



# **COMPETITIVE TEAM HANDBOOK**

**2010**

[www.chchgymnastics.co.nz](http://www.chchgymnastics.co.nz)

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# *Introduction, History and General*

## ***Introduction***

Welcome to Christchurch School of Gymnastics Inc. Thank you for your interest in gymnastics and our club. Your time as a parent and gymnast with competitive gymnastics will be a very special one. Over the years we have had the pleasure of watching hundreds of children learn, grow, develop and mature into confident young adults who are ready to face the world. We look forward to the unique opportunities which working with your child will present.

This undertaking will give your child a stage on which to develop their confidence, poise, individuality, mental and physical discipline, determination, appreciation for dedicated effort, and self-respect. Your child will mature among individuals and circumstances that will demand their finest efforts and judgements. They will develop close relationships with other young athletes who demand the best of themselves and expect the best in others. They will also have a lot of fun.

## ***A Brief History of CSG***

- 1967 CSG initially established by Marion and Henry Duncan at Crichton Cobbers in Fitzgerald Avenue. From the beginning CSG was successful.
- 1970 Don and Mary Cornes took over, and facilitated a move in 1972
- 1972 Move to old Wesley Church (cnr Worcester Street and Fitzgerald Avenue)
- 1974 Under presidency of C. Barclay Millar, the club became incorporated.
- 1989 Wesley church building was purchased for \$85,000
- 1996/7 Wesley church building sold, and building commenced at QEII Park
- 1997 New gymnasium opened 31<sup>st</sup> May 1997
- 2002 The club reached the maximum in many of the programmes. Extension and rebuilding discussed and a committee was formed in 2003.
- 2006 After years of lobbying and fundraising, work finally started on an extension on 26 April 2006
- 2007 New extension officially opened by Helen Clarke on 29 March 2007. The facility is now called the Lion Foundation Gymnastics Stadium. The club took on a \$350,000 low interest loan from Canterbury Community Trust and received \$787,438 in grants for the extension costs.

Visit our website to find out more about the club history and achievements at [www.chchgymnastics.co.nz](http://www.chchgymnastics.co.nz)

## ***Overview of Competition History***

The club has been extraordinarily successful both in Canterbury throughout New Zealand.

Our gymnasts have formed the bulk of the Canterbury Gymnastics Teams since the club's inception in the 1960's. We have also had more than our share of representation in the New Zealand Teams. Our roll of Honour in the foyer lists them all.

## ***Governance***

The club is an incorporated society and we are governed by the rules of our constitution. A copy of this can be emailed to you or a hard copy can be requested from Roberta. Our financial year ends on 30<sup>th</sup> September and our AGM is held as soon as possible after the audited accounts are received. A representative from each family is expected to attend.

We have a Board of Directors who is charged with governance of the club. The Chair of the Board in 2009 is Michele Hawke.

The club uses sub committees which deal with such areas as organising fundraising, uniforms, social events, prize giving, assisting with competitions etc.

## ***Mission Statement***

To provide quality, affordable gymnastics programmes in a safe and secure environment, which will enhance the fitness and active wellbeing of the community.

CSG is dedicated to providing all youth with the highest quality gymsport experience through participation in our programmes. Participants are treated with respect through the opportunity to experience growth in areas of teamwork, sportsmanship, fair play and skill development.

Our coaches deliver more than just a programme of physical development. Gymnastics teaches self esteem, motivation, self discipline, dedication, determination, work ethic, time management, team work, team spirit, leadership, sportsmanship, respect for others, poise and grace.

When the gymnasts have finished with turning cartwheels they will have established a base of life skills that will undoubtedly assist them throughout their non flipping years.

Our goal is to ensure that each gymnast who takes part in our programme receives the quality instruction regardless of their ability. That they participate in a well organised gym, with excellent equipment and a fun filled learning environment.

Gymnastics demands total dedication, complete commitment, and a desire to be the best you can be. The athletic skill and physical fitness stays long after competitive gymnastics has ended, but it is the mental soundness that is the most important and stays with you longer than the ability to do the splits. The habit of being active is vital in today's world and must be learnt early to ensure a lifelong pattern and love of being off the couch in front of a screen and out there doing something for the joy of it.

A few years of gymnastics is the best preparation anyone can have for any other sport. Once you have trained as a competitive gymnast you will find any other sports training sessions 'easy'.

