MAG
MEN'S ARTISTIC GYMNASTICS
PARENT HANDBOOK

2017 - 2018

SAFEGUARDING CHILDREN AND YOUNG PEOPLE COMMITMENT STATEMENT

"Mankind owes to the child the best it has to give."

United Nations Convention on the Rights of the Child 1989

The YMCAs of Australia recognise that all children and young people have the right to develop and reach their potential in environments that are caring, nurturing and safe.

The YMCAs of Australia considers any form of child/young person abuse, inclusive of emotional, physical, sexual abuse or neglect, as intolerable under any circumstances

The YMCAs of Australia have a legal, moral and Mission-driven responsibility to protect children and young people from harm and to ensure that any incidents of suspected child abuse are promptly and appropriately managed

The YMCA supports the Government's position that in our society every child and young person deserves the right to thrive, learn and grow, be respected and valued and enabled to become an effective adult member of the community. The YMCA supports the concept that a community in which the safety, stability, health, development and learning of every child and young person is protected and promoted throughout childhood.

YMCA Geelong is committed to ensuring that the people who care for children and young people in YMCA programs or services, act in the best interests of the children and young people in their care and take all reasonable steps to ensure their safety. In particular, we are committed to providing an environment where all children and young people are protected from any form of abuse or mistreatment.

YMCA has a duty of care to provide services and places that are safe, open and honest environments that protect children and young people; and where the staff and volunteers who work with children and young people, work within our values of Honesty, Caring, Respect and Responsibility.

YMCA Geelong Safeguarding Children and Young People Policy and Procedures has been benchmarked against the Australian Childhood Foundation safeguard children program and replaced the previously approved Safeguarding Children and Young People Policy approved by the Board of YMCA Geelong Inc. 10/12/2007.

The policy directly addressed the National Council of YMCA's of Australia Safeguarding Children and Young People Policy approved at the Annual General Meeting on 30/11/2014 and should be read in conjunction with YMCA Geelong's Safeguarding Children and Young People Policy and Procedures.

INTRODUCTION

Welcome to the YMCA Geelong men's gymnastics program. This Handbook has been collated to provide you with all the necessary information to assist with your child's enjoyment of their gymnastics experience.

Information in this handbook specifically relates to the gymnasts participating in the Men's Artistic Gymnastics (MAG) Competitive Program.

Geelong YMCA Gymnastics Club offers various methods of progress; ensuring your child can develop at his own pace. Our objective is to provide an environment that is safe, fun and challenging which can cater to children of all ages, abilities and aspirations as well as provide the best opportunities for gymnasts to progress and develop throughout their careers.

Through our carefully constructed programs, your child can progress in a number of key developmental areas. Our focus is on building confidence, coordination, creativity and acquiring self-discipline and work ethic. We utilize Gymnastics to inspire your child to enjoy learning, incorporated through physical activity.

YMCA Gymnastics Club can provide the enjoyment and challenge your child is seeking through sport and we look forward to your involvement for many years to come.

Should you have any questions or require further assistance please don't hesitate to contact our friendly customer service team at the front office.

YMCA
Geelong YMCA Gymnastics
Geelong YMCA Gymnastics
Geelong YMCA Gymnastics

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ABOUT YMCA GEELONG

The YMCA is a not for profit organization with the objective of delivering programs and services to help build Strong people, Strong families and Strong communities.

The YMCA was established in 1844 in England and operates in 122 countries worldwide, providing programs for over 60,000,000 people. In Australia, the YMCA operates out of 500 sites where staff and volunteers deliver professionally designed programs to thousands of Australians every day in recreation, accommodation, child care, camping, youth and family services.

The Geelong YMCA offers the following programs:

- **Judo**
- **EdGym**
- **Gymnastics**
- **Basketball**
- **Cheerleading**
- **Fitness Classes**
- **School Holiday Programs**
- **Camping at Camp Wyuna in Queenscliff**

At YMCA Geelong we offer programs to suit children of all ages, abilities and aspirations.

YMCA GEELONG
GYMNASTICS STAFF

CENTRE DIRECTOR
Renae Lamaro
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MAG COORDINATOR
Lachlan Graham
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HEAD COACH GYMNASTICS
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PROGRAM COORDINATOR
Caidie Swayn
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ED GYM COORDINATOR
Brenda Bowell
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Head Coach – Rachel Crawford
- Advanced Silver Gymnastics Coach
- Advanced National Judge
- Over 13 years coaching experience
- Gymnastics Program Coordinator at Geelong YMCA since 2006

Men's Artistic Gymnastic Coordinator – Lachlan Graham
- Advanced Silver Men's Artistic Gymnastics Coach
- International FIG Level 2 Coach
- 2016 Victorian Team Personal Coach
- Intermediate WAG Gymnastics Coach
- Bachelor of Health Science,
  Major in sports coaching and exercise science (Enrolled)
- Over 10 years coaching experience
- MAG Coordinator since 2014

Men's Artistic Gymnastics Coach – Daniel Tabone
- Intermediate MAG Gymnastics Coach
- Beginner Judge
- 2 years coaching experience
- Over 11 years as a competitive gymnast
- 5 years as a high performance gymnast
- Level 10 international Gymnast

Men's Artistic Gymnastics Coach – Elijah Evens
- Advanced silver MAG Gymnastics Coach
- Intermediate WAG Gymnastics Coach
- Diploma of fitness
- Victorian Coach at the Australian Championships
- 2007 Victorian Team Coach
- Over 18 years coaching experience
- 10 years as a high level gymnast
- Level 10 international Gymnast

Men's Artistic Gymnastics Coach – Sam Lindeman
- Beginner MAG Gymnastics Coach
- Level 7 National gymnast
- Over 5 years experience in the National stream as an athlete.

Men's Artistic Gymnastics Coach – Roni Bunker
- Intermediate Mag Gymnastics Coach
- 2 years coaching experience

Coaches at Geelong YMCA Gymnastics must maintain the following qualifications/requirements:
- Accreditation with Gymnastics Victoria (including ongoing updating and workshops)
- Trained in and 'bound to' the YMCA Child Protection Policy
- Staff over the age of 18 years undergo a National Police Background Check
- Staff over the age of 18 years undergo a Working with Children Check
- Online YMCA OHS Fundamentals Course

ENROLMENT INFORMATION
YMCA GEELONG

Enrolment Procedure

Payment for Competitive MAG Gymnasts will be required via direct debit to secure a place for the following term.

Each gymnast is required to submit a completed Enrolment Form prior to his or her first class. This includes signed authorization by the Parent/Guardian as follows

- Consent to participate in the Gymnastics program
- Contact details for General and Emergency situations to be kept on file
- Consent for the YMCA to seek Medical Treatment for the gymnast if required

YMCA requires signed authorization to remain on file for the duration of participation in the Gymnastics program. Please advise Reception of any relevant change of details so that our records remain current.
Geelong YMCA follows information privacy principles (IPPs) under the National Privacy Act.

Gymnastics Victoria Registration

In order for Geelong YMCA to maintain Affiliation with Gymnastics Victoria, it is a mandatory requirement that every gymnast **pay the Annual Registration Fee** (this varies annually). This Registration Fee includes Personal Accident Insurance and is payable at Reception prior to the first class.

Direct payment—Reception (refer Office Hours)
Phone—Credit Card payments
5223 2714 (Newtown)
Mail—Cheque (payable to 'Geelong YMCA') or Credit Card Authorization

Concession

Pension/Health Care Card holders receive a 10% discount off Term Fees. YMCA is a non-profit organization; fees are kept to a minimum to ensure programs are accessible to all. If a concession is required, we may offer assistance where possible.

YMCA Open Doors Program

The YMCA aims to provide programs to all people regardless of their ability to pay. If your family requires financial assistance please arrange to meet with Centre Director Renae Lamaro to discuss how we can help.

Refunds and Credits

Refunds or Credits may be issued when accompanied by a Medical Certificate for Multiple classes missed. For single classes missed you will be entitled to a makeup class. Please refer to website for Cancellation Policy.

Make-up Classes

Make-up Classes are offered should a gymnast miss a class due to

- Sickness
- School Camp
- Special Family Events

Please be aware Class Ratios and Apparatus Allocation are coordinated prior to term commencing. For this reason, Make-Ups Classes cannot be permitted for the purpose of attending a friend's birthday or non-attendance due to lack of desire to attend. Maximum 2 make up classes per term with notification. (Must be in the Term missed).

Bookings are essential for all Make-up Classes due to the need to maintain safety i.e. ratios. MAG Coordinator — Lachlan Graham will decide and offer the most appropriate class for all Make-up Classes.

Should the YMCA cancel any class, for example due to Hosting a Gymnastics Competition, Make-up Class options will be made available at the earliest possible notice.

Competition Payments

Competition payments are made at Reception; please clarify relevant competition details. Coaches and reception must be notified if your child is NOT attending a competition.

Heat Policy

Please refer to website for Heat Policy. In each instance, YMCA Management shall determine whether a class should be rescheduled or cancelled due to excessive heat and when Make-up classes will be offered.

Warm Up

Gymnasts are expected to arrive at least 5 minutes before the class is scheduled to start. Appropriate Warm Up and stretches at the start of each class play a crucial role in injury prevention. Gymnasts arriving late will still be required to Warm Up, therefore missing valuable time on the allocated apparatus.

