



"Your Local Family Gymnastics Club"



2024 CLUB HANDBOOK

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INTRODUCTION

Bunnerong Gymnastics Association is a well-established not for profit gymnastics club. Having opened in 1980, starting in a school hall with only 8 gymnasts, it now caters for over 1,000 boys and girls from the age of 6 months. The club is fully self-supporting and hard-working gymnasts, parents, coaches, volunteers, participants, supporters, administration staff and the Board raise funds to supplement the income generated from tuition fees.

Bunnerong Gymnastics is one of the longest standing affiliated clubs with Gymnastics NSW and Gymnastics Australia, having been an affiliate club for 43 years.

The Association has developed in giant leaps from its humble beginnings to its new placement where it currently sits as a large and permanently set up facility in Rothschild Avenue, Rosebery. The gym is permanently set up with a foam pit, sprung floor, Olympic standard apparatus, trampolines, ninja obstacle course and a vast array of supplementary apparatus.

The program at Bunnerong is one of the most comprehensive in NSW, and the Association has been awarded the honour of multiple awards over the years including:

- NSW Club of the Year
- National Clubs Champion Club
- Regional Champion Club
- Women's Artistic Gymnastics Elite Club of the Year
- Women's Artistic Gymnastics NSW Champion Club
- NSW Coach of the Year
- NSW Athlete of the year
- Randwick City Council Business Finalist

There is a program for every child, whatever their aspiration or ability. Families are invited to become involved of Bunnerong Gymnastics Association. Each registered gymnast may be represented by two parents or legal guardians at the Annual General Meeting (AGM) of the Association on acceptance of your membership form by the Board.

We aim to provide an environment that encourages two-way communication, so your feedback is important to us. While the professionals look after the technical, management and administrative aspects of the gym, there is plenty of scope for families to become involved in the club atmosphere. Offers of assistance with club functions, social events, displays, fund-raisers and competitions are always welcomed!

We hope that by working together, your children will experience the joy, achievement and camaraderie that Bunnerong Gymnastics Association has to offer.

MISSION STATEMENT

"We are devoted to providing a fun and safe environment where all children are empowered to learn and grow through gymnastics."

VALUES

Respect

At Bunnerong, we encourage all of our staff and members to respect one another, the equipment and the programs. This means respecting the rules, the people, the gym, the office, the brand and the culture at all times.

Family

Bunnerong has a unique 'family' feel about it which has been developed over many years. The gym is a community and we have relationships with parents, children and staff inside and outside of the gym.

Happiness

Our ultimate goal is for all members and staff to be happy. We encourage your feedback to let us know what more we can do to make your family happy at our Club.



AIMS AND OBJECTIVES

1. To provide a fully equipped and permanently set up gymnastics centre, which offers a variety of gymnastics programs catering for all ages, abilities and interests.
2. To provide a safe, caring and stimulating educational environment, which provides gymnastic centred, focused programs designed to build self-worth and confidence.
3. To foster cooperation, communication and Club spirit amongst gymnasts, parents, coaches, volunteers, participants, supporters, administration staff and the Board.
4. To reverently adhere, follow, and respect each and every Value of the program as a gymnast, parent, coach, volunteer, participant, supporter, administration staff and the Board.
5. To provide opportunity and support for interaction with other clubs, through competitions, trips away, clinics and displays.
6. To maintain a high quality of technical expertise in the coaching and judging areas through the active involvement in accreditation, workshops and updating courses.
7. To ensure the long-term financial viability of the Club for the benefit of gymnasts, the community and the Club.
8. To support the Gymnastics Australia Development and National Programs and to offer talented children the opportunity to maximise their performance potential.
9. To encourage all gymnasts to achieve their personal competitive goals, whether at Club, Regional, State, National or International Level.
10. To ensure continual competitive growth and stature as a leading club in New South Wales and Australia.
11. Understand the repercussions if you breach, or are aware of any breaches of, this Code of Behaviour.

COMMENTS, FEEDBACK AND SUGGESTIONS

At Bunnerong Gymnastics we value your input. If you have a comment, some feedback or suggestions please feel free to email: info@bunneronggym.com.au

If you would like a copy of our policies, please see the Members section of our website: www.bunneronggym.com.au/members.

THE BUNNERONG TEAM

Bunnerong is run by a strong administrative team that works closely with, and is overseen by an elected Board, which meets monthly to conduct the business of the Association.

Board

President – Christine Stefadourous

Vice President – Paul Cooper

Treasurer – Alex Robertson

Secretary – Stephanie Randall

Board Member – Leanne Brandon

Internal Management

CLUB MANAGER – Stephanie Randall

RECREATIONAL HEAD COACH – Louise Platt

WAG HEAD COACH – Alex Lober

OFFICE MANAGERS – Maureen Robertson & Christine Stefadourous

MEMBER INFORMATION PROTECTION OFFICERS

1. Stephanie Randall
2. Maureen Robertson
3. Christine Stefadourous

CHILD PROTECTION OFFICER

1. Stephanie Randall

Coaches

Bunnerong has an excellent team of coaches working together to improve your child's gymnastics ability and foster a love of the sport. Coaches keep up to date with current techniques by attending workshops and courses run by Gymnastics NSW, Gymnastics Australia and the Department of Sport and Recreation, as well as, attending judging courses, in-house workshops and observing training methods used by other more senior coaches. Multiple coaches have international training and experience, and/or have represented their country internationally for gymnastics.

Coaches are responsible for the yearly plan, specifically, ensuring gymnasts and parents are aware of competition dates and times, and that entry forms and payments are sent to appropriate competition organisers. The coaches will also call meetings from time to time with coaches and parents to keep everyone up to date and provide feedback. Any queries relating to competitions and meetings should, therefore, be directed to your child's coach.

Your child's progress can be discussed with his or her coach at a mutually convenient time (not during class times). We ask that all contact with coaches be made through the gym. Members are advised not to contact the coaches at home unless otherwise instructed by the coach.

As a matter of courtesy, we ask that gymnasts (or their parents) notify the gym by phone or email if they are going to be absent from class. In the case of an absence, your child may be granted an opportunity for a make up lesson in the same class or a lower class. There is a limit of two make up lessons per term. To apply for a make up lesson, please email the program's Head Coach:

Recreational Head Coach – Louise Platt: l.platt@bunneronggym.com.au

WAG Head Coach – Alex Lober: a.lober@bunneronggym.com.au

Junior Coaches

Bunnerong offers its students the opportunity to become coaches and judges to pass on their technical expertise and experience to the younger members. Gymnasts who display an interest and aptitude for coaching are invited to apply for our Junior Coach Program at the age of 14.

Those interested should make their intention known to the Club Manager via email to steph@bunneronggym.com.au, who will guide them through the application process.

On completion of the Junior Coach Program, coaches will:

1. Have achieved their MAG or WAG Intermediate Coaching Accreditation
2. Have achieved their MAG or WAG Intermediate Judging Accreditation
3. Have achieved their First Aid Certificate and Working with Children Check (if over 18 years)

4. Attended a variety of events including internal events, such as Display and Carnival Day, and at external events, such as State or Regional Competitions.

Junior Coach Program applicants will be required to pay for their Fundamentals Coaching Accreditation through [Gymnastics NSW](#). Following successful completion of this course, the Club will incur half the costs of Gymnastics Australia Coaching or Judging accreditations and the full amount of their First Aid and Working with Children Check, thereafter. After receiving their accreditation, it is the individual's responsibility to remain up-to-date with their qualifications and to pay the annual technical membership fee.

Judges

Bunnerong has an impressive team of experienced and highly qualified judges. Our judges are up to date and active. To maintain their accreditation, they are required to fulfil a minimum number of judging commitments each year. There will be occasions when coaches, who are also judges, must find replacements for their classes. Coaches who are nationally accredited judges will be most affected by judging assignments. However, your child will reap the benefits of having coaches who are constantly up to date and "in circulation".