## ***The Staff***

### **Avril Enslow – Chief Executive**

Avril is employed by the Board to manage the club on their behalf, and is a foundation member of the club. Avril is an internationally accredited Judge and level 3 Senior coach with many years experience.

### **Jozsef (Jozsi) Ferencz – Head Coach**

Jozsi has been coaching from the mid 70's; he holds a Sports degree with a Gymnastics Major. He was Head Coach of the Romanian team to World Championships, and Atlanta Olympics. His gymnasts have won World and Olympic medals and he received the Romanian International Merit award for results. Jozsi came to CSG in April 2006 as MAG Senior Coach; appointed Head Coach in October that year. CSG gymnasts have dramatically improved under Jozsi's reign, and at every Nationals since then our gymnasts have dominated.

### **Hannah Prout – Junior Coaching Director**

Hannah comes to NZ from the UK. An ex British Gymnast Hannah has many years of coaching under her belt and has led British teams to European Titles. Hannah manages the Junior Levels and coaches in the Junior High Performance area. Hannah is a qualified judge.

### **Mike Plourde – Senior MAG Coach / Membership Manager**

Mike, a former US gymnast, is a brevet Men's judge. He holds a degree in Exercise Science, and has many years experience coaching. He has been with CSG since Oct 2008.

### **Svetlana Sazonova**

Svetlana holds a Russian Master of Sport award with many years of gymnastic coaching experience. A high level gymnast herself; Svetlana brings excellent choreography skills to our club. She is a senior coach working with our High Performance squads.

### **Anna Plourde**

Anna is an ex College gymnast with years of experience working with well known US clubs. Here since Oct 2008, Anna has taken over the National stream. Anna is our "E-FB" editor.

### **Emma Hunt**

Emma is a former Otago representative; she received a coaching scholarship from CSG in 2007. She is a qualified Judge with Senior WAG coaching qualifications. She currently coaches WAG level 2 & 4 and is also a judge. Emma is in her 2<sup>nd</sup> year attending Teachers College.

### **Charlotte Dolden**

Charlotte is a former senior gymnast and club captain, with a degree in Sports Administration at Lincoln. She received a 3 year scholarship from the club for her university studies. Charlotte has a level 1B and 3A squad. She is a qualified Judge, and has Senior WAG coaching qualifications.

### **Tamika McCallum**

Tamika is an ex CSG Senior gymnast. She is currently studying at University, and coaches part time. She currently coaches a level 2 & 3 squad.

### **Sam Thackway**

Sam has coaching and judging qualifications, and has recently arrived from Plymouth. Sam was enticed to CSG as he previously worked with Jozsi. He coaches in the junior boy's area, and assists in the other programmes.

### **Marie Van den Broeke**

Marie is an ex senior gymnast who represented New Zealand. She has come through our in house apprenticeship scheme, in her second year. She has her first certificate in coaching.

### **Jo Cain**

Jo has coached for a few years but this is her second year coaching at CSG. She has level 2 and level 3 gymnasts. Jo is a former senior gymnast at CSG. She has completed her level 1 coaching certificate. (maternity leave Dec 09 – April 10)

### **Derick Lotz**

Derick has an Honours degree in Physical Education (Sports Biomechanics) S.A. An ex South African trampolinist. He started coaching in 1977 and produced national team members and four world age group champions. Since joining CSG 2008, he's produced 1 national champion on trampoline and DMT 2008. He aims to build CSG into the best tramp club in N.Z. in the future.

### **Jane Clark**

Jane is the Administration Manager, Schools Programme director and also our Event Director. Jane is a Life Member of the club.

### **Roberta Massey**

Roberta is the receptionist and the friendly face that you meet when you come into the gymnasium. She will be able to answer all of your questions and provide you with the right piece of paper that you need. If she hasn't got it or doesn't know the answer she will find out and get back to you

### **Kendra Street – Competition Secretary**

Kendra processes the administration for competitions, as well as managing the trampoline programme.

