SOUTH COAST
BAPTIST COLLEGE

Gymnastics

2021 Enrolment Information

Gymnastics is a fantastic foundation for all sports, as well as a fun, challenging and highly skilful sport on its own. During these sessions each gymnast's work 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 their year level toilets to get changed after the school day is finished then head straight have a snack before training starts. Pre-Primary to Year 1 Gymnasts may get changed in the hall toilets if needed.

Due to facility and equipment restrictions, we currently offer female training programs only. It is our intention to be able to facilitate a "male" program in the near future.

Recreation Teams

Our recreational teams are divided into three teams.

Most of our Year 3 students (and above) have had previous experience in gymnastics through the College program at minimum. Our Warriors group allows us to cater for some beginners but also focus on foundation techniques needed for displays.

Our Activators Team is a pathway program for athletes that would benefit from extension in skills while trailing a more structured training session, giving them a taste of what Elite training would be like. This is an invitation only group chosen from our recreation groups with the potential to move onto Elite training.

Our Tuesday group is a great stepping stone for those who think they would like to take things a little more seriously, getting a taste of all aspects of gymnastics. This is targeted at our Year 1 and 2 students and extended to our PP students if space allows.

1. **Warriors – Girls (Years 3-6)**
   Monday 3:30pm – 5:00pm
   Fees per Term: $140

2. **Activators – Girls (Development team invitation only)**
   Monday 3:30pm-5:00pm
   Fees per Term: $140

3. **Energisers – Girls (Pre-Primary – Year 2)**
   Tuesday 3:30pm – 5:00pm
   Fees per Term: $140

Kindy Gym

Each week your gymnast will enjoy a different theme while working their way around a circuit designed to develop fundamental movement skills and foundational gymnastic shapes. Our Gymnastics Academy Kindy Gym program is designed with a physical preparation base in mind. Allowing each gymnast to build the core muscle groups involved to achieve their fundamental skills.

The Mighty Minis is designed as a parent and child program for children aged 2-4 and limited to 25 children per session. Allowing optimal time on the circuit in a safe environment. Each station on the circuit will have different options allowing for different ability levels within the group.

Fee per term $60

EFT POS facility will be available in the gym for payment to be received upon commencement of each term.

Class numbers are limited and there will be **no casual payments**.

Elite Teams

Our Elite teams are by invitation only. Each team has different training requirements depending on the level of the gymnast.

Elite gymnasts train a minimum of two times per week with Level 3 and above up to three. These training sessions happen both in curriculum time and outside of school hours.

1. **Conquerors – Level 2**
   Tuesday 2:00pm – 3:30pm (during curriculum timetable)
   Wednesday 3:30pm – 5:00pm
   Fees per Term: $150

2. **Influencers – Level 3**
   Monday 3:30pm – 5:00pm
   Wednesday 3:30pm – 5:30pm
   Thursday 7:45am – 9:45am
   Fees per Term: $225

3. **Motivators – Level 4**
   Tuesday 7:00am – 8:30am
   Wednesday 3:30pm – 5:30pm
   Thursday 7:45am – 9:45am
   Fees per Term: $225

4. **Ambassadors- Level 5**
   Tuesday 7:00am – 8:30am
   Wednesday 3:30pm – 5:30pm
   Thursday 7:45am – 9:45am
   Fees per Term: $225

Further Information

Uniform and Class Requirements

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 (water) is required 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.

All gymnasts are required to wear the College training leotard and shorts which can be purchased through the College Uniform Shop.

End of Year Displays

Every gymnast that trains with the SCBC Gymnastics Academy are given the opportunity to participate in the end of year display, where all family and friends are invited to join and watch them display the skills the gymnasts have been working on.

Competition 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 two competitions per year. Our interschool Gymnastics Competition is held at the end of Term 2 each year at the State Gymnastics Centre. Uniform for training is compulsory, competition leotard will be supplied by the College and higher level of commitment to training is required.

Elite Off-Site Training

Our off-site training session on Thursday's will take place in Port Kennedy at 7:45am sharp. Gymnasts are to be dropped off to 10 Blackburn Drive, Port Kennedy. The Gymnasts will train then change and eat breakfast (parents to supply) during the bus ride back to school. Gymnasts will be back into the classroom at 9:45am.

Accidents

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

Fees

Cost for the gymnastics program are mentioned above and will depend on the amount of training hours required. Our Accounts Department will email a Gymnastics invoice to be paid as per the date specified. Payment is to be made on-line (see invoice for finer details).

Enrolment will automatically role into a new year unless notified in November of the previous year. Should you wish to withdraw from the program, four weeks written notice is required.

Enrolment Form

Please head to the link below or scan the QR code for the online form. Thank you.

https://tinyurl.com/yxvy87re