Medical Support

All of our Intermediate level and above coaches hold a First Aid Certificate, with many of our Beginner level coaches also being first aid certified. We work in close co-operation with local physiotherapists and medical centres. All gymnasts must be insured with Gymnastics NSW before commencing classes.

Bunnerong Gymnastics have a Defibrillator on site in the Office.



FEE POLICY

Bunnerong Gymnastics is a not-for-Profit Association and any surplus funds are channeled into the purchase of new equipment for the gym or projects that directly benefit the children.

Annual Fees, including Gymnastics NSW Registration and Club Membership, are due every calendar year.

Club Membership

\$40.00 per family

On payment of the Club Membership Fee, you will receive this comprehensive handbook. Your Club Membership fee entitles you to all the benefits that a large club such as ours can offer including:

- \$3 per head off Birthday Party rates
- \$5 per day off School Holiday Camps
- Access to participate in Displays
- Access to participate in Carnival Days

- Access to participate in Competitions
- Access to participate in Trips away
- Access to participate in Social functions

Gymnastics NSW Registration & Insurance

Kinder Gym - \$50.00

Recreational - \$60.00

Level 1-2 Competitive - \$90.00

Level 3+ Competitive - \$115.00

These are compulsory annual fees, which we must collect and pass on to our State Association, Gymnastics NSW. This entitles gymnasts to the benefits offered by Gymnastics NSW including insurance and participation in sanctioned competitions at Regional, State, National and International level.

Bunnerong Gymnastics Fees

Hours Trained	Hourly Rate	11-week Term Cost
45min-1hr	\$ 22.00	\$ 242.00
1.5hrs	\$ 21.00	\$ 346.50
2hrs	\$ 20.00	\$ 440.00
3hrs	\$ 18.00	\$ 594.00
4hrs	\$ 16.00	\$ 704.00
6hrs	\$ 13.00	\$ 858.00
8hrs	\$ 10.00	\$ 880.00
9hrs	\$ 9.75	\$ 965.25
12hrs	\$ 9.00	\$ 1,188.00
16hrs	\$ 8.00	\$ 1,408.00

Payment – Recreational Classes

Payment of fees may be by cash, EFTPOS, credit card or Internet Banking. Receipts will be issued immediately following payment via email. Term fees for Recreational Classes are due in full at time of enrollment, prior to term commencement.

Payment – Competitive Classes

Competitive Squads term fees can either be paid by weekly direct debit or in full prior to commencement of each term. Competitive Insurance and Club Membership, however, are due prior to the start of Term 1.



If you wish to do weekly payments, you will need to fill out the [2024 Direct Debit Form](#) and return to info@bunneronggym.com.au. This must be done prior to commencement of the term.

Late/Overdue

All overdue fees will incur a 10% surcharge. A reminder notice will be issued to all members with overdue fees. If payment is not forthcoming after the issue of this notice, a phone call from the Club's Administration will be made. Any further participation in classes at the Club will cease until fees are paid in full. Any fees outstanding for 60 days will result in the cancellation of membership and the employment of a collection agency. No gymnast will be allowed to participate in training or competition whilst fees are outstanding, unless a payment plan has been negotiated. The Club's Office Administrators can be contacted via email to info@bunneronggym.com.au to discuss payment plans if required.

Refunds

Non-attendance does not qualify for a refund or credit. We offer gymnasts two make up lessons per term for classes that are missed. These must be booked in and are subject to availability.

Cancellation: If a class is cancelled by the Club, a make-up class will be offered. If the make-up class cannot be held, a pro rata adjusted credit of term fees will be made to your account.

Illness: Credit or refund may be applied for in writing to the Club Manager, if illness extends 2 or more weeks. Any such claim must be accompanied by a medical certificate.

Injury: Credit or refund may be applied for in writing to the Club Manager if injury extends 2 or more weeks. Any such claim must be accompanied by a medical certificate.

Family Holidays: Inability to attend due to holidays being taken during scheduled class times will not entitle the family to a refund or credit at any time.

Voluntary Withdrawal: Should a member decide not to continue to the end of a term, the member will incur a two-week cancellation fee from the date of notifying Club Administration. Gymnastics NSW Registration and Club Membership is non-refundable.

Make Up Lessons

Each child is entitled to two make up lessons per Term. Make up lessons cannot be carried over to the following Term. Make up lessons must be booked in and are subject to class availability. To book in your make up lesson, you will need to contact the Office on info@bunneronggym.com.au.

Trial Lessons

Trial lessons are available for new members at a cost of:

- \$30 for 45 minute to 1 hour Classes
- \$31.50 for 1.5 hour classes
- \$40 for 2 hour classes
- \$54 for 3 hour classes
- \$64 for 4 hour classes

If the child enrolls into a class, in the same term that the trial was completed, the trial fee will be deducted from term fees.

SCHOOL TERM & HOLIDAY CALENDAR

Public Holidays

The gym is open and classes are still on during public holidays when they fall in the school term, with the exception of Good Friday and Easter Monday. When public holidays fall during the school holidays, the gym will be closed.

Term 1

Term 1 is an 11-week term. Starts on Monday 29th January 2024 and Finishes on Saturday 13th April 2024.

Autumn Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	15 th April Holiday Camp	16 th April Holiday Camp	17 th April Holiday Camp	18 th April Holiday Camp	19 th April Holiday Camp
Week 2	22 nd April Holiday Camp	23 rd April Holiday Camp	24 th April Holiday Camp	25 th April CLOSED	26 th April Holiday Camp

Term 2

Term 2 is a 10-week term. Starts on Monday 29th April 2024 and Finishes on Saturday 6th July 2024.

**NB – Monday 10th June is a public holiday, however, the gym is open on this day.*

Winter Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	8 th July Holiday Camp	9 th July Holiday Camp	10 th July Holiday Camp	11 th July Holiday Camp	12 th July Holiday Camp
Week 2	15 th July Holiday Camp	16 th July Holiday Camp	17 th July Holiday Camp	18 th July Holiday Camp	19 th July Holiday Camp

Term 3

Term 3 is a 10-week term. Starts on Monday 22nd July 2024 and Finishes on Saturday 28th September 2024.

Spring Holiday Camp

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	30 th September Holiday Camp	1 st October Holiday Camp	2 nd October Holiday Camp	3 rd October Holiday Camp	4 th October Holiday Camp
Week 2	7 th October CLOSED	8 th October Holiday Camp	9 th October Holiday Camp	10 th October Holiday Camp	11 th October Holiday Camp

Term 4

Term 4 is a 10-week term. Starts on Monday 14th October 2024 and Finishes on Saturday 21st December 2024.

FUNDRAISING

This occurs throughout the year and is coordinated by the Board and Administrative Staff with the assistance of parents, gymnasts and coaches. Fundraising events can include movie nights, barbeques, raffles an in-house competitions and the end of year Display. Money raised from these events is used to purchase new equipment.

Specific Purpose Fundraising

The Club organises fundraisers to assist gymnasts who are selected to represent NSW or Australia. The Club also supports parents to set up sub-committees for fundraising for interstate and international competitive trips with approval from, and close communication with, the Board. Funds can also be raised to finance special clinics or training sessions.