If Gymnasts will not be attending or shall be arriving late, please contact the YMCA Geelong Reception so they can notify the coach.

Supervision

Parents are welcome to watch classes from the foyer. Should you choose to leave the YMCA during classes please ensure that we have contact details on file. The car park is a potentially dangerous place for children. Children are to wait for parents inside the YMCA building. Please note that for safety reasons staff will be required to wait with children who have not been picked up on time. Please ensure that you collect your children ON TIME! Repeat offences will incur a fee so that we can pay the staff for their time.
(Link to Safe guarding children Policy)

YMCA GEELONG
GYMNAST'S CODE OF CONDUCT

Respect:

Gymnasts will always respect their coaches.
They will not yell, argue, answer back or show any other form of disrespect. Gymnasts must also show respect towards all YMCA staff, the facility and equipment. Gymnasts must respect their teammates and value and encourage each other. Any forms of bullying will not be tolerated.

Behavior - Gymnasts:

A gymnast's behavior is essential in maintaining a safe training environment. When gymnasts are training they must abide by the gym rules to prevent accidents or injury.

Attitude:

A gymnast's attitude determines how far they progress in a training session, and therefore effects how well they compete. Gymnasts should always show a positive attitude towards their training and others.

Discipline:

From a young age, gymnasts will be given responsibilities for their own training, as well as opportunities to develop leadership and teamwork. Therefore gymnasts must be discipline enough to train independently as well as respectful towards their teammates when asked to work together.

Rules of the Gym

- Always arrive on time for your class
- Do not enter the gym until your Coach calls for your group (unless arranged prior by a coach)
- No jewelry or watches to be worn in the gym, this can damage equipment
- No clothing with hoods, zips, cords or pockets to be worn on apparatus (acceptable for warm up only)
- Hair is to be tied back and fringe pinned back at all times to keep out of face and eyes
- No food, gum or drink is to be taken into the gym (Water excepted)
- All injuries MUST be reported to your coach (no matter how minor the injury appears)
- Injuries attained outside of the YMCA should be reported to your coach (To modify gymnast's program, as to prevent further injury)
- When waiting for your class, please wait quietly, No running and No Gymnastics in the Foyer or viewing areas
- Follow all instructions given by your coach, they are there to keep you safe
- No running in the gym (unless part of activity)
- Always look where you are walking and give way at high traffic areas such as the floor, tumble strip and vault strips
- Leave the Gym as soon as your class has finished (Foyer is designated waiting area)
- Gymnasts under 16 must wait in the foyer for parents to collect them (This is also important as it give the coach a chance to catch up with parents)
- Parents and children not involved in the class must remain in the viewing area

Geelong YMCA reserves the right to remove any Gymnast for breach of these rules or unsafe behavior in accordance with the Club's Behavior Management Policy

GYMNASTICS VICTORIA'S CODE OF CONDUCT

Code of Behavior – Athletes

- Compete by the Rules
- NEVER argue with Officials. If you require clarification, your coach will make the enquiries
- Work equally hard for yourself, your team and your club
- Be a good sport and applaud good performance by all athletes
- Show respect and acknowledge competitors and Officials (Shake hands, wish other athletes good luck, and thank coaches and officials)
- Co-operate with you Coach, Team mates and Competitors
- Participate for your own enjoyment and benefit, not to please others
- Be fair – No verbal abuse of officials, Nastiness or Vilification
- Respect the right, Dignity and worth of all participants regardless of Gender, Ability, Cultural Background or Religion

Code of Conduct – Parents

- Remember that Children participate in sport for their own enjoyment
- Encourage children to participate in sport, do not force them
- Focus on your child's individual efforts, not on results
- Never ridicule or humiliate a child for making a mistake
- Always encourage your child to respect their coach and other officials
- Remember that children learn best by example when you appreciate good performances and treat others with respect
- Respect the decisions made by Coaches and Judges, use appropriate methods of expressing concern
- Be aware of YMCA rules and alert your children of them
- Discuss behavior and correct training attitude with your children; discipline starts at home.

YMCA GEELONG
DISCIPLINARY PROCESS

Training:

Warning 1:
verbal warning, which may include time out depending on offence.

Warning 2:
A second warning will result in sitting out and receiving a demerit point. In addition, parents will be contacted and informed that their child has received a second warning.

Warning 3:
A third warning will result in being sent home from training early. Parents will be contacted to discuss their child's behavior. If a child is continuously being sat out or sent home, they may not be invited to training camps or may be prevented from continuing in their chosen level.

Competitions:

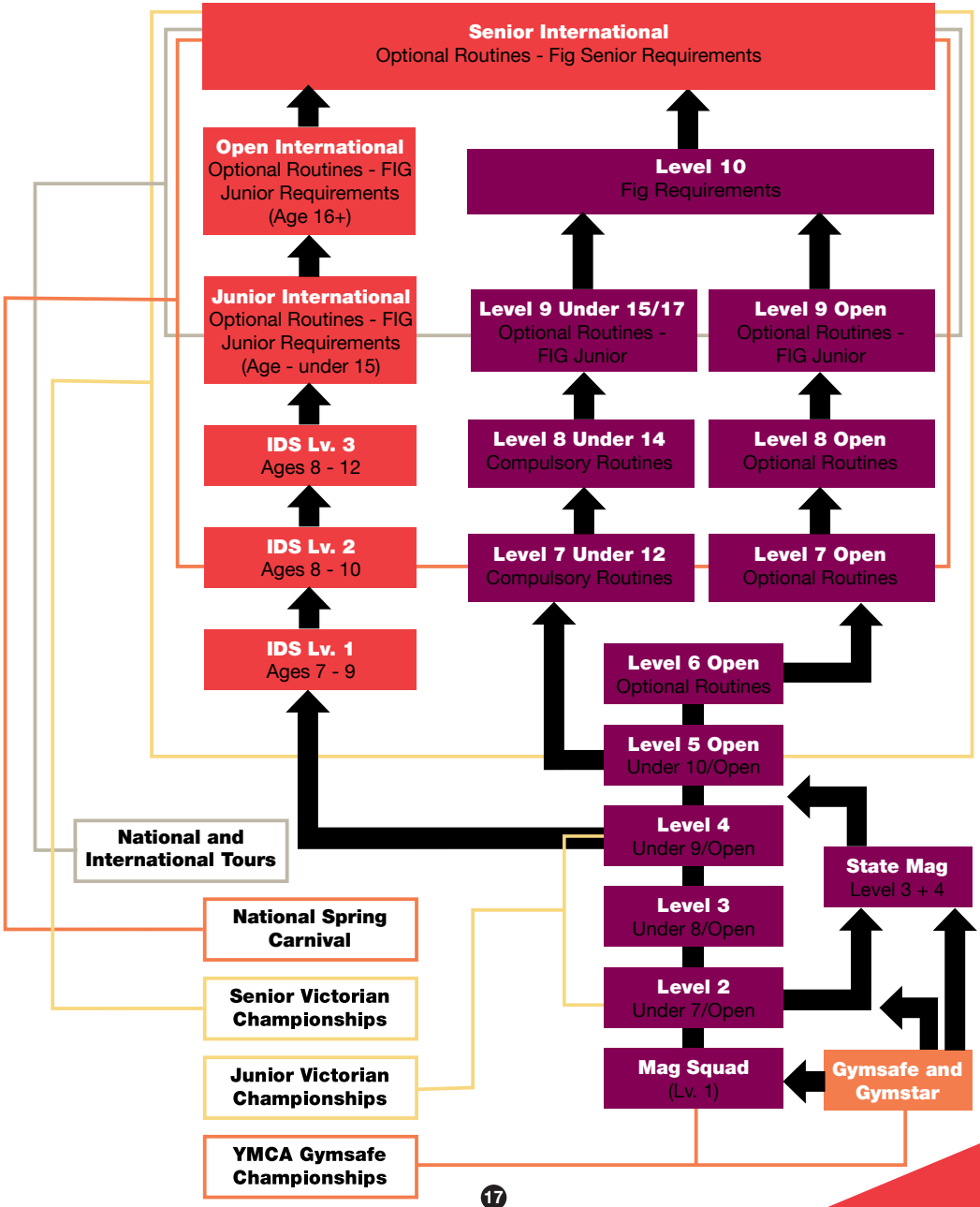
Behavior expectations at competitions are exactly the same as in training, however if gymnasts act inappropriately on the competition floor, Gymnastics Australia has the following disciplinary procedures:

1. First Warning:
Verbal warning from Head Judge on any panel, Jury Judge or Floor Manager.

2. Second Warning:
YELLOW CARD is shown

3. Third Warning:
RED CARD is shown and Gymnast is removed from the competition floor. This may also incur a $220 fine to the club, which the gymnast's parents will be required to pay.

YMCA GEELONG
MAG PATHWAY PLAN



YMCA GEELONG
MAG STATE, NATIONAL & INTERNATIONAL PATHWAYS

YMCA Pathway Programs

Geelong YMCA provides many pathway programs to help athletes with their personal development in the sport of gymnastics. The Geelong YMCA Mag team work hard to ensure that gymnasts are offered the best high performance training and programs available to support their development as athletes. Some programs are unavailable to certain levels or age groups; this ensures a safe training environment for all gymnasts and that gymnast's train within their ability.

