Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

2019 COMPETITIVE HANDBOOK

EVERYTHING THAT YOU NEED TO KNOW ABOUT HAVING YOUR CHILD IN OUR COMPETITIVE PROGRAM

TABLE OF CONTENTS

TABLE OF CONTENTS 2
INTRODUCTION 3
MISSION STATEMENT 3
VALUES 4
AIMS & OBJECTIVES 3
COMMENTS, FEEDBACK AND SUGGESTIONS 3
THE BUNNERONG TEAM 6
FEE POLICY 8
SCHOOL TERM & HOLIDAY CALENDAR 10
FUNDRAISING 11
CLUB STRUCTURE 12
GYM RULES 13
RECREATIONAL STREAM 144
BIRTHDAY PARTIES 17
WAG COMPETITIVE STREAM 18
MAG COMPETITIVE STREAM 27
COMPETITION & TRAINING ETIQUETTE 31
GENERAL – CODE OF CONDUCT 33
PARENT/S – CODE OF CONDUCT 34
GYMNAST'S – CODE OF CONDUCT 35
COACH/ES – CODE OF CONDUCT 36
OFFICIAL'S/ADMINISTRATOR'S – CODE OF CONDUCT 37
COMPETITION RULES & PROCEDURES 38
2019 EVENTS CALENDAR 40

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

INTRODUCTION

Bunnerong Gymnastics Association is a well-established incorporated gymnastics club. Having opened in 1980, starting in a school hall with only 8 gymnasts, it now caters for over 1200 boys and girls from the age of 18 months. The club is fully self-supporting and hard-working gymnasts, parents, coaches, volunteers, participants, supporters, administration staff and the board fund raise to supplement the income generated from tuition fees.

Bunnerong Gymnastics is an affiliated club with Gymnastics NSW and Gymnastics Australia.

The Association has developed in giant leaps from its humble beginnings in a primary school hall, to Randwick Girls' High School Dome, to hiring a room in the Masonic Centre at the Spot, renting a small factory in Hillsdale to its final placement where it currently sits as a large and permanently set up facility in Heffron Park. The gym is now permanently set up with pits, sprung floor, Olympic apparatus, trampolines and a vast array of supplementary apparatus.

The program at Bunnerong is one of the most comprehensive in NSW, and the Association has been awarded the honour of NSW Club of the Year in 1987, National Clubs Champion Club in 1990, Regional Champion Club in 1995 and 1996, Women's Artistic Gymnastics Elite Club of the Year in 2002, Women's Artistic Gymnastics NSW Champion Club 2004, NSW Coach of the Year Awards 2004, 2005, 2006 & 2010, NSW Athlete of the year 2008 & Business Finalist in 2009. There is a program for every child, whatever their aspiration or ability.

Parents and friends are invited to become friends of Bunnerong Gymnastics Association. Each registered gymnast may be represented by two parents or legal guardians at the Annual General Meeting (AGM) of the Association on acceptance of your membership form by the Board.

The AGM is normally scheduled for November/December each year and members and interested parents are invited to become involved by attending and/or nominating for one of the Board positions.

We aim to provide an environment that encourages two-way communication, so your feedback is important to us. While the professionals look after the technical, management and administrative aspects of the gym, there is plenty of scope for families to become involved in the club atmosphere. Offers of assistance with club functions, social events, displays, fund-raisers and competitions are always welcomed!

We hope that by working together, your children will experience the joy, achievement and camaraderie that Bunnerong Gymnastics Association has to offer.

MISSION STATEMENT

"To assist each child to reach their individual potential by encouraging and assisting them to reach their personal goals in gymnastics through: expert coaching, technical development, administration and care."

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

VALUES

Respect

Coaches' responsibility, gymnasts' responsibility, management's responsibility and parents' responsibility to respect our equipment, cleanliness of the gym and the office. This means respecting the rules, the people, the gym, the office, the brand and the culture at all times.

Growth

Bunnerong's growth, personal growth, gymnast's individual development, coach's education, developing gymnasts' and coaches' knowledge and experience. Planning to grow and being active in that plan will improve the gymnastics performed, coaching abilities and the Club as a whole.

Family

Bunnerong has a unique 'family' feel about it which has been developed over many years. Staff, parents, guardians and children. The gym is a community so we have relationships with parents, children and staff inside and outside of the gym. In order to be a functioning family we need to have respect for all members and their growth within the club and the community

Unity

All the gymnastic programs in the gym need to work together and for the same cause. Working together increases inter-program respect and growth which supports the Bunnerong family feeling. We must all remember that our actions reflect on the Club when we are at competitions, training, outside of the gym and on social media.

Happiness

Our goal is for parents, children and all staff to be happy. As everything inter-relates and has a flow on effect, if we adhere to all of our values all of the time by everyone concerned – Happiness is possible.

AIMS AND OBJECTIVES

1. To provide a fully equipped and permanently set up gymnastics centre, which offers a variety of gymnastics programs catering for all ages, abilities and interests.
2. To provide a safe, caring and stimulating educational environment, which provides gymnastic centred, focused programs designed to build self-worth and confidence.
3. To foster cooperation, communication and Club spirit amongst gymnasts, parents, coaches, volunteers, participants, supporters, administration staff and the Board.
4. To reverently adhere, follow, and respect each and every Value of the program as a gymnast, parent, coach, volunteer, participant, supporter, administration staff and the Board.
5. To provide opportunity and support for interaction with other clubs, through competitions, trips away, clinics and displays.
6. To maintain a high quality of technical expertise in the coaching and judging areas through the active involvement in accreditation, workshops and updating courses.
7. To ensure the long-term financial viability of the Club for the benefit of gymnasts, the community and the Club.
8. To support the Gymnastics Australia Development and National Programs and to offer talented children the opportunity to maximise their performance potential.
9. To encourage all gymnasts to achieve their personal competitive goals, whether at Club, Regional, State, National or International Level.
10. To ensure continual competitive growth and stature as a leading club in New South Wales and Australia.
11. Understand the repercussions if you breach, or are aware of any breaches of, this Code of Behaviour.

COMMENTS, FEEDBACK AND SUGGESTIONS

At Bunnerong Gymnastics we value your input. If you have a comment, some feedback or suggestions please feel free to:

- Write down and hand into the Office, addressed to the Secretary
- Email: info@bunneronggym.com.au
- Write to The Board at PO Box 23 Matraville NSW 2036

If you would like a copy of the policies we have in place, please ask one of our Customer Service staff at the Office.

THE BUNNERONG TEAM

Bunnerong is run by a strong administrative team that works closely with, and is overseen by an elected Board, which meets monthly to conduct the business of the Association.

Board

President – Christine Stefadouros

Vice President – Vacancy

Treasurer – Alex Robertson

Secretary – Matt Spooner

3 x Members –

1. Paul Cooper
2. Nicole Ngapoula
3. Bec Saad

Internal Management

OPERATIONS MANAGER – Stephanie Robertson

COMPETITIVE PROGRAM MANAGER – Stephanie Robertson

WAG HEAD COACH – Alex Lober

RECREATIONAL PROGRAM MANAGER – Ashley Meikle

FINANCE AND PAYROLL – Maureen Robertson

CUSTOMER SERVICE AND ACCOUNTS – Christine Stefadouros

MEMBER INFORMATION PROTECTION OFFICERS

1. Stephanie Robertson
2. Ashley Meikle
3. Maureen Robertson
4. Christine Stefadouros
5. Alex Lober

CHILD PROTECTION OFFICERS

1. Stephanie Robertson
2. Ashley Meikle

Coaches

Bunnerong has an excellent team of coaches working together to improve your child's gymnastics ability and foster a love of the sport. Coaches keep up to date with current techniques by attending workshops and courses run by Gymnastics NSW, Gymnastics Australia and the Department of Sport and Recreation, as well as, attending judging courses, in-house workshops and observing training methods used by other more senior coaches. Multiple coaches have International training and experience, and/or have represented their country internationally for gymnastics.

Coaches are responsible for the yearly plan, specifically, ensuring gymnasts and parents are aware of competition dates and times, and that entry forms and payments are sent to appropriate competition organisers. The coaches will also call meetings from time to time with coaches and parents to keep everyone up to date and provide feedback. Any queries relating to competitions and meetings should, therefore, be directed to your child's coach.

Your child's progress can be discussed with his or her coach at a mutually convenient time (not during class times). We ask that all contact with coaches be made through the gym. Members are advised not to contact the coaches at home unless otherwise instructed by the coach.

As a matter of courtesy, we ask that gymnasts in squads (or their parents) notify the gym by phone or email if they are going to be absent from class. In the case of an absence, your child may be granted an opportunity for a make up lesson in the same level squad or lower. To apply for a make up lesson, please email competitive@bunneronggym.com.au.

Junior Coaches

Bunnerong offers its students the opportunity to continue on as coaches and judges after retiring from competitions and pass on their technical expertise and experience to the younger members. Gymnasts who display an interest and aptitude for coaching are invited to apply for our Junior Coach Program at the age of 15, or earlier at the discretion of the Board.

Those interested should make their intention known to the Operations Manager who will guide them through the application process.