### **Helen Oakes – Club Photographer**

An ex CSG coach, Helen is an accomplished photographer and takes amazing pictures at competitions. Her website link is [www.photogenus.co.nz](http://www.photogenus.co.nz)

## ***Contact details***

For information your first point of contact is Roberta on the front desk (388 6616). Staff are not always available to take calls; please leave a message either with Roberta by phone or her email, or on their answer machine and they will get back to you.<sup>1</sup>

Roberta Massey	700	<a href="mailto:admin@chchgymnastics.co.nz">admin@chchgymnastics.co.nz</a>
Avril Enslow	704	<a href="mailto:avril@chchgymnastics.co.nz">avril@chchgymnastics.co.nz</a>
Jane Clark	701	<a href="mailto:gymoffice@inet.net.nz">gymoffice@inet.net.nz</a>
Mike Plourde	710	<a href="mailto:mike@chchgymnastics.co.nz">mike@chchgymnastics.co.nz</a>
Jozsi Ferencz	705	<a href="mailto:jozsi@chchgymnastics.co.nz">jozsi@chchgymnastics.co.nz</a>
Charlotte	711	<a href="mailto:charlotte@chchgymnastics.co.nz">charlotte@chchgymnastics.co.nz</a>
Kendra	703	<a href="mailto:kendra@chchgymnastics.co.nz">kendra@chchgymnastics.co.nz</a>
Anna, Hannah & Svetlana		<a href="mailto:theirfirstname@chchgymnastics.co.nz">theirfirstname@chchgymnastics.co.nz</a>
All Others		<a href="mailto:theirfirstname@chchgymnastics.co.nz">theirfirstname@chchgymnastics.co.nz</a>

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<sup>1</sup> Note: not all staff are fulltime at CSG

# Competitive Team

## **Competitive or not**

The competitive system requires that the gymnasts have natural physical and mental attributes. There are no hard and fast requirements, as it is known that strength in some areas compensate for challenges in other areas.

It is hard to predict a gymnast's ultimate potential as a junior, due to their young age, and physical development.

Competition is part of every day life. We strive to be the best we can be in athletics, business, school exams, and as parents and educators. This competitive spirit, however, must be learned and developed. This is best started during the early character shaping years. The spirit of competition lies within the human psyche, waiting to be nurtured and developed for real world application throughout our lives. At CSG, we are committed to fostering a healthy spirit of competition among our young student athletes.

There can be a place for everyone on the competitive gymnastics field; and the reality is that a rare few will make it to the top. It must therefore be the process, and not the outcome, that is emphasized. Accomplishment and success come to fruition only after a sometimes long and arduous process. Our challenge then is to nurture the gymnast in a healthy, wholesome, enjoyable environment, emphasising sound, progressive fundamentals, so as to become a model for others to live by.

Coaches at CSG believe that it is important for every gymnast to get as much out of this sport as they possibly can, while at the same time having an incredibly positive experience. We ask that parents recognise the pressures and help keep undue pressure off the gymnast with its risk of premature and unfulfilled retirement. Success is: *"To be the best that you are capable of becoming"*.

## **Selection to competitive squad**

All new gymnasts interested in joining the competition squads must go through our testing process. These are important so that we can place the gymnast in the best possible place in the programme where they will be most happy and successful.

Placement into the squads is by invitation only.

- Gymnasts can come through our general gymnastics programmes and be invited to tryout.
- Transfer from another club's programme – there is a transfer fee.
- At the end of Term 3 a testing day is held. Gymnasts audition for placement with the team programme.

We offer competition opportunities such as inter squad, inter club, regional, provincial and national competition. At times our gymnasts will also travel as a club internationally for competition and / or training. From time to time we provide opportunities for display and demonstrations at different events and occasions.

It is obvious that gymnastics is a very technical sport whose very nature encourages a search for perfection. Advancement and success in the sport requires mastery of basic skills. Similar to a pyramid, the larger the base of support the higher the pyramid will stand.

Acceptance into the Competitive programme is based on a number of factors including but not limited to:

- Current physical ability and perceived potential ability
- Attitude and demeanour
- Work ethic
- Age
- Dedication or willingness to meet the demands of the programme.
- Parental support

### ***Introductory Period***

The 4<sup>th</sup> Term of the year is historically an introductory term for gymnasts coming into the competition squads. This is the term where the new squads are formed for the next competitive year. Conditioning and skill progressions are begun for the new routines. It takes quite a bit of time, work and effort before the gymnasts are ready to enter into a competition. This time is also used to see if these more structured training sessions are for the gymnast and their family.

At the end of Term 4 (December), the gymnast and family must make a commitment for the coming competition year. As the gymnasts must officially join the competitive team, it is at this time that squads and timetables for Term 1 are finalised. The gymnasts must register as members and pay a competition members fee of \$100 per year. See [Member and Tuition Fees](#).

