BRISBANE GRAMMAR SCHOOL

GYMNASTICS

MEMBER HANDBOOK

2018

Updated November 2017

BGS Gymnastics Club – Member Handbook 2018

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1.0 GLOSSARY

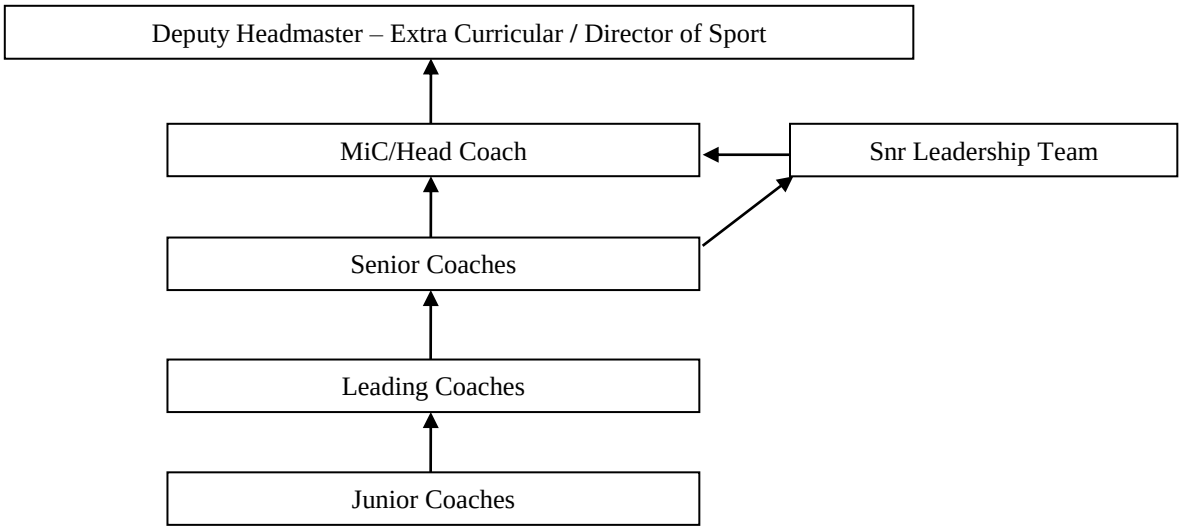
BGS	Brisbane Grammar School
BGSGC	Brisbane Grammar School Gymnastics Club
ISC	Indoor Sports Centre
MAG	Men's Artistic Gymnastics (also MG - Men's Gymnastics)
GQ	Gymnastics Queensland
GA	Gymnastics Australia
GT	Gregory Terrace
MiC	Master in Charge
FIG	Federation International of Gymnastics
GPS	Greater Public Schools

2.0 GENERAL INFORMATION

Training Venue - Indoor Sports Centre
Brisbane Grammar School
Gregory Tce, Brisbane. 4000

Entrance to the ISC car park is via College Rd. In the interest of student safety, we ask that you please follow the 5km/h speed limit in the car park. *The car park is only open after 4pm weekday afternoons*. If your son's class starts at 3.30pm, we have a drop off system where a coach meets the gymnasts at the top of the school, which is located along Gregory Tce, and the top of Boundary St. The coaches bring the gymnasts down for their class. The coach is there from 3.15pm-3.25pm. Please see section 13.0 Drop off/ Pick up. Please also note that shoes must be worn at all times when walking on school property.

DHM-Extra curricular	Mark Brusasco	38345256	mark.brusasco@birsbanegrammar.com
Director of sport	Ron Cochrane	38345344	ron.cochrane@brisbanegrammar.com
ISC manager	Shaun Glastonbury	38345336	shaun.glastonbury@brisbanegrammar.com
MiC/Head Coach	Jack Coates	38345325	jack.coates@brisbanegrammar.com
Senior Coaches	Elliott Stitt	38345325	elliott.stitt@brisbanegrammar.com
	Jamie Cannon	38345325	jamie.cannon@brisbanegrammar.com



3.0 INTRODUCTION

3.1 What is gymnastics?

Gymnastics is a foundation sport that can prepare athletes for success in all sports. It offers a range of benefits to participants through the development of strength, flexibility, speed, balance, coordination, power and discipline. Children involved in an effective gymnastics program will experience activities that will contribute to growth in all facets of their development.

