

BLACKWOOD COMMUNITY RECREATION ASSOCIATION INC.

GYMNASTICS PROGRAM

**Competitive Levels Program
Registration Pack**

2022



January 24th 2022

Blackwood Community Recreation Association Inc. Blackwood Gymsports

Contact Details

Blackwood Community Recreation Association Inc.

1 Northcote Road
EDEN HILLS SA 5050

Postal address

PO Box 274
BLACKWOOD SA 5051

Phone:- (08)8278 8833

FAX :- (08) 8278 4035

Email:- Gymsports@blackwoodrec.com.au

Website:- www.blackwoodrec.com.au

Facebook:- <https://www.facebook.com/blackwoodcommunityrecreationcentre/>

Blackwood Gymnastics Programme

As above

Blackwood Trampoline Sports

Email:- blackwoodtrampoline@gmail.com

Facebook:-<http://www.facebook.com/blackwoodtrampoline>

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. 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 Program and Trampolining Program are administered by the Gymsports Coordinator in Consultation with Lead Coaches and BCRC Management

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.

Administration

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

Manager – Margaret Cuthbertson

Assistant Manager – Steve Woods

Gymsports Coordinator – Brenton Dicker

Administration Officer – Pat Porter

Finance Officer – Diana Atkinson

More Information and Policies

Hard copies of these documents are available at Reception.

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
- Emergency Procedures
- Hot Weather Policy

General Information

Coaching Staff

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

Gymsports Coordinator
Brenton Dicker

WAG Coaches - Dylan, Jodie, Sophie, Tiana, Kate, Brenton

MAG Lead Coach Tyson West
Coaches - Daniel, Rhys, Tomi, Tyson, Imogen

GFA Co-ordinator – Brenton Dicker
Coaches – Brenton, Cameron, Imogen, Jas, Grace, Gabby, Monash, Mikaela, Hayley, Trystan, Andrew, Tiannah

Trampoline Lead Coach – Daniel Lynch
Coaches – Daniel, Monash, Gabby, Jemima and Mikaela (Tumbling)

Tumbling Lead Coach – Mikaela Lange

Kindergym Coordinator – Carol Alford
Coaches – Carol, Kat, Nicole

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 is Child Safe trained. Member Protection Information Officers are Daniel Lynch, Margaret Cuthbertson and Brenton Dicker

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.
- All athletes are expected to attend 95% of sessions each term – if athletes are absent without notice to BCRC, BCRC reserves the right to not offer competitions to these athletes or suggest an alternative program.
- 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. Athletes are requested to wear a leotard and or T-shirt at all times when within the centre, No bare chests or crop tops will be allowed while on site (note crop tops can be worn underneath a shirt)
14. Parents/Caregivers must accompany children to and from the Gymsports hall – Any athletes being picked up from the carpark will be requested to wait inside the centre.
15. 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.
16. 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 with modified programs due to our Gymsports Hall being Air-conditioned, No classes are cancelled unless there is a Catastrophic Fire Danger Day forecast.

All GFA (Kindergym, Junior Gymfun, Gymfun, Gym Skills, GFA Intermediate & Advanced, Adults) and beginner Trampoline Sports classes will run as scheduled. Modified programs will be in place for any temperatures 36 degrees or above.

All Competition Programs will run as scheduled and modified programs will be put in place for days forecast 38 degrees or above.

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.

WAG and MAG COMPETITIVE PROGRAM

There are many attributes that determine a child's readiness for competitive sport. Children are assessed physically, psychologically, emotionally, and in terms of their current skill base and prior learning.

To be competitive, a child needs to possess certain traits, to be asked to be part of a competitive squad is therefore an honour, and a reflection of all the hard work a child has gone to thus far with their gymnastics.

To be a part of a competitive program, gymnasts must be willing to train many hours to ensure they are the most prepared they can be for the competitions. They must understand that in order to pursue their best they must ensure that the hours they spend in the gym are very productive and that they do not waste valuable time.

Our competitive programs offer athletes an opportunity to progress through to level 10 or Senior International (TPR/TUM) in their chosen programs.

Blackwood Recreation Centre adheres to Gymnastics Australia's recommended Ratio of 1 coach to 12 athletes where possible, at times there may be operational requirements that extend these ratios to avoid cancellation of classes.

Competition Attendance

As this is a competitive levels program attendance **is mandatory at all competitions**. Circumstances may be such that require discussion well in advance of the upcoming competitions as to the contrary. This is at the coach's and Gymsport Coordinators discretion.

A full list of competition dates are available on the Gymnastics SA website under "Events"

Please note there are **no** classes held on competition weekends for the Levels competing either day instead coaches will be provided at the Competitions Scheduled

How do competitions work?

One month prior to a competition you will receive a Team APP notification or email from our Gymsports Coordinator/Lead Program Coach, There is a strict cut off period and these competitions must be entered through the TryBooking link provided.

One week before a competition the Rotation roster will be emailed so you know the time your child will be competing.

If your child wishes to withdraw from a competition after entries have been submitted to GSA and you seek a refund of the competition fee, an application must be made to GSA accompanied by a medical certificate.

Competition Volunteer Roles

Clubs are required to provide volunteers to assist in the running of competitions. These roles include:-

Door Keeper (must be over 18)

Need to take entry fee and issue entry tickets. They must stay at the Door Keeper station until the end of the first rotation

Music Operator

Sits on the opposite side of the competition floor and operates the laptop to play the music for each athlete. Instruction and assistance is provided on the day.

Scoring Assistants / Panel Secretary

Sits with the Judges and enters scores from the Judges into the laptop. Instruction and assistance is provided on the day.

Judges

This role requires training and accreditation. Courses are held by Gymnastics SA from time to time.