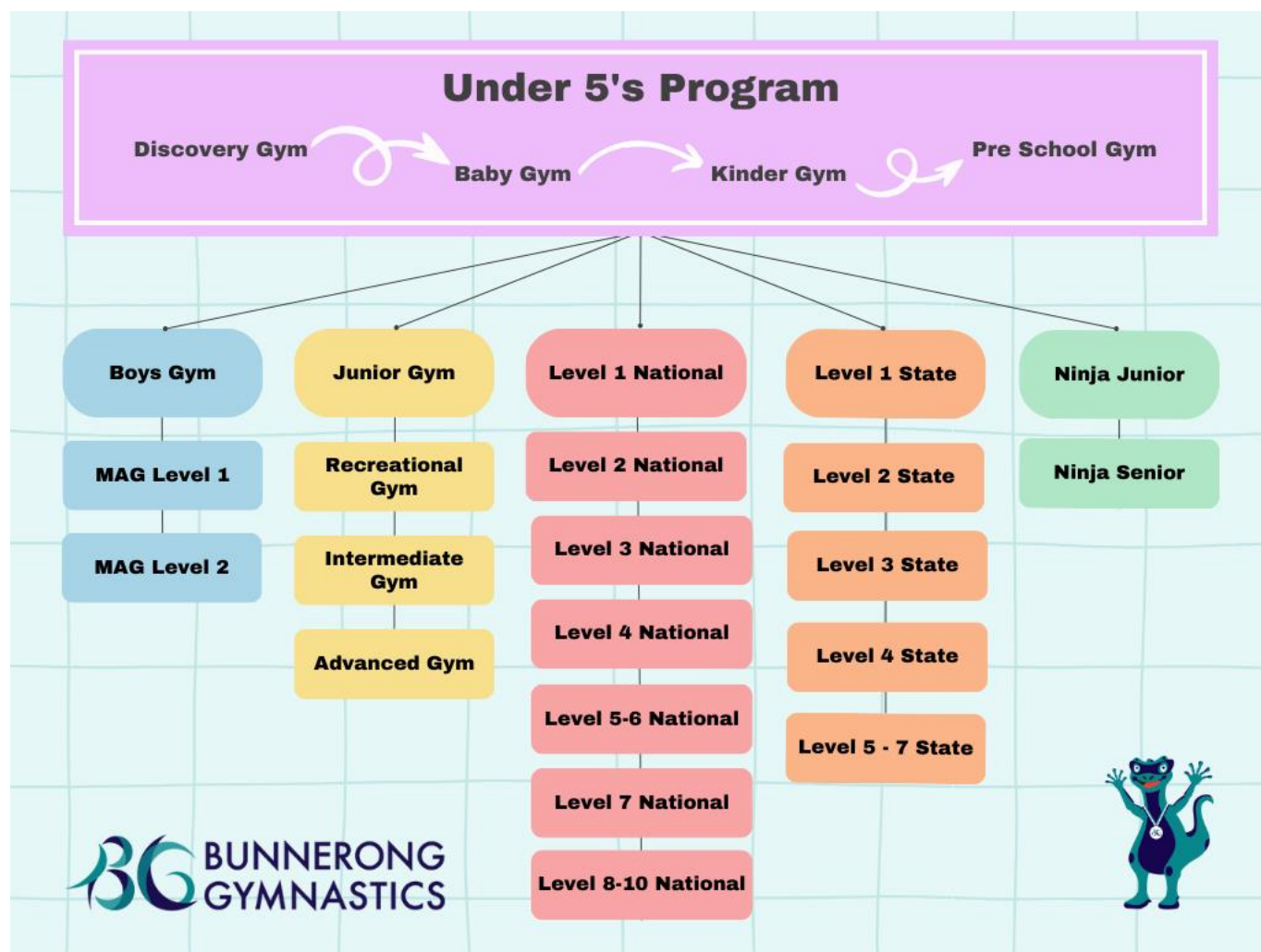
Depending on availability of funds, the Club's fundraising may be able to finance the cost of an airfare, accommodation, ground transport and food of a Coach and Judge. Otherwise, the costs are shared between travelling participants. The Club's fundraising can also pay the team's entry fee.

Competition Subsidies and Incentives

National Championships – Levels 7 to 10. Depending on availability of funds, the Club may be able to finance the travel and accommodation costs of a coach, if any Bunnerong gymnasts are selected into NSW teams. Gymnasts receive \$500 from the Club towards the cost of the championships.

National Clubs Competition – Levels 5 to 10. Depending on availability of funds, the Club's fundraising may be able to finance the cost of an airfare, accommodation, ground transport and food for one or two coaches (depending on numbers of competitors) and the airfare, accommodation, ground transport and food for a Judge. Otherwise, the costs are shared between travelling participants.

CLUB STRUCTURE



*NB – Ages above are used as a guide only for our program.

Our aim is to provide a flexible flow between different classes and different programs. We strive to provide a class for every child to reach their goals and potential.

GYM RULES

1. Do not enter the gym before the class starts or without a coach.
2. Gymnasts must wait in the waiting area provided for their coach to bring their class in.
3. Food and drinks, other than water, must not be taken into the gym.
4. No running inside or outside the gym. Classes must line up and follow coaches to their apparatus.
5. Always dress in appropriate gym wear, no baggy clothes or dresses. No jewellery and hair must be tied up.
6. Sneakers or bare feet only on the gym floor. Heels and hard soled shoes are NOT permitted at any time.
7. Parents are not permitted in the gym, unless for a parent participation class.
8. No photos or videos are to be taken of your child's class.
9. Ensure gymnasts arrive to their class on time, so that they do not miss warm up and risk injury.
10. Do not use equipment without supervision by and permission from a coach.
11. Listen carefully to the coaches' instructions.
12. Report unsafe or broken equipment to a coach.
13. Do not leave valuables unattended.

RECREATIONAL CLASSES

Discovery Gym – 6 months to 5 years

This is a caregiver participation program where children are invited to explore a variety of sensory activities and develop new movements through creative play. Classes are not structured and free exploration is encouraged.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

Parents please note: We ask that you remove your shoes when inside the gym as hard soled and heeled shoes ruin our matting. Also, any siblings that are not participating in a class, must remain off the equipment. Prams can be brought into the gym.



Baby Gym – 6 months to 18 months

This parent-participation class is created to promote physical activity, cognitive development and family bonding. The classes will feature music, movement activities, baby massage, and sensory experiences. After each session, parents and children can explore the gym and discover various activities and stations that have been set up specifically for this age group.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back

Parents please note: We ask that you remove your shoes when inside the gym as hard soled and heeled shoes ruin our matting. Also, any siblings that are not participating in a class, must remain off the equipment. Prams can be brought into the gym.

Kinder Gym – 18 months to 3 years

This is a caregiver participation program that provides a fun and supportive atmosphere allowing for physical, psychological, social and cognitive growth. Classes are structured around group activities and gymnastics circuits.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

Parents please note: We ask that you remove your shoes when inside the gym as hard soled and heeled shoes ruin our matting. Also, any siblings that are not participating in a class, must remain off the equipment. Prams can be brought into the gym.



Preschool Gym – 3 to 5 years

This is the first program which does not involve caregiver participation. The program provides a safe environment to foster fundamental movements in children. Classes are structured around group activities and gymnastics circuits.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

Parents please note: We ask that you remove your shoes when inside the gym as hard soled and heeled shoes ruin our matting. Also, any siblings that are not participating in a class, must remain off the equipment. Prams can be brought into the gym.



Junior Gym – 4.5 to 6 years

This is a beginner class for boys and girls. It introduces children to basic gymnastics shapes, movements and skills. The program provides a safe environment to foster fundamental movements in children. Classes are structured around group activities and gymnastics circuits.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

Recreational Gym – 6 to 8 years

This is a beginner class for girls and boys. It introduces children to the basic skills on each of the Gymnastics apparatus, whilst developing strength, flexibility and fitness. Classes are structured around fundamental movement functions in a fun and friendly environment.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.



Intermediate Girls – 8 to 10 years

This is an intermediate class for boys and girls. It focuses on developing self-confidence through skill acquisition, strength, flexibility and coordination across each of the Artistic Gymnastics apparatus. Classes are structured around activities that challenge participants relative to their abilities and stage of development.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.



Advanced Gym – 10 years +

This is an intermediate class for boys and girls.

