



BRISBANE GRAMMAR SCHOOL

Gymnastics Member Handbook

2019

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1. 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. INTRODUCTION

2.1. 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.

2.2. 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 2013 and older. The purpose-built gymnastics hall is fitted with all the requirements for Men's Gymnastics. The Gymnasium includes Olympic standard equipment and a large foam pit with dismounts from all apparatus.

BGSGC prides itself on competitive success and the holistic development of gymnasts through the sport.

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

2.3. BGSGC Objectives

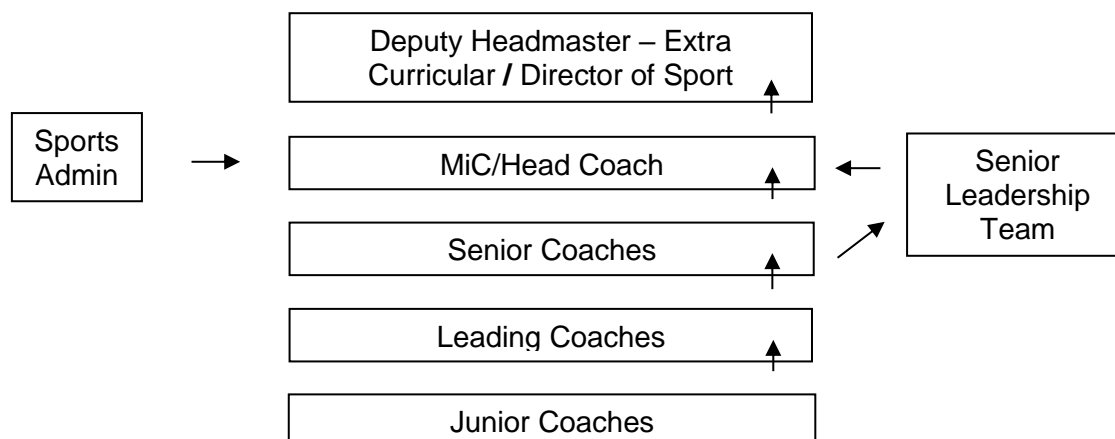
- BGSGC aims to provide a pathway for high performing competitive gymnasts
- BGSGC aims to use a holistic approach in developing boys into young men through gymnastics
- BGSGC aims to drive a strong culture and positive presence in the MAG community both internally and externally
- BGSGC aims to provide a pathway for coach development

3. 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 4.00pm weekday afternoons. If your son's class starts at 3.30pm, there is a drop off zone at the top of the school (Gregory Terrace entrance) which opens at 3.15pm. This is strictly a drop off zone and the gymnasts are to walk through the School to the gymnasium. Please also note that shoes must be worn at all times when walking on school property.

Director of Sport	Ron Cochrane	38345344	ron.cochrane@brisbanegrammar.com
Sport Administrator	Louise Evans	0437058246	louise.evans@brisbanegrammar.com
ISC manager	Shaun Glastonbury	38345336	shaun.glastonbury@brisbanegrammar.com
MiC/Head Coach	Jack Coates	38345325	jack.coates@brisbanegrammar.com
Senior Coaches	Jamie Cannon	38345325	jamie.cannon@brisbanegrammar.com



4. POLICIES

All Brisbane Grammar School policies are available from the Brisbane Grammar School website.

5. 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 jewellery to be worn
- Do not enter the gymnastics floor without your coach's permission
- Be considerate of other gymnasts and coaches
- Use appropriate language always
- 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. 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. PROGRAM

6.1. Brisbane Grammar School Gymnastics Club

Information relating to training squads is provided below. The MiC/Head Coach, in consultation with senior coaches decides selection into a training squad. This is done through BGSGC testing framework as well as consultation with leading coaches.

JUNIOR COMPETITION SUB SECTION

- **Junior Competition Development 2 (JCD2)**

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. On top of this, athletes are developing their training habits to lead into competitive gymnastics. Gymnasts in this squad prepare for end of term demonstrations when they arise through the National Levels Program, level 1 routines. This squad is for boys born in 2012 and 2013 only. Gymnasts in this group train once per week for 1.5 hours.

