

South Coast Baptist College

Co-Curricular Gymsports 2024

Our Co-curricular Gymsports' programs are an extension of our curriculum program offered here at SCBC. These programs are only offered to students enrolled in the college.



SOUTH COAST
BAPTIST COLLEGE

Gymsports

Aimed at girls that wish to further develop their gymnastics skills in Trampolining, Double mini, Synchro, tumbling, Beam, Bars floor and vault. Our new hybrid program is a fun yet challenging program. An opportunity to enter our college Gymsports competition will also be extended when you pass your level 3 skill test!

Please note if your student is enrolled in Gymsports program she will not need to sign up for Trampolining as they are given both opportunities through this program.

Our Gymsports girls will be coached by qualified Trampolining and WAG coaches in up to two 1.5hr sessions per week.

Please see our age groups and session timetable below for more information so you can enrol now! Limited spaces are available.

WARRIORS

Girls in Years 1 and 2. Warriors can choose to register for one or two sessions per week. Designed to cover all apparatus over the two-week rotation we recommend girls train twice a week for optimal skill progression, but this is not compulsory at this age/level. Warriors train Thursday and/or Saturdays.

ACTIVATORS

Girls in Years 3 and 4. Activators attend two sessions per week with longer time on each apparatus giving them optimal opportunity to advance their skills and progress through our Gymsports levels. Activators train Mondays and Thursdays

MOTIVATORS

Girls in Year 5 – Secondary. Motivators attend two sessions per week with longer time on each apparatus. Motivators train Mondays and Thursdays

ENERGISERS

A development group for invited students only. Energisers train Mondays and Saturdays.

Trampolining

A trampolining specific program designed for boys and girls wanting to further develop their trampolining, double mini trampolining, synchro trampolining and tumbling skills. An opportunity to enter our College Gymsports competition will also be extended for those that pass their level 3 skills test!

Our Trampolining sessions are broken into year groups. Please see our age groups and session timetable below for more information so you can enrol now! Limited spaces are available.

TRAILBLAZERS

Boys and Girls in Years 2 – 4 1hr session per week. Trailblazers can choose to register for one or two sessions per week.

AMBASSADORS

Boys and Girls in Year 5 – Secondary 1.5hr session per week

TRP ADVANCED

Boys and Girls in Year 10 and above. TRP Advanced can choose to register for one or two sessions per week.

Uniform Requirements

Our Co-curricular students are required to wear the college training uniform and Gymsports socks to every session. These will be available for purchase at the uniform shop in January 2024. Hair must be tied back and away from face and no jewellery is to be worn except sleepers or studs in ears for safety reasons.

Fees

SCBC is an affiliated member of Gymnastics Australia. Each gymnast that enrolls into an affiliated program is required to pay an annual Membership Fee. The \$55 annual Membership and Administration Fee is \$55. This fee is processed on registration and is non-refundable.

GYMSPORTS

Warriors	Activators	Energisers	Motivators
1 session per week	2 sessions per week	2 sessions per week	2 sessions per week
\$195 per term	\$390 per Term	\$390 per term	\$390 per term

TRAMPOLINING

Trailblazers	Ambassadors	TRP Advanced
1 session per week	1 session per week	1 sessions per week
\$160 per term	\$240 per term	\$160 per term

Timetable

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am					8:30am - 10:00am GYMSPORT Warriors + Energisers
3:30pm	3:30pm – 5:00 pm GYMSPORT Activators/Motivators + Energisers	3:30pm - 5:00pm TRP SNR Ambassadors	3:30pm - 5:00pm GYMSPORT Warriors/Activators / Motivators	3:30pm - 4:30pm TRP JNR Trailblazers	
5:00pm		5:00pm - 6:00pm TRP JNR Trailblazers			
6:00pm	6:00pm - 7:30pm TRP Advanced	6:00pm - 7:30pm TRP Advanced	6:00pm - 7:30pm TRP Advanced		