



# Recreational Competition Guide for 2019

## Levels 1 to 4



### Our Mission Statement

*Waitakere Gymnastics is committed to the development, success and promotion of Gymnastics NZ to the community.*

### Welcome to Recreational Competitive Gymnastics

It is a pleasure to welcome you and your child to the Waitakere Gymnastics Competitive program. Gymnastics is a demanding but thoroughly rewarding sport; skills are not learnt quickly but learnt through repetition and precision. Now that your child has been selected to participate in the competitive program, their gymnastics becomes more serious. Both gymnasts and their parents are required to be more dedicated to training and the club.

The Recreational Competitive Gymnastics is a program run by Gymnastics NZ for gymnasts who want to compete in a fun, relaxed environment. Gymnastics NZ set the routines for Vault, Bar, Beam and Floor everyone is taught the same routine within the level. There are four levels within the rec program: 1 to 4. The skills increase in difficulty the higher the level.

Gymnasts compete as individuals and teams. A team consists of 4 gymnasts with the top 3 scores from each apparatus making up the team score.

To follow is some helpful information related to being a member of a competitive squad and attending competitions.

### Communication

All information is generally sent out by email. It is very helpful if we have up to date contact details to ensure you are kept well informed.

Notices are also posted on Facebook, the Website and Newsletters. Search Facebook **Waitakere Gymnastics Rec Comp** to join the group.

If you have any issues with any aspect of your child's training you need to contact the office or club manager. If required, an appointment can be made through the office or club manager for you to meet with your child's coach outside of training hours.

Please note the office hours vary during the term. Please leave a voice message or send emails and you will get a reply.

At the beginning of each year you will be requested to complete a new enrolment form, this information is required by Gymnastics NZ and ensures we have up to date contact details.

## What is expected of a competitive gymnast?

Please have your child read the following information so they are aware of their responsibilities.

- Please ensure you are on time for training. It is disruptive for the class to have gymnasts coming in late. Apologise to your coach if you are late.
- No cell phones during training time.
- Bring a drink bottle to all training session; water is available from the water filter in the foyer.
- Hair must be neatly and securely tied up; this also applies to boys who have long hair. The office **does not** have spare hair ties please bring them with you.
- Suitable training gear must be worn; t-shirt/singlet and shorts for boys, leotard or singlet and shorts for girls. We do have new Country Originals training gear available to purchase from the office, if required.
- All bags, shoes and gear need to be stored in the shelves provided during training time. Please keep your gear in a tidy manner.
- Be considerate of others during training, be aware of yourself and others training around you. When moving around the gym use the walkways around the apparatus, do not run.
- Chalk is provided by the club for use on the bars. Please use sparingly and clean up chalk when you have finished.
- Always listen to instructions carefully to help prevent injury to yourself or others.
- If you know you are going to be absent from the next training session, please let your coach know before you leave training.
- **When representing the club a high standard of behaviour is expected at all times.**

## What is expected of a parent of a competitive gymnast?

- Ensure your child is on time to training and that they have all their equipment with them. If your child is going to be absent from training, please notify the office or coach.
- Please be on time to pick up your child, for your child's safety please be aware your child must wait inside the foyer or upstairs **not outside the Gym**. Children must not wait alone in the car park, there are often strangers wandering through in the park.
- Support your child: gymnasts always do their best when they have the encouragement and support of their parents and other family members. However, leave coaching to the coaches!
- Get to know the other parents in your group, join the group Facebook page. Swap phone numbers for car-pooling to competitions etc.
- **Get involved!** We always welcome help...
- **Join the committee** - the club is a non-profit organisation managed by a volunteer committee. There are many ways you can help support the committee not everything requires a huge commitment of time, please ask.
- **Helping out** - During the year you will be required to help with various fundraising ventures and competitions. It is essential you help with these events, with parent support the club can keep the training fees for competitive gymnasts at a reasonable level.
- When we host our competitions we require all our competitive parents to support the events. There are always plenty of jobs that need doing eg: helping to set up the gym, manning the

canteen, recording on the floor with the judges and of course clean up at the end of the day.

- **Working Bees** - we have up to two working bees a year to give the gym a good clean and tidy up. These are generally a couple of weeks prior to our club competitions. Sometimes this involves moving heavy equipment. You will be notified by notice or email of the dates for this year when they are set.

## Program Fees

- Fees are calculated on a **per year basis** for each program.
- Rec Comp classes are booked via our website. Payment is required at time of booking. Payment is made via POLipay. Payment secures place within the class.
- Payments can be made on invoice within the first few weeks of the term, or arrangement of a payment plan, please contact the office. It is essential to the running of the club that fees are paid on time.
- Outstanding fees at the end of term will incur a 10% late charge.
- If your child is unable to attend training on a regular basis due to other commitments there can be no reduction in your child's fees, the fees will remain as set for their program.
- If your child is injured and not able to attend training, please contact the office.
- Please do not ask for your child to train at an alternative time the timetable is designed to have the same levels training together to maximise the use of the coaching time available.