NATIONAL PATHWAY

Our National stream pathway is our main competitive MAG program that we hold at the YMCA, this program progresses athletes from level 1 (Squad) to level 10 National. They compete in state championships and National competitions such as the National Spring Carnival and/or National Clubs. In this stream athletes can learn all aspect of the sport of gymnastics and develop to a very high level within the sport. This pathway is split into two age divisions, Under & Open. From level 1 to 5 these age divisions compete the same routines and the classes are mixed. From level 6 to 8 the under age category competes compulsory routines (Routines pre written that everyone competes) and the Open age category competes optional routines (Routines written by the individual gymnast to best suit his talents) This is because the open age group, 13 to 18 year olds, are better suited catering their routine around individual body types that develop through this age period, where as the under age group, 10 – 13 year olds, are still young enough to develop a generic routine plan.

STATE PATHWAY

Our state stream pathway is designed as an alternative program for gymnasts who want do develop their skill in gymnastics without committing to a high level of training hours. Catered mainly for ages 7 to 10 this pathway develops athletes over level 3 & 4 National and is designed to transition gymnasts to level 5 Open in the National stream. Skills performed in level 5 and above require more training hours in the week to ensure skills are taught safely and with the correct progression, as well as ensuring that the gymnast is conditioned enough to perform skills in a safe and controlled manner. State stream is a program that caters around individual development at their own pace, therefore removing the high pressure of keeping up with the skill curriculum that is used in the National stream.

YMCA GEELONG
MAG NATIONAL & STATE PATHWAYS

INTERNATIONAL PATHWAY

Our International stream pathway is our highest level of training we offer at YMCA Geelong, this stream is specifically designed to help develop talented gymnasts to reach their potential within the sport. Offering a very high standard of quality, this program is designed for gymnasts to progress towards international competition later on in their career. This program consists of 6 levels, 3 development levels and 3 international divisions gymnasts compete in. Selection into this stream is through an assessment by the MAG coordinator and senior MAG coaches. Gymnasts must be over the age of 8 years old to be selected into this stream as this is an ideal age to begin building the fundamentals needed for the sport.

YMCA Training Camps

Geelong YMCA holds training camps throughout the year for various levels, this style of high intensity, high performance training over a single week provides time to break down skills and strengths to progress them safely at a much faster rate, allowing more time in term training for skills for the 'Ideal Skills Curriculum.' For more information go to page 50 of your 'MAG Parent's handbook' to the chapter entitled 'Training Camps.'

MAG SQUAD
LEVEL 1

Mag Squad is an introductory class that teaches gymnasts Level 1 and Level 2 basic skills and fundamentals to prepare them for further involvement in the National Mag program. Mag squad focuses on developing strength, coordination and flexibility through fun “game” like activities.

Mag squad also develops and assesses your child’s maturity and mental aptitude for preparation for Level 2. Gymnasts will be given problems to solve and challenges with a goal focus and sense of achievement, preparing them for higher levels, where they take more responsibility for their own training and development.

The competitions in Mag Squad are the “in house” Gymsafe Championships, as this provides a competition atmosphere with very low pressure for the gymnasts to compete in. It also allows new families to the sport to experience competitions and learn what’s involved without having to pay the higher competition costs that are expected in National Mag. This, combined with displays, prepares children for competing in front of people, and the feeling of being able to show off the work they have done.

MAG SQUAD
LEVEL 1

Purpose: Prepare boys for National Program by developing physical and mental skills in a fun and safe environment.

Class Guidelines	Purpose	Focus
2 Hour class **(once or twice a week)** • Wednesday 4pm-6pm **North Geelong** **Competitions optional** •Strongly Recommended	**National Preparation** • Introduce boys to the sport • Prepare for Level 2 • Introduce competition **Skill Preparation** • Developing presentation technique • Develop Strength • Develop aerial awareness	**Fun with games** **Fun with skills** **Safety** **Fun in the sport** **- Performing** **Enjoyment** **Presentation** **Games that develop purpose**
1 Class a week compulsory (Twice a week recommended)		

Note:
Although one class a week is compulsory we recommend, where possible, to book into more than one Mag squad class to prepare your child for the two days of Level 2. We do however understand that this is not always possible due to class availability or for financial reasons.

MAG SQUAD
LEVEL 1

Training:

Training in Mag squad can be a jump up from Intro gym or GymSafe, even more so if your child is coming from EdGym. Therefore it is important that children bring plenty of water and a snack to have straight after training.

What to bring to training:

- Tight shirt or singlet
- Training shorts (stretchy, without pockets)
- Water bottle
- Socks

Competitions:

GymSafe Championships:

The GymSafe Championships run twice a year at the YMCA Geelong Newtown Stadium. It is a fantastic time for gymnasts to show off what they have worked on during term and win some awards for their efforts.

The GymSafe Championships are run in the middle of the year in June and the end of the year in November.

What to bring to Competition:

- Tight, white singlet
- Black shorts (stretchy, without pockets)
- Water bottle
- Snack to have after Competition

NATIONAL MAG
LEVEL 2

Level 2 MAG is a progression class that is designed to help the transition between Levels 1 and 3. Therefore, at the start of the year it is programed more like a squad class, and similarly by the end of the year it is designed very much like a Level 3 class. Because of this year round program structure, progress into this class is at the start of the Junior MAG competitive year (January) from MAG squad. Additional entry into this class throughout the year must be done via assessment.

In Level 2 MAG Gymnasts will develop their strength, flexibility, and understanding of gymnastics. Gymnasts are expected to mature quite a bit through this year so the program reflects games and activities to assist in their problem solving skills, work ethic and their responsibilities. Being assigned activities to do, which they must complete by themselves and being rewarded for the quality of their work helps develop the necessary attitude to training at Level 3.

Competitions that are offered in level 2 include two club invitationals,state championships qualifier (that are held by Gymnastics Victoria) and the Junior Victorian Championship November. These competitions are regularly held in Melbourne and are Compulsory for level 2 gymnasts. (Unless under special circumstances; discuss your options with your coach)

NATIONAL MAG
LEVEL 2

Purpose: Developing skills for higher levels by providing a fun and safe environment where gymnasts can try new skills and develop confidence in their movements.

Class Guidelines	Purpose	Focus
6 Hours a weeks 2 classes a week **3 Hour class** • Tuesday 4.00pm-7pm **North Geelong** • Friday 4.00pm-7pm **Newtown** **Competitions Compulsory** Two Invitational competition • State Qualifier • Victorian Championships (Depending on location and selection)	**National Preparation** • Introduce boys to Basic skills • Prepare for Level 3 • Introduce to state squad development programs **Skill Preparation** • Developing presentation technique • Develop Strength • Develop aerial awareness	**Fun with games** **Fun with skills** **Safety** **Fun in the sport** • **Performing** **Enjoyment** **Presentation** **Games that develop purpose**
2 Classes a week compulsory **Compulsory Competitions**		

Note:
Level 2 is a class to prepare for Level 3, it will be assumed that gymnasts will be moving on through the national stream and therefore skills, progressions and competitions will be conducted at a National level of quality and expectation.

NATIONAL MAG
LEVEL 2

Training:

Training in Level 2 can be a jump up from Mag Squad, even more so if your child is coming from GymSafe. Therefore the Class is designed to be less intensive at the start of the year (More like a Level 1 class) and builds in intensity as the year progresses (towards a Level 3 class) This allows gymnasts to not "burn out" under the workload and introduces the correct attitude towards training.

Level 2's will need to purchase Straps and wristbands; straps are seat belt material sown into a loop to be used as a training aid for the Horizontal Bar and Rings. They can be purchased for $10 from the Newtown stadium reception. Wrist Bands can be bought from a local sporting shop and should be as long as possible to cover wrist and run up the arm towards the elbow.

Level 2's also have the opportunity to be selected as a wild card entry to the YMCA Junior training camps; see page 54 of your MAG parent's Handbook to the chapter entitled "Training camps" for more information.

What to bring to training:

- Tight singlet
- Training shorts (stretchy, without pockets)
- Water bottle
- Socks
- Training Straps
- Wrist bands

NATIONAL MAG
LEVEL 3

Level 3 National Mag is the higher development level for basic skills and sequences in gymnastics. Gymnasts will be introduced to higher-level movements and advanced fundamentals. Because of this step up from Level 2, gymnasts must show quality skill development, competent strength and flexibility as well as maturity and a good work ethic to be offered a position in Level 3 classes. Without these, skills can become dangerous due to lacking strength or concentration.

In accepting the offer of level 3 training, gymnasts and parents must understand and agree to the higher level of commitment involved. Competitions that are offered in level 3 include 2 club invitational competitions, State qualifiers (that are held by Gymnastics Victoria) and the Junior Victorian Championships. These competitions are regularly held in Melbourne and are Compulsory for level 3's to compete in. (Unless under special circumstances; discuss your options with your coach). The level 3 programming is based on the Ideal Skills Curriculum (see page 59) sent out by Gymnastics Australia. This prepares athletes for the possibility of future camp and international levels later on in their career.

NATIONAL MAG
LEVEL 3

Purpose: Developing technique and coordination in a fun yet competitive environment by introducing Salto skills, developing spatial awareness and familiarity on the apparatus and the understanding of shape.