- **Junior Competition Development 1 (JCD1)**

This program also provides an introduction into Men's Artistic Gymnastics. Gymnasts in this squad are chosen following testing through the BGSGC framework from our JCD2 group. It aims to develop good quality fundamental gymnastics skills as well as strong training habits. Gymnasts in this squad prepare for end of term demonstrations when they arise through the National Levels Program, level 2 routines. This squad is for boys born in 2012 and 2013. Gymnasts in this group must train twice per week for 1.5 hours.

- **Junior Competition (JC)**

This squad is for boys born before 2012. The program is designed to continue training the fundamentals of gymnastics through the National Levels Program, level 2 routines and BGSGC framework. The program is the introduction into competitive gymnastics. Gymnasts in this squad prepare for end of term demonstrations and carnivals when they arise as well as invitational competitions that BGSGC wishes to participate in. Gymnasts in this group must train twice per week for 2 hours.

INTERMEDIATE COMPETITION SUB SECTION

All intermediate squads have a compulsory expectation to attend Grand Prix competitions, Regional Championships, State Championships, State Club Championships and National Club Championships. Gymnasts will also have a compulsory expectation to be involved in the Junior State Squads. These competition fees will be added to each term's invoice as they arise. Holiday training is compulsory for all IC groups and information will be provided within the squad offers. Costs for holiday training will be added to each Terms invoice.

- **Intermediate Competition 3 (IC3)**

The IC3 squad is for gymnasts competing in the Level 3 section of the National Levels Program. Gymnasts in this squad aim for competitive success at State Championships. The IC3 squad has a compulsory training requirement of three times per week for 3 hours. There is a heavy focus on beginning to understand competitive success, developing strong training habits and a strong foundation through basics.

- **Intermediate Competition 2 (IC2)**

The IC2 squad is for gymnasts competing in the Level 4 section of the National Levels Program. Gymnasts in this squad aim for competitive success at State Championships. The IC2 squad has a compulsory training requirement of four times per week for 3 hours. There is a heavy focus on beginning to understand competitive success, developing strong training habits and a strong foundation through basics with skill development.

- **Intermediate Competition 1 (IC1)**

The IC1 squad is for gymnasts competing in the Level 5/6 section of the National Levels Program. Gymnasts in this squad aim for competitive success at State Championships. The IC1 squad has a compulsory training requirement of four times per week for 3 hours plus two mornings per week for 1.5 hours. There is a heavy focus on competitive success, developing training habits and a strong foundation for the move into senior gymnastics.

SENIOR SUB SECTION

- **Senior Competition section (SC)**

The Senior Competition section is for gymnasts competing in the senior section of the National Levels Program. The senior programs are separated across three groups. Holiday training for the senior groups is compulsory with the schedule each term; this information can be found within squad offers. Costs for holiday training will be added to each Terms invoice. The MiC/Head Coach and the senior coaches are responsible for the structure of the SC program. The three sections are below:

- **SC(I)** - International pathway. Gymnasts who are offered this pathway will have the opportunity to compete in the underage stream or the open levels stream depending. They will be expected to train for the full hours with every morning session, every afternoon and Saturdays. This will be 24 hours per week. Gymnasts in this section will have expectations of attending every competition set by their coaches with the goals of success at Australian Championships, National Squads and International competitions for the seniors.
- **SC(D)** - Competitive Domestic pathway. Gymnasts who are offered this pathway will have the opportunity to compete in the open levels stream until they reach SNR. They will be expected to train the days set in squad offers which will be a minimum of 4 afternoons, 2 mornings and Saturday adding up to 18 hours per week. Gymnasts in this section will have expectations of attending every competition set by their coaches with the goals of success at Queensland and Australian Championships while developing towards level 10 and open level international tours.
- **SC(C)** – Invitational pathway. Gymnasts who are offered this pathway will have the opportunity to compete in the open levels stream. They will be expected to train the set days offered in squad offers which will add up to 12 hours per week. Gymnasts in this pathway will be eligible to compete at invitational competitions and club competitions only.

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 training fees attached for any BGS student training through the BGS Gymnastics program.

- **Beginning Division 3 (GPS 3)**
This program is for gymnasts at a beginning level of gymnastics with our GPS program. Gymnasts will be asked to take part in one training session per week.
- **Division 3 (GPS 2)**
This program is for selected gymnasts at an appropriate level, who have the goal of taking part in the GPS Championships. Gymnasts in this group will push towards selection for our Division 3 GPS team through the Gymnastics Australia NLP, Level 3 and 4 syllabus. Gymnasts in this class are to train 2-3 times per week. There will be three classes offered and the times and days of these classes may vary per Term.
- **Division 2 (GPS 1)**
This program is for selected gymnasts who have the goal of taking part in the GPS Championships. Gymnasts in this group will push towards selection for our Division 2 GPS team through the Gymnastics Australia NLP, Level 5 and 6 syllabus. 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.