## Progress

Children progress at different rates; some children will learn skills faster than other members of their group. At times a coach may decide a gymnast is not ready to start competing and will choose to compete them later in the season.

If some in your training group are competing and your child is not, this will be because the coach has decided your child is not yet ready to compete and more preparation is required, the coach will enter your child into competitions once they are happy with progress and performance.

Always ask the office if unsure about any aspect of your child's progress.

## Competition Season

There is a lot for new parents to learn about the competition season and it can feel frustrating at times if you are unsure about what is going on. Below are some tips and information to help you learn a bit about what is involved in having your child compete as part of a team for Waitakere Gymnastics Club.

Competition season runs from May until the end of September/early October.

Competitions take place at any of the Affiliated Gymnastics Clubs in the country. Your child will probably be entered in most of the Auckland competitions for their level throughout this period

The office will notify you which competitions we will be attending throughout the course of the season, they will also be displayed on the club notice board in the foyer and Facebook.

## Competition Entry Fees

Competition entry fees are usually between \$30 and \$40 per competition depending on the host club, we do not set the entry fees. **Entry Fee is non Refundable.**

**Payment of competition entry fees are via our on-line booking system.** You will be advised which

competitions you will be attending and when they will be available to book. We will no longer invoice gymnasts for competitions. Payment must be received prior to the closing date to ensure entry into competitions.

**Late Entries:** If your child is to enter a competition as a late entry you will be charged a late fee as set by the host club. Any late entry must be done through the office please do not contact the host club directly.

**Sickness or Injury:** If your child is unable to compete on the day due to sickness or injury the club can request a refund from the host club on presentation of a medical certificate.

## Timetables

Competitions are held either on a Saturday or Sunday. The host club often does not publish the competition timetable until a week before the competition. As soon as the club is notified of the timetable it is circulated via email and by notice in the foyer. We have no control over times of sessions. If you have not had notice of this information, please check with the office.

## Uniforms Leotards and Tracksuits

All competitors must wear the club leotard and a club tracksuit jacket with black leggings when competing.

Leotards and Tracksuits are purchased at the beginning of the competition season. There may be some second hand leotards and tracksuits available for purchase at this time too. Please check with the office.

The club leotard is to be worn for competitions only – not for training, school competitions or at any other time.

Leotard washing instructions: Please wash separately in cold water only; a gentle hand wash is best.

Hair is to be neatly tied up and either gelled or hair-sprayed to keep in place. Your coach may instruct on how they want their team to look. Your group may like to make scrunches for the gymnasts to wear. A plain blue or black hair tie or scrunchie is to be worn - please no bright colours.

## On Competition Day

Competitions can be formal! Parents and family members sit in a separate area and have no contact with their child. Only coaches, judges and officials are allowed on the Floor with the gymnasts.

Waitakere Gymnastics prides itself in being a friendly club so please support gymnasts from all clubs competing on the day, this shows good sportsmanship and develops relationships with parents and gymnasts from other clubs, but please do remember when you are cheering for your child other gymnasts are competing and loud noises can be off putting when gymnasts are on the apparatus.

**Parents please refrain from attempting to contact your child for any reason when they are on the competition floor.** If it is urgent eg: your child is seriously injured a request can be made through the host club running the competition to gain access to the first aid area.

**Bring Cash!** Host clubs charge spectators a door charge (not for competitors) this can be anything from \$2 to \$20 for an adult. Most clubs also run a canteen and often it is all that is around. Clubs do not have Eftpos facilities in their canteens and will not give cash out at the office.

**Be Prepared!** Bring everything with you that your child will need and spares on the day.

Gymnasts will need to be wearing their full club uniform and have their hair securely tied up.

Gymnasts are encouraged to have a competition bag on the Gym Floor to keep all their belongings together while competing.

### **Gymnasts will need:**

A water bottle. Socks on colder days are essential to keep feet warm. Barley sugar type lollies are a good idea to keep sugar levels up

Competition timetables can be brought forward (they can also run late), **please have your child at the venue at least half an hour prior to warm up time.**

Your child's competing time usually lasts about 1½ to 2 hours. A half hour (longer for higher levels) is devoted to warm-up before competing commences. Sometimes there will be an apparatus warm up between competitors as well.

Usually there are enough gymnasts competing at each level to make a team (3 or 4 gymnasts), so your child may compete not just individually but also as part of a team. The team marks are compiled and teams acknowledged if placed at prize giving. Team marks are calculated by taking the highest 3 marks from each apparatus and totalling them.