Class Guidelines	Purpose	Focus
9 Hours a week 3 classes a week **3 Hour class** • Tuesday 4.00pm-7pm **North Geelong** • Friday 4.00pm-7pm **Newtown** • Saturday 10am -1pm **North Geelong** **Competitions Compulsory** Two Invitational competition • State Qualifiers • Victorian Championships (Depending on selection)	**National Preparation** • Introduce boys to higher level skill sequences • Prepare for Level 4 • Introduce to state squad development programs **Skill Preparation** • Developing presentation technique • Develop Strength • Develop aerial awareness	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** **Enjoyment** **Presentation** **Games that develop purpose**
3 Classes a week compulsory **Compulsory Competitions**		

Note:
Level 3 is a class to prepare for Level 4, it will be assumed that gymnasts will be moving on through the national stream and therefore skills, progressions and competitions will be conducted at a National level of quality and expectation.

NATIONAL MAG
LEVEL 3

Training:

Level 3 training presents strength development in sequences and series for maximum benefit for development in an efficient training time, this ensures that many skills and strengths are developed in each 3-hour training session. Every time a gymnast successfully progresses up a level of sequence they receive a reward, encouraging gymnasts to try harder strengths and feel a sense of achievement when they succeed.

Level 3's will need to purchase Straps and wristbands; straps are seat belt material sown into a loop to be used as a training aid for the Horizontal Bar and Rings. They can be purchased for $10 from the Newtown stadium reception. Wrist Bands can be bought from a local sporting shop and should be as long as possible to cover wrist and run up the arm towards the elbow.

Level 3's will also be able to attend the YMCA Junior Training camps; these are held twice a year and strongly recommended for all gymnasts. Go to page 54 of your Mag Parent's Handbook to the chapter entitled "Training Camps" for more information.

What to bring to training:

- Tight singlet
- Training shorts (stretchy, without pockets)
- Training Longs
- Water bottle
- Socks
- Training Straps
- Medical Strapping Tape
- Wrist bands
- Light snack for 5 minute break in middle of class

STATE MAG
LEVEL 3 & 4

Welcome to the YMCA's Men's Artistic Gymnastics program. In this Chapter you will find all the information for your child's enrolment in State levels 3 & 4.

State Mag Level 3 is the higher development level for basic skills and sequences in gymnastics. Gymnasts will be introduced to higher-level movements and advanced fundamentals. Because of this step up from level 2 gymnasts should show correct progressions in skills before starting this class. State Mag Levels 3 & 4 is very similar to National level 3 in skills and training. This allows movement between National and State streams much easier. The main difference between The National and State streams is the pace at which skills are learnt. The State stream caters around gymnasts individual development so athletes can grow at their own pace and allows more time spent on skill progression, this style of training provides less pressure to have a result by a set time, and can allow gymnasts to progress at their own rate.

Competitions that are offered in levels 3 & 4 include two club invitational competitions, state championships qualifier (that are held by Gymnastics Victoria) and possibly the Junior Victorian Championships. These competitions are regularly held in Melbourne and are Optional for State levels 3 & 4 to compete in. (However strongly recommended) This allows gymnasts who are not competition ready with their skills more time to develop before performing them.

STATE MAG
LEVEL 3 & 4

Purpose: Developing technique and coordination in a fun yet competitive environment by introducing Salto skills, developing spatial awareness and familiarity on the apparatus and the understanding of shape.

Class Guidelines	Purpose	Focus
6 Hours a week 2 Classes a week **3 Hour class** • Tuesday 4.00pm-7pm **North Geelong** • Saturday 10.00am-1pm **North Geelong** **Competitions Optional** • Two Invitational competitions • State Qualifiers • Victorian Championships (Depending on location and selection)	**National Preparation** • Introduce boys to higher level skill sequences • Prepare for Level 3 or 4 • Introduce to state squad development programs **Skill Preparation** • Developing presentation technique • Develop Strength • Develop aerial awareness	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** **Enjoyment** **Presentation** **Games that develop purpose**
2 Classes a week compulsory Optional Competitions		

Note:
State Level 3 is a class to prepare for State Level 4 or National Level 4, it will be assumed that gymnasts will be moving on through the national stream and therefore skills, progressions and competitions will be conducted at a National level of quality.

NATIONAL MAG
LEVEL 4

Welcome to the YMCA's Men's Artistic Gymnastics program. In this Chapter you will find all the information for your child's enrolment in Level 4.

Level 4 National Mag is an Introductory level to Advanced Training. Training three times a week, alongside higher levels, they will be able to view how professional level training is meant to be conducted.

State Squad is a training program run at the Victorian High Performance Centre (HPC) and is only for the top 12 selected gymnasts of the "Under" age group and one year over the "Under" age group in "Open". Competitors must compete in qualifiers and Victorian Championships to qualify. This fantastic opportunity is to prepare gymnasts with the correct drills and skills for State Team in Level 7-10 and Australian Team Development Camps.

NATIONAL MAG
LEVEL 4

Purpose: Developing higher-level skills and understanding of technique by exposing them to a higher level of training as well as maintaining fun in the sport.

Class Guidelines	Purpose	Focus
9-12 Hours a week 3 Classes a week **3 Hour class** • Monday 4.30pm-7.30pm **North Geelong** • Wednesday 4.30pm-7.30pm **North Geelong** • Saturday 10.00am-1.00pm **North Geelong** **Competitions Compulsory** • Team Challenge at Senior Vic's • Two Invitational competitions • State Qualifiers • 1 Victorian Championships	**National Preparation** • Introduce Gymnasts to higher level training • Introduce Gymnasts to purposeful training • Introduce Gymnasts to National Level **Skill Preparation** • Refine presentation • Develop Strength • Develop aerial awareness • Training with purpose	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** **Enjoyment** **Presentation** **Games that develop purpose**
3 Classes a week compulsory Compulsory Competitions		

Note:
Level 4 is a class to prepare for Level 5 and up, it will be assumed that gymnasts will be moving on through the national stream and therefore skills, progressions and competitions will be conducted at a National level of quality and expectation.

Training:

Level 4 training is progressing from 6 or 9 hours a week to 9 or 12 hours a week. During 2017, a third day of 3 hours will open up to further develop their training. Level 4 Training presents strength development in sequences and series for maximum benefit for development in an efficient training time; this ensures that many skills and strengths are developed each 3-hour training session. Every time a gymnast successfully progresses up a level of sequence they receive a reward, this encourages gymnasts to try harder strengths and feel a sense of achievement when
they succeed.

What to bring to training:

- Tight singlet
- Training shorts (stretchy, without pockets)
- Training Longs
- Water bottle
- Socks
- Training Straps
- High Bar Grips (optional)
- Ring Grips (optional)
- Medical Strapping Tape
- Wrist bands
- Snack for 5 minute break in middle of class

JUNIOR NATIONAL COMPETITION SEASON LEVEL 2-4

Competitions

Men's Gymnastics Club Invitationals and State Competitions: Invitationals are competitions held and run by private Gymnastics Clubs, as opposed to State run competitions such as Trials and Victorian Championships that are run by Gymnastics Victoria.

Levels 2 – 4 National and State Competition Calender

Date	Competition	Level	Venue
9 – 12 June	Level 4 Team Challenge	Level 4 National	Senior Victorian Championships (State hockey & Netball centre)
10th September	MYC Invite (MAG 2 – 4)	Level 2 – 4	MYC State and National (350 Dunns Rd, Mornington VIC 3931, Australia)
23rd – 24th September	HPC Invite (MAG 2 – 4)	Level 2 – 4 State and National	MAG HPC (St John St, Windsor VIC 3181)
14th – 15th October	State Qualifiers	Level 2 – 4 State and National	TBC
18th – 19th November	Victorian Championships	Level 2 – 4 State and National	Geelong Arena (TBC

For More information go to Page __ of the Mag Handbook to the chapter entitled "Competitions "

NATIONAL MAG
LEVEL 5 & 6 OPEN

Welcome to the YMCA's Men's Artistic Gymnastics program. In this Chapter you will find all the information for your child's enrolment in level 5 & 6.

Level 5 & 6 National Mag Is the higher level for National Development, designed to lead into senior levels (7-10) and prepare gymnasts for the National Spring Carnival in level 7 to 10.

Level 5 & 6 competes in the Senior Comp season, this is held at the start of the year (March – June). Competitions are run similar to junior comps however more emphasis is on scoring and developing goals in competitions such as placement and scores.

Athletes competing in Victorian Championships are selected from the top Gymnasts scored at trials. Gymnasts must compete at both trials to be eligible for selection. This competition is great opportunity for gymnasts to see how National Competitions are run and to be able to compete in a more serious setting.

State Squad is a training program run at the Victorian High Performance Centre (HPC) and is only for the top 12 selected gymnasts of the "Under" age group and one year over the "Under" age group in "Open". Competitors must compete both trials and Victorian Championships to qualify.

NATIONAL MAG
LEVEL 5 & 6 OPEN

Purpose: Developing an understanding of spatial awareness and body movements, higher level of training and advanced skill fundamentals by providing a safe training environment for athletes to focus on achieving set goals and training purposefully for higher levels.