On completion of the Junior Coach Program, coaches will:

1. Have achieved their MAG or WAG Intermediate Coaching Accreditation
2. Have achieved their MAG or WAG Intermediate Judging Accreditation
3. Have achieved their First Aid Certificate and Working with Children Check (if over 18 years)
4. Attended a variety of events including internal events, such as Display and Carnival Day, and at external events, such as State or Regional Competitions.

The Club will incur half the costs of Gymnastics Australia Coaching or Judging accreditations and the full amount of their First Aid and Working with Children Check. After receiving their accreditation, it is the individual's responsibility to remain up-to-date with their qualifications.

Judges

Bunnerong has an impressive team of experienced and highly qualified judges. Our judges are up to date and active. To maintain their accreditation, they are required to fulfil a minimum number of judging commitments each year. There will be occasions when coaches, who are also judges, must find replacements for their classes. Coaches who are nationally accredited judges will be most affected by judging assignments. However, your child will reap the benefits of having coaches who are constantly up to date and "in circulation".

Medical Support

All of our Intermediate level and above coaches hold a First Aid Certificate, with many of our Beginner level coaches also being first aid certified. We work in close co-operation with local physiotherapists and medical centres. All gymnasts must be insured with the Gymnastics NSW, but we have been advised to recommend that all competitive gymnasts also be privately insured.

Bunnerong Gymnastics have a Defibrillator on site in the Office.

FEE POLICY

Bunnerong Gymnastics is a Not for Profit Association and any surplus funds are channeled into the purchase of new equipment for the gym or projects that directly benefit the children (current project new building for Bunnerong Gymnastics).

Annual Fees, including Gymnastics NSW Registration and Club Membership, are due every calendar year.

Club Membership

$30.00 per family

On payment of the Club Membership Fee you will receive the comprehensive handbook. Your children are entitled to all the benefits that a large club such as ours can offer, including displays, trips away, newsletters and involvement in all club activities: Carnival Days, Competitions, End of Year Display, social functions and discounts for Birthday Parties and School Holiday Camps.

Gymnastics NSW Registration & Insurance

Non-Competitive - $53.00
Competitive - $95.50

These are compulsory annual fees, which we must collect and pass on to our State Association, Gymnastics NSW. This entitles gymnasts to the benefits offered by Gymnastics NSW including insurance and participation in sanctioned competitions at Regional, State, National and International level. A registration package is issued to registered members.

Payment

Payment of fees may be by cash, cheque, EFTPOS, credit card or Internet Banking. Receipts will be issued immediately following payment via email. Term fees for Recreational Classes are due in full at time of enrollment, prior to term commencement. Competitive Squads term fees are to be paid prior to Week 3 of each term to receive an Early Bird Discount of 5%. If a cheque is dishonoured, all bank charges will be

added to the members' account and the total must be paid in cash. If cheques are dishonoured 3 times, fee payments will be accepted by cash or credit card only.

Late/Overdue

All overdue fees will incur a 10% surcharge. A reminder notice will be issued to all members with overdue fees. If payment is not forthcoming after the issue of this notice, a phone call from the Club's Administration will be made. Any further participation in classes at the Club will cease until fees are paid in full. Any fees outstanding for 60 days will result in the cancellation of membership and the employment of a collection agency. No gymnast will be allowed to participate in training or competition whilst fees are outstanding, unless a payment plan has been negotiated. The Club's Office Administrators can be contacted to discuss payment plans if required.

Refunds

Non-attendance does not qualify for a refund or credit. We offer gymnasts two make up lessons per term for classes that are missed. These must be booked in through our Office and are subject to availability.

Cancellation: If a class is cancelled by the Club, a make-up class will be offered. If the make-up class cannot be held, a pro rata adjusted credit of term fees will be made to your account.

Illness: Credit or refund may be applied for in writing to the Operations Manager, if illness extends 2 or more weeks. Any such claim must be accompanied by a medical certificate.

Injury: Credit or refund may be applied for in writing to the Operations Manager if injury extends 2 or more weeks. Any such claim must be accompanied by a medical certificate.

Family Holidays: Inability to attend due to holidays being taken during scheduled class times will not entitle the family to a refund or credit at any time.

Voluntary Withdrawal: Should a member decide not to continue to the end of a term, the member will incur a two-week cancellation period from the date of notifying Club Administration. Gymnastics NSW Registration is non-refundable.

Discounts

Discounts for Families: Bunnerong Gymnastics is proud to offer a 20% discount for the second child and 30% discount for the third and subsequent children, in the same immediate family. First child equals highest term fee (i.e. no discount), second child equals second highest term fee, third child equals third highest fee.

Trial Lessons

Trial lessons are available for new members at a cost of $30. If the child enrolls into a class, in the same term that the trial was completed, the payment of $30 will be deducted from fees.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

SCHOOL TERM & HOLIDAY CALENDAR

Public Holidays

Classes are as usual on public holidays that fall during term.

Summer Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	31st Dec Gym Closed	1st Jan Gym Closed	2nd Jan Holiday Camp	3rd Jan Holiday Camp	4th Jan Holiday Camp
Week 2	7th Jan Holiday Camp	8th Jan Holiday Camp	9th Jan Holiday Camp	10th Jan Holiday Camp	11th Jan Holiday Camp
Week 3	14th Jan Holiday Camp	15th Jan Holiday Camp	16th Jan Holiday Camp	17th Jan Holiday Camp	18th Jan Holiday Camp
Week 4	21st Jan Holiday Camp	22nd Jan Holiday Camp	23rd Jan Holiday Camp	24th Jan Holiday Camp	25th Jan Holiday Camp

School Term 1

Term 1 is an 11-week term. Starts on Monday 28th January 2019 and Finishes on Saturday 13th April 2019
**NB – Monday 28th is a public holiday; however, classes are on as usual.*

Autumn Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	15th Apr Holiday Camp	16th Apr Holiday Camp	17th Apr Holiday Camp	18th Apr Holiday Camp	19th Apr Gym Closed
Week 2	22nd Apr Gym Closed	23rd Apr Holiday Camp	24th Apr Holiday Camp	25th Apr Gym Closed	26th Apr Holiday Camp

School Term 2

Term 2 is a 10-week term. Starts on Monday 29th April 2019 and Finishes on Saturday 6th July 2019
**NB – Monday 10th June is a public holiday; however, classes are on as usual.*

Winter Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	8th Jul Holiday Camp	9th Jul Holiday Camp	10th Apr Holiday Camp	11th Apr Holiday Camp	12th Apr Holiday Camp
Week 2	15th Jul Holiday Camp	16th Jul Holiday Camp	17th Jul Holiday Camp	18th Jul Holiday Camp	19th Jul Holiday Camp

School Term 3

Term 3 is a 10-week term. Starts on Monday 22nd July 2019 and Finishes on Saturday 28th September 2019.

Spring Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	30th Sep Holiday Camp	1st Oct Holiday Camp	2nd Oct Holiday Camp	3rd Oct Holiday Camp	4th Oct Holiday Camp
Week 2	7th Oct Gym Closed	8th Oct Holiday Camp	9th Oct Holiday Camp	10th Oct Holiday Camp	11th Oct Holiday Camp

School Term 4

Term 4 is a 10-week term. Starts on Monday 14th October 2019 and Finishes on Saturday 21st December 2019.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

FUNDRAISING

This occurs throughout the year and is coordinated by the Board and Administrative Staff with the assistance of parents, gymnasts and coaches. Projects include the movie nights, barbeques, raffles and the end of year Display.

Specific Purpose Fundraising

The Club organises fundraisers to assist gymnasts who are selected to represent NSW or Australia. The Club also supports parents to set up sub-committees for fund raising for interstate and international competitive trips with approval from, and close communication with, the Board. Funds can also be raised to finance special clinics or training sessions.

Overseas Trips e.g. Hawaii, New Zealand or China

Depending on availability of funds, the Club may be able to finance the cost of an airfare, accommodation and ground transport of a Manager/Chaperone and Coach. The club pays the team entry fee.

Other trips – e.g. interstate competitions, Port Macquarie, Gold Coast. Depending on availability of funds, subsidies may be available for a coach. Otherwise the costs are shared between travelling participants.