6.3. Timetable/Squad Offers

For the BSGGC 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. 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
JC, IC3, IC2, IC1, GPS2, GPS1, 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 are 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 "Visit Team Wear", "Team shop" tab, "Start Here" and create an account.
3. Add team to your account by entering details below.
4. Enter the following login details:
YOUR CLUB: BGS Gymnastics
CLUB PASSWORD: QkdTIEd5
5. Verify Team and then Save
6. Select all the necessary items under the "Team Wear / Team Shop" tab 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. COMPETITIONS

All gymnasts involved in JC, GPS1, IC3, IC2, IC1, SC are to participate in a number of events throughout the year (as outlined in each groups description). These include:

- Invitational Events
- Regional Championships
- State and National Club Championships
- State Championships
- National Championships
- Selected International events
- 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).

Through all events the club emails information for Competitions. 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. 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 first lesson to ensure their place in the group. Registration fees ensure gymnasts are 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. Please provide all information on the form, and as clearly as possible, to assist the administration process.

Only registered gymnasts are eligible to attend 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 Fee invoices are distributed via email through our accounting software Xero. The 2019 Fee Schedule is as per the table below.

Hours per week	Cost per hour (incl. GST)	10 Week Term*
1.5 (JCD2)	\$19.00	\$285
3 (JCD1)	\$14.00	\$420
4 (JC)	\$13.00	\$520
9 (IC3)	\$8.00	\$720
12 (IC2, SCC)	\$6.50	\$780
15 (IC1)	\$5.50	\$825
18+ (SCD, SCI)	\$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, additional weeks will be added for groups that have an expectation of holiday training (as per our group outlines). When a gymnast trains a certain number of hours that are not on this table the closest figure will be adjusted accordingly to create the correct rate per hour.

Holiday training will be added to each Term's invoice. This is compulsory for IC3, IC2, IC1, SC groups. Each Term the holiday training schedule will be sent out with squad offers. The cost for the sessions will be \$15/session.

Where a gymnast joins partway 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 Sports Administrator must be made aware.

9.3. Competition Fees

Compulsory competition entry fees will be included in Term Fees.

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.

9.4. Fees not being paid

Invoices are due within 10 days of the invoices being distributed. If fees remain unpaid following this, your son will be removed from the program.

9.5. 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.

Did you know you could claim a portion of non-Medicare expenses incurred due to an injury sustained during training or competition through your GA insurance? Below are the necessary steps to claim:

Step 1:

All claims must be notified to the insurer, Sportcover, within 120 days of the accident or injury occurring. Download a [Sportscover claim form](#) from GA website.

Step 2:

Complete all relevant sections of the claim form and copies of original receipts of any medical expenses that have been incurred relating to the accident or injury.

Step 3:

Submit the claim form and additional information (receipts) as per the notes on the top of the form to email asiapac.claims@sportscover.com

Step 4:

Your claims adviser will confirm receipt of your claim.

10. 2019 TERM DATES

Term 1	Tuesday 29 th January → Saturday 6 th April	(10 weeks)
Term 2	Tuesday 23 rd April → Saturday 29 th June	(10 weeks)
Term 3	Monday 15 th July → Saturday 21 st September	(10 weeks)
Term 4	Tuesday 8 th October → Saturday 14 th December	(10 weeks)

11. 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.
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12. COMMUNICATION

Email is the preferred method of communication. The Notice Board and the BGSGC Facebook page (BGS Gymnastics) are common avenues to communicate news to the gymnasts/parents. **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 Sport Administrator immediately as this is the most common way of relaying information.**

13. DROP OFF / PICK UP

Brisbane Grammar School enforces strict regulations regarding school access and parking at the Spring Hill campus. The boom gate, which is stationed at the rear staff car park entrance (via College Rd), will be operational on all weekdays from **5.30am-9am and 2pm-4pm.**

Pick Up:

BGSGC takes full responsibility for your child once inside the gymnasium. 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. 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 are 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.



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