Class Guidelines	Purpose	Focus
12-14 Hours a weeks 3 Classes a week **4 Hour class** • Monday 4pm-8pm Newtown • Tuesday 7am – 9am (Optional) • Wednesday 4pm-8pm North Geelong • Saturday 1.30pm-5.30pm North Geelong **Competitions Compulsory** • Two Invitational competitions • Two National Trials • 1 Victorian Championships	**National Preparation** • Introduce Gymnasts to higher level training • Introduce Gymnasts to purposeful training • Introduce Gymnasts to National Level **Skill Preparation** Refine presentation • Develop Strength • Develop aerial awareness • Training with purpose	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** **Enjoyment** **Professionalism** **Presentation** **Goal Orientated**
3 Class a week compulsory Compulsory Competitions Optional Morning		

Note:
Level 5 is a class to prepare for Level 6 and/or 7, it will be assumed that kids will be moving on through the national stream and therefore skills, progressions and competitions will be conducted at a National level of quality and expectation.

NATIONAL MAG
LEVEL 5 & 6 OPEN

Training:

Level 5 training is conducted in a very different way to the lower levels. Gymnasts will be expected to make their own goals to achieve as well as take responsibility for their own training. Gymnasts will be given options of skills to work on apparatus, which helps them prepare for open levels or international level routines.

Gymnasts from Level 5 and up will be given the opportunity to be a part of the YMCA training camps. This fantastic opportunity helps fast track gymnasts' skills and knowledge and improves their understanding of safety and injury prevention. These Camps are run twice a year; Go to page 54 of you Mag Parent's Handbook to the chapter entitled "Training Camps" for more information.

What to bring to training:

- Tight shirt or singlet
- Training shorts and longs
- Water bottle
- Ankle sand weights
- Socks
- Training Straps
- High Bar Grips and Ring Grips (with wristbands)
- Medical Strapping Tape
- Snack for 5 minute break in middle of class

NATIONAL MAG
LEVEL 7, 8 & 9 UNDER AND OPEN

Welcome to the YMCA's Men's Artistic Gymnastics program. In this Chapter you will find all the information for your child's enrolment in level 7 or 8.

Level 7 and 8 are the introductory levels for National Competitions and the developmental level for the international program. Training is conducted at a professional level of expectation and gymnasts are expected to be responsible for their own training. With the guidance of their coach, gymnasts will create routines and sequences of their own as well as individual training goals to achieve. It is expected that gymnasts train in preparation for the National Spring Carnival and training towards that goal.

Level 7 and 8 Mag routine prepares gymnasts for progression into higher levels, however it is not expected for many gymnasts to want to train higher. The Nature or the open level 7 and 8 allows development of individual gymnast's routines. It is not uncommon for gymnasts to spend 2, 3 or more years in each level 7 and 8.

NATIONAL MAG
LEVEL 7, 8 & 9 UNDER AND OPEN

Purpose: Training for Australian National Competitions by developing an appropriate mindset of an elite athlete. Working strength, flexibility and spatial awareness in preparation for advanced sequences and Higher-level skills.

Class Guidelines	Purpose	Focus
12-14 Hours a week 4 Classes a week 4 Hour class. • Monday 4pm-8pm Newtown • Wednesday 4pm-8pm North Geelong • Saturday 1.30pm-5.30pm North Geelong **Competitions:** • Two Club Invitationals • Two National Trials • Victorian Championships • National Spring Carnival	**International Preparation** • Introduce Gymnasts to High National training • Develop Gymnasts to purposeful training • Introduce Gymnasts to National Level Competition **Skill Preparation** Refine presentation • Develop Strength • Develop aerial awareness • Training with purpose	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** • **Presentation** • **Professionalism** • **Goal Orientated** • **Morning Training** • **Optional Morning Training for higher levels to prepare for higher National training:** • Tuesday 7am-9am North Geelong
4 Classes a week compulsory **Compulsory Competitions** **Optional Morning Training**		

Note:
Level 7 & 8 is a class to prepare for National championships levels; progressions and competitions will be conducted at a National level of quality and expectation.

NATIONAL MAG
LEVEL 7, 8 & 9 UNDER AND OPEN

Training:

Level 7 and 8 training is conducted in a very different way to the lower levels, Gymnasts will be expected to make their own goals to achieve as well as take responsibility for their own training. Gymnasts will be given options of skills to work on apparatus, which helps them prepare for open levels or international level routines.

Gymnasts from level 5 and up will be given the opportunity to be a part of the YMCA training camps. This fantastic opportunity helps fast track gymnasts' skills and knowledge and improves their understanding of safety and injury prevention. These Camps are run twice a year; Go to page 50 of you Mag Parent's Handbook to the chapter entitled "Training Camps" for more information.

What to bring to training:

- Tight shirt or singlet
- Training shorts and longs
- Water bottle
- Ankle sand weights
- Socks
- Training Straps
- High Bar Grips and Ring Grips (with wristbands)
- Medical Strapping Tape
- Snack for 5 minute break in middle of class

COMPETITIONS

Men's Gymnastic competitions are run differently depending on the level of competition. In this Chapter you will find everything you need to know for your child's competition.

Men's Gymnastics Club Invitationals and State Competitions:

Invitationals are competitions held and run by private Gymnastics Clubs, as opposed to State run competitions such as Trials and Victorian Championships that are run by Gymnastics Victoria.

Date	Competition	Level	Venue
12th March	BTYC MAG Invite	Level 5 - 10 National	BTYC (360 Springvale Road, Donvale VIC 3111)
18th March	HPC Invite (MAG 5 – 10)	Level 5 – 10 National	MAG HPC (St John St, Windsor VIC 3181)
25th – 26th March	State team trial one	Level 5 – 10 National	BTYC (360 Springvale Road, Donvale VIC 3111) (TBC)
8th – 9th April	State team trial one	Level 5 – 10 National	BTYC (360 Springvale Road, Donvale VIC 3111) (TBC)
20th May – 2nd June	Australian Championships	Level 7 – 10 National	Hisense Arena Melbourne
9th – 12th June	Victorian Championships	Level 5 – 10 National	State Hockey and Netball Centre Melbourne
22nd – 25th September	National Clubs (National Spring Carnival)	Level 7 – 10 National IDS3 - Senior	Bendigo TBC

COMPETITIONS

What to bring to Competition:

- Shorts
- Longs
- Leotard
- Grips
- White (plain) socks
- Tracksuit
- Water bottle
- Snacks to have at Competition

Level Awards Test (LAT)

A Level Awards Test is an official Test of Skills a Gymnast is currently training. It is not a competition, rather an assessment. It is dependent on an athlete's score attained at a competition. State Mag competitions do not offer LAT, which is why senior State Mag gymnasts will have the opportunity to compete in a National competition if they wish.

Team Selection Criteria

Team size: Level 2 to 5 – Team 6 with 3 scores to count (minimum 4)

Team size: Level 6 to 10 – Team 5 with 3 scores to count (minimum 3)

Six Gymnasts per team, the top three scores contribute towards the Total Score. Ideally, Coaches would enter Teams of five Gymnasts however it is viable for teams to consist of 3 to 5 gymnasts.

Coaches record individual competition results through the competition season. Geelong YMCA will enter the strongest Team for Victorian Championships. However, every Gymnast will still compete. No individual who has qualified will miss out on competing.

COMPETITIONS

Trials (Qualifiers)

State team Trials are two competitions prior to Australian Championships for which all gymnasts wishing to qualify need to submit their application by March. Discuss your options with your coach about qualifying for Vic Team. Both Trial competitions must be competed for a gymnast to be considered.

Trials are also used for qualifying for Victorian Championships. Although less intensive to qualify it is necessary to discuss your qualifying score with your coach, as it will determine whether or not you will be selected. Both Trial competitions must be competed for a gymnast to be considered.

Victorian Championships

Victorian Championships are conducted for National 5-10 gymnasts. Each Victorian winner earns the title of Victorian Champion for that year as well as winning training gear from Gymnastics Victoria.

Gymnasts wishing to compete in the Victorian Championships need to attain their LAT by Trials. Selection criteria are chosen from the top 36 gymnasts in the over and under category. If Gymnasts have not attained their LAT they won't qualify.

Australian Championships

Australian Championships, also known as Nationals, are held all over Australia depending on the year of competition. This competition is the qualification event for international competition and training camp for the younger gymnasts. Australian Championships are offered to Level 7-10 gymnasts who must qualify at trials to be considered to represent the Victorian Team.

At the Australian Championships, gymnasts will be representing Victoria, not the YMCA. Therefore, travel and accommodation is all done through Gymnastics Victoria. Any gymnast considering competing in Nationals should read the policies and procedures on the Gymnastics Australia website, and discuss it with their coach, prior to submitting an application form.

Gymnasts will also need a Victorian Uniform, which gets measured at Trials and awaits selection before ordering.

COMPETITIONS

Club Competition Uniform

Competitive gymnasts will be required to purchase full uniform prior to competition season. National boys will need to be fitted during Term 1. Refer to YMCA newsletter and email for upcoming Uniform sale days.