The more volunteers we have the less each individual volunteer needs to do. It is highly encouraged that you volunteer to find out more about the sport!

Competition Uniform

Blackwood Gymsports' team colours are red, white and black. All competing athletes are required to purchase a competitive leotard and club tracksuit.

All competitive gymnasts require:

- Blackwood Gymsports tracksuit (MAG not compulsory until Level 3)
- Competition polo shirt - (MAG compulsory, WAG not compulsory)
- Competition leotard

In addition:

Boys (MAG)

- White shorts (worn over leotard)
- White "longs" (Level 3+)
- White socks. (Level 3+)
- Training singlet (Optional)

Girls (WAG)

- Hair ribbons in club colours.

Optional

- Gymnastics equipment bag available in club colours through the club
- Grips (as advised by coach)
- Training squad jumper

Payments for **competition uniforms** are made via the TryBooking Link during an Uniform Ordering Period. Most items, such as tracksuits and polo shirts are usually in stock, while leotards, shorts and longs will need to be ordered through the club.

Training Uniform

WAG – training leotard with hair neatly pulled back and in a bun

MAG – Not specified

GSA Requirements at competitions

GSA has requested the following information be passed on to all parents of competition athletes.

- *The GSA Registration cards are for Gymnast admission ONLY – **These cards will not be accepted for adult entry.***
- *Registered coaches/judges can show their 2019 Gymnastic Australia Technical Membership card to gain entry.*
- *There is to be NO flash photography while gymnasts are warming up and competing. This include spotlights on video cameras*
- *Mobile phones must be switched off or on "silent mode"*
- *Parents are not permitted onto the competition floor area. (This includes for photography & videoing)*
- *Families who advise the SMC that they do not wish their child videoed or photographed (except for presentations) must advise the SMC in writing prior to the competition so that this information can be given to any potential photographer.*
- *Shorts May be worn at competition without deduction, Please contact your coach for more information.*

Country Competitions

Entry to Country events is coordinated by Blackwood Gymsports, More information will be available closer to these events. All events are attended by our coaches, athlete and parent travel is organised by families.

Gymsports Fee Policy

Gymnastics for All (GFA) program - Kindergym, Junior Gymfun, Gymfun, GymSkills, Intermediate & Advanced GFA and Adult's Gymnastics.

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

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

1. Registration:

New members must complete signup via Wellness Living

All members are requested to update personal information annually.

Registration packs with club information are available to all registered members upon payment of the registration fee.

2. Fees:

Assessment:

Competition Program Assessment Fees are set dependant on the Squad your Athlete will trial in, Please contact the Rec Centre for more information.

Term fees

Fees are calculated for the year which includes hours of training per week, holiday training, GSA registration, Marion training (where applicable) and a club levy. – Please check with front counter staff for the costs per Level. to which your child will be attending.

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 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, Trampoline Sports, Tumbling - \$80 per Athlete.
- ♦ Gymfun, GFA programs - \$60 per Athlete

3. Payment of Fees

1. **WAG and MAG competition levels program** fees must be paid in full by either one of the facilities listed in Methods of Payment. The actual fee is determined by the number of hours each gymnast trains, including holiday training, as nominated at the start of each term in consultation with the coach.
2. It is acknowledged that some people may not be able to pay in full by the beginning of term. It is therefore necessary for them to make part-payment arrangements with our administration team before the start of the term or enter in a direct debit agreement
3. Payment Plans must be agreed upon in writing, please see the administration team for details.

4. **Payment Plans**

1. Once mutually agreed upon, the onus is then on the member to make regular payments, by the dates set within the payment arrangement **This is not a direct debit agreement. Failure to make payments by the designated dates could result in class attendance being denied.**

5. **Re-enrolment**

Priority enrolment week is the 2nd last week of each term. If your child is returning for the next term, fees or payment plans with deposits 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.

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.
- Direct debit facilities available-Please contact centre

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 paid.

If monies remain unpaid by week 4 the second overdue account warning will be sent to the family via email. If monies remain unpaid by week 5 the third and final 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.

Family holidays or Interstate competitions do not warrant a refund of fees.

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.

9. **Injury**

Fees for the GFA and Competitive levels programs **will not be refunded for any Injuries sustained outside of 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 and has been discussed with the Head coach and Administration staff. A doctor's clearance needs to be submitted before an athlete can return to training or attend trainings, whether partial or full, to the Head coach and Program Co-ordinator.

DEPOSITS: Deposits may be refunded, unless it has been stated otherwise, but will be up to the Centre's discretion.

GSA Registration fees are non-refundable

Club levies are non-refundable

Competition Fee Policy

Competition Sports - Men's Gymnastics and Women's Gymnastics

Competition Fees are an entry fee payable for participation in a competition. The cost of each competition is set by GSA and will be advised by admin/coach prior to each event.

Please note that these costs are subject to change as they are set by GSA we have no control over these amounts. Coaches will notify members of any changes to competitions.

If the monies are not paid, athletes will not be entered into the competition.

Please note: There is no refund for change of mind entries as per the GSA competition refund policy. A refund for an injury will only be made when a doctor's certificate is supplied. This refund must be obtained from Gymnastics SA before we can issue a refund. Claim forms are available on the GSA website or from the Blackwood Recreation Centre reception. Likewise no late entries will be accepted.

REFUND

Competition fees paid may be considered for a refund only when a medical certificate is produced within 14 days prior to, or after, the competition date. The medical certificate must cover the date of the competition.

Please be aware that not all competition providers will provide a full refund for withdrawals, in which case Blackwood Gymsports will be unable to pass on a full refund.

Sports Vouchers 2022

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 \$100 discount from sports club/membership fees.

Clubs and providers can then offer a \$100 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 \$100 voucher be used for?

The \$100 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 2022 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