Competition Subsides and Incentives

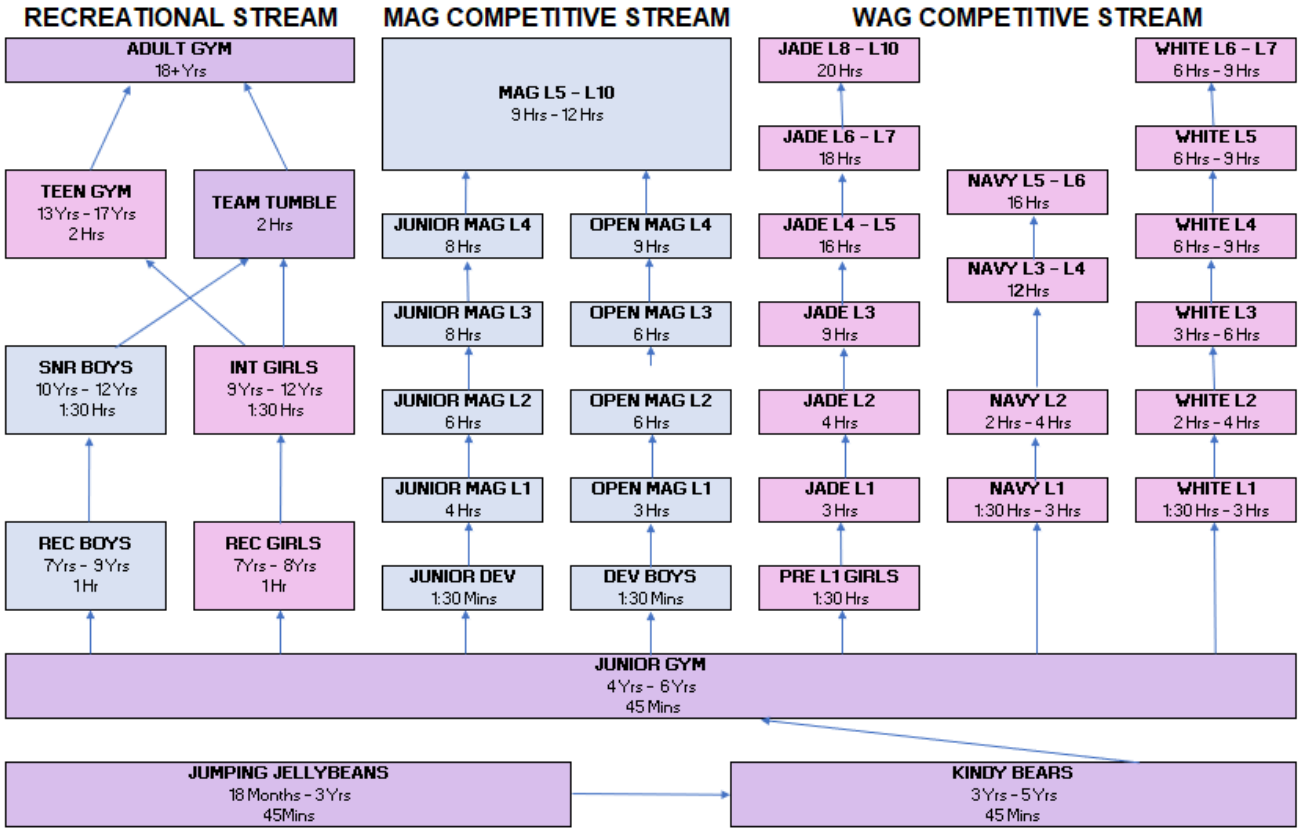
National Championships – National and International Levels 7 to 10. Depending on availability of funds, the Club may be able to finance the travel and accommodation costs of a coach, if any Bunnerong gymnasts are selected into NSW teams. Gymnasts receive $250 from the Club towards the cost of the championships.

National Clubs Competition – National and International Levels 5 to 10. Depending on availability of funds, the Club may be able to finance the cost of an airfare, accommodation and ground transport for one or two coaches (depending on numbers of competitors) and the accommodation and ground transport for a Manager or Chaperone. This excludes food and entertainment.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

CLUB STRUCTURE



*NB – Ages above are used as a guide only for our program. When entering children in competition, the Junior, Intermediate and Senior divisions are decided after entries have been submitted to GNSW.

MAG (Men's Artistic Gymnastics) – Boys only Classes

WAG (Women's Artistic Gymnastics) – Girls only Classes

Mixed Class – Girls and Boys Classes

Three "streams" or directions are provided to cater for the different aspirations and abilities of each child.

- Recreational Stream - Boys' and girls' classes
- MAG Competitive Stream – Boys' competitive squads
- WAG Competitive Stream – Girls' competitive squads

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

GYM RULES

1. Do not enter the gym before the class starts or without a coach.
2. Gymnasts must line up at the entry door and wait for their coach to bring their class in.
3. Food and drinks must not be taken into the gym.
4. No running inside or outside the gym. Classes must line up and follow coaches to their apparatus.
5. Do not climb on chairs in the foyer or the poles outside the gym.
6. Always dress in appropriate gym wear, no baggy clothes or dresses. No jewellery and hair must be tied up.
7. Sneakers or bare feet only on the gym floor. Heels and hard soled shoes are NOT permitted at any time.
8. Parents are not permitted in the gym, unless for a parent participation class. Please watch from the foyer.
9. No photos or videos are to be taken of your child's class. You may only take photos or videos of them, before or after their class.
10. Ensure gymnasts arrive to their class on time, so that they do not miss warm up and risk injury.
11. Do not use equipment without supervision by and permission from a coach.
12. Listen carefully to the coaches' instructions.
13. Report unsafe or broken equipment to a coach.
14. Do not leave valuables unattended.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

RECREATIONAL STREAM

Jumping Jellybeans

This is a play gym program designed for the preschooler aged from 18 months to 3 years. Classes are 45 minutes long and require parent participation. The program aims to challenge children physically, musically, intellectually and socially. A variety of small and large apparatus, together with supplementary equipment, imaginatively converts the gym into a magical playground.

An array of climbing, jumping, hanging, swinging, springing, balancing, rolling, throwing, catching and sliding activities are presented to your child to explore in a safe, caring and stimulating environment. Each session starts with a period of 'free exploration' around the gym with parents or guardians.

What to wear: Comfortable clothing (no skirts or jeans) and bare feet.

Parents please note: We ask that you keep mobile phones in your bag, as they are a distraction, and that you remove your shoes when inside the gym as hard soled and heeled shoes ruin our matting. Also, any siblings that are not participating in a class, must remain off the equipment. Prams can be brought into the gym.

Kindy Bears

The Kindy Bears program caters for boys and girls aged from 3 to 5 years, classes are 45 minutes long and focused around Fun, Fitness, Fundamentals and Friendship. Groups are small 12 per teacher and parent participation is required. A wide variety of equipment is used in circuits to allow the children to explore the basic movement fundamentals of running, jumping, landing, hanging, swinging, balancing, turning, rolling and supporting their body weight.

The curriculum has been devised to enable your child to progressively develop fundamental movement patterns, so that good body tension and spatial awareness is promoted in a fun and friendly environment.

What to wear: Leotard, swimming costume or bike pants and a t-shirt for girls. Shorts (not board shorts) and a t-shirt (not too baggy) for boys. Bare feet and no jewellery. Long hair must be tied back.

Parents please note: We ask that you keep mobile phones in your bag, as they are a distraction, and that you remove your shoes when inside the gym as hard soled and heeled shoes ruin our matting. Also, any siblings that are not participating in a class, must remain off the equipment. Prams can be brought into the gym.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

Junior GYM

The Junior GYM program caters for boys and girls from 4 to 6 years old. Classes are 45 minutes long and focused around Fun, Fitness, Fundamentals and Friendship. Groups are made up of 12 gymnasts per teacher and parents are not on the floor for these classes. Classes run multiple times a day from Monday to Saturday, both during the day and after school.

There are essentially three steps covering all the crucial areas of introductory and basic gymnastics. For both boys and girls there are simple skills covered on Vault, Bars, Beam, Floor, Trampoline, Strength and Flexibility.

The three steps start with most basic skills, being named 'G', then the skills get progressively more difficult through the 'Y' level, and lastly, 'M' level. Once a gymnast achieves all of the level skills, and spells out GYM, they will be prepared to move into the next class. This development could take up to two years. The children will be assessed during class in Terms 1 and 3, with progress reports emailed to parents. In Term 2 and 4, gymnasts will be required to attend Carnival Day to receive their assessment.

What to wear: Leotard, swimming costume or bike pants and a t-shirt for girls. Shorts (not board shorts) and a t-shirt (not too baggy) for boys. Bare feet and no jewellery. Long hair must be tied back.

Recreational Girls & Boys

Recreational Girls & Boys classes are focused around Fun, Fitness, Fundamentals and Friendship. We recommend that Recreational Girls are aged between 7-9 years old and Recreational Boys are aged between 7-10 years old. Both classes are a non-competitive progression from the Junior GYM program.

Classes focus on teaching basic skills and techniques on Vault, Bars, Floor, Trampoline, Strength and Flexibility. Additional for the girls there is Beam, and for the boys are Rings, Pommels and Parallel Bars.

Gymnasts will be assessed during class in Terms 1 and 3, with progress reports emailed to parents. In Term 2 and 4, gymnasts will be required to attend Carnival Day to receive their assessment.

What to wear: Leotard, swimming costume or bike pants and a t-shirt for girls. Shorts (not board shorts) and a t-shirt (not too baggy) for boys. Bare feet and no jewellery. Long hair must be tied back.

Intermediate Girls

Intermediate Girls classes are for beginners aged between 9-10 years old. Classes are focused around Fun, Fitness, Fundamentals and Friendship. It is a non-competitive progression from the Recreational Girls program and caters for those who are new to gymnastics or not ready or wishing to make the commitment to a competitive squad.