Costing subject to change (Depending on supplier costs)

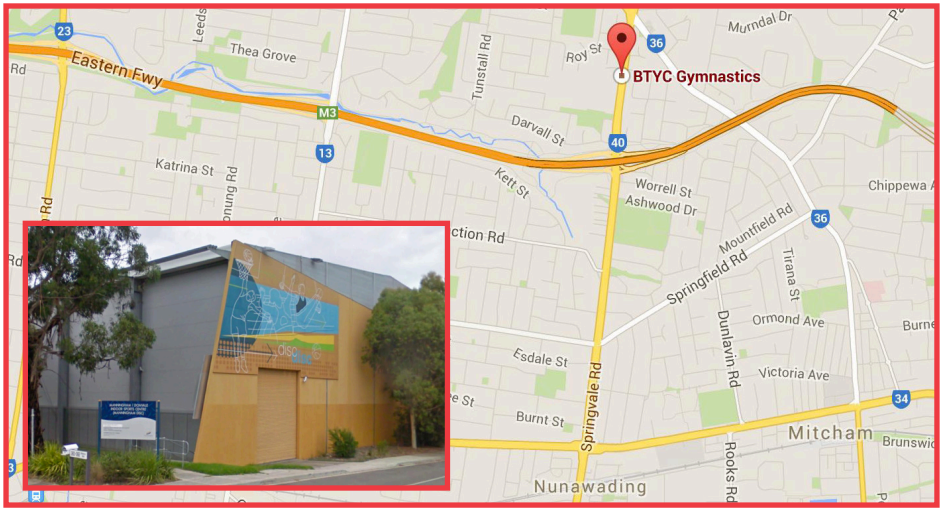
- Leotard: $75 – 85
- Shorts: $40 - $50
- Longs (up to size 14): $80 - $90
- Tracksuit pant (Can be ordered at Newtown reception)
- Tracksuit Jacket (Can be ordered at Newtown reception)
- Polo top (Can be ordered at Newtown reception)

Second Hand Uniforms may also be available for purchase for a lower cost, emails will be sent out of any second hand uniform sale.

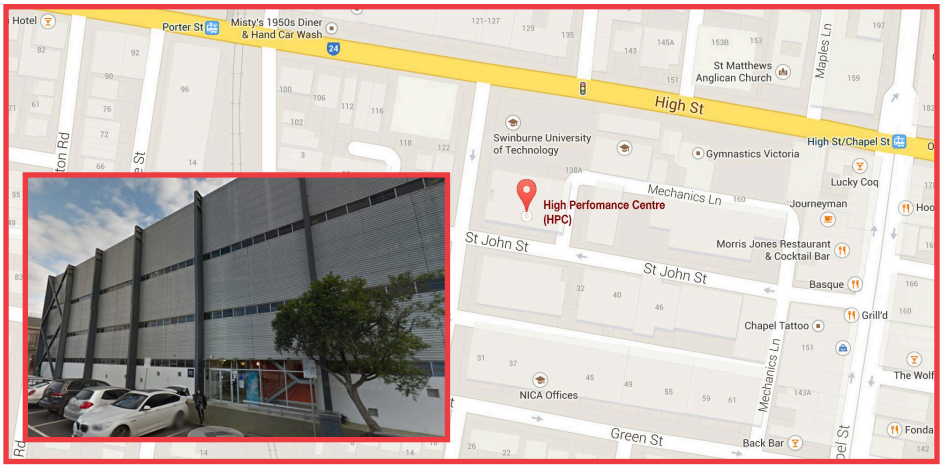
COMPETITIONS

Competition Locations

BTYC Gymnastics Club
Address: 360 Springvale Road, Donvale VIC 3111
Phone: (03) 9841 4773



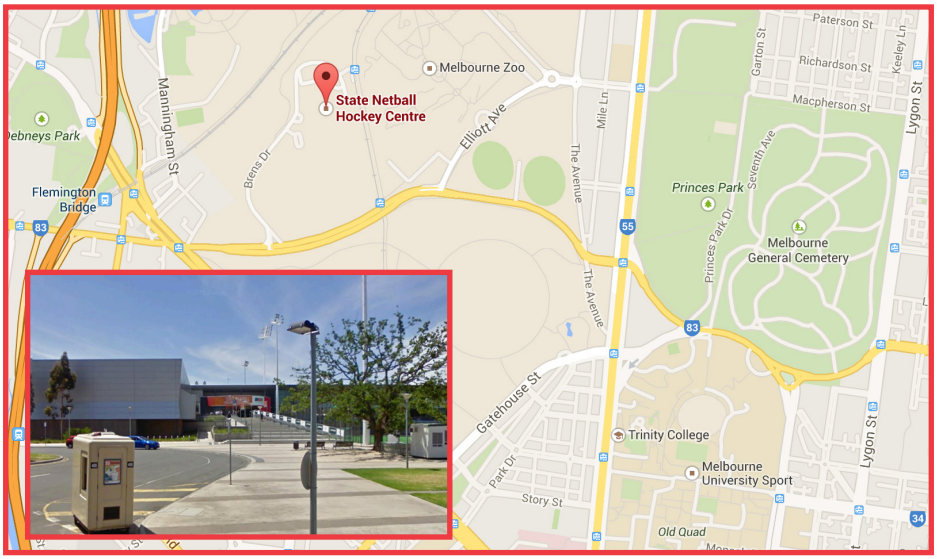
High Performance Centre (HPC)
Address: St John St, Windsor VIC 3181



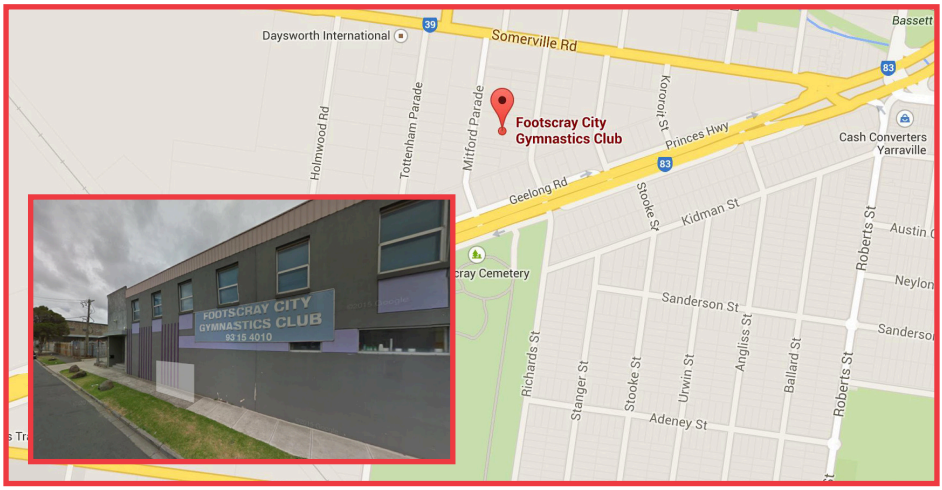
COMPETITIONS

Competition Locations

State Netball Centre (Victorian Championships)
Address: 10 Brens Drive, Parkville VIC 3052



Footscray City Gymnastics Club
Address: 10 Mitford Parade, West Footscray VIC 3012
Phone: (03) 9315 4010



INTERNATIONAL DEVELOPMENT SQUAD
LEVEL 1 - 3

Welcome to the YMCA's Men's Artistic Gymnastics program. In this Chapter you will find all the information for your child's enrolment in IDS Levels 1 to 3.

IDS 1 – 3 are the developmental program for Junior and Senior National levels. This is a YMCA branch of the MAG program specifically designed to prepare athletes towards training for Australian Team.

For all competitions and routines the Level 5, 7 and 8 under class compete in the Australian National stream, however unlike the National 7 Open class, the 7 under gymnasts have compulsory set routines like earlier levels.

IDS Levels 1 – 3 will be working towards Future Camp at the AIS, programs and development will be based around the Ideal Skill Curriculum and correct pathways for international competitions.

In this program the competition aim is Australian championships, it is expected that Gymnasts and families be committed to the training and competition expectations of this class. Trials 1 and 2 are the qualifying competitions for the Australian Champions; gymnasts must compete both trials to qualify.

INTERNATIONAL DEVELOPMENT SQUAD
LEVEL 1 - 3

Purpose: Training for Australian National Competitions by developing an appropriate mindset of an elite athlete. Working strength, flexibility and spatial awareness in preparation for International Competitions.

Class Guidelines	Purpose	Focus
12-16 Hours a week +16 hours Class Training + 2 hour Morning Training 4 Classes a week 3 Hour class. • Monday 4.30pm-7.30pm North Geelong • Tuesday 4.30pm-7.30pm North Geelong • Thursday 4.30pm-7.30pm Newtown • Saturday 1.30pm-5.30pm North Geelong Competitions: • Two Club Invitationals • Two National Trials • Australian Championships • Victorian Championships • National Clubs	**International Preparation** • Introduce Gymnasts to High National training • Develop Gymnasts to purposeful training • Introduce Gymnasts to National Level Competition **Skill Preparation** Refine presentation • Develop Strength • Develop aerial awareness • Training with purpose	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** • **Presentation** • **Professionalism** • **Goal Orientated** • **Optional Morning Training for higher levels to prepare for higher National training:** • Tuesday 7am-10am North Geelong
4 Classes a week compulsory Compulsory Competitions Optional Morning Training		

Note:
Level 7 & 8 is a class to prepare for National championships levels; progressions and competitions will be conducted at a National level of quality and expectation.

MAG LEVEL
IDS LEVEL 1 – 3

Training:

IDS Level 1 -3 is a high intensity international program, the YMCA Mag team works hard to ensure that our programs are up to date with the best in the Australia. The training expectation for this class is of a higher level than National levels as it is expected that gymnasts in this class are aiming for higher-level international competitions. Because of this jump up in intensity, gymnasts are carefully selected based on skill development, work ethic and attitude.

YMCA training camps will also be available for these levels; they are a good opportunity to prepare for Future Camps at the AIS.

