline Sports

Training fees, Gym SA registration fee and club levy are payable prior to the start of each term directly to Blackwood Recreation Centre. A subsidised fee for the hire of the Marion Training facility is payable by athletes who train at this facility on a Tuesday evening.

The fee structure is set by Blackwood Community Recreation Association Inc.

The Gym SA registration fee includes an insurance component and more information can be obtained at <http://gymnastics.jltsport.com.au/>.

All athletes must be re-enrolled EACH term as enrolments are not carried forward.

1. Registration:

New members must complete a registration form.

All members are requested to update personal information annually.

Registration packs with club information will be handed out to all registered members upon payment of the registration fee.

2. Fees:

Come'n Try

A fee of \$15.00 is required to cover the class and insurance. Participants must complete an enrolment form prior to participation. Your child's name will be taken off the roll if a term payment has not been received by the following day. If your child wishes to continue with the class after their try-out, you must enrol for the rest of the term otherwise you run the risk of losing your spot on your preferred day.

Term fees

As per classes attending – see separate brochure for details

Please note: any annual fee rises will be based on the calendar year

Marion Training Fee:- Competition gymnasts who train at Marion on Tuesday nights are required to pay an extra fee of \$20 per term to contribute to the cost of hiring the GSA training facility.

GSA Annual Registration: (Fee is charged irrespective to when members join throughout the year).

- WAG, MAG, GFA, Junior GFA, Trampoline Sports, Tumbling - \$60.00
- Kindergym - \$10.00 per term.

3. Payment of Fees

1. **GFA and Trampoline Beginners** term fees are to be paid in full at the time of enrolment.
2. **WAG, MAG Level Gymnastics and the Trampoline competition levels programs** are to be paid by Direct Debit or Quarterly by Invoice issued by Head office administration. Please enquire at the front counter.
3. Payment Plans must be agreed upon in writing, please see the administration team for a Payment Plan application form. Members not adhering to the agreed Payment Plan will receive a \$5 administration fee.

4. Payment Plans for GFA and TRAMPOLINE BEGINNERS

1. Once mutually agreed upon, the onus is on the member to make regular payments. This is **not** a direct debit agreement.
2. Admin staff will issue verbal and/or written requests for payment after 3 weeks. A late payment penalty of \$5 will apply after week 3 if no payment arrangement has been made with office staff.

5. Re-enrolment

- **Priority enrolment week** is the last week of each term. If your child is returning for the next term, fees must be paid during the priority enrolment week to ensure a spot in the class of your choice. Failure to re-enrol during the priority enrolment week may result in your child forfeiting the position in the class of choice.
- At the end of term 4 each year, All Gym families are required to pay the following years GSA Annual Registration as their holding deposit.
- All members must be financial when returning for a new year.

6 Methods of payment:

- EFTPOS and Credit card facilities available – VISA & MasterCard
- Payment by cash or cheque made payable to: Blackwood Community Recreation Association Inc.
- Credit Card payments accepted by Phone

7. Non-Payment of Fees

- If fees have not been received by the end of week 3, families will be contacted and the athlete will not be able to participate until such time as fees have been caught up.
- If monies remain unpaid by week 4 the second overdue account warning will be sent to the family via email.
- If members refuse to pay fees, an application will be made to the civil court to recoup monies.
- All costs accrued will be added to the family in questions account.

8. Refunds

The following rules will apply:-

- Non-attendance at general training sessions due to illness, holidays etc., does not qualify a customer for a refund, transfer, credit or exchange against fees paid. Pre-payment of lesson fees and club levy, are a requirement to ensure a class position is available.
- Training fees do not include costs for events, competitions or any uniform items. The fees are applied for the coaching/tuition provided and use of the Centre's gymnastics related equipment.
- Claims for refunds, transfer, credit or exchange will not be considered unless accounts are paid up-to-date.
- Fees for the Competitive levels programs will not be refunded for Injuries sustained outside the Centre. Where an Injury has been inflicted during the course of training at the centre, a refund will be considered, as long as it is accompanied by a doctor's certificate covering said time period of injury.
- Family holidays or Interstate competitions do not warrant a refund of fees.
- The G.S.A Registration fee is Non-refundable
- Club levies are non-refundable

Sports Vouchers 2018

What is the Sports Vouchers program?

Sports Vouchers is a State Government initiative administered by the Office for Recreation and Sport (ORS). The program is an opportunity for primary school age children from Reception to Year 7 to receive a \$50 discount from sports club/membership fees.

Clubs and providers can then offer a \$50 discount on joining fees and recoup that money directly from the Office for Recreation and Sport.

The purpose is to increase the numbers of children playing organised sport and to reduce the costs for parents.

What can the \$50 be used for?

The \$50 can be used towards membership fees which provide access to a minimum 10 week sports program. The discount cannot be used for equipment purchase or a one-off 'come and try' type event.

You can claim your 2018 Sports Voucher with Blackwood Gymsports

You will need to follow the links below for more information and to access the voucher.

Print off the voucher, complete and bring it with you when you pay your fees. If you are intending to use your voucher you must submit it at the time of paying your fees. If you do not have the voucher full fees will be required:

Please refer to this link for more information:

http://sportsvouchers.sa.gov.au/__data/assets/pdf_file/0016/151360/Sports_Vouchers_Fact_Sheet_for_Parents.pdf

http://sportsvouchers.sa.gov.au/__data/assets/pdf_file/0003/157521/Sports_Voucher.pdf