BLACKWOOD GYMSPORTS



COMPETITION LEVELS PROGRAM HANDBOOK 2025

Blackwood Community Recreation Association Inc.
Blackwood GymSports

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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!

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.

At Blackwood Gymsports we strive to provide a nurturing environment that is conducive to the development and enjoyment of athletes young and old. At our core we value supporting our wider community to promote fundamental development of children of all ages.

Our culture of participation, enjoyment and hard work has helped develop a club that we are extremely proud of. We know you will enjoy and take pride in being part of Blackwood Gymsports.

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

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

Policies and Additional Information

These documents can be found on our website under policies.

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



Expectations at Blackwood Gymsports

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 and ensure that their child arrives at the appropriate time and is picked up on time directly from the Gymsports Hall
- All athletes are expected to attend a majority of each terms sessions – if athletes are consistently 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 as outlined in this handbook.

What can gymnasts and parents expect from Blackwood Gymsports - Gymnastics Program?

- The gymnast can expect the dedication of their coaches to the task of developing their gymnastic ability to the athletes personal best. 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 maximize their own potential if correctly followed with effort, persistence and determination.

Sports Vouchers

Blackwood Gymsports is very happy to accept the government issued Sports Vouchers. As of 2025, families are able to claim two $100 vouchers which can be used to reduce term fees. To access the Sports Voucher form, please scan the QR code.

Once the Sports Voucher has been completed, please bring the form to the front desk. We will then submit the form on your behalf and once we receive the rebate we will add a credit onto your Wellness account. If you are wanting to pay term fees in full please submit the voucher well in advance of the term commencing as it can take a while for the rebate to be received. Please note that the Sports Vouchers can only be used for term fees - no equipment or one off ‘come and try sessions’ can be claimed.

Gymsports Hall Safety Rules

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

- Athletes must be dropped off and picked up from the gymsports hall. There are to be no athletes walking through the car park unattended. Any athlete asked by their parent to meet them in the car park will remain under the supervision of the coach until the parent collects them from the gymsports hall.
- Equipment may only be used by gymnasts under the supervision of a coach.
- During class, the gymnast is to walk between pieces of equipment and run on the floor only when asked by the coach.
- 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.
- Food or drinks are not permitted in the Gymsports Hall except for drink bottles containing water. Any snacks must remain in the locker room and any and all rubbish should be placed in the bins.
- No photography or videoing during training for any reason.
- 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.
- Please keep the Gymsports Hall free of clutter and rubbish. Put rubbish in bins provided.
- If a gymnast is feeling unwell or is injured, please report this immediately to the coach. First aid equipment is available onsite.
- 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 required.
- Blackwood Recreation Centre is a smoke, vape and alcohol free zone.
- Athletes are to wear a leotard and or T-shirt at all times when within the centre. No bare chests or crop tops.
- No jewellery is to be worn during training and long hair must be neatly tied back in a bun or pony tail.
- No parents and caregivers are to stay and watch in the gymsports hall. There is a viewing room for parents who wish to stay during class time and any parents or caregivers who are watching in the gymsports hall will be asked to move to the viewing room.

Assumption of risk

Like any sport or physical activity, participation in gymnastics carries an inherent risk of injury. As many gymnastics skills require inversion (turning upside down) of the body, the sport by its nature carries a risk of injury. This risk is controlled in a supervised class with a Gymnastics Australia qualified instructor. Parents and caregivers should be aware of this risk and explain to their child how important it is to be listen and follow instruction of the coach on duty.

Competitive Programs

Our competitive programs are offered over Men's Artistic Gymnastics (MAG), Women's Artistic Gymnastics (WAG), and Trampoline Gymnastics (TRP). We recognise that as a part of the competition program that there is a high level of commitment and we provide support to all our athletes and families where we can to help them navigate the world of competitive gymnastics.

Competitions

Being a part of the competition programs, there is the expectation that athletes will compete in all state based competitions. These include; Interclubs, Invitationals, State Challenges, and State Championships. Attendance at country competitions is optional and at discretion of families.

Please use the QR code to access the Gymnastics South Australia events page. Here you can find the 2026 events calendar, events schedules and tickets. Schedules will be released approximately two weeks before competition and are subject to change. Please note that on competition weekends there will be no training as our coaches will be needed at the event.

Competition Entries

Athletes will be entered in competition by their parent/caregiver via a trybooking link sent out by the Gymsports Coordinator. The Gymsports Coordinator then collates the entries and submits them to Gymnastics South Australia. There are strict deadlines for competition entries and any entries received after the deadline may not be accepted or will incur a late fee. If you are unsure if your child is entered, please check with the Gymsports Coordinator ***before*** the deadline has passed. Please note that all competition fees are a combination of a entry fee and an administration levy.

Withdrawals

Athletes who wish to withdraw from an event for any reason must notify the Gymsports Coordinator as soon as possible. Athletes who are withdrawing due to sickness and injury have up to two weeks post event to submit a withdraw form (via the Gymsports Coordinator) with the relevant medical certificate attached. It is possible for these athletes to obtain a refund on their entry fees. No refund can be given for change of mind, unavailability, holiday or similar.

Volunteering

All clubs are asked to provide volunteers to help run events. These roles include door person (in charge of scanning tickets) and music person (pressing play on the music for floor). Families of athletes who are competing in sessions where a volunteer is required will be asked to put their hand up. Failure to provide a volunteer will result in a fine to the club. This fine will then be divided amongst the

relevant families. Volunteers will need a valid Working With Children Check. If you do not have one, you can apply for a free volunteer check via the GSA website.

Uniforms

Blackwood Gymsports uniform items are available through our club shop on the GMD website. Please use the QR code to access the uniform shop. Please note that tracksuits and leotards are to be ordered through the Gymsports Coordinator.

WAG athletes levels 3 and above are required to have full tracksuit, long sleeve black and red competition leotard (with or without plain black bike shorts) Training leotard and athlete shirt are optional. For competitions, athletes must have their hair tied up neatly in a bun or other as instructed by coach. Black/red scrunchies or hair accessories are optional.

WAG foundation (level 1 and 2) athletes are to wear maroon short sleeve leotard (with or without plain black bike shorts) and athlete top for presentations. Hair is to be tied up neatly in a bun with optional black/red hair decorations.

All MAG athletes are to wear white competition leotard with white shorts or longs. Athletes are to have any long hair tied up neatly and are to wear the athlete top for presentations.

Photography Policy

Athletes who are entered in competition may appear in GSA promotional material either on their website or social media. If you do not wish for photos or videos of your child to be taken please scan the QR code to submit an 'optout photography' form.

Fees

Term fees are set by the Blackwood Community Recreation Centre and cover the entire term and holiday training where relevant. Fees are to be paid upon enrolling and can be paid in full or on a direct debit payment plan. All unpaid fees must be paid before enrolling in the following term with enrolments opening in the second to last week of each term.

No refunds are given on term fees. Individual cases may be brought to the Gymsports Coordinator for consideration. Credits for any trainings cancelled by the center or for missed trainings due to an injury sustained during training will be given on athletes' parents Wellness account. Holiday or missed training due to sickness, injury sustained outside of training or other commitments will not be given.

Fees can be paid online, at the front counter or over the phone.