A short prize giving takes place after session is completed to acknowledge achievements and placing's. This occurs as quickly as possible and can be up to one hour after your child has competed. It takes this long for marks to be collated, so factor this time aspect into your schedule and do be patient.

At some competitions Coaches are given ribbons for each competitor. The ribbons indicate the type of mark received. If a gymnast scored higher later in the season a higher ribbon will be given if they scored lower or the same no ribbon will be given.

Before leaving the host club make sure you have all your child's belongings with you it is often a difficult task getting lost property back.

### **Cameras and Video**

Please do not use a Flash on your camera or video when photographing your child or any other gymnasts' performance. Flashes can be very off putting for gymnasts and may cause them to fall or miss time a skill, this can result in serious injury.

Some clubs may require you to register your camera or video on entry to the gym, this is for gymnasts' safety.

### **Host Club Address's**

If you are unsure how to find a host club, please contact Louis in the office.

Or Google the host club, most clubs have websites.



## Competition Dates 2019 (Dates to be confirmed)

### Recreational Competition - Auckland

25/26 <sup>th</sup> May	Papatoetoe Gymnastics Club
30 <sup>th</sup> June	Gymnastics NZ Counties Manukau
27/28 <sup>th</sup> July	Howick Recreation Competition
18 <sup>th</sup> August	Waitakere Recreational Comp
25 <sup>th</sup> August	Franklin Gymnastics NZ (TBC)
21/22 <sup>nd</sup> Sept	North Harbour Gymnastics
30 <sup>th</sup> September	Tri Star FunFest

### School Competitions

Local schools run school gymnastic competitions during Term 3 of each year. The schools compete at Zone competitions and Championship competitions. We host some of these competitions at our club during the school term.

If your child is interested in representing their school contact your school's sports coordinator for more information.

TBA	Western Zone Primary	Waitakere
15 <sup>th</sup> Aug	Central & West Zone Primary	TriStar
12 <sup>th</sup> Sept	Auckland Primary Schools Championship	TriStar
TBA	Western Zone Intermediate	Waitakere
30 <sup>th</sup> August	Auckland Intermediate Schools Championship	Waitakere
TBA	ASB College Sport	Manukau
7/8 <sup>th</sup> Sept	NZ Secondary Schools Championships	TriStar

### Contacts

Please note office hours vary during the term. Please leave a voice message or send queries via email if unattended.

**Office:** Louise Wallace  
Ph: 09 8275394  
**Email:** [office@waitakeregymnastics.co.nz](mailto:office@waitakeregymnastics.co.nz)  
Olympic Park - 38 Portage Rd - New Lynn  
**Website** [www.waitakeregymnastics.co.nz](http://www.waitakeregymnastics.co.nz)



**Manager:** Therese Irving  
**Email:** [manager@waitakeregymnastics.co.nz](mailto:manager@waitakeregymnastics.co.nz)

**Committee:** Chairperson Therese Irving  
Treasurer Andrea Barnes  
Secretary Jillinda Kenyon  
Committee Lou Bryant, Leonard Mead, Rebecca Kirk, Tamara Thomson, Grace Misich



## Club Rules

**NOTE:** Many of the rules and procedures are in place for Health and Safety reasons. Please ensure gymnasts and parents closely observe them so our Gym is a safe environment for all.

### Please observe the following:

- No smoking in the Gym.
- No eating in the Gym.
- No mobile phones in the Gym.
- Gymnasts are only allowed into the main gym when supervised by their Coach.
- Parents or siblings are not allowed into the main gym.

You are welcome to leave your child during class time. Please be back on time for pick up.

### Gymnasts

- Be considerate of others training.
- Be aware of yourself and others training around you. When moving around the gym use the walkways around the apparatus.
- Always listen to instructions carefully to help prevent injury to yourself or others.
- Use the chalk sparingly and clean up any spills.
- All bags, shoes and gear need to be stored in the shelves provided during training time. Ensure all belongings are named.

### Complaints Procedure

Any gymnastics matter needs to firstly be discussed with the office or club manager.

If an issue is not resolved an appointment can be made to meet with your child's coach out of coaching hours.

Please do not approach the coaching staff during training times.

If you feel the matter has not been dealt with, or the matter concerns a Club operation matter, please email your comments or concerns to [manager@waitakeregymnastics.co.nz](mailto:manager@waitakeregymnastics.co.nz)

The Committee will address the issue at its next meeting. If urgent, the Committee will hold a special meeting and anything in writing will be responded to in writing.

**Have Fun and enjoy your gymnastics!**

**Don't forget to celebrate your success!**