It provides a relaxed and casual team activity that is fun, social and caters to a mix of ages and genders. There is strength and flexibility development, as well as, time permitted for 'free gym', which is perfect for thrill-seekers to learn tricks in a safe environment.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

NINJA CLASSES

We offer both Ninja Junior for 5 to 7 years old and Ninja Senior for 8 years+. Ninja classes are for boys and girls. It introduces children to movements including acrobatic gymnastics skills, ninja warrior obstacles, parkour style jumping and martial arts kicks, jumps and leaps. Classes are structured around group activities, circuits and ninja obstacle training.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

ADULT CLASSES

B Fit – Adults Class

Fun and social opportunity to challenge yourself and keep active. For an overall body workout, classes incorporate strength, conditioning, flexibility, apparatus-based programs and the option for free gym to work on those specific skills that you have been wanting to try.

What to wear: Active wear – no loose-fitting clothes or dresses. Bare feet and no jewellery. Long hair must be tied back.

SCHOOL PROGRAMS

The Bunnerong Schools Program addresses education curriculum requirements, as well as, providing safe movement experiences that are foundation skills for all sports. Programs are flexible to meet the unique needs of each school and learning outcomes.



PRIVATE LESSONS

Whether it is for starting your gymnastics journey or a competitive gymnast looking for extra coaching support, Private Lessons are a fast-tracked way to skill acquisition and improvement. Programs are flexible to meet the unique needs of each individual goals and objectives.



PRIVATE LESSONS

Option 1 \$100 <ul style="list-style-type: none"> ✓ 45 minute session ✓ One-off session for quick fixes or personalised feedback ✓ Additional \$20 for extra person ✓ Additional \$20 for Head Coach 	Option 2 \$80 <ul style="list-style-type: none"> ✓ 30 minute session ✓ One-off session for quick fixes or personalised feedback ✓ Additional \$20 for extra person ✓ Additional \$20 for Head Coach
Option 3 \$600 <ul style="list-style-type: none"> ✓ 45 minutes x 10 sessions ✓ Tailored program for fast-tracked results based on goals ✓ Additional \$100 for extra person ✓ Additional \$100 for Head Coach 	Option 4 \$450 <ul style="list-style-type: none"> ✓ 30 minutes x 10 sessions ✓ Tailored program for fast-tracked results based on goals ✓ Additional \$100 for extra person ✓ Additional \$100 for Head Coach

**BUNNERONG
GYMNASTICS**

HOLIDAY CAMPS & HOLIDAY TRAINING

The club offers Holiday Camps every school holidays for members and non-members. Bunnerong Holidays are filled with gymnastics, ninja, games, movies, arts & crafts. Parents just need to pack recess, lunch and a water bottle and we will do the rest. Children must be a minimum of 5 years old to attend.

Holiday Squad Training timetables are issued two weeks before the end of each term. Training during the holidays is very important for competitive gymnasts, especially if they have upcoming competitions. Prices vary dependent on the number of hours trained.

Classes are always run as usual on Public Holidays during school term, however, the gym is closed on public holidays that fall during the holidays.

BIRTHDAY PARTIES

Bunnerong Parties are your way of providing an unforgettable birthday for your child! During Bunnerong Parties, you will receive 1.5 hours of exclusive Hall Hire of our gym, where children can explore our gym through open play at their own pace or learn gymnastics through circuits. If children want to do any activities in particular, please email this prior to party.

We will set up tables with table cloth if you wish to bring food. Please ensure that you remember paper plates, cutlery, cake knife etc. as we do not have these onsite.

Birthday Parties can be booked for members and non-members. All participants who enter the gym and go on the equipment must be paid for. Parties can be booked for all ages 1 year and up.

Party Fees

- **Members:** \$35/head minimum 12 children
- **Non-Members:** \$38/head minimum 12 children
- **Structured Gymnastics Session:** \$60 if you want a structured gymnastics session to be run by our coaches. Otherwise, coaches will just be onsite to supervise open play.
- **Deposit:** \$100 non-refundable deposit is required to hold the date and time.
- **Balance:** Remaining balance required by Friday 5pm on the week of party.

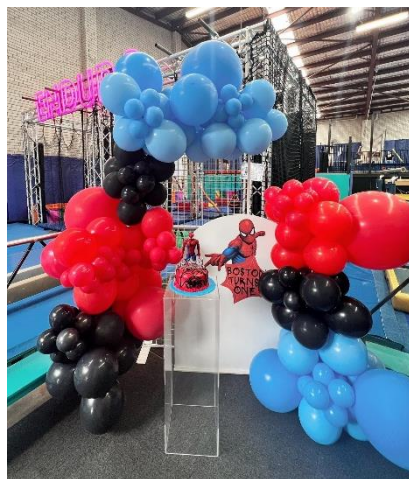
Party Times

Saturday

- 4:30pm-6:00pm

Sunday

- 10:30am-12:00pm
- 12:30pm-2:00pm
- 2:30pm-4:00pm
- 4:30pm-6:00pm



WAG COMPETITIVE PROGRAM

The WAG National Levels and State Levels Program, consist of a progressive development of skilled performance based on a modified FIG Code of Points.

- Levels 1 and 2 consists of flexible skill-based circuits. It is a non-competitive program for clubs to use for the development of their gymnasts. Level 1 and 2 gymnasts can compete at in-house events, as well as, at invitational competitions. Routines are judged and given a colour banding, there are no scores.
- Levels 3 and 4 gymnasts, perform compulsory routines for a maximum score of 10.00. Routines are judged and given a colour banding, in accordance with their score.
- Level 5 and 6 gymnasts perform compulsory routines with a maximum score of 10.00. Routines are judged and given scores.
- A mix of compulsory and optional elements with no bonus is required at National Level 7.
- At National Levels 8 and 9, with limited bonus, and National Level 10 with unlimited bonus, optional skills in optional routines will be performed with set composition requirements.

WAG National and State Levels Program

Bunnerong offers opportunities for female gymnasts who wish to train more seriously to become a member of a Squad. Gymnasts are assessed by the WAG Head Coach for selection into the appropriate squad. Squads provide a thorough program of training to meet the individual needs of the gymnasts and prepare them for competitions. The programs incorporate aspects of physical preparation, trampoline and dance training for skill acquisition on four apparatus: vault, uneven bars, balance beam and floor exercise.

Every gymnast's attendance and progress are monitored and regular strength, flexibility and skill testing occurs. Parent/coach meetings are arranged when necessary to keep you up to date, explain the short and long-term goals of the programs and provide an opportunity for interaction and question time. Your child's squad coach is not available during class time to discuss any issues; however, they are able to meet with you out of class time if required. Parent interviews with the Head Coach can also be organised by appointment only. If children are selected to train with a squad they must commit to the required hours as set down by the Club.



WAG Australian Levels Program Pathway & Competition Framework

State Championships	National Clubs Carnival	National Championships	Level 10 *17 Years + SNR *13 - 15 Years INT *10 - 12 Years JNR
			Level 9 *16 Years + SNR *14 - 16 Years INT *11 - 13 Years JNR
			Level 8 Optional Routines *15 Years + SNR *9 - 14 Years JNR
			Level 7 Optional Routines
			Level 6 Compulsory Routines
			Level 5 Compulsory Routines
			Level 4 Compulsory Routines
			Level 3 Compulsory Routines
			Level 2 Club Compulsory
			Level 1 Club Compulsory

* Age Categories listed for Level 8 to 10 are set for national Championships.
States may choose to have different age divisions as required.

WAG Level 1 & 2

Level 1 and Level 2 is made up of a set of skills. Competitions are held in the club or by invitational to other clubs.

1. Selection

Teams and individuals are selected to compete under our selection policy criteria.