Classes will be based around Intermediate skill training on Vault, Bars, Beam, Floor, Trampoline, Strength & Flexibility. Gymnasts will be assessed during class in Terms 1 and 3, with progress reports emailed to parents. In Term 2 and 4, gymnasts will be required to attend Carnival Day to receive their assessment.

What to wear: Leotard, swimming costume or bike pants and a t-shirt. Bare feet and no jewellery. Long hair must be tied back.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

Teen Gym & Senior Boys

Teen Gym & Senior Boys classes cater for children, who are new to gymnastics or not wishing to make a commitment to a competitive squad, usually aged between 11-17 years.

The programs work on the fundamentals of exercise, creating a healthy attitude towards exercise, building strength, body awareness, skill progression and muscle flexibility.

What to wear: Leotard, swimming costume or bike pants and a t-shirt. Bare feet and no jewellery. Long hair must be tied back.

Team Tumbling

Team Tumbling is a class aimed at girls and boys age 13 years and older who are wanting to develop their tumbling, vaulting and trampolining skills, whilst maintaining their strength and flexibility.

There is an opportunity in this class to learn routines and displays to be performed at various events and potentially competitions in the future. Team Tumbling is a fun alternative program to our all-around gymnastics classes and is a unique opportunity for ex-gymnasts, dancers and acrobats who want to get back into the gym and work on their skills.

What to wear: Leotard, swimming costume or bike pants and a t-shirt for girls. Shorts (not board shorts) and a t-shirt (not too baggy) for boys. Bare feet and no jewellery. Long hair must be tied back.

Adult Class

Gymnastics for Adults is a fun and social opportunity that aims to help you improve your mobility, strength and coordination; the activities in the program can be catered to you and tailored to your level of ability or mobility.

No matter your experience, you can either regain some of your skills from the past or learn new skills, no matter how basic. Anyone with an interest is encouraged to enquire.

Classes are held on Monday evenings from 8:00-9:00pm and on Tuesday evenings from 7:00-9:00pm.

What to wear: Active wear – tight fitting shorts/tights and t-shirt. Bare feet and no jewellery. Long hair must be tied back.

School Programs

Bunnerong provides one-hour programs for schools either at the school or at Bunnerong, during the day. The program includes a warm up, basic skills on large and small apparatus, and gymnastics stations or circuits. A coach is provided to lead the program, and the teachers assist with the supervision of the circuits. We also design programs for one-day school and pre-school excursions for end of term activities.

Private Lessons

Several of our coaches are available for private lessons for adults, dancers and for children with special needs, however, time slots are limited. Contact our Office for more information.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

School Holiday Camps & Training

The club offers School Holiday Camps every school holidays for members and non-members. They include a variety of gymnastics (experience is not necessary), and other activities including games, crafts and movies. Children must be a minimum of 5 years old to attend. Prices are $50 per day for members or $55 per day for non-members. Children must bring recess, lunch and a water bottle with them.

Squad Holiday Training timetables are issued two weeks before the end of each term. Training during the holidays is very important for competitive gymnasts, especially if they have upcoming competitions. Prices vary dependent on the number of hours trained.

Classes are always run as usual on Public Holidays during school term, however, the gym is closes on public holidays that fall during the holidays.

BIRTHDAY PARTIES

Birthday Parties can be booked for members and non-members. All participants must be over the age of 5 years old, for safety reasons.

For further information or bookings call the gym on 9661 9955.

<table>
<tr>
<td>
</td>
<td>GYMNASTIC CIRCUITS,
FOAM PITS,
ROPES, RINGS, TRAMPOLINES,
GAMES AND MORE!

WE PROVIDE THE
ENTERTAINMENT

YOU PROVIDE THE FOOD</td>
</tr>
<tr>
<td>Saturdays: 4.00pm-5.30pm
Sundays: 10-11.30am
12.00pm-1.30pm
2.00pm-3.30pm
4:00pm-5.30pm</td>
<td>Costs
Members: $200 for the first 12 children
$12 for each additional child
Non-Members: $215 for the first 12 children
$14 for each additional</td>
</tr>
</table>

Payment of a $50 non-refundable deposit is required at the time of booking to secure your place.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

WAG COMPETITIVE STREAM

The WAG National Levels Program, consists of a progressive development of skilled performance based on a modified FIG Code of Points.

- National Levels 1 and 2 consists of flexible skill-based circuits. It is a non-competitive program for clubs to use for the development of their gymnasts. At Bunnerong we have choreographed simple routines which are progressive and will be competed in-house, as well as, at invitational competitions. Routines are judged and given a colour banding, there are no scores.
- National Levels 3 and 4 gymnasts, perform compulsory routines for a maximum score of 10.00. Routines are judged and given a colour banding, in accordance with their score.
- National Level 5 gymnasts perform compulsory routines with a maximum score of 10.00. Routines are judged and given scores.
- Optional routine choreography is introduced in National Level 6, with compulsory elements. Routines are judged out of 10.00 and given scores.
- A mix of compulsory and optional elements with no bonus is required at National Level 7.
- At National Levels 8 and 9, with limited bonus, and National Level 10 with unlimited bonus, optional skills in optional routines will be performed with set composition requirements.

WAG Pre-Level 1

WAG Pre-Level 1 class is a development program for 4 to 5-year-old girls. The classes provide the basic fundamental skills and posture for gymnasts to progress into the National Levels Program. The class is based on conditioning, body shape preparation and orientation. It is presented in a challenging and exciting way, so that the activities reinforce sound basic technique, but are also fun.It is advisable that the gymnasts remain in the program for several terms. If suited to the competitive stream, the gymnast will be recommended for a Level 1 group.

WAG National Levels Program

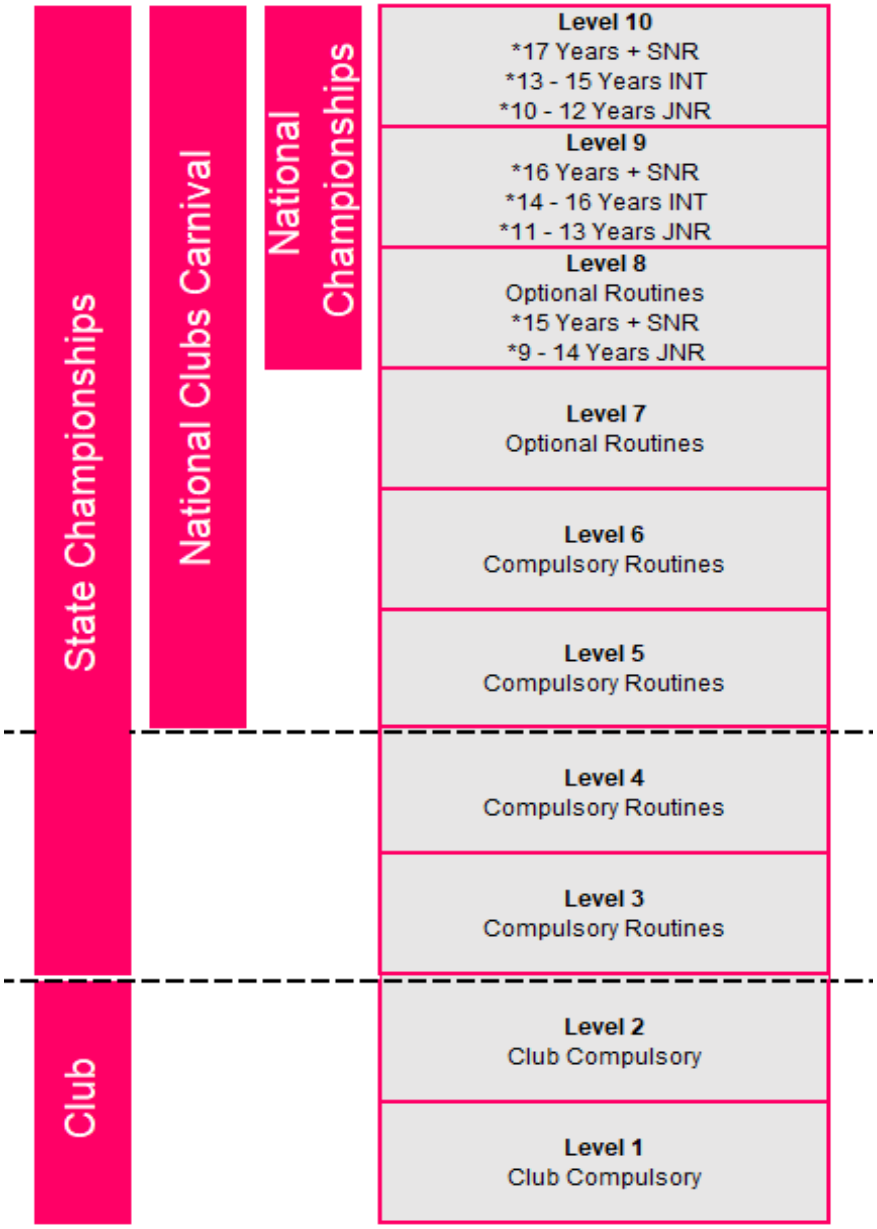
Bunnerong offers opportunities for female gymnasts who wish to train more seriously to become a member of a Squad. Gymnasts are assessed by the Head Coach or Program Manager for selection into the appropriate squad. Squads provide a thorough program of training to meet the individual needs of the gymnasts and prepare them for competitions. The programs incorporate aspects of physical preparation, trampoline and dance training for skill acquisition on four apparatus: vault, uneven bars, balance beam and floor exercise.

