



Competition Guide 2019

WAG Steps 1 - 10

MAG Levels



Welcome to 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 competitive gymnastics program is governed by Gymnastics New Zealand. There are 10 Levels/Steps that gymnasts can work through plus Junior and Senior International options. See the Gymnastics NZ's website <https://www.gymnasticsnz.com> for more information.

Competitive gymnasts compete as individuals and as teams. A team consists of 3 or 4 gymnasts, team's scores calculated using the top three scores from each apparatus.

To follow is some helpful information related to being a member of a competitive squad 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 Competitive Squad** 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 make sure your child understands 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. Correct warm up is a vital part of injury prevention. Apologise to your coach if you are late.

Conditioning is a very important part of your training use the time effectively, you only cheat yourself if you don't! Remember skills are learnt through repetition.

No cell phones during training time.

Bring a drink bottle to all training sessions; 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 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. Please name all your belongings.

Higher levels may be required to purchase their own hand guards, ankle weights and rubber bands and loops, please see the office for this information. It is essential that you have all your equipment with you at training.



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. Please do not spread it all around the floor.

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.

Represent yourself and the club with pride, celebrate successes, and learn from the disappointments. Support your team mates. Embrace healthy competition but do not let it consume you! Enjoy what you do, you are learning many skills others would like to master. Appreciate your parents/caregivers!

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. Interested in joining the 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.

Fees are invoiced per term, payments can be made on invoice within the 1st few weeks of the term, or on arrangement of a payment plan with 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.

Included in the fees is holiday training for all school holidays. The club closes for 3-4 weeks over the Christmas period with training resuming in mid-January. There is no discount for missing holiday training.

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 advise which competitions to enter your child in once they are happy with progress and performance.

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

Progressing to the next Step/Level is dependent on many factors: gymnasts' skill level, strength and flexibility, attitude and commitment and competition results. Testing is carried out during Term 4 to determine the best step/level for gymnasts. It is quite normal for gymnasts to remain in the same Step to perfect skills before progressing on.

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. The gymnastics year is structured around the competition season as follows: Term 4 beginning of a new comp year – gymnasts focus on conditioning, strength and flexibility training, testing takes place to determine likely competitive step/level for following year. Term 1 routines are learnt in preparation for competition. Term 2 and 3 focus is on perfecting routines for continued improvement.

NZ Nationals is normally the first weekend of the term 3 school holidays and is open to WAG Step 5 and above and MAG Level 4 and above.

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. Higher Steps may travel out of Auckland if needed for Nationals qualification. It is the club's decision as to which competitions gymnasts will be entering into.

The office will notify you which competitions your child will be entered into throughout the course of the season, they will also be displayed on the club notice board in the foyer.

Competition 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.

Competition Entry Fees

Competition entry fees are usually between \$30 and \$55 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.

Competitions Outside of Auckland

The club attends competitions outside of Auckland, this is a great team building opportunity. Higher Steps are required to attend at least one competition outside of their own region for qualification to NZ Nationals.

The club attempts to attend competitions within driving distance of Auckland. A Competition Levy is applied to all gymnasts attending. This levy covers the cost of the coaching staffs' travel, food and accommodation. This cost is averaged out across all attending gymnasts and is invoiced by the office. Competition groups are welcome to do some fundraising to cover these costs.

Attendance at out of Auckland competitions is determined by the club and coaches. We are mindful of costs when we determine which competitions we will attend.

Club Uniforms

All competitors must wear the club leotard or unitard (male) and a club tracksuit when competing.

Leotards/Unitard and Tracksuits are purchased at the beginning of the competition season. There may be some second hand leotards/unitards and tracksuits available for purchase at this time too. Please check with the office. The club leotard is to be worn for competitions only – never 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. A plain blue or black hair tie or scrunchie is to be worn - please no bright colours.

WAG Steps Floor Routines

Steps 1 through 4 use compulsory routines set by Gymnastics NZ the club purchases these directly and this is included in the fees. Steps 5 to 10 floor routines are individual routines choreographed for gymnasts by an independent choreographer. Music is specifically chosen to compliment the gymnasts' strengths and weaknesses ie strong in dance or strong tumbling - music will enhance either or both to help gymnast score maximum competition points.

Routines cost between \$100 and \$150, this includes the music, the choreographing and lessons for the gymnast to learn the routine. Fees for choreography are paid directly to the choreographer and the routines are taught outside of regular training time

Competition Cards & Competition Number

Your child will be allocated a competition card for the season. Competition cards are used to record gymnasts' scores during each competition.

Competition cards remain at the club as your child's official documentation and must be submitted to Gymnastics NZ at the end of year for your child to pass their step/level. Coaches are responsible for the cards; **they are not to be taken home** or removed from the club. By all means ask to view these cards but make sure they are returned immediately to the coach. Lost cards may mean lost competition results which may result in your child not passing their step or level.

Every gymnast is allocated a competing number. Results at competitions are often displayed with this number as a reference.