3.2 Why BGS Gymnastics?

The Brisbane Grammar School Gymnastics program has been running since the beginning of the GPS association (1915). The BGSGC has been in operation since 2000 and the program offers a Men's Gymnastics program for boys born in 2012 and older. The purpose built gymnastics hall outfitted with all the requirements for Men's Gymnastics. The Gymnasium includes Olympic standard equipment and a large foam pit with dismounts from all apparatus.

Members of the BGS Gymnastics program have enjoyed success at all levels of competition with countless gymnasts representing Queensland and Australia through this fantastic sport. The program has within in it two systems including the GPS programs as well as a Club which is set up for external gymnasts.

4.0 POLICIES

All Brisbane Grammar School policies are available from the Brisbane grammar school website or the ISC office.

5.0 CODES OF BEHAVIOUR

5.1 Gymnasts

All gymnasts should adhere to the following guidelines. Failure to do so may result in exclusion from the program.

- Dress appropriately for your lesson (The uniform policy is in this Handbook under 7.0)
- Arrive on time
- No jewelry to be worn
- Do not enter the gymnastics floor without your coach's permission
- Be considerate of other gymnasts and coaches
- Use appropriate language at all times
- No gymnast is to leave the gymnastics floor without informing their coach
- Leave the gym looking tidy. All equipment should be stacked neatly in a designated area after use. Breakages reported immediately. The gymnast's store room/bag area is the gymnast's responsibility to keep clean. Any litter should be placed in the bin
- Respect all equipment and the facility with a zero tolerance on vandalism
- At all club functions, whether practice, competitions, or social gatherings gymnasts are expected to behave in such a way that their actions reflect positively on the team and BGS
- Gymnasts are not to communicate with their parents at training/competition other than at the request of the coach or in the case of an emergency. Gymnasts remain in the care of their coach until dismissed at the completion of training or the competition.
- Follow all coaches instructions to avoid any unnecessary problems arising
- BGS takes no responsibility for the gymnast's personal belongings.

5.2 Gymnastics Coaching Staff

All coaching staff at BGS are to adhere to the values of the school. All staff should be prepared for each lesson including (but not limited to):

- Prepare suitable lessons/activities
- Have activities set up prior to start of the lesson (where possible)
- Be enthusiastic and encouraging, using positive praise with constructive criticism
- Use appropriate language at all times
- Ensure proper attire is worn at training/competition sessions and all gymnastics related events
- Ensure that the training standards of the gym are followed in all competitive and recreational classes
- Ensure to conduct themselves in a professional manner at training and at any gymnastics related activity
- The gymnasts are the coaches priority in allocated class times not the parents
- Adhere to all Brisbane Grammar School Gymnastics policies and the coaches Handbook
- Coaches have no responsibility to talk with parents outside of the gymnasium

5.3 Parents

Parental involvement is an important part of gymnasts' development. You can help by following these guidelines however if these guidelines are not adhered to, you and your son may be asked to leave the program:

