



2020

WAG /MAG

Competitive Gymnast & Parent Handbook

Jimboomba Gymnastics is a not-for-profit gymnastics club who rely on parent involvement across a variety of areas throughout the year. This booklet has been designed to inform you of what is expected from your competitive gymnast and yourself as their parent.

All our competitive gymnasts follow the Australian National Levels Programme with an expectation of a high level of commitment and continuing effort. Should you have any questions please do not hesitate to contact your child's coach or email our Head Coach on wag@jimboombagymnastics.com.au.

Positions in a competition team are offered at the discretion of the coaching staff and may be withdrawn by the coaching staff in discussion with the Head Coach at any time for due reason. Coaches in liaison with the Head Coach are the appropriate professionals to make decisions about any gymnast's readiness to progress through the competitive levels.

Once a gymnast accepts an offer to a competitive training group they are entering a system in which the club invests a great deal of time, finances and expertise, thus the expectations on the gymnast and his/her family are high. The gymnasts will be expected to meet all training commitments, prepare for and enter competitions, show continual improvement and apply themselves to the program. Parents are expected to be supportive and ensure that their child attends training consistently at the appropriate times. If your gymnast receives more than 2 disciplinary warnings for breaches of their contract their position in the team is at risk and a meeting will be arranged between their parent/guardian and the Head Coach.

Gymnast Code of Conduct

1. Show respect at all times to coaches, judges, officials and other gymnasts in house and at competitions;
2. Follow all coach instructions and respect fellow club members by providing support and encouragement at all times;
3. Be a role model for other gymnasts and Jimboomba Gymnastics Club;
4. Be prepared to lose sometimes. Show good sportsmanship at all times, regardless of results;
5. Never engage in bullying as it will not be tolerated;
6. Always train with a positive attitude, to be the best gymnast that you can be;
7. Be punctual to training and competitions. Attendance to training sessions is taken into consideration when invites for competitions are given out;
8. Immediately notify your coach if you injure yourself;
9. No jewellery or nail polish is to be worn to competitions and any support tape or bandages worn must be skin colour; and
10. A training leotard must be worn to class. These are available from the office.

Parents Code of Conduct –

1. Encourage children to participate if they are interested. If they are not, don't force them;
2. Focus on your child participating, reducing the emphasis on winning;
3. Avoid side line coaching at all times;
4. Teach children that a good effort is as important as victory, so that the result of each competition is accepted without undue disappointment;
5. Do not criticise children/ coaches or other clubs in front of others, but reserve constructive criticism for more private moments;
6. Remember children are involved in sport for their enjoyment, not yours;
7. Accept decisions of all judges as being fair and made to the best of their ability. Do not raise issues of disagreement publicly or contact clubs to question decisions made;
8. Set a good example by your own conduct, behaviour and appearance;
9. Support Coaches with all decisions; and
10. Ensure your gymnast has the correct attire at all times for training and/or competitions.

Breaches to the above code of conducts may result in your child being issued a disciplinary warning and /or removed from a competition team.

FEE Structure of Competitive classes and competitions

Class fees for a competitive gymnast are calculated on a yearly basis (dependant on how many weeks they train) and then divided into 12 equal monthly payments, allowing for team holidays (amount varies depending on the team). Monthly fees cover costs to retain your child's position in a class or team. Unfortunately, non-attendance does not qualify for a refund or a credit.

If you are unable to pay your account on time, please speak with the Accounts Officers – accounts@jimboombagymnastics.com.au

Your gymnast's position in a team is guaranteed upon accounts being kept up to date and should the account be in arrears you will be requested to finalise payment before the gymnast can return to training. You may also forfeit your child's position in a team or miss entry into current competitions if fee's are more than 2 months in arrears.

Entry fees for competitions **MUST** be paid by the closing date stated on the invite given. No late entries will be accepted and entries without proof of payment will be void for submission.

Refunds of competition entry fees due to gymnast injury maybe given on provision of a Doctors Certificate, refunds are subject to an admin fee and the host club may also deduct any expense incurred to them on your gymnast's behalf.

Additional Costs

Besides the annual registration, insurance and membership fee and monthly class fees, competitive gymnasts can expect to incur costs for; competitions and travel, club leotard, club tracksuit, club t-shirt, club shorts/longs and club bag, hand guards etc. These costs are likely to increase with the training hours and level of the gymnast.

Competition Guidelines for all

At the coach's discretion Gymnasts may be withdrawn from all or part of a competition for reasons of safety or for unsportsmanlike behaviour. Once the gymnasts have entered the competition floor and are in the hands of the judges and coaches, there should be **NO** contact between parents and their children until after presentations are complete. Any such contact could incur a deduction or disqualification against the individual or team and will incur your gymnast a warning from JGC. In some competitions, gymnasts are permitted to speak with their parents between the end of the competition and the presentations however; gymnasts must wait for the coach to advise them of the correct procedure. **GYMNASTS ARE NOT PERMITTED TO USE A MOBILE PHONE ON THE COMPETITION FLOOR.**

Parents are not permitted to make contact with any judges or coaches at a competition. In the event of an emergency, the parent should contact the coach via the floor manager. Any questions regarding scores or official decisions can be directed to the child's coach following the completion of a competition, we request you do not contact the host club or Gymnastics Queensland.

Sometimes the club holds after circular events to subsidise the cost of further afield competitions for gymnasts. For your child to receive a subsidy it is requested you volunteer to assist at a minimum of one event.

Levies

An admin and coach/ judge levy is applied by JGC to all competition entry fees.

Uniform

All gymnasts are required to wear a competitive leotard and carry a JGC bag when on the competition floor. Club tracksuit and shirt are also compulsory attire. For training WAG are required to train in leotards, these can be purchased at the club.

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Competitive Gymnast & Parent Handbook Agreement

I have read the competitive gymnast and parent handbook and agree to abide by it:

Parent's Name: _____

Parent's Signature: _____

Gymnast's Name: _____

Gymnast's Signature: _____

Date: _____

Please print this page sign and return it to your coach.