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 1 & Level 2	General Warm Up/Compete	Vault – 2 Vaults	Bars - 1 routine (does not include bar preparation)	Beam - 30 seconds per gymnast (may be on a different beam)	Floor - one routine

3. Timing of Routines

a) Beam

30 seconds for Level 1 and Level 2

b) Floor

Level 1 – 30 seconds

Level 2 – 30 seconds

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 1	29.00 Points	7.25 Points
Level 2	30.00 Points	7.50 Points

5. Awards

In Level 1 and Level 2 there is a banding system where the gymnast receives a coloured ribbon for individual apparatus and overall placing. Banding is a system where everyone receives a coloured ribbon for competing and depending on the score they receive determines the colour ribbon they receive.

COLOUR RIBBON	BLUE	RED	GREEN	WHITE	PINK
Individual Apparatus	9.50 & Above	9.00 – 9.45	8.50 – 8.99	8.00 – 8.49	7.99 & Below
All Around	36.00 & Above	34.00 – 35.99	33.99 & Below	-	-

WAG Level 3 & 4

Level 3 and Level 4 have compulsory routines, where the gymnasts have the opportunity to compete at in-house, invitational, Regional and State competitions. Competition season usually starts around July and State Championships is usually around October and November.

1. Selection

Teams and individuals are selected to compete under our selection policy criteria. Gymnasts must compete in a Bunnerong Mock Competition and pass certain criteria prior to being entered into State Trials to ensure competition readiness. The Inner City Region selects and submit teams for State Championships. The Inner City Region will select 8 Teams per level to attend State Championships. Each team will consist of 5 gymnasts (40 Athletes total in each level from each region).

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 3 & Level 4	General Warm Up/Compete	Vault – 2 Vaults	Bars - 1 routine (does not include bar preparation)	Beam - 30 seconds per gymnast (may be on a different beam)	Floor - one routine NB - L4 floor routine at GNSW events will be straight line only.

3. Timing of Routines

- a) Beam 1:00 minute (60 seconds) for Level 3 and Level 4
 b) Floor Level 3 – 55 seconds
 Level 4 – 62 seconds

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 3	31.00 Points	7.75 Points
Level 4	32.00 Points	8.00 Points

5. Awards

At State Championships, in each session, athletes will compete as part of Regional Teams for all around 1st – 3rd Regional Team Awards.

Individual team members will receive banding awards on apparatus and all around where the gymnast receives a coloured ribbon for individual apparatus and overall placing.

COLOUR RIBBON	BLUE	RED	GREEN	WHITE	PINK
Apparatus	9.50 & Above	9.00 – 9.45	8.50 – 8.99	8.00 – 8.49	7.99 & Below
All Around	36.00 & Above	34.00 – 35.99	33.99 & Below	-	-

WAG Level 5 & 6

Competitions are held by the Region and State. Competition season usually starts around June and State Championships are usually held around August.

Level 5 have compulsory routines, Level 6 has a compulsory or you can compete optional routine. Level 5 has compulsory routines, Level 6 has compulsory or optional routines, where the gymnasts have the opportunity to compete at in-house, invitational, regional and State run competitions. These gymnasts also have the opportunity to attend National Clubs Carnival should they reach the selection criteria.

1. Selection

Teams and individuals are selected to compete trials under our selection policy criteria. Gymnasts must compete in a Bunnerong Mock Competition and pass certain criteria prior to being entered into State Trials to ensure competition readiness. Gymnasts must qualify at Regional level before being eligible to enter State Championships and/or National Clubs Carnival.

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 5	Warm Up / Compete	Vault - 2 Vaults	Bars - 1 routine (does not include bar preparation)	Beam - 45 seconds (may be on a different beam)	Floor - Minimum 3 minute warm-up (with a maximum of 8 gymnasts)
Level 6	Warmup/ Compete	Vault - 2 Vaults	Bars - 1 minute per gymnast	Beam - 1 Minute	

3. Timing of Routines

a) Beam

Level 5 - 1:15 minutes (75 seconds)

Level 6 - 1:30 minutes (90 seconds)

b) Floor

Level 5 – 71 seconds

Level 6 – 72 seconds

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 5	32.00 Points	8.00 Points
Level 6	32.00 Points	8.00 Points

5. Awards

Individual and Team scores are displayed and ranked accordingly. Apparatus and Overall ranking from 1st to 3rd and sometimes 1st to 6th places are awarded.

WAG Level 7- 10

Level 7 to Level 10 have optional routines (please see requirements below), where the gymnasts have the opportunity to compete at in-house, invitational, regional and State run competitions. These gymnasts also have the opportunity to attend National Clubs Carnival should they reach the selection criteria.

1. Selection

Teams and individuals are selected to compete trials under our selection policy criteria. Gymnasts must compete in a Bunnerong Mock Competition and pass certain criteria prior to being entered into State Trials to ensure competition readiness. Gymnasts must attend a Regional Comp or Mock comp and achieve the qualifying mark before being eligible to enter State Championships and/or National Clubs Carnival. The NSW State body selects the team members to travel to Australian National Championships for Levels 8 to Levels 10. Places 7 to 12 have the opportunity to travel to Border challenge.

2. Warm Up

LEVEL	WARM UP	VAULT	BARS	BEAM	FLOOR
Level 7	Warm Up / Compete	Vault - 2 Vaults	Bars - 1 minute per gymnast	Beam - 1 Minute	Floor - Minimum 3 minute warm-up (with a maximum of 8 gymnasts)
Level 8 – Level 10	Apparatus Warmup + One touch warmup	15 Minutes then Vault - 2 Vaults	15 Minutes then 30 Seconds	15 Minutes then 30 seconds	15 minutes then 3 minute warm-up

3. Timing of Routines for Beam & Floor

1:15 minutes (75 seconds) for Levels 7 & 8

1:30 minutes (90 seconds) for Levels 9 & 10

4. Qualification and Passing Score

Level	Overall Score	Apparatus Minimum
Level 7	40.00 Points	10.00 Points
Level 8	42.00 Points	10.50 Points
Level 9	43.00 Points	10.75 Points
Level 10	44.00 Points	11.00 Points

5. Awards

Individual and Team scores are displayed and ranked accordingly. Apparatus and Overall ranking from 1st to 3rd and sometimes 1st to 6th places are awarded.

The current philosophy for exercise content and combination encourages an emphasis on the mastery of dance and acrobatic choreography, artistically presented.

Each routine must contain a set number of 6 to 8 elements (depending on the level) called Difficulty Value (DV), plus achieve the 5x set Composition Requirements (CR) and by combining certain difficulty together achieve bonus for levels 8 to 10.

6. The Difficulty Value (DV)

- Difficulty Values: A = 0.1, B = 0.2, C = 0.3, D = 0.4, E = 0.5
- The DV in the National Levels Table of Vaults.
- The D Score on Bars, Beam and Floor.
- 6–8 elements (dependent on the level) including dismount will be counted on each apparatus.
- Level 7 = 6x highest valued elements including dismount
- Level 8 = 7x highest valued elements including dismount
- Level 9 = 8x highest valued elements including dismount
- Level 10 = 8x highest valued elements including dismount

7. Composition Requirements

Bars

Counting Elements	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	6x including Dismount	7x including Dismount	8x including Dismount	8x including Dismount
CR 1. Bar Change	Bar Change	Bar Change	Flight Element Or Element with reverse Grip	Flight Element (separate to CR 2) Or

				Element w reverse Grip
CR 2. Turn	No requirement (0.50 awarded free)	Element with flight Or Element with LA Turn (excluding mount & dismount)	Flight element (separate to CR1) Or Element with LA Turn (excluding Mount or Dismount)	Flight element on the same bar Or HB to LB flight element
CR 3. Close Bar Circle	Close bar circle element to above horizontal	Close bar circle element to 45° above horizontal	Close bar circle element to within 30° of handstand	Close bar circle element to handstand
CR 4. H/s Element	Element to or through handstand	Element to or through handstand	2 Different elements to or through handstand	Element with LA Turn (min 180°) excl mount/dismount
CR 5. Dismount	0.5 Tuck Back Flyaway 0.3 A or more dismount	0.5 Back Layout OR Double Back Salto ismount 0.3 B or more Dismount 0.3 Tucked back flyaway	0.5 B or more dismount 0.3 A salto dismount	0.5 C or more dismount 0.3 B Dismount