- **Gymnasts are the responsibility of their parent's before the start and at the completion of their lesson. Parents are not to interact with the athlete during the lesson unless in the event of an emergency or they have first spoken with the MiC/Head coach**
- **During the lesson, parents may watch only from the viewing area located on level 2 of the ISC to minimise distraction. It is unacceptable to be in the gymnastics hall at any time**
- **Prompt pick up of your son is expected. Your son is to be collected from the entrance of the gymnasium. If you would like your son to have permission to leave the gym without you there it must be organized with the MiC/Head Coach**
- **If you would like to speak with your son's coach please do so after the lesson in a positive manner and off the gymnastics floor. This is only be done in the gymnasium. Do not disturb the class unless there is an emergency**
- **Do not compare your son with other gymnasts as this is not beneficial for your son's health or enjoyment of the sport**
- Focus on your child's efforts and performance rather than winning or losing
- Show appreciation for good performance by all participants (including opposing participants).
- Respect officials' decisions and teach children to do likewise
- Be a positive role model
- **If there is a problem/complaint the MiC/Head Coach must be involved in the meeting with your sons coach and this is to be organised at an appropriate time**
- If your son is unwell, please do not bring him to training. **Coaches have a right to remove your son from the class if they believe he is unwell**
- **Respect all coaches and allow them to do their job. Think before you make judgment. If contacting the MiC/Head Coach in regards to a complaint please do so in a respectable manner and time**

5.4 Administrators

Club administrators play a crucial role in club development and operations. To ensure effective operations of the club all administrators should:

- Involve people in planning, leadership, evaluation and decision-making.
- Create pathways for people to participate in sport, not just as an athlete but also as a coach, judge, administrator, etc.
- Ensure quality supervision and instruction be provided for junior participants.
- Remember that people participate for their enjoyment and benefit. Do not overemphasise awards.
- Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and judging.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Support implementation of all policies of Gymnastics Australia, the State Association and the club.
- Make it clear that any abuse is unacceptable and will result in disciplinary action.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.

5.5 Judges

The role of judges is such that a competition could not be held without them. As a judge at a competition, you are to:

- Be fully conversant with the MAG FIG Code of Points and/or any other published rules and regulations pertaining to the standard of gymnastics being judged
- Dress appropriately
- Be punctual for all official events (including briefings)
- Be co-operative with competition organisers, floor managers, announcers and head judges
- Be a positive role model
- Follow all rules outlined in the Gymnastics Queensland MAG Competition Regulations

6.0 PROGRAM

6.1 Brisbane Grammar School Gymnastics Club

Information relating to training squads is provided below. The MiC/Head Coach in consultation with senior mentoring coaches and leading coaches decides selection into a training squad.

- **Young Guns 1 (YG1)**

This program provides an introduction into Men's Artistic Gymnastics. It aims to develop fundamental gymnastics skills such as swing, spring, rotation, balance and presentation. Gymnasts in this squad prepare for end of term demonstrations and carnivals when they arise through the National Levels Program, level 1 routines. This squad is for boys born in 2013 only.

- **Young Guns 2 (YG2)**

This squad continues the introduction into Men's Artistic Gymnastics. It is a continuation of the fundamental gymnastics movements such as swing, spring, rotation, balance and presentation. Gymnasts in this squad prepare for end of term demonstrations and carnivals through the National Levels Program, level 2 routines. This squad is for boys born in 2012 only.

- **Gymnastics Advanced Fundamentals (GAF)**

This squad is for gymnasts who begin gymnastics born before 2012. It is for gymnasts who are not yet ready to take the step or make the commitment into competitive gymnastics. Gymnasts in this squad will not compete at competitions however; the program is to continue training the fundamentals of gymnastics as a sport. Gymnasts in this squad prepare for end of term demonstrations and carnivals through the National Levels Program, level 2 - 3 routines.

- **Junior Competition (JCD)**

The Junior Competition Development Squad is an introduction or stepping-stone into the competitive side of gymnastics. Gymnasts in this squad aim to develop the physical and skill pre-requisites required to move into the National Levels Program, level 2 routines. All JCD squads are by selection only. JCD gymnasts may be selected to compete at junior events dependent on testing results. This group will be required to train a minimum of 2 days per week.

- **Junior Competition (JC)**

The Junior Competition Squad is for gymnasts competing in the Level 3 section of the National Levels Program. Gymnasts in this squad aim for competitive success at Regional Championships with the goal of success at State Championships. All JC squads are by selection only. This group will be required to train a minimum of 3 days per week.