Every gymnast's attendance and progress are monitored and regular strength, flexibility and skill testing occurs. Parent/coach meetings are arranged when necessary to keep you up to date, explain the short and long-term goals of the programs and provide an opportunity for interaction and question time. Your child's squad coach is not available during class time to discuss any issues; however, they are able to meet with you out of class time if required. Parent interviews with the Program Manager, Head Coach and Manager can also be organised by appointment only. If children are selected to train with a squad they must commit to the required hours as set down by the Club.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

WAG Australian Levels Program Pathway & Competition Framework



* Age Categories listed for Level 8 to 10 are set for national Championships. States may choose to have different age divisions as required.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

WAG Level 1 & 2

Level 1 and Level 2 is made up of a set of skills. Competitions are held in the club or by invitational to other clubs. Bunnerong has created compulsory routines for Level 1 and Level 2 which will be used within the club only, and we will hold in house competitions for these routines.

1. Selection

Teams and individuals are selected to compete under our selection policy criteria.

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 1 & Level 2	General Warm Up/Compete	Vault – 2 Vaults	Bars - 1 routine (does not include bar preparation)	Beam - 30 seconds per gymnast (may be on a different beam)	Floor - one routine

3. Timing of Routines

a) Beam

30 seconds for Level 1 and Level 2

b) Floor

Level 1 – 30 seconds
Level 2 – 30 seconds

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 1	29.00 Points	7.25 Points
Level 2	30.00 Points	7.50 Points

5. Awards

In Level 1 and Level 2 there is a banding system where the gymnast receives a coloured ribbon for individual apparatus and overall placing. Banding is a system where everyone receives a coloured ribbon for competing and depending on the score they receive determines the colour ribbon they receive.

COLOUR RIBBON	BLUE	RED	GREEN	WHITE	PINK
Individual Apparatus	9.50 & Above	9.00 – 9.45	8.50 – 8.99	8.00 – 8.49	7.99 & Below
All Around	36.00 & Above	34.00 – 35.99	33.99 & Below	-	-

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

WAG Level 3 & 4

Level 3 and Level 4 have compulsory routines, where the gymnasts have the opportunity to compete at in-house, invitational, Regional and State competitions. Competition season usually starts around July and State Championships is usually around October and November.

1. Selection

Teams and individuals are selected to compete under our selection policy criteria. Once gymnasts compete in the regional competitions the Regions are to select and submit teams for the State Championships. The Inner City Region will select 8 Teams per level to attend State Championships. Each team will consist of 5 gymnasts (40 Athletes total in each level from each region).

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 3 & Level 4	General Warm Up/Compete	Vault – 2 Vaults	Bars - 1 routine (does not include bar preparation)	Beam - 30 seconds per gymnast (may be on a different beam)	Floor - one routine NB - L4 floor routine at GNSW events will be straight line only.

3. Timing of Routines

a) Beam

1:00 minute (60 seconds) for Level 3 and Level 4

b) Floor

Level 3 – 55 seconds
Level 4 – 62 seconds

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 3	31.00 Points	7.75 Points
Level 4	32.00 Points	8.00 Points

5. Awards

At State Championships, in each session, athletes will compete as part of Regional Teams for all around 1st – 3rd Regional Team Awards.

Individual team members will receive banding awards on apparatus and all around where the gymnast receives a coloured ribbon for individual apparatus and overall placing. Banding is a system where everyone receives a coloured ribbon for competing and depending on the score they receive determines the colour ribbon they receive.

COLOUR RIBBON	BLUE	RED	GREEN	WHITE	PINK
Individual Apparatus	9.50 & Above	9.00 – 9.45	8.50 – 8.99	8.00 – 8.49	7.99 & Below
All Around	36.00 & Above	34.00 – 35.99	33.99 & Below	-	-

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

WAG Level 5 & 6

Competitions are held by the Region and State. Competition season usually starts around June and State Championships are usually held around August.

Level 5 have compulsory routines, Level 6 has a compulsory or you can compete optional routine. Level 5 has compulsory routines, Level 6 has compulsory or optional routines, where the gymnasts have the opportunity to compete at in-house, invitational, regional and State run competitions. These gymnasts also have the opportunity to attend National Clubs Carnival should they reach the selection criteria.

1. Selection

Teams and individuals are selected to compete trials under our selection policy criteria. Gymnasts must qualify at Regional level before being eligible to enter State Championships and/or National Clubs Carnival.

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 5	Warm Up / Compete	Vault - 2 Vaults	Bars - 1 routine (does not include bar preparation)	Beam - 45 seconds (may be on a different beam)	Floor - Minimum 3 minute warm-up (with a maximum of 8 gymnasts)
Level 6	Warmup/ Compete	Vault - 2 Vaults	Bars - 1 minute per gymnast	Beam - 1 Minute	

3. Timing of Routines

a) Beam

Level 5 - 1:15 minutes (75 seconds)
Level 6 - 1:30 minutes (90 seconds)

b) Floor

Level 5 – 71 seconds
Level 6 – 72 seconds

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 5	32.00 Points	8.00 Points
Level 6	32.00 Points	8.00 Points

5. Awards

Individual and Team scores are displayed and ranked accordingly. Apparatus and Overall ranking from 1st to 3rd and sometimes 1st to 6th places are awarded.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

WAG Level 7- 10

Level 7 to Level 10 have optional routines (please see requirements below), where the gymnasts have the opportunity to compete at in-house, invitational, regional and State run competitions. These gymnasts also have the opportunity to attend National Clubs Carnival should they reach the selection criteria.

1. Selection

Teams and individuals are selected to compete trials under our selection policy criteria. Gymnasts must attend a Regional Comp or Mock comp and achieve the qualifying mark before being eligible to enter State Championships and/or National Clubs Carnival. The NSW State body selects the team members to travel to Australian National Championships for Levels 8 to Levels 10. Places 7 to 12 have the opportunity to travel to Border challenge.

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 7	Warm Up / Compete	Vault - 2 Vaults	Bars - 1 minute per gymnast	Beam - 1 Minute	Floor - Minimum 3 minute warm-up (with a maximum of 8 gymnasts)
Level 8 – Level 10	Apparatus Warmup + One touch warmup	15 Minutes then Vault - 2 Vaults	15 Minutes then 30 Seconds	15 Minutes then 30 seconds	15 minutes then 3 minute warm-up

3. Timing of Routines for Beam & Floor

1:15 minutes (75 seconds) for Levels 7 & 8
1:30 minutes (90 seconds) for Levels 9 & 10

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 7	36.00 Points	9.00 Points
Level 8	39.00 Points	9.75 Points
Level 9	40.00 Points	10.00 Points
Level 10	41.00 Points	10.25 Points

5. Awards

Individual and Team scores are displayed and ranked accordingly. Apparatus and Overall ranking from 1st to 3rd and sometimes 1st to 6th places are awarded.

The current philosophy for exercise content and combination encourages an emphasis on the mastery of dance and acrobatic choreography, artistically presented.

Each routine must contain a set number of 6 to 8 elements (depending on the level) called Difficulty Value (DV), plus achieve the 5x set Composition Requirements (CR) and by combining certain difficulty together achieve bonus for levels 8 to 10.

6. The Difficulty Value (DV)

- Difficulty Values: A = 0.1 B = 0.2 C = 0.3 D = 0.4 E = 0.5
- The DV in the National Levels Table of Vaults.
- The D Score on Bars, Beam and Floor.
- 6–8 elements (dependent on the level) including dismount will be counted on each apparatus.
- Level 7 = 6x highest valued elements including dismount
- Level 8 = 7x highest valued elements including dismount
- Level 9 = 8x highest valued elements including dismount
- Level 10 = 8x highest valued elements including dismount

7. Composition Requirements

Bars

Counting Elements	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	6x including Dismount	7x including Dismount	8x including Dismount	8x including Dismount
CR 1. Bar Change	Bar Change	Bar Change	Flight Element Or Element w reverse Grip	Flight Element (separate to CR 2) Or Element w reverse Grip
CR 2. Turn	No requirement (0.50 awarded free)	Element with flight Or Element with LA Turn (excluding mount & dismount)	Flight element (separate to CR1) Or Element with LA Turn (excluding Mount or Dismount)	Element with LA Turn (excluding Mount or Dismount)
CR 3. Close Bar Circle	Close bar circle element to above horizontal	Close bar circle element to 45° above horizontal	Close bar circle element to within 30° of handstand	Close bar circle element to handstand
CR 4. H/s Element	Element to or through handstand	Element to or through handstand	2 Different elements to or through handstand	2x Different elements to or through handstand
CR 5. Dismount	0.5 Back Flyaway 0.3 A or more dismount	0.5 Back Flyaway D/mount 0.3 B or more Dismount 0.3 Tucked back flyaway	0.5 B or more dismount 0.3 A salto dismount	0.5 C or more dismount 0.3 B Dismount