Beam

Counting Elements	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	6x including Dismount	7x including Dismount	8x including Dismount	8x including Dismount
CR 1. Dance Series	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180° Split	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180° Split	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180° Split	One connection of at least 2 diff. dance elements (min A) – one being a leap with 180° Split
CR 2. Turn	Turn (group 3)	Turn (group 3)	Turn (group 3)	Turn (group 3)
CR 3. Acro Series	<u>Acro Flight Series</u>	<u>Acro Series</u> • One element with flight	<u>Acro Series</u> • 2 elements with flight OR • 2 acro elements 1 of which is a salto	<u>Acro Series</u> • 2 flight – 1 salto OR • 2 flight in rebounding connection
CR 4. Add Acro	<u>Separate Acro Requirement</u> • If mount, min B	<u>Separate Acro Requirement</u> • If mount, min B • Clear 'V' not permitted	<u>Separate Acro Requirement</u> • If mount, min B • Clear 'V' not permitted	<u>Separate Acro Requirement</u> • If mount, min B • Clear 'V' not permitted
CR 5. Dismount	0.5 Salto dismount directly connected to acro element 0.5 'B' Salto or higher 0.3 'A' dismount Element preceding dismount must be separate from CR3	0.5 Salto dismount directly connected to acro flt element 0.5 'B' or higher dismount 0.3 'A' dismount Element preceding dismount must be separate from CR3	0.5 'B' + salto d/mount directly conn to acro flight element lands 2 feet 0.5 'C' + dismount 0.3 'B' salto dismount 0.3 Salto conn to acro flt element lands on 2 feet	0.5 'B' + salto d/mount directly conn to acro flight element lands 2 feet 0.5 'C' + dismount 0.3 'B' salto dismount 0.3 Salto conn to acro flt lands on 2 feet

Floor

Counting Elements	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
	6x including Dismount	7x including Dismount	8x including Dismount	8x including Dismount
CR 1. Dance Series	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180° Split	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180° Split	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180° Split	A dance passage composed of two different leaps or hops, (from the Code) connected directly or indirectly, one of them with 180° Split
CR 2. 2x Acrobatic Series	Minimum of 2x Acro lines (must contain min of 2 flight elements one of which is a salto)	Minimum of 2x Acro lines, one with 2x saltos	Minimum of 2x Acro lines, one with 2x saltos	Minimum of 2x Acro lines, one with 2x saltos, one of which is min 'B'
CR 3. Bwd Salto Series	3x directly conn flight element one of which is a back salto to land on 2 feet	Stretched Salto min 'B' OR Salto with 360° LA turn	Salto with 360° LA turn OR Double BA salto	Salto with 360° LA turn OR Double BA salto
CR 4. Fwd & Bwd Saltos	Fwd and Bwd salto performed within lines	Fwd and Bwd salto performed within lines	Fwd and Bwd salto performed within lines	Fwd and Bwd salto performed within lines
CR 5. Dismount	0.5 Stretched Salto Dismount 0.3 Salto Dismount	0.5 'B' or more Salto Dismount 0.3 Stretched Salto Dismount	0.5 Stretched Salto min 360° LA Turn 0.3 'B' or more Salto Dismount	0.5 'C' or more salto d/mount 0.3 Stretched Salto min 360° LA Turn

8. Bonus

Bonus has been created to reward difficult and unique combinations of elements. There is specific bonus listed for each apparatus and is **only** awarded in Levels 8, 9 and 10.

Level 7 Has no bonus

Level 8 Has a maximum of 0.2 Bonus for specific skills

Level 9 Has a Maximum of 0.6 Bonus for specific connections

Level 10 Has Unlimited Bonus connections

Bars

LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
	0.2 If Giant Circle Performed	0.4 'D' or more flight elements (excluding dismount)	0.2 'D' or more flight elements on same bar
		0.2 Double salto dismount	0.2 'D' or more salto dismount
		0.2 Non-flight element with min 360° LA Turn	
		0.2 'C' + 'C' or more (must be different)	
*10cm additional mat permitted for any flight or transition elements			

Beam

LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
	0.2 Rebounding acro series both elements with flight	0.2 Rebounding acro series on beam (both elements flight)	
		0.2 'C' or more salto dismount directly connected to acro flight element that lands on 2 feet	
		0.2 'C'+'C' and 'B' + 'D' or more Dance/Mixed	
		0.20 'C' Salto + 'B' Dance or more	
		0.20 'A' + 'C' or more Turns	
		0.20 'B' + 'B' + 'C' Acro series or more	
*Coach may stand in for 'D' Dismounts or more			

Floor

LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
No Bonus	0.2 Maximum Bonus	0.6 Maximum Bonus	Unlimited Bonus
	0.2 R/off + flip + stretched salto with minimum 360° LA Turn	0.2 'D' or more acro skill	0.2 'D' acro skill 0.4 'E' or more acro skill
		0.2 Any double back salto (in addition to bonus above, awarded once)	0.2 Any double back salto (in addition to bonus above)
		0.2 'A' + 'C' or more direct or indirect acro	
		0.2 Connection of turns 'A' + 'C' or 'B' + 'B'	
*5cm additional mat allowed for all 'C' or more saltos			

Calculating the D Score = Total value of elements + composition requirements + bonus (if applicable).

The Final Score on each apparatus will be established utilising 2 separate scores, D Score (Difficulty or Start score) and E Score (execution).

WAG Competition Eligibility

Each gymnast must attain a minimum overall score and individual apparatus score before being considered to moving to the next level.

Prior to competing in any competition, all gymnasts will be skill tested to ensure they are ready to compete. For Level 1 through to Level 6 this will simply be the ability to perform the compulsory skills in each of those levels.

Level 7 through to Level 10 are optional routines, so the requirements are slightly different and gymnasts will have to have all necessary skills called difficulty values (DV), and composition requirements (CR) fulfilled prior to competing in a new level.

MAG COMPETITIVE STREAM

MAG National Levels Program



Bunnerong offers opportunities for those male gymnasts who wish to train more seriously, to become a member of a Squad. Gymnasts are assessed by the relevant Program Manager or MAG Coaches for selection into the appropriate squad. Squads provide a thorough program of training to meet the individual needs of the gymnasts and prepare them for competitions. The programs incorporate aspects of physical preparation and trampoline training for skill acquisition on six apparatus: vault, high bar, pommels, parallels, floor and vault.

Every gymnast's attendance and progress are monitored and regular strength, flexibility and skill testing occurs. Parent/coach meetings will be arranged when necessary to keep you up to date, explain the short and long-term goals of the programs and to provide an opportunity for interaction and question time. Your child's squad coach is not available during class time to discuss any issues; however, they are able to meet with you out of class time, if required. Parent interviews with the Program Manager, Head Coach and Manager can also be organised by appointment only. If children are selected to train with a squad they must commit to the required hours as set down by the Club.

MAG Level 1 & 2

Routines are compulsory. Competitions are Region and State based.

MAG Level 3 – 5

Routines are compulsory with the option of adding 'Bonus Skills'. Competitions are held by the State in a Grand Prix Series, consisting of four competitions at different locations across NSW, where gymnasts can qualify for State Championships. Bunnerong usually decides to enter two

out of the four Grand Prix competitions. The competition season usually starts around July and State Championships is usually around October or November.