- **Intermediate Competition section (IC1+IC2)**

The Intermediate Competition section is for gymnasts competing in the Level 4-6/7u section of the National Levels Program. Gymnasts in this squad aim for competitive success at State Championships. Gymnasts in the IC2 squad are to train a minimum of 4 days per week with morning sessions offered. Gymnasts in the IC1 squad are to train a minimum of 4 days per week with morning sessions compulsory. All IC squads are by selection only.

- **Senior Competition section (SC)**

The Senior Competition section is for gymnasts competing in the senior section of the National Levels Program. Gymnasts in this squad aim for competitive success at Queensland Championships with the goal of qualifying for National/International competitions. The senior program is split into certain groups depending on the coaching infrastructure that is in place. Holiday training for this group will be chosen each Term. The MiC/Head Coach and the senior coaches are responsible for the structure of the SC program.

6.2 Brisbane Grammar School GPS program

If your son attends BGS then he will be in our BGS GPS program. Below are the groups that your son is eligible for depending on his gymnastics experience.
There will be no fees attached for any BGS student training through the BGS Gymnastics program.

- **GPS beginning program (GPS B)**

This program is for gymnasts beginning gymnastics with our GPS program. Gymnasts will be asked to take part in one training session per week.

- **Division 3 (GPS 3)**

This program is for selected gymnasts who have the goal of taking part in the GPS Championships. Gymnasts in this class are to train 1-3 times per week minimum. Gymnasts are offered the chance to compete externally if they wish. There will be three classes offered and the times and days of these classes may vary per Term.

- **Division 2 (GPS 1/2)**

This program is for selected gymnasts who have the goal of taking part in the GPS Championships. Gymnasts in this class are to train 3-4 times per week. Gymnasts are offered the chance to compete externally if they wish. The times and days of these classes may vary per Term.

- **Division 1 (SC)**

All Division 1 gymnasts will train through our SC program

6.3 Gregory Terrace Program

Gregory Terrace (GT) also have a gymnastics program running through our facility. The GT gymnasts compete in not only the GPS Championships but also have the option of competing at external competitions run by GQ if selected by the Head Coach. In 2018, the Head Coach for GT is Oliver Labone and is contactable via email on ollielabone@gmail.com. Gymnasts training through the GT program are to follow all guidelines in codes of behaviour outlined through his Handbook.

From 2017, any gymnast who attends GT will train and compete through this program and not through the BGSGC. Below is the class structure and expectations of each group in the GT program:

6.4 Timetable/Squad Offers

For the BGSGC every Term the Timetable is renewed and a squad offer sent to your email address. The timetable may change each term due to coach's availability, program changes and a constant drive to offer the best we can. It is therefore very important to keep your details updated so you receive all information on time. The squad offers will include all necessary details for the upcoming Term and is to be read carefully to avoid any confusion.

7.0 UNIFORMS

All BGS gymnasts and coaches are to wear appropriate clothing for all sessions.
BGS Shop Uniform Order Forms are available from the Gymnastics Hall.

SQUAD	TRAINING UNIFORM	COMPETITION UNIFORM
YG1, YG2, GAF	Singlet or T-shirt (BGS singlet's available from uniform shop) Plain coloured shorts	
JCD, JC, IC, SC	BGS singlet* or BGS polo shirt* Gymnastics shorts	BGS competition leotard BGS polo shirt* Lycra shorts (navy) Lycra Longs (white) White socks BGS tracksuit* BGS sports bag* (optional)

*These items are available from the BGS uniform shop located at the school side of the footbridge. All other items ordered from Sylvia P Sportswear through their website. Details for this are:

1. Simply visit sylviap.com.au from a desktop computer

2. Click on "Club Corner" tab on the right of the page
3. Enter the following login details:
   YOUR CLUB: BGS GYMNASTICS
   CLUB PASSWORD: bgs.gc
4. Select all the necessary items and "view cart" to proceed to checkout

For all loops and guards, enquiries please refer to the AMCO website for sizing details and the order process. Coaches may be able to assist with sizing after class. Otherwise, an AMCO representative is usually available at Junior State Championships and will be able to provide assistance. Website link:

http://www.amco.com.au/Home/Gym-Sports/Mens-Artistic-Gymnastics/Mens-Grips

Click "next" down the bottom of the screen to scroll to the loops section.