What to bring to training:

- Tight shirt or singlet
- Training shorts and longs
- Water bottle
- Ankle sand weights
- Socks
- Training Straps
- High Bar Grips and Ring Grips (with wristbands)
- Medical Strapping Tape
- Snack for 5 minute break in middle of class

JUNIOR AND OPEN INTERNATIONAL

Junior International is the competitive division for gymnasts under the age of 15. The YMCA program, Junior International, is designed to develop gymnasts in their introductory phase of international competition.
Open International is the competitive division for gymnasts over the age of 16. The YMCA program, Open international, is designed to prepare gymnasts for their time in Senior. In this level gymnasts are eligible for Junior Australian team and can qualify for international tours.
For all competitions and routines the Level 7, 8 and 9 under class compete in the Australian National stream, however unlike the National 7 Open class, the 7 under gymnasts have compulsory set routines like earlier levels.
Junior and Open will be working towards Team Future Advanced Camp at the AIS, programs and development will be based around the Ideal Skill Curriculum and correct pathways for international competitions .
In this program the competition aim is Australian championships, it is expected that Gymnasts and families be committed to the training and competition expectations of this class. Trials 1 and 2 are the qualifying competitions for the Australian Champions; gymnasts must compete both trials to qualify.

JUNIOR AND OPEN INTERNATIONAL

Purpose: Training for Australian National Competitions by developing an appropriate mindset of an elite athlete. Working strength, flexibility and spatial awareness in preparation for International Competitions.

Class Guidelines	Purpose	Focus
16 – 18 Hours a week +16 hours Class Training + 2 hour Morning Training 4 Classes a week 4 Hour class. • Monday 4.30pm-8.30pm North Geelong • Wednesday 4.30pm-8.30pm North Geelong • Thursday 4.30pm-8.30pm Newtown • Saturday 1.30pm-5.30pm North Geelong Competitions: • Two Club Invitationals • Two National Trials • Australian Championships • Victorian Championships • National Clubs	**International Preparation** • Introduce Gymnasts to High National training • Develop Gymnasts to purposeful training • Introduce Gymnasts to National Level Competition **Skill Preparation** Refine presentation • Develop Strength • Develop aerial awareness • Training with purpose	**Fun with skills** **Safety** **Fun in the sport** • **Performing** • **Skills** • **Presentation** • **Professionalism** • **Goal Orientated** • **Optional Morning Training for higher levels to prepare for higher National training:** • Tuesday 7am-10am North Geelong
4 Classes a week compulsory Compulsory Competitions Compulsory Morning Training		

JUNIOR AND OPEN INTERNATIONAL

Training:

Junior and Open International is a high intensity international program, the YMCA Mag team works hard to ensure that our programs are up to date with the best in the Australia. The training expectation for this class is of a higher level than open levels as it is expected that gymnasts in this class are aiming for higher-level international competitions. Because of this jump up in intensity, gymnasts are carefully selected based on skill development, work ethic and attitude.

YMCA training camps will also be available for these levels; they are a good opportunity to prepare for Future Camps at the AIS.

What to bring to training:

- Tight shirt or singlet
- Training shorts and longs
- Water bottle
- Ankle sand weights
- Socks
- Training Straps
- High Bar Grips and Ring Grips (with wristbands)
- Medical Strapping Tape
- Snack for 5 minute break in middle of class

RECOVERY

Training at high levels puts a lot of stress on muscle tissue; it is vital that recovery is done after training and before the next session. Being able to recover efficiently is essential for performing at their best each training session:

Methods to assisting in muscle fatigue recovery:

- **Balanced diet for gymnasts**
  - High Protein Diet
  - Carbohydrates
  - Vitamins and Sugars
  - Low Fat Diet
- **Muscle Stretches**
  - Static stretches done in training
  - Flexibility program
- **Heat and Ice**
  - For Muscle fatigue interval recovery of 5 minutes ice pack, 5 minutes heat pack helps shunt blood around muscle to assist in recovery **(For Muscle Fatigue only! Not used for Joint pain or Injury)**
  - **Ice Baths are not recommended for children under 10 and are not necessary for levels training under Level 5**
- **Muscle repair cream**
  - Fisiocrem
  - Deep Heat
  - Voltaren
- **Rest and Recovery**

TRAINING CAMPS

The YMCA Training camps are a fantastic opportunity for Gymnasts to progress their skills and develop their understanding of the sport. Geelong YMCA offers two training camps a year, a winter camp and a summer camp, which are held during the term holidays and run through the day. They are split into Junior and senior Training Camp to separate level and age group to better program the sessions. National Level 2 Mag Gymnasts have the opportunity to be selected for a “wild card” draw into the Junior camp. These gymnasts will not necessarily be selected on skill level; they will be based on class behavior, work ethic and maturity.

Camp intensity

Training intensity is very closely planned; days earlier in the week will be of less intensity, building towards the end. This prevents gymnasts from ‘burning’ out too early at camp and, therefore, not enjoying their experience. Intensity will also depend on groups; the junior camp in winter will be a mixture of intensity as gymnasts have just moved to new levels. However in summer, levels 3 and 4 can be working similar skills and sequences. Theory will also be split into study groups, across junior and senior, depending on age. This allows different styles of teaching depending on gymnast’s age and understanding of the sport.

Camp Training

Camp training is often split into 4 sessions during the day:

- Aerial awareness
- Injury prevention
- Flexibility and strength
- Apparatus training

The day is split into 50-60 minute sessions with a short break in between each hour, with a 1-hour lunch break and 30-minute recess. Senior groups will have two recesses, one in the morning and one in the afternoon

TRAINING CAMPS

Aerial Awareness

Aerial or Spatial Awareness is best described as a gymnast's familiarity of knowing where he is in space as he rotates (forward or backward movements) or twists (sideways movements). There are many exercises that cater to a range of ages to develop aerial awareness to progress each gymnast's skills. This session mainly revolves around the trampoline and floor to develop multiple flips and twisting elements, which can be used on many apparatus. This is not a rotation on the floor or trampoline, as an apparatus, so skills like 'handstands' or 'cartwheels' will not be focused on, mainly just flipping elements to help the gymnasts' spatial development.

Injury Prevention

Injury prevention is exercises to help strengthen muscles and joints as a strategy for preventing injury, as opposed to building strength. These exercises are especially important for higher levels although it is good to start them at a young age as it teaches the gymnasts about safety and looking after their bodies. This session will focus on exercises to strengthen wrists, elbow joint, shoulder (rotator cuff), Knees, ankles and back. These exercises have been designed by qualified Sports Physiotherapists from Gymnastics Victoria and have been passed onto clubs to help with their training. If you wish to know more about exercises to assist with injury prevention, discuss it with your coach. Higher levels should also be doing injury prevention at home.

Flexibility and Strength

Flexibility and strength are the same as in training throughout the term, however in camp a one-hour session is allocated for each. This allows us to spend the time working on "main" flexibility such as hip flex in splits, straddle, pike and shoulder flex in handstand, German stretch and bridge. It also allows us to take the time to develop secondary flex such as wrist and ankle flex, lower back flex as well as flexibility in the knee joint. Flexibility along with strength is needed for injury prevention (for example as a gymnast lands off an apparatus onto his ankle, a flexible and strong joint will strain, whereas an inflexible joint may tear or break). In normal training sessions, time can't be spent working on secondary flexibility and for senior gymnasts it is recommended they work these as part of their routine at home. Once again, even though it is not necessary for younger gymnast to be concerned with injury prevention and secondary flexibility, it is useful for them to learn young as it builds understanding of their own body and it's limits, which helps with safety when training.

TRAINING CAMPS

Apparatus Training

This is training across the six apparatus similar to term training. This is a 3-hour session and will cross over depending on the day (not all six apparatus will be worked on in one day). This allows more time to be spent on an apparatus to develop skills; typically 3 or 4 apparatus will be done in a session with either 1-hour rotations or 45-minute rotations. Closer to Camp schedules will be sent to outline the agenda for the days.

Theory

Camp also offers a class theory session that usually follows after the gymnasts' lunch break; this helps to break up training before the afternoon sessions. The theory component will depend greatly on the gymnasts' age and level, for example Level 3 and 4 will be learning major muscle names and have activities appropriate for them. Older gymnasts in Levels 5 and 6 will learn about muscle groups and basic physiology of how a muscle works to produce force. Levels 7 and 8+ will learn more advanced subjects like basic biomechanics and physiology. Theory also will include gymnastics related topics such as routines and technical information. Older gymnasts will have the chance to write up routines using the code of points and the Gymnastics Australian Routines Manual.

TRAINING CAMPS

Movies

To keep the camp fun, gymnasts play games, do activities and have free time, throughout the day. In addition to this we also have a movie day (usually over lunch break) on the last day. Notes will go out closer to the camp dates, but for junior camp movie ratings will be either G or PG. Parents will have to sign a permission form when receiving the details of the movie before the gymnast will be allowed to watch it. If you do not wish your child to participate in the movie session then they will be given the chance to have free time in the gym (while the seniors train)

The Senior Movie is often in the afternoon after they have finished their training (around 5ish) when the juniors have left for the day. Notes will go out closer to the camp dates, but for senior camp movies ratings will be either PG or M. Parents will have to sign a permission form when receiving the details of the movie before the gymnast will be allowed to watch it. If you do not wish your child to participate in the movie session they will be able to go home early.