Beam

Counting Elements	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	6x including Dismount	7x including Dismount	8x including Dismount	8x including Dismount
CR 1. Dance Series	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180°	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180°	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180°	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180°
CR 2. Turn	Turn (group 3)	Turn (group 3)	Turn (group 3)	Turn (group 3)
CR 3. Acro Series	1x Acro Flight Element	Acro Series, min 2 elements, 1x Flt, static element permitted	Acro Series, min 2 elements, 1x with Flight	Acro Series, min 2 elements, 1x with Flight
CR 4. Add Acro	Additional Acro Element • If mount, min 'B'	Additional Acro Element • If mount, min 'B' • Clear pike 'V' not permitted	Additional Acro Element • If mount, min 'B' • Clear 'V' not permitted	Additional Acro Element in different directions (fwd OR swd + bwd element) • Not static, mount or dismount
CR 5. Dismount	0.5 Salto dismount directly connected to acro element 0.5 'B' Salto or higher dismount 0.3 'A' dismount Element preceding dismount must be separate from CR3	0.5 Salto dismount directly connected to acro flt element 0.5 'B' or higher dismount 0.3 'A' dismount Element preceding dismount must be separate from CR3	0.5 'B' + salto d/mount directly conn to acro flight element 0.5 'C' + dismount 0.3 'B' salto dismount 0.3 Salto d/mount directly conn to acro flt element that lands on 2 feet	0.5 'B' + salto d/mount directly conn to acro flight element 0.5 'C' + dismount 0.3 'B' salto dismount 0.3 Salto d/mount directly conn to acro flt element that lands on 2 feet

Floor

Counting Elements	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	6x including Dismount	7x including Dismount	8x including Dismount	8x including Dismount
CR 1. Dance Series	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180°	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180°	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180°	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180°
CR 2. 2x Acrobatic Series	Minimum of 2x Acro lines (must contain min of 2 flight elements one of which is a salto)	Minimum of 2x Acro lines, one with 2x saltos	Minimum of 2x Acro lines, one with 2x saltos	Minimum of 2x Acro lines, one with 2x saltos, one of which is min 'B'
CR 3. Bwd Salto Series	3x directly conn flight element one of which is a back salto to land on 2 feet	Stretched Salto min 'B' OR Salto with 360° LA turn	Salto with 360° LA turn OR Double BA salto	Salto with 360° LA turn OR Double BA salto
CR 4. Fwd & Bwd Saltos	Fwd and Bwd salto performed within lines	Fwd and Bwd salto performed within lines	Fwd and Bwd salto performed within lines	Fwd and Bwd salto performed within lines
CR 5. Dismount	0.5 Stretched Salto Dismount 0.3 Salto Dismount	0.5 'B' or more Salto Dismount 0.3 Stretched Salto Dismount	0.5 Stretched Salto min 360° LA Turn 0.3 'B' or more Salto Dismount	0.5 'C' or more salto d/mount 0.3 Stretched Salto min 360° LA Turn

8. Bonus

Bonus has been created to reward difficult and unique combinations of elements. There is specific bonus listed for each apparatus and is **only** awarded in Levels 8, 9 and 10.

Level 7 Has no bonus

Level 8 Has a maximum of 0.2 Bonus for specific skills

Level 9 Has a Maximum of 0.6 Bonus for specific connections

Level 10 Has Unlimited Bonus connections

Bars

LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
No Bonus	**0.2 Maximum Bonus**	**0.6 Maximum Bonus**	**Unlimited Bonus**
	0.2 If Giant Circle Performed	0.4 'D' or more flight elements (excluding dismount)	
		0.2 Double salto dismount	
		0.2 Element with forward/reverse grip (no cast, mount or dismount)	
		0.2 Non-flight element with min 360° LA Turn	
		0.2 'C' + 'C' or more (must be different)	
**10cm additional mat permitted for any flight or transition elements*			

Beam

LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
No Bonus	**0.2 Maximum Bonus**	**0.6 Maximum Bonus**	**Unlimited Bonus**
	0.2 Rebounding acro series both elements with flight	0.4 Rebounding acro series on beam (both elements flight, land on feet)	
		0.2 Rebounding acro series into dismount (both elements with flight)	
		0.2 'B' + 'C' (or more) rebounding acro series with salto on beam (both elements with flight)	
		0.2 'B' + 'C' (or more) mixed or dance (skills must be different)	
		0.2 'C' (salto) + 'A' (dance) (or more) mixed series	
		0.2 'A' + 'B' (or more) turns only	
**Coach may stand in for 'D' Dismounts or more*			

Floor

LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
No Bonus	**0.2 Maximum Bonus**	**0.6 Maximum Bonus**	**Unlimited Bonus**
	0.2 R/off + flip + stretched salto with minimum 360° LA Turn	0.2 Any 'D' or more acro skill	
		0.2 Any double back salto (awarded in addition to bonus 1 above)	
		0.2 'A' + 'C' or more direct or indirect acro	
		0.2 Connection of turns 'A' + 'C' or 'B' + 'B'	
**5cm additional mat allowed for all 'C' or more saltos*			

Calculating the D Score = Total value of elements + composition requirements + bonus (if applicable).

The Final Score on each apparatus will be established utilising 2 separate scores, D Score (Difficulty or Start score) and E Score (execution).

Composite Classes

At Bunnerong Gymnastics, we have introduced the use of composite classes. These classes will give gymnasts the opportunity to train up a level, with the flexibility of repeating their same level if they do not gain all of the skill requirements in time. If they gain all skills and special requirements for the next level, they will be able to compete the next level up.

This is a 'black and white' process where the child will either be competition ready or not. No gymnasts will be eligible to compete if they are unprepared and do not have all skill requirements.

WAG Competition Eligibility

Each gymnast must attain a minimum overall score and individual apparatus score before being considered to moving to the next level.

Prior to competing in any competition, all gymnasts will be skill tested to ensure they are ready to compete.

For Level 1 through to Level 6 this will simply be the ability to perform the compulsory skills in each of those levels.

Level 7 through to Level 10 are optional routines, so the requirements are slightly different and gymnasts will have to have all necessary skills called difficulty values (DV), and composition requirements (CR) fulfilled prior to competing in a new level.

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

MAG COMPETITIVE STREAM

Development Boys

Classes are provided for boys 5 to 8 years who have shown talent in the Junior Gym program and who may be interested in joining a competitive squad in the future. The program is based on conditioning, body shape preparation and orientation. It is presented in a challenging and exciting way, so that the activities reinforce sound and basic technique, but are also fun.

It is advisable that the gymnasts remain in the program for several terms. If suited to the competitive stream, the gymnast will be recommended for a squad by a MAG Coach.

MAG National Levels Program

Bunnerong offers opportunities for those male gymnasts who wish to train more seriously, to become a member of a Squad. Gymnasts are assessed by the relevant Program Manager or MAG Coaches for selection into the appropriate squad. Squads provide a thorough program of training to meet the individual needs of the gymnasts and prepare them for competitions. The programs incorporate aspects of physical preparation and trampoline training for skill acquisition on six apparatus: vault, high bar, pommels, parallels, floor and vault.

Every gymnast's attendance and progress are monitored and regular strength, flexibility and skill testing occurs. Parent/coach meetings will be arranged when necessary to keep you up to date, explain the short and long-term goals of the programs and to provide an opportunity for interaction and question time. Your child's squad coach is not available during class time to discuss any issues; however, they are able to meet with you out of class time, if required. Parent interviews with the Program Manager, Head Coach and Manager can also be organised by appointment only. If children are selected to train with a squad they must commit to the required hours as set down by the Club.

MAG Level 1 & 2

Routines are compulsory. Competitions are held 'in-house' and by the Region.

MAG Level 3 – 5

Routines are compulsory with the option of adding 'Bonus Skills'. Competitions are held by the State in a Grand Prix Series, consisting of four competitions at different locations across NSW, where gymnasts can qualify for State Championships. Bunnerong usually decides to enter two out of the four Grand Prix competitions. The competition season usually starts around July and State Championships is usually around October or November.

MAG Level 6

Level 6 gymnasts under 12 years old will compete compulsory routines with the option of adding 'Bonus Skills'. Level 6 gymnasts in the Optional category, compete modified Level 7 requirements with the option of additional skills.

MAG Level 7-10

There is a variety of requirements depending on whether gymnasts are in the 'Aged' or 'Open' categories, which is dependent on birth year. See below table. Competitions are held by the State and National bodies. Competition season usually starts around March and National Championships are held in May, then National Clubs held in September/October.