8.0 COMPETITIONS

All gymnasts involved under our competition banner (selected JCD, JC, IC, SC, GPS2, and GPS3) are to participate in a number of events throughout the year. These include:

- Invitational Events
- Regional Championships
- State Championships
- Gymnasts may participate in team competitions throughout the year also.

A list of GQ sanctioned events and dates are available on the GQ website (www.gymqld.org.au). Gymnasts participating in events are to wear appropriate attire and meet all costs such as entry fees and travel. Entry fees for events are available in the Gymnastics Queensland Competition Regulations (www.gymqld.org.au).

BGSGC may host competitive events throughout the year. Members and their families are to assist with these events through setting up and packing up, score keeping, score flashing, and catering. There are also opportunities to volunteer at State and National events where applicable. Volunteer opportunities made known prior to each event.
The club emails information for Competitions and it is up to each family to stay on top of their emails and advise the Club of any changes so there is no miscommunication.

9.0 FEES-BGSGC

Please place all forms/payments in an envelope and place in the fees collection box located in the Gymnastics Hall foyer. Under no circumstances are forms/payments be given to coaches. Payments may be made by cash, cheque (payable to 'Brisbane Grammar School Gymnastics Club'), or via electronic funds transfer

Acc Name: Brisbane Grammar School Gymnastics Club
BSB: 014002 *A/c number*: 837111546
Include Surname and payment description / invoice number
Please place deposit receipt in fees collection box in gym

9.1 Registration Fees

Gymnasts are required to submit a completed Enrolment Form before their 2nd lesson to ensure registration and their spot in the group. Registration fees ensure gymnasts insured for accidental injuries that occur during training as well as covering administration costs. A new form only needs completion if there has been a change of contact details.

Enrolment forms need to be collected and filled out following the 1st training session (including signing the back page of the form). These forms then need to be submitted to the coach at the 2nd training session. If we do not receive the enrolment form, your son is not to attend the next training session until the form has been completed and submitted. Please provide all information on the form, and as clearly as possible, to assist the administration process.

Only registered gymnasts are eligible to attend Regional and State Competitions. Gymnasts transferring from another club must still pay the full amount below. Registration fees are a 'once per year payment' as per the table below.

Date Joined	Term 1	Term 2	Term 3	Term 4
Cost of Registration	$100	$80	$60	$40

9.2 Term Fees

Term Fees are distributed via email in the first few weeks of each term. The 2018 Fee Schedule is as per the table below.

Hours per week	Cost per hour (incl. GST)	10 Week Term*
1 (YG1)	$20.00	$200
2 (YG2/GAF)	$16.00	$320
4 (JCD)	$13.00	$520
9 (JC)	$8.00	$720
12 (IC2)	$6.50	$780
13-16 (IC1/SC)	$5.50	
17+ (SC)	$4.50	

*These figures should be used as a guide only (for a 10 week Term) and do not include registration. Competitions and holiday training etc may affect actual term fees.
All quoted fees include GST.

Term fees are calculated on the number of weeks in Queensland State School terms. When a gymnast trains a certain amount of hours that are not on this table the closest figure will be adjusted accordingly to create the correct rate per hour.

Where a gymnast joins part-way through a term, fees will be adjusted proportionately. BGSGC do not have a lesson make up policy. There will be no refunds for gymnasts who miss any sessions for any reasons including public holidays, medical or leaving the Club through the term. If there is any other reason why the fees should be adjusted the MiC/Head Coach must be made aware.

9.3 School Holidays

Training during school holidays will be determined by each squad's coach. Fees for these sessions are based on a casual rate. Parents will be notified of specific fees with the training times for these sessions each term.