Division	Level	Age	Calendar Year Born	ALP Rules
Junior	Level 1 U7	7	2011	Compulsory
	Level 1 Open	Open		Compulsory
	Level 2 U/8	8	2010	Compulsory
	Level 2 Open	Open		Compulsory
	Level 3 U/9	9	2009	Compulsory + Bonus Skills
	Level 3 Open	Open		Compulsory + Bonus Skills
	Level 4 U/10	10	2008	Compulsory + Bonus Skills
	Level 4 Open	Open		Compulsory + Bonus Skills
	Level 5 U/11	11	2007	Compulsory + Bonus Skills
	Level 5 Open	Open		Compulsory + Bonus Skills
	Level 6 U/12	12	2006	Compulsory + Bonus Skills
	Level 6 Optional	Open		Modified Level 7 Open Requirements + Additional Skills
	Masters	20	1998	Level 7 Open Requirements
Senior	Level 7 U/13	13	2005	Compulsory + Bonus Skills
	Level 7 Open	Open		Modified FIG Junior + Additional Skills + Specific Bonus
	Level 8 U/14	14	2004	Compulsory + Bonus Skills
	Level 8 Open	Open		Modified FIG Junior + Specific Bonus
	Level 9 U/17	17	2001	FIG Junior Rules
	Level 9 Open	Open		FIG Junior Rules
	Level 10 & SNR	Open		FIG / No Modifications
The minimum age to compete is to be turning 6 years of age in the calendar year of competition.				

Qualification and Passing Scores

State Championships Qualification

NEW SOUTH WALES

Division	Level	State Entry Qualifying AA Score (At least)
Senior	Level 10 & Senior International	Athletes must have competed in, at least one state trial on at least one apparatus.
	Level 9 Open	Athletes must compete on the apparatus that they propose to compete on at the State Championships in at least one trial.
	Level 9 U/15 & 9 U/17	
	Level 8 Open	
	Level 8 U/14	
	Level 7 Open	
	Level 7 U/13	
Junior	Masters	Athletes must compete on the apparatus that they propose to compete on at the State Championships.
	Level 6 Optional	Athletes must compete on the apparatus that they propose to compete on at the State Championships. An individual apparatus qualifying score of 9.0 must be achieved. Competitors wishing to compete in the AA competition must score 54.0.
	Level 6 U/12	45.0
	Level 5 Open	45.0
	Level 5 U/11	45.0
	Level 4 Open	45.0
	Level 4 U/10	45.0
	Level 3 Open	45.0
	Level 3 U/9	45.0
	Level 2 Open	45.0
	Level 2 U/8	45.0
	Level 1 Open	45.0
	Level 1 U/7	45.0
Level 1 - 6 athletes seeking qualification to the State Championships must have competed on all apparatus at a MAG qualifying event (Grand Prix or State Clubs).		
An athletes' competition division will be determined by the athletes' year of birth. To be clear, if an athlete is Age eligible they must compete in the Age Division in levels 1-6.		

Awards

FROM 2015-2016

Competition Awards at State Championships

LEVEL	ALL AROUND PLACES AWARDED	APPARATUS PLACES AWARDED
Level 1-6	1 st – 3 rd	N/A
Level 1-2	All athletes performing compulsory routines will receive a banded award based on their Overall Score; Gold (>54.00), Silver (50.00 – 53.99), Bronze (< 50.00)	
Level 3-4	All athletes performing compulsory routines will receive a banded award based on their Overall Score; Gold (> 55.50), Silver (51.50 – 55.49), Bronze (< 51.50)	
Level 5-6	All athletes performing compulsory routines will receive a banded award based on their Overall Score; Gold (>57.00), Silver (53.00 – 56.99), Bronze (< 53.00)	
Level 6 Optional	All athletes will receive a banded award based on their Overall Score; Gold (>66.00), Silver (60.00 – 65.99), Bronze (< 60.00)	
Masters	1 st – 3 rd All Around	
Special Olympics Level 1-2	Gold (> 105), Silver (93.00 – 105.00), Bronze (< 93.00)	
Special Olympics Level 3-4	Gold (> 108), Silver (96.00 – 108.00), Bronze (< 96.00)	
Level 7 - SNR	1 st – 6 th	1 st – 6 th

COMPETITION & TRAINING ETIQUETTE

Preparing for Competition

Address & Time

Make sure you know the address of the competition and plan to arrive to any competition 15 minutes early. This ensures that the gymnasts remain calm and in the best frame of mind.

What to Wear

- WAG Levels 1 & 2: Bunnerong Short Sleeved Training Leotard.
- MAG Levels 1 & 2: Bunnerong Leotard, White Shorts, White Longs, White Socks.
- WAG Levels 3-10: Bunnerong Long Sleeved Competition Leotard and Club Tracksuit. Scrunchie for hair.
- MAG Levels 3-10: Bunnerong Leotard, White Shorts, White Longs, White Socks and Club Tracksuit.

What to Take

Pack a drink bottle, handguards/grips and panda paws (if needed), sports tape and a snack. Bobby-pins/clips, extra hair elastics, hairspray and a brush for WAG.

Hair Style for Girls

The Bunnerong competition hairstyle is a high bun. It is important to note that we all are the same, we are a team and we need to all look the same.

NB – Important tip: A trick to stop flyaway hair and how to style hair the easiest is to leave the hair dirty. (This is a dancer's tip, and very useful!)

Directions:

1. First of all, make a high ponytail with a couple of strong holding elastics. With thick hair use several elastics to lock ponytail in place.
2. Spray the head with Strong Hold hairspray to keep the hair smooth on the head whilst working on the ponytail section.
3. Plait the ponytail hair right to the very end and secure with an elastic.
4. Wrap the braid around the base of the ponytail. Secure this with several elastics and pins if necessary. With heavy hair you may need to use a hair net as well.
5. Spray everything again with Strong Hold Hairspray.
6. Wrap a Jade scrunchie several times around the bun for final finish.



During Competition

Parents can help create a positive sporting environment and reduce sport rage by being good role models. Let Kids Be Kids is a resource on tips for parents, coaches, administrators and officials making sport safe, fair and inclusive.

Parents are to remain in the viewing area at training and in the grandstand at competitions. Once the gymnast is handed over to the coach/es on the 'field of play'/competition floor there should be no interaction between parent and child until training/competition ends. Whilst this may be seemingly harsh, it will produce the best possible chance of success without the distractions that can be inadvertently be brought onto the gymnast/team by well-meaning supporters and parents.

Encourage Fair Play

- Cheer and acknowledge good gymnastics performed by any team
- Thank the coach/es and other officials after the event

Respect Officials, Coaches and Opponents

- Accept decisions by officials – whether it be scores by judges, training groups or team selection
- Deal with issues in a controlled and professional manner after competition

Keep Emotions in Check

- Be enthusiastic, but don't scream instructions from the sideline
- Absolutely no interaction between 'field of play'/competition floor and spectators until the completion of the competition. This can lead to disqualification.
- No parent may be present on the 'field of play'/competition floor whilst their child is competing/training.
- Do not get into shouting matches with anyone, never use bad language or harass others.

Uphold your Club's Code of Conduct

- Understand, uphold and support your club's code of conduct for parents
- If you have put your hand up to be an official, it's important to understand all of your club's rules and regulations, the spirit of the game and the relevant codes of conduct

Help Kids Enjoy Sport

- Emphasise trying hard and having fun, not only winning
- Never ridicule or yell at a child for making a mistake

Post Competition

After the competition whether your child has performed well or not, it is very important to focus on the positives of the day and not belittle or get angry with a child for any mistakes they may have made. Gymnastics is one of the hardest sports around, and the child will already be aware of her mistakes, and the last thing they need is reinforcement of those errors.

GENERAL – CODE OF CONDUCT

As a member of Bunnerong Gymnastics either as a gymnast, parent, carer, coach, volunteer, participant, supporter, administrative staff or member of the Board, involved in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event.

