Gymnastics Program Information for 2019

Gymnastics is a fantastic foundation for all sports, as well as a fun, challenging and highly skillful sport on its own. During these sessions each gymnast works on developing fine and gross motor skills as well as participating in strength and conditioning exercises. We adapt our program to each gymnast's skill level in a fun but disciplined environment. Our classes throughout the week cover a range of abilities.

Gymnasts from Years 2 and up, may go straight to the hall after the school day is finished, where they can change and have a snack before training starts. Those that attend the 4pm session may like to take advantage of the homework group before training using College laptops in the hall.

**South Coast Baptist College offers the following Gymnastics Squads**

* **Mixed age Boys and Year 3 to 6 Girls**

This is aimed at preparing the girls for the next level. Most of our Year 3 girls have had previous experience in gymnastics through the collect program at minimum, it allows us to cater for some beginners but also focus on foundation techniques need for displays and competitions.

Our boys focus on the men’s apparatus (rings, parallel bars, floor and bar) in group work but also get to mix it up and have in house competitions in strength and conditioning with the girls.

When: Mondays 3:30pm – 5:00pm

Fees: $135.00 per term

Uniform: Girls can wear **any** black full-length leotard and boy-leg shorts.

Boys can wear a black tank singlet with school shorts.

* **Years 1-2 Girls**

Targets our beginners and younger gymnasts in **Years 1-2**. If there is room in the group we will then open it up to our Pre-Primary students. Our Tuesday group is also a great stepping stone for those who think they would like to take things a little more seriously, giving a taste of all aspects gymnastics.

When: Tuesdays 2:30pm – 4:00pm

Fees: $135.00 per term

Uniform: Girls can wear **any** black full-length leotard and boy-leg shorts. They may also wear College Gymnastics training uniform.

* **Elite Squad**

This is an invitation only squad for those with prior experience in the sport. These gymnasts will train for displays as well as compete in our Interschool Gymnastics competition. Uniform for training is compulsory, competition leotard will be supplied by the College and higher level of commitment to training is required.

Level 3 and higher – Competition Level

This will include a Senior team of high school students.

* Option 1 – Mondays – 3:30pm – 5:00pm
* Option 2 – Tuesdays – 4:00pm – 5:30pm

All Tuesday elite girls will be offered a supervised homework/down time area from 2:30-4:00pm, where they will have access to computers and enjoy afternoon tea together (please supply an extra snack). This will be either in the Library or Primary computer lab depending on availability.

* Compulsory – Wednesdays – 3:30pm – 5:30pm
* Compulsory – Thursdays – 7:45am - 9:40am (Off Site Training)

Our off-site training session on Thursday’s will take place at Stellar’s Gymsports at 7:45am sharp. Gymnasts are to be dropped off to Stellars which is located at 10 Blackburn Drive in Port Kennedy. The Gymnasts will Train then change at Stellars and eat breakfast (parents to supply) during the bus ride back to school.

Gymnasts will be back into the classroom at 9:40am.

Fees: $225.00 per term

Gymnastics Level 1-2 – Competition Level

This group is also an option for those training in outside tumbling sports (eg: acro or cheer) that would also like to be part of the school team at interschool.

When: Wednesdays 3:30pm – 5:30pm

Fees: $140.00 per term

*Every gymnast that trains with the SCBC Squad has the opportunity to perform in the end of Semester displays, where all family & friends are invited to attend to watch the gymnasts showcase the skills they’ve been working on.*

**Accidents**

The SCBC Gymnastics Squad is run by a team of coaches. Together they have many years of experience. While all precautions are taken, gymnastics is a high impact sport and injuries may occur. All students of SCBC are covered for accident or injury under our Student Accident Insurance Plan.

**Class Requirements**

Below is an outline of requirements to be part of the program:

* Hair must be tied back off the face and hair long enough must be tied up.
* No crop tops.
* No t-shirts.
* No glasses.
* No watches.
* A drink bottle (filled with water) is required for every session and a snack for those coming straight from class to the hall.

Any gymnast that continually puts themselves or others in danger due to poor behaviour may be suspended from the program.

**Uniform Requirements**

The College Gymnastics Training Uniform is to be purchased online. The costs involved are:

Girls: Leotard and shorts cost $105 (approximately).

Boys: Shorts cost $38 (approximately).

**Enrolment & Fees**

If you wish to enrol your student, please complete the Enrolment Form and return to Main Reception.

Cost for gymnastics program are mentioned in the above and will depend on the amount of training hours required.

Payment in full can be made at Main Reception or via direct debit. Payments will be processed on the third Friday of each term.

**Withdrawal from the Program**

Should you wish to withdraw from the program, one term’s written notice is required. Verbal notification is not considered due notice.