9.4 Competition Fees

Competition entry fees are not included in Term Fees. All competition entry fees will be sent out with preliminary information flyers

Prices for sanctioned events are available on GQ website www.gymqld.org.au under events. There is also a $10.00 fee on top of the entry fee to assist subsidise coaching related costs.

9.5 Fees not being paid

Invoices are due within 10 days of the invoices being distributed. If the fees have not been paid in this time you will receive an email chasing these fees up. If fees remain unpaid following this email your son will be removed from the program until the fees are paid.

9.6 Illness and Injury

Whenever possible, the coach should be informed in advance of an illness or injury. It is often possible for a coach to provide a modified program to an injured gymnast to ensure a speedy recovery and maintain fitness while injured. Injuries can often provide gymnasts with an opportunity to develop weaker areas of their gymnastics training.

If your son will be out of the gym over a long period of time with an injury or illness, please notify the club so the coaching staff is aware of the problem.

10.0 2018 TERM DATES

Term 1	Monday 22nd January → Thursday 29th March	(10 weeks)
Term 2	Monday 16th April → Saturday 30th June	(11 weeks)
Term 3	Monday 16th July → Saturday 22nd September	(10 weeks)
Term 4	Monday 8th October → Saturday 15th December	(10 weeks)

11.0 ANNUAL AWARDS

Recognition of individuals is an important part of maintaining positive club spirit. As such, BGS Gymnastics Club will present awards at the end of year break up each year as per the table below.

Award Name	Criteria	Recognition
Gymnast of the Year	Awarded to the gymnast who achieves the greatest success during the competition season. Level of competition will be considered.	Individuals receive an inscribed plaque and their name will be inscribed on the honour board.
Clubman of the Year	Awarded to the gymnast who has shown outstanding club spirit through his dedication at training and/or involvement in coaching or judging.	Individuals receive an inscribed plaque and their name will be inscribed on the honour board.
Most Improved Gymnast	Awarded to the gymnast who has shown the greatest improvement since the previous competition season (all squad members are eligible).	Individuals receive an inscribed plaque.
Coaches Choice Award	Awarded to the gymnast who shows great improvement, dedication and competition success in level 3-6.	Individuals receive an inscribed plaque.

12.0 COMMUNICATION

Email is the preferred method of communication. The Notice Board is a common avenue to communicate news to the gymnasts/parents. Notices also distributed to individual gymnasts. **Please ensure you have provided up-to-date contact details to ensure you receive all relevant notices. If you are not receiving emails, please inform the MiC/Head Coach immediately as this is the most common way of relaying information.**

13.0 DROP OFF / PICK UP

Brisbane Grammar School enforces strict regulations regarding school access and parking at the Spring Hill campus. These include:

- A Boom Gate which is stationed at the rear staff car park entrance (via College Rd) will be operational on all weekdays from **6.45am-9am and 2pm-4pm.**
- The side gate from the ISC, leading towards the Normanby car park is open for parents and gymnasts to exit until 5.45pm

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- A Boom Gate, which is stationed at the rear staff car park entrance (via College Rd), will be operational on all weekdays from **6.45am-9am and 2pm-4pm.**

Pick Up:

BGSGC takes full responsibility for your child if dropped with our pick up coach at the drop and go zone. Responsibility of any child remains that of the parent's, until class commences and immediately upon completion of each class. Coaches often have follow on classes and cannot maintain supervision of each child beyond the end of their scheduled class.

Parents pick up and drop off (if applicable) gymnasts in the gymnasium, prior to and at the completion of their class (Parents are not permitted in the gymnasium before the end of class. Viewing only permitted from the level 2 seating area, not within the gymnasium area). If running late your child must remain in the gymnasium on a bench until the parent arrives.

If your child participates in the final class of the day, and you're running late your child will be placed in the care of the ISC Assistant Manager on duty in the Foyer area of the ISC and required to wait on the bench until the parent has arrived.

Your understanding and cooperation in this matter is appreciated.