Division	Level	Age	Calendar Year Born	ALP Rules
Junior	Level 1 U7	7	2011	Compulsory
	Level 1 Open	Open		Compulsory
	Level 2 U/8	8	2010	Compulsory
	Level 2 Open	Open		Compulsory
	Level 3 U/9	9	2009	Compulsory + Bonus Skills
	Level 3 Open	Open		Compulsory + Bonus Skills
	Level 4 U/10	10	2008	Compulsory + Bonus Skills
	Level 4 Open	Open		Compulsory + Bonus Skills
	Level 5 U/11	11	2007	Compulsory + Bonus Skills
	Level 5 Open	Open		Compulsory + Bonus Skills
	Level 6 U/12	12	2006	Compulsory + Bonus Skills
	Level 6 Optional	Open		Modified Level 7 Open Requirements + Additional Skills
	Masters	20	1998	Level 7 Open Requirements
Senior	Level 7 U/13	13	2005	Compulsory + Bonus Skills
	Level 7 Open	Open		Modified FIG Junior + Additional Skills + Specific Bonus
	Level 8 U/14	14	2004	Compulsory + Bonus Skills
	Level 8 Open	Open		Modified FIG Junior + Specific Bonus
	Level 9 U/17	17	2001	FIG Junior Rules
	Level 9 Open	Open		FIG Junior Rules
	Level 10 & SNR	Open		FIG / No Modifications
The minimum age to compete is to be turning 6 years of age in the calendar year of competition.				

Qualification and Passing Scores

State Championships Qualification

New South Wales

Division	Level	State Entry Qualifying AA Score (At least)
Senior	Level 10 & Senior International	Athletes must have competed in, at least one state trial on at least one apparatus.
	Level 9 Open	Athletes must compete on the apparatus that they propose to compete on at the State Championships in at least one trial.
	Level 9 U/15 & 9 U/17	
	Level 8 Open	
	Level 8 U/14	
	Level 7 Open	
	Level 7 U/13	
Junior	Masters	Athletes must compete on the apparatus that they propose to compete on at the State Championships.
	Level 6 Optional	Athletes must compete on the apparatus that they propose to compete on at the State Championships. An individual apparatus qualifying score of 9.0 must be achieved. Competitors wishing to compete in the AA competition must score 54.0.
	Level 6 U/12	45.0
	Level 5 Open	45.0
	Level 5 U/11	45.0
	Level 4 Open	45.0
	Level 4 U/10	45.0
	Level 3 Open	45.0
	Level 3 U/9	45.0
	Level 2 Open	45.0
	Level 2 U/8	45.0
	Level 1 Open	45.0
	Level 1 U/7	45.0

Level 1 - 6 athletes seeking qualification to the State Championships must have competed on all apparatus at a MAG qualifying event (Grand Prix or State Clubs).

An athletes' competition division will be determined by the athletes' year of birth. To be clear, if an athlete is Age eligible they must compete in the Age Division in levels 1-6.

Awards

Competition Awards at State Championships

New South Wales

LEVEL	ALL AROUND PLACES AWARDED	APPARATUS PLACES AWARDED
Level 1-6	1st – 3rd	N/A
Level 1-2	All athletes performing compulsory routines will receive a banded award based on their Overall Score; Gold (>54.00), Silver (50.00 – 53.99), Bronze (< 50.00)	
Level 3-4	All athletes performing compulsory routines will receive a banded award based on their Overall Score; Gold (> 55.50), Silver (51.50 – 55.49), Bronze (< 51.50)	
Level 5-6	All athletes performing compulsory routines will receive a banded award based on their Overall Score; Gold (>57.00), Silver (53.00 – 56.99), Bronze (< 53.00)	
Level 6 Optional	All athletes will receive a banded award based on their Overall Score; Gold (>66.00), Silver (60.00 – 65.99), Bronze (< 60.00)	
Masters	1st – 3rd All Around	
Special Olympics Level 1-2	Gold (> 105), Silver (93.00 – 105.00), Bronze (< 93.00)	
Special Olympics Level 3-4	Gold (> 108), Silver (96.00 – 108.00), Bronze (< 96.00)	
Level 7 - SNR	1st – 6th	1st – 6th

Bunnerong Gymnastics
441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

COMPETITION & TRAINING ETIQUETTE

Preparing for Competition

Address & Time
Make sure you know the address of the competition and plan to arrive to any competition 15 minutes early. This ensures that the gymnasts remain calm and in the best frame of mind.

What to Wear
- WAG Levels 1 & 2: Bunnerong Short Sleeved Training Leotard.
- MAG Levels 1 & 2: Bunnerong Leotard, White Shorts, White Longs, White Socks.
- WAG Levels 3-10: Bunnerong Long Sleeved Competition Leotard and Club Tracksuit. Scrunchie for hair.
- MAG Levels 3-10: Bunnerong Leotard, White Shorts, White Longs, White Socks and Club Tracksuit.

What to Take
Pack a drink bottle, handguards/grips and panda paws (if needed), sports tape and a snack. Bobby-pins/clips, extra hair elastics, hairspray and a brush for WAG.

Hair Style for Girls
The Bunnerong competition hairstyle is a high bun. It is important to note that we all are the same, we are a team and we need to all look the same. Perhaps practice this hairstyle for a few training sessions to get the true feel of it for both the parent styling it and the gymnast wearing it. ☺

NB – Important tip: A trick to stop flyaway hair and how to style hair the easiest is to leave the hair dirty. (This is a dancer's tip, and very useful!) Clean hair is shiny and slippery and will most likely fallout, which places unnecessary stress on the gymnast.

Directions:
1. First of all, make a high ponytail which is a 45° angle from the chin to the crown of the head. Use a couple of strong holding elastics. With thick hair use several elastics to lock ponytail in place.
2. Spray the head with Strong Hold hairspray to keep the hair smooth on the head whilst working on the ponytail section.
3. Braid the ponytail hair right to the very end and secure with an elastic.
4. Wrap the braid around the base of the ponytail. Secure this with several elastics and pins if necessary. With heavy hair you may need to use a hair net as well.
5. Spray everything again with Strong Hold Hairspray.
6. Wrap a Jade scrunchie several times around the bun for final finish.

During Competition

Parents can help create a positive sporting environment and reduce sport rage by being good role models. Let Kids Be Kids is a resource on tips for parents, coaches, administrators and officials making sport safe, fair and inclusive.

Parents are to remain in the viewing area at training and in the grandstand at competitions. Once the gymnast is handed over to the coach/es on the 'field of play'/competition floor there should be no interaction between parent and child until training/competition ends. Whilst this may be seemingly harsh, it will produce the best possible chance of success without the distractions that can be inadvertently be brought onto the gymnast/team by well-meaning supporters and parents.

Encourage Fair Play

- Cheer and acknowledge good gymnastics performed by any team
- Thank the coach/es and other officials after the event

Respect Officials, Coaches and Opponents

- Accept decisions by officials – whether it be scores by judges, training groups or team selection
- Deal with issues in a controlled and professional manner after competition

Keep Emotions in Check

- Be enthusiastic, but don't scream instructions from the sideline
- Absolutely no interaction between 'field of play'/competition floor and spectators until the completion of the competition. This can lead to disqualification.
- No parent may be present on the 'field of play'/competition floor whilst their child is competing/training.
- Do not get into shouting matches with anyone, never use bad language or harass others.

Uphold your Club's Code of Conduct

- Understand, uphold and support your club's code of conduct for parents
- If you have put your hand up to be an official, it's important to understand all of your club's rules and regulations, the spirit of the game and the relevant codes of conduct

Help Kids Enjoy Sport

- Emphasise trying hard and having fun, not only winning
- Never ridicule or yell at a child for making a mistake

Post Competition

After the competition whether your child has performed well or not, it is very important to focus on the positives of the day and not belittle or get angry with a child for any mistakes they may have made. Gymnastics is one of the hardest sports around, and the child will already be aware of her mistakes, and the last thing they need is reinforcement of those errors.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

GENERAL – CODE OF CONDUCT

As a member of Bunnerong Gymnastics either as a gymnast, parent, carer, coach, volunteer, participant, supporter, administrative staff or member of the Board, involved in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event.

This code of conduct should be read and understood by all gymnasts, parents, carers, coaches, volunteers, participants, supporters, administrative staff or members of the Board. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to:

1. Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background or religion.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adhesion to, Bunnerong Gymnastics standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines which govern Bunnerong Gymnastics, Gymnastics NSW, the member associations and the affiliated clubs.
7. Do not use your involvement with Gymnastics Australia, Gymnastics NSW, a member association or an affiliated club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Gymnastics NSW, a member association or an affiliated club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any form of harassment of others. Bunnerong Gymnastics – General Code of Behaviour.
11. Refrain from any behaviour that may bring Gymnastics NSW, a member association or an affiliated club into disrepute.
12. Provide a safe environment for the conduct of the activity.
13. Show concern and caution towards others who may be sick or injured.
14. Be a positive role model.
15. Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

PARENT/S – CODE OF CONDUCT

As a parent of a participant in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event.

This code of conduct should be read and understood by all parents and supporters. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to.

1. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. In accordance with Gymnastics NSW, you must not take photos or videos of your child in training without arranging to do so prior with permission from Coach and or Administrative staff. Unless your child is the only person visible in the photo/video, this must not be posted on any social media site, in accordance with child protection laws.
5. To understand, follow, and respect each and every Value of the Bunnerong Gymnastics program.
6. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
7. Show appreciation for good performance by all gymnasts, including gymnasts from other teams.
8. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
9. Respect officials' decisions and teach children to do likewise.
10. Do not physically or verbally abuse or harass anyone associated with the gymnastics (participant, coach, judge, etc).
11. Be a positive role model.
12. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
13. To maintain fairness and integrity for each individual child, a child's parent or caregiver must not be on either the training floor or competition floor at the same time as their own daughter or son.
14. Be aware of the repercussions that any breaches of this code of conduct may incur.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

GYMNAST'S – CODE OF CONDUCT

As a gymnast or participant in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event:

This code of conduct should be read and understood by all gymnasts and participants. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to.

1. Respect the rights, dignity and worth of fellow gymnasts, coaches, officials and spectators.
2. To understand, follow, and respect each and every Value of the Bunnerong Gymnastics program.
3. Do not tolerate acts of aggression.
4. Respect the talent, potential and development of fellow gymnasts and competitors.
5. Care for and respect the equipment provided to you as part of your program.
6. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
7. At all times avoid intimate relationships with your coach.
8. Conduct yourself in a professional manner relating to language, temper and punctuality.
9. Maintain high personal behaviour standards at all times.
10. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
11. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
12. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.
13. Be aware of the repercussions that any breaches of this code of conduct may incur.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

COACH/ES – CODE OF CONDUCT

As a coach in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event:

This code of conduct should be read and understood by all coaches. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to.

1. Do not tolerate acts of aggression.
2. Provide feedback to gymnasts and other participants in a manner sensitive to their needs.
3. Recognise gymnasts' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, sports scientists, doctors and physiotherapists).
4. Treat all gymnasts fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate gymnasts' independence and responsibility for their own behaviour, performance, decisions and actions.
6. To understand, follow, and respect each and every Value of the Bunnerong Gymnastics program, and encourage and facilitate gymnasts to do the same.
7. Involve gymnasts in decisions that affect them.
8. Encourage gymnasts to respect one another and to expect respect for their worth as individuals regardless of their level of participation.
9. Ensure that the tasks and/or training set are suitable for age, experience, ability, and physical and psychological conditions of the gymnasts.
10. Ensure any physical contact with gymnasts is appropriate to the situation and necessary for the gymnast's skill development.
11. Be acutely aware of the power that you as a coach develop with your gymnasts in the coaching relationship and avoid any sexual intimacy with gymnasts that could develop as a result.
12. Avoid situations with your gymnasts that could be construed as compromising.
13. Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
14. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your gymnasts.
15. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
16. Know and abide by rules, regulations and standards, and encourage gymnasts to do likewise. Accept both the letter and the spirit of the rules.
17. Be aware of the repercussions that any breaches of this code of conduct may incur.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

OFFICIAL'S/ADMINISTRATOR'S – CODE OF CONDUCT

As an official in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event:

This code of conduct should be read and understood by all officials. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to.

1. Place the safety and welfare of the participants above all else.
2. Accept responsibility for all actions taken.
3. Be impartial.
4. Avoid any situation that may lead to a conflict of interest.
5. Be courteous, respectful and open to discussion and interaction.
6. Value the individual in sport.

COMPETITION RULES & PROCEDURES

Competition Rules

- Competitions will be conducted in accordance to the rules as listed in the WAG & MAG ALP Manual Version 2.1:NL 1 – 10.

Team Selection

Bunnerong Gymnastics Association has established the following policy to ensure that their competitive teams are given the best possible chance of success.

Objectives

To identify those athletes who, in the opinion of Bunnerong Gymnastics Association's Head Coach; Personal Group Coaches; and Board member/s, are most likely to achieve the best possible results at the Event.

Selection Criteria

To put forward the strongest team first as Team 'A' and if allowed having a Team 'B' and so forth. These teams will be comprised from results of trials and regional competitions, as well as, skill requirements. Mock competitions will not be considered in the selection process. These teams are not necessarily the top 6 overall scores. The top 3 scores on each apparatus count towards the team score, so this will be taken into account when deciding team composition.

Selection Panel

The selection panel will be made up of the following:

1. Operations Manager
2. Head Coach (of the appropriate Discipline)
3. 1x Board Member

Publication

Once the team or teams have been selected, these will be published as soon as possible by email to the team members and coaches.

This policy should be read and understood by all parents and supporters. Bunnerong Gymnastics asks for your total support in ensuring that this policy is adhered to.

Team Travel

When the competition is interstate or overseas, and organised by Bunnerong Gymnastics Association the following conditions apply:

• Parents/supporters are asked not to travel on the same flights as the team, unless specified otherwise.
• Parents/supporters are asked not to request assistance from Bunnerong Gymnastics with travel bookings.
• Official Supporters Tours may be conducted by Bunnerong Gymnastics or by prior arrangement Bunnerong Gymnastics may assist in coordinating any supporter groups.

Team Accommodation

When the overseas tour or competition in Australia is organised by Bunnerong Gymnastics the following conditions apply:

• Parents/supporters are asked not to arrange accommodation in the same hotel as the team, unless specified otherwise.
• Parents/supporters are asked not to request assistance from Bunnerong Gymnastics with accommodation bookings.

Contact with Team Members

Bunnerong Gymnastics ask that all parents and supporters refrain from contacting the athletes at times other than approved by the team manager and/or personal coaches. It is understood that the support of the parents is vital to the athlete and every effort will be made to ensure that social/family time is allocated when appropriate to competition and training times. This will also apply to official Training Camps held prior to major competitions.

Bunnerong Gymnastics, GNSW & GA Communication

All parents will be informed of details of the tours via team circulars issued from either the Bunnerong Gymnastics/GNSW or the GA office. The circulars will advise contact details for the team whilst competing interstate or overseas.

Parents are invited to contact the appropriate office should they have any concerns or queries regarding the tour or competition. Results from the competitions are placed as soon as possible on the website or links that are established to the competition sites.

Conclusion

Bunnerong Gymnastics asks that all parents/supporters understand that this policy has been implemented to ensure that the team is given the best opportunity to perform without any distractions.

Bunnerong Gymnastics seeks your support in accepting this policy, which will ensure that all parents/supporter groups travelling overseas fully understand the situation.

Appeals and Grievance

All members have the opportunity to appeal and/or lodge a grievance to the relevant management levels. Further details are contained in the Bunnerong Gymnastics/NSWGA or GA Grievance and Appeals policy document.

Changes to the Policy

Changes to this policy may be submitted by Bunnerong Gymnastics Board for review and approval by the Bunnerong Gymnastics Board. Once a change has been approved, the policy will be updated in the official Bunnerong Gymnastics policy register and circulated to Bunnerong Gymnastics Board members, coaches, and parents.

In addition, Bunnerong Gymnastics Board is committed to ensuring all policies are up-to-date and reflect current practices. The latest review date is recorded at the beginning of each policy.

Bunnerong Gymnastics

441 Bunnerong Road Matraville NSW 2036 • (02) 9661 9955

2019 EVENTS CALENDAR

February		
9th February	NSWGA 2018 Annual Awards Dinner	Rosehill Gardens
17th February	MAG State Squad Training	SGAC
23rd February	Level 3 – Level 10 Training at Rooty Hill	SGAC
March		
2nd & 3rd March	MAG & WAG Senior State Trial # 1	SGAC
9th & 10th March	WAG Level 1 – Level 4 Yass Invitational	Yass
16th & 17th March	MAG & WAG Senior State Trail # 2	SGAC
April		
13th & 14th April	MAG & WAG Senior State Championships	SGAC
4th May	WAG State Team Training	SGAC
5th May	MAG State Team Training	SGAC
5th May	Level 8+ Regional Competition	TBA
20th May – 4th June	MAG & WAG Australian National Championships	Melbourne, VIC
June		
16th June	State Level 5 – Levels 7 Invitational Competition	TBA
22nd & 23rd June	MAG Grand Prix # 1	SGAC
23rd June	MAG & WAG Level 1 – Level 4 & Rec Carnival Day	Bunnerong Gymnastics
28th – 30th	Border Challenge WAG Level 7 – Level 10	QLD
July		
6th & 7th July	MAG Grand Prix # 2	SGAC
6th & 9th July	WAG Levels 5 – Level 7 State Trial 1	SGAC
August		
4th August	Team Gym Competition	TBA
10th & 11th August	MAG Grand Prix # 3	TBA
11th August	WAG Level 4 Trial # 1	TBA
17th & 18th August	WAG Level 5 – Level 7 State Championships	SGAC
24th & 25th August	MAG Grand Prix # 4	TBA
25th August	WAG Level 4 State Trial # 2	TBA
September		
6th & 8th September	MAG & WAG State Club Championships	SGAC
15th September	Level 3 State Trial # 1	TBC
21st September	WAG Level 1 – Level 4 Mock Competition	Bunnerong Gymnastics
29th September	WAG Level 3 State Trial # 2	TBC
October		
12th & 13th October	WAG Level 4 State Championships	SGAC
26th & 27th October	MAG & WAG Junior State Championships	SGAC
November		
9th & 10th November	WAG State Challenge Championships	SGAC
16th & 17th November	Team Gym State Championships	SGAC