This code of conduct should be read and understood by all gymnasts, parents, carers, coaches, volunteers, participants, supporters, administrative staff or members of the Board. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to:

1. Respect the rights, dignity and worth of others regardless of their gender, ability, cultural background or religion.
2. Be fair, considerate and honest in all dealings with others.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to, Bunnerong Gymnastics standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines which govern Bunnerong Gymnastics, Gymnastics NSW, the member associations and the affiliated clubs.
7. Do not use your involvement with Gymnastics Australia, Gymnastics NSW, a member association or an affiliated club to promote your own beliefs, behaviours or practices where these are inconsistent with those of Gymnastics NSW, a member association or an affiliated club.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any form of harassment of others. Bunnerong Gymnastics – General Code of Behaviour
11. Refrain from any behaviour that may bring Gymnastics NSW, a member association or an affiliated club into disrepute.
12. Provide a safe environment for the conduct of the activity.
13. Show concern and caution towards others who may be sick or injured.
14. Be a positive role model.
15. Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

PARENT/S – CODE OF CONDUCT

As a parent of a participant in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event.

This code of conduct should be read and understood by all parents and supporters. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to.

1. Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. In accordance with Gymnastics NSW, you must not take photos or videos of your child in training without arranging to do so prior with permission from Coach and or Administrative staff. Unless your child is the only person visible in the photo/video, this must not be posted on any social media site, in accordance with child protection laws.
5. To understand, follow, and respect each and every Value of the Bunnerong Gymnastics program.
6. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
7. Show appreciation for good performance by all gymnasts, including gymnasts from other teams.
8. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
9. Respect officials' decisions and teach children to do likewise.
10. Do not physically or verbally abuse or harass anyone associated with the gymnastics (participant, coach, judge, etc).
11. Be a positive role model.
12. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.

13. To maintain fairness and integrity for each individual child, a child's parent or caregiver must not be on either the training floor or competition floor at the same time as their own daughter or son.
14. Be aware of the repercussions that any breaches of this code of conduct may incur.

GYMNAST'S – CODE OF CONDUCT

As a gymnast or participant in any activity held by or under the auspices of Bunnerong Gymnastics, Gymnastics NSW, Gymnastics Australia, or an affiliated club, you must meet the following requirements in regard to your conduct during any such training, competition, activity or event:

This code of conduct should be read and understood by all gymnasts and participants. Bunnerong Gymnastics asks for your total support in ensuring that this code of conduct is adhered to.

1. Respect the rights, dignity and worth of fellow gymnasts, coaches, officials and spectators.
2. To understand, follow, and respect each and every Value of the Bunnerong Gymnastics program.
3. Do not tolerate acts of aggression.
4. Respect the talent, potential and development of fellow gymnasts and competitors.
5. Care for and respect the equipment provided to you as part of your program.
6. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
7. At all times avoid intimate relationships with your coach.
8. Conduct yourself in a professional manner relating to language, temper and punctuality.
9. Maintain high personal behaviour standards at all times.
10. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.

11. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
12. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.
13. Be aware of the repercussions that any breaches of this code of conduct may incur.

COMPETITION RULES & PROCEDURES

Competition Rules

- Competitions will be conducted in accordance to the rules as listed in the WAG & MAG ALP Manual Version 2.1:NL 1 – 10.

Team Selection

Bunnerong Gymnastics Association has established the following policy to ensure that their competitive teams are given the best possible chance of success.

- **Objectives**

To identify those athletes who, in the opinion of Bunnerong Gymnastics Association's Head Coach; Personal Group Coaches; and Board member/s, are most likely to achieve the best possible results at the Event.

- **Selection Criteria**

To put forward the strongest team first as Team 'A' and if allowed having a Team 'B' and so forth. These teams will be comprised from results of trials and regional competitions, as well as, skill requirements. Mock competitions will not be considered in the selection process. These teams are not necessarily the top 6 overall scores. The top 3 scores on each apparatus count towards the team score, so this will be taken into account when deciding team composition.

- **Selection Panel**

The selection panel will be made up of the following:

1. Operations Manager
2. Head Coach (of the appropriate Discipline)
3. 1x Board Member

- **Publication**

Once the team or teams have been selected, these will be published as soon as possible by email to the team members and coaches.

This policy should be read and understood by all parents and supporters. Bunnerong Gymnastics asks for your total support in ensuring that this policy is adhered to.

Team Travel

When the competition is interstate or overseas, and organised by Bunnerong Gymnastics Association the following conditions apply:

- Parents/supporters are asked not to travel on the same flights as the team, unless specified otherwise.
- Parents/supporters are asked not to request assistance from Bunnerong Gymnastics with travel bookings.
- Official Supporters Tours may be conducted by Bunnerong Gymnastics or by prior arrangement Bunnerong Gymnastics may assist in coordinating any supporter groups.

Team Accommodation

When the overseas tour or competition in Australia is organised by Bunnerong Gymnastics the following conditions apply:

- Parents/supporters are asked not to arrange accommodation in the same hotel as the team, unless specified otherwise.
- Parents/supporters are asked not to request assistance from Bunnerong Gymnastics with accommodation bookings.

Contact with Team Members

Bunnerong Gymnastics ask that all parents and supporters refrain from contacting the athletes at times other than approved by the team manager and/or personal coaches. It is understood that the support of the parents is vital to the athlete and every effort will be made to ensure that social/family time is allocated when appropriate to competition and training times. This will also apply to official Training Camps held prior to major competitions.

Bunnerong Gymnastics, GNSW & GA Communication

All parents will be informed of details of the tours via team circulars issued from either the Bunnerong Gymnastics/GNSW or the GA office. The circulars will advise contact details for the team whilst competing interstate or overseas.

Parents are invited to contact the appropriate office should they have any concerns or queries regarding the tour or competition. Results from the competitions are placed as soon as possible on the website or links that are established to the competition sites.

Conclusion

Bunnerong Gymnastics asks that all parents/supporters understand that this policy has been implemented to ensure that the team is given the best opportunity to perform without any distractions.

Bunnerong Gymnastics seeks your support in accepting this policy, which will ensure that all parents/supporter groups travelling overseas fully understand the situation.

Appeals and Grievance

All members have the opportunity to appeal and/or lodge a grievance to the relevant management levels. Further details are contained in the Bunnerong Gymnastics/NSWGA or GA Grievance and Appeals policy document.

Changes to the Policy

Changes to this policy may be submitted by Bunnerong Gymnastics Board for review and approval by the Bunnerong Gymnastics Board. Once a change has been approved, the policy will be updated in the official Bunnerong Gymnastics policy register and circulated to Bunnerong Gymnastics Board members, coaches, and parents.

In addition, Bunnerong Gymnastics Board is committed to ensuring all policies are up-to-date and reflect current practices. The latest review date is recorded at the beginning of each policy.

POLICIES & PROCEDURES

Bunnerong Gymnastics has policies and procedures in place to ensure the success and safety of management practices and operations. These are listed below. If you wish to view any of these, please see the Members section of our website: www.bunneronggym.com.au/members.

- Bunnerong Gymnastics Risk Management Policy
- Bunnerong Gymnastics Member Protection Policy
- Bunnerong Gymnastics Health and Safety Policy
- Bunnerong Gymnastics Smoke Free Policy
- Bunnerong Gymnastics Privacy Policy
- Bunnerong Gymnastics Fees Policy
- Bunnerong Gymnastics Behaviour Management Policy
- Bunnerong Gymnastics Emergency Procedures
- Bunnerong Gymnastics Injury Procedures
- Bunnerong Gymnastics Complaint Management Procedures
- Bunnerong Gymnastics Member Information Procedures
- Bunnerong Gymnastics Heat Policy
- GNSW PHOTOGRAPHY AND ACQUIRING IMAGE