



# Gymnastics

## 2022 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 and 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 "mens" program in the near future.

## Recreation Teams

Our recreational teams are divided into three teams.

Most of our have had previous experience in gymnastics through the College program at minimum. Our Recreational programs allow us to cater for some beginners but also focus on foundation techniques. Our Recreational Groups have access to our Club Level Pathway. This Pathway encourages and supports our recreational gymnasts as they work towards attaining skills required to pass Bronze, Gold, Silver and platinum levels. With testing done twice per term we look forward to seeing our gymnasts progression in a more structured and rewarding way.

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 aspect's 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)**

Tuesday 3:30pm-5:00pm

Fees per Term: \$140

### **3. Energisers – Girls (Pre-Primary – Year 2)**

Tuesday 3:30pm – 5:00pm

Fees per Term: \$140

## 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 minimum 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** Monday

3:30-5:00pm

Tuesday 2:00pm – 3:30pm (during curriculum timetable)

Fees per Term: \$150

#### **2. Influencers – Level 3** Monday

3:30pm – 5:00pm

Wednesday 3:30pm – 6:00pm

Thursday 7:45am – 9:45am

Fees per Term: \$225

#### **3. Motivators – Level 4**

Tuesday 7:00am – 8:30am

Wednesday 3:30pm – 6:00pm

Thursday 7:45am – 9:45am (off Campus)

Fees per Term: \$225

#### **4. Ambassadors- Level 5**

Tuesday 7:00am – 8:30am

Wednesday 3:30pm – 6:00pm

Thursday 7:45am – 9:45am (off Campus)

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.

Bar Grips are worn by Elite level Gymnasts when using Bars. These are compulsory in level 3 and above. Grip Kits are available for purchase at the Uniform Shop.

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 send out a Gymnastics invoice to be paid as per date specified. Should you wish to withdraw from the program 4 weeks written notice is required. Enrolment will automatically roll into a new year unless notified in November of the previous year.