Gymnast's competing number stays with them for their competing career.

If for some reason you withdraw from Waitakere Gymnastics Club and start at another club you will need to request a transfer of your child's competing number. As you are affiliated to Waitakere Gymnastics you will need formal permission from the club to transfer and all outstanding fees must be paid in full before your child is released.

On Competition Day

Competitions can be very formal! Parents and family members sit in a separate area up in the stadium 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 also competing, 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, this can result in an individual or team being disqualified. 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. Most Clubs do not have Eftpos facilities in their canteens and may 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. Judges can give penalties for teams not in correct leotards or track suits!

Gymnasts are encouraged to have a competition bag on the Gym Floor to keep all their belongings together while competing. Club back packs are available for purchase.

Gymnasts will need:

A water bottle. Hand guards (if used). Spare music cd (higher levels only with individual music). 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.

After the gymnasts' performance a scoreboard or electronic device close to the apparatus judges table will show the gymnasts mark. This can take some time so check the competing number to identify whose mark it is. The mark will be shown as soon as the judges have decided on the gymnasts mark, however this mark may differ to the final mark entered in their competition card or on the final score sheet. This is because some devices do not go to 3 decimal places or the judges may differ on deductions taken and change the mark given after the mark has been displayed, judges will often go back to a mark and discuss it if they are not able to make a decision, this is so proceedings do not get held up for too long.

Usually there are enough gymnasts competing at each step/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 Louise in the office.

Or Google the host club, most clubs have websites.

Waitakere Club Contact

Office: Louise Wallace
Ph: 09 8275394
Email: office@waitakeregymnastics.co.nz
Olympic Park - 38 Portage Rd - New Lynn
Website www.waitakeregymnastics.co.nz

Manager: Therese Irving
Email: manager@waitakeregymnastics.co.nz

Committee:

Chairperson: Therese Irving

Treasurer: Andrea Barnes

Secretary: Jillinda Kenyon

Committee: Lou Bryant, Rebecca Kirk, Leonard Mead, Grace Misich, Tamara Thomson

Competitive Coaches:

Kendall Hollingsworth

Lauren Irving

Skye Braithwaite

Lisa McLea

Josiah Geange

Club Judges:

Casey Irving

Nicole Leonard

Lauren Irving

Sophie Cooper

Skye Braithwaite

Facebook Page

Search for competitive groups page

Search for Waitakere's home page

Waitakere Gymnastics Competitive Squad

Waitakere Gymnastics



Dream * Believe * Achieve

Competition Dates 2019

(to be confirmed)

*Please Note: club attendance at the listed competitions below is to be confirmed. This list is a guide only. Some squads may not attend all competitions; some competitions are not open to all steps/levels. Gymnasts will be notified closer to the dates what competitions to enter.

WAG Steps & MAG Levels - Auckland

19-20 May	Early Bird	TriStar	1-4 & MAG
2-3 June	Kerrin Bishop Memorial	Counties	?? & MAG
13-14 July	North Harbour Junior	Nth Harbour	All
21-22 July	Mason Gillespie Memorial	Tristar	All
4-5 August	Auckland Champs	Tristar	5 Plus
12 August	Pukekohe Junior	Pukekohe	tbc

WAG Steps & MAG Levels - Out of Auckland

*Please Note: The club will **only** be attending out of Auckland Competitions if it is required for gymnasts to qualify for entry to GymSports NZ Nationals.

8-9 June	Whangarei Club Champs	Whangarei	All ??
22-23 June	Hamilton City Senior	Hamilton	5 Plus
29-30 June	Argos Senior	Tauranga	5 Plus
6-7 July	CSG	Christchurch	5 Plus

New Zealand Nationals

*Please Note: Nationals are only open to qualifying gymnasts in WAG Step 5 & above and Mag Level 4 & above

2-7 October	Gymnastics NZ Nationals	Auckland
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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 th Aug	Central Zone Primary	TriStar
13 th Sept	Auckland Primary Schools Championship	TriStar
TBA	Western Zone Intermediate	Waitakere
30 th Aug	Auckland Intermediate Schools Championship	Waitakere
TBA	ASB College Sport	Manukau
7-8 th Sept	NZ Secondary Schools Championships	TriStar



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.

No person is allowed on the Gym Floor except coaches, gymnasts (who are in that class) and office staff. Gymnasts are only allowed on the Floor when supervised by their Coach.

Parents - Please refrain from staying at the gym during training. There is very little room and it is best practice for the children training to be left to get on with it. The last week of each month is set-aside for parents to observe their child's training from upstairs.

Complaint 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 meet with your child's coach out of training hours. Please do not approach coaching staff during training times. If you feel the matter has not been dealt with or the matter concerns a Club operation matter, please write down your comments and 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.

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.

Gymnasts - please use the chalk sparingly and clean up any spills.

Gymnasts - All bags, shoes and gear need to be stored in the shelves provided during training time. Ensure all belongings are named.