Example of a Camp Timetable

Junior

<table>
<tr><th>Time</th><th>Mon</th><th>Tue</th><th>Wed</th><th>Thu</th><th>Fri</th></tr>
<tr><td>10.00am</td><td>Arrive, Free time/games</td><td>Arrive, Free time/games</td><td>Free time, games, warm up</td><td>Free time, games, warm up</td><td>Arrive, Free time/games</td></tr>
<tr><td>10.30am</td><td>Warm up activities</td><td>Warm up activities</td><td>Flexibility</td><td>Injury prevention</td><td rowspan="2">End of Camp Big Breakfast (Bacon, eggs, pancakes)</td></tr>
<tr><td>11.00am</td><td rowspan="2">Aerial Awareness</td><td rowspan="2">Aerial Awareness</td><td rowspan="2">Aerial Awareness</td><td rowspan="2">Aerial Awareness</td></tr>
<tr><td>11.30am</td></tr>
<tr><td>12.00pm</td><td>Injury prevention</td><td>Flexibility</td><td>Conditioning</td><td>Flexibility</td><td>Flexibility</td></tr>
<tr><td>12.30pm</td><td rowspan="2">Lunch</td><td rowspan="2">Lunch</td><td rowspan="2">Lunch</td><td rowspan="2">Lunch</td><td rowspan="2">Aerial Awareness</td></tr>
<tr><td>1.00pm</td></tr>
<tr><td>1.30pm</td><td>Free time/games</td><td>Theory (Scoring)</td><td>Free time/games</td><td>Theory (Basic Muscles)</td><td rowspan="2">Lunch/movie</td></tr>
<tr><td>2.00pm</td><td rowspan="3">Apparatus Training</td><td rowspan="3">Apparatus Training</td><td rowspan="3">Apparatus Training</td><td>Apparatus Training</td></tr>
<tr><td>2.30pm</td><td rowspan="2">Strength</td><td rowspan="2">Strength</td></tr>
<tr><td>3.00pm</td></tr>
<tr><td>4.00pm</td><td></td><td></td><td></td><td></td><td></td></tr>
</table>

TRAINING CAMPS

Example of a Camp timetable

Senior

Time	Mon	Tue	Wed	Thu	Fri
10.00am	Arrive, Free time/games	Arrive, Free time/games	Free time, games, warm up	Gym Training at Deakin YMCA	Arrive, Free time/games
10.30am	Warm up/ Conditioning	Warm up/ Conditioning	Warm up/ Conditioning		End of Camp Big Breakfast (Bacon, eggs, pancakes)
11.00am	Aerial Awareness	Aerial Awareness	Aerial Awareness	No Training	
11.30am					
12.00pm	Injury prevention	Injury prevention	Injury prevention		Flexibility
12.30pm	Lunch	Lunch	Lunch		Injury prevention
1.00pm					Aerial Awareness
1.30pm	Theory (Levels program)	Theory (Levels program)	Theory (Levels program)		
2.00pm	Flexibility	Flexibility	Flexibility		
2.30pm					Late Lunch
3.00pm	Apparatus Training	Apparatus Training	Apparatus Training	HPC Training	Apparatus Training
3.30pm					
4.00pm					
4.30pm					
5.00pm					
5.30pm					
6.00pm					Movie
6.30pm	Strength	Strength	Strength		
7.00pm					

IDEAL SKILL CURRICULUM

The Ideal Skill Curriculum (ISC) is a list of skills and drill the Australian Institute of Sport (AIS) wishes young gymnasts to be completing to help them achieve success at international competitions. The YMCA Mag team uses the ISC and the Australian Routine Manual as a basis for all our programs and progressions in class. The ISC is a good reference for when gymnasts should be starting skills, and at what age skills should be introduced and mastered.

The ISC is also used as an assessment base for AIS to select gymnasts who they think will best progress to higher international levels. Assessments can start as young as 6 years old, however gymnasts will not be selected for training programs until the age of 11 (except for State Squad at HPC) therefore, the YMCA does not Video Assess Gymnasts until Level 3, all previous assessment is done internally by the coach.

Video Assessment

The AIS have created a secure website for registered clubs to upload videos to be assessed. This is known as the Virtual Assessment Tool (VAT) and allows the quick and easy assessment of the Gymnasts skills in a secure site. The site is managed and run by the Australian Pathway Coordinator, he ensures that videos uploaded to a private account are kept secure for the viewing of Sean Wilson (The Australian men's ISC assessor). The VAT is locked by an account name and private password for the assessor and coach. An information session will be held yearly for new parents in the National stream regarding assessments and the VAT.

IDEAL SKILL CURRICULUM

Pommel Horse

Mag Ideal Skills Curriculum

Skills	Ages											
	6	7	8	9	10	11	12	13	14	15	16	17
Swings + Scissors												
False Scissors x 3 each side												
Scissors x 2 each side												
Scissor to Handstand												
Circles and Spindles												
Double Leg Circles on Mushroom (min 10)												
Flairs on Mushroom (min 10)												
Double Leg Circles on Pommels (min 10)												
Loops Facing Inward (min 10)												
Loops Facing Outward (min 10)												
Downhill Circles (min 5)												
Uphill Circles (min 5)												
Double Leg Circles on One Pommel (min 5)												
Loops Between Pommels (min 5)												
Flairs on Pommels (min 5)												
Spindle from Loop Facing Inward												

Introduce Skill Mastered Skill

Assessment will begin at Level 3 (Ages 6-8) and continue every level. This helps young gymnasts prepare for assessments later on when they are aiming for Future camp selection. The ideal skill list is broken into boxes for assessment, each skill is out of 10 of execution and 4 for location. The points add up for a running total and the top gymnasts of every age group are selected for training programs.

FUTURE CAMP

Team Future is the top gymnasts in Australia, selected from each age group between 11 and 14. The program Team Future is to allow young talent from around the country the opportunity to develop their skills in the sport; this is done through Future camp. Future camp is the high intensity training camp for developing gymnasts. It comprises of 3-4 days at the AIS training center in Canberra, where gymnasts will be exposed to the top coaches and sporting experts in the country. Future camp is a fantastic opportunity for all gymnasts wishing to go onto international competitions.

At the AIS training ground, gymnasts will stay on site at the sporting village; there they will be exposed to a new independence of training. They must be at the gym, dinning hall and bedrooms on time. They will be responsible for their own food (What they eat) and expected to clean their room and make their bed every day. To help with this, the gymnasts have a chaperone from the YMCA to be in charge of the gymnast's organization. This leaves the coach free for their coach development and programming. The AIS spend as much time developing the coaches as the gymnasts, often when gymnasts have down time the coaches are at coaching lectures or biomechanics seminars.

The chaperone is often, but not always, one of the parents of the gymnasts and is carefully selected before camp. For each camp a meeting will be held for all selected gymnasts about the organization for camp, flights and prices. The AIS pays a subsidy for each gymnast selected, however prices for flights and accommodation will be determined at a closer date.

Fundraising

The YMCA is a Not for Profit Organization. Geelong YMCA programs and facilities are funded by participants' Fees, Donations and Fundraising. At YMCA Geelong, participants' fees cover the cost of operations and the gymnastics program relies on Fundraising dollars to purchase new equipment, keeping our gym safe and up to a competitive standard.

All YMCA families are encouraged to be involved with fundraising Enterprises such as:

- Assisting at Geelong YMCA competitions
- BBQ, Food preparation, Raffle tickets Sales, Door entry, Marshaling and any other assistance at comps
- Volunteering for MAG events such as Camps or Social nights.

Currently our most successful Fundraising event is hosting Gymnastics Competitions and Mag Summer and Winter Camps.
Hosting a 'Home ground' competition enables families' minimal travel/cost. However, we can only host these events with volunteer support. Please advise YMCA coaches if you are able to offer assistance.

Your Help is definitely needed and greatly appreciated

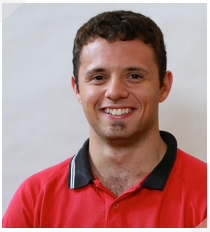
Competitive Squad Program Levy/Volunteer Levy

Competitive members- $65.00 plus $16 Admin fee (Admin fee donates $1 of every membership to Open Doors) plus $150 volunteer levy (Volunteer levy is paid per gymnast) (Refer Women's Artistic Gymnastics (WAG) Parent Handbook for more information.
http://www.geelong.ymca.org.au/index.php/gymnastics-forms

An annual Equipment Levy has been incorporated into term fees throughout the year.

* **If three volunteer sessions are done in a calendar year this fee will be refunded.**

YMCA GEELONG
MAG COACHES



Daniel Tabone

Lachlan Graham

PHOTO NOT AVAILABLE AT TIME OF PRINTING

Sam Lindeman

Grievances + Concerns

It is important that any Grievances and Concerns are not discussed in the presence of gymnasts or other parents. Such matters should be brought to the attention of your child's Coach. Should matters require further attention, please contact MAG coordinator, Lachlan Graham. If you feel the matter is still unresolved, please write to the center Manager, Renae Lamaro.

Feedback Is Important to us

Geelong YMCA Management and Staff welcome your feedback on improving our Gymnastics club. Please feel free to utilize the suggestion box located in the foyer. We will conduct an annual survey on our Programs, Policies and Operations. Your support in completing this survey is greatly appreciated in ensuring we can continue to provide the best possible service.

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