A general meeting with gymnast / parent / coach will be held. At this meeting the team policies will be discussed, goals set, questions answered. The level 3 and up squads will have gymnasts contracts.

### ***Uniform***

Boys (MAG) wear leotards and matching shorts - the leotard is the same throughout the levels. Girls (WAG) have a junior leotard (same as the trampoline leotard), an intermediate and a senior leotard.

All of the clubs gymnasts wear the same Blue, Red and White Tracksuit.

We do have a club T shirt that is able to be worn by all of our members. It is \$25 and available year round at reception. Trampoline gymnasts are able to wear club T shirts and shorts in their first year of competition.

CSG uniforms should be:

- worn with pride
- worn correctly - leotard sleeves must not hang down under the tracksuit top
- the tracksuit in its entirety should be worn
- absolutely no gum chewing anywhere while in uniform
- clean white socks should be worn or no socks
- no fluffy, soft toys should be carried while in uniform.

Note: see section "2010 uniform requirements" for detailed uniform requirements.

## Where to get the uniform?

The club does not usually have leotards for sale; these can be purchased at Dance Pacific, Colombo and Stanley Street, Sydenham. The tracksuit will need to be ordered from there as well. Details come out in February from the uniform officers.

2<sup>nd</sup> hand uniforms can sometimes be bought at the uniform sale run by the Uniform committee at the beginning of March each year.

## 2010 Uniform requirements

### **ARTISTIC**

ALL levels	Tracksuit – Blue, red and white
WAG Level 7 - 10	Leotard (GK - black and raspberry velvet )
WAG Level 4 - 6	Leotard (Spratz - mid blue, light blue and silver)
WAG Level 1 - 3	Leotard (Spratz - royal blue velvet, red trim, lighter blue panel)
MAG Senior & Intermediate	Leotard (GK - blue with white panel), blue shorts and white longs
MAG Junior	Leotard (GK - blue with white panel), blue shorts

### **TRAMPOLINE**

WAG	Leotard <sup>2</sup> (Spratz - royal blue velvet, red trim, lighter blue panel). Compulsory CSG T shirt for warm up
MAG	Leotard <sup>3</sup> (GK - blue with white panel), blue shorts and white longs Compulsory CSG T shirt for warm up

## Competition Registration Fee

This fee is charged by Gymsports NZ and entitles the gymnast to compete in any of the competitions run in New Zealand by the member clubs. This fee is added to the gymnast's account in Term 1, and must be paid prior to the end of Term 1. The first artistic competition is normally at the end of May. Trampoline's first competition is in May as well.

For details of fees please see [Competitive section](#).

## Competition Number

Once an artistic gymnast is registered with GymSports NZ as a competitor, and the fee paid, they are issued with a competition number. This number remains the same for the gymnast's whole career, so it is important to keep this safe.

Their competition number should be pinned (little gold safety pins are great) to the back of the leotard in a way that will not 'rip' 'pull' the fabric. It works better if the number is pinned on while

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<sup>2</sup> Same as WAG Level 1-3

<sup>3</sup> Same as MAG

the gymnast is wearing the leotard. Ensure that the gymnast bends over rounding their shoulders to imitate the maximum stretch that will be required during a routine.

Note: Trampoline gymnasts do not have to wear numbers.

### ***Mentoring / Buddies***

Our club has a strong big sister programme working in the Senior and Intermediate area. This has worked extremely well in the past, and we intend to expand it into the Junior area in the near future. Our gymnasts are expected to be excellent role models for the younger ones in the gym, and we are proud to say that they are.

The MAG area will introduce the buddy system in the 2010 year.

### ***Policies***

The club has over the years developed a full list of policies that will be important to you as you move through the system, for example:

- Concerns Policy
- Communication Policy
- Reporting to Parents Policy
- Competitions Policy
- Tour Policy

Please ensure that you take the time to read these. They are available from the front desk, or we can get you a copy.

# *Training*

## ***Safety***

Gymnastics is an inherently dangerous sport. We want all participants to be fully aware of the risk involved in the sport. Speed, motion, height, flipping, and the difficulty of the skills put our gymnasts in potentially life threatening situations on a daily basis.

We are very aware of the 'potential danger' and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is doubt as to the consistency of a skill. We believe in proper and meticulous progressions as lead ups to the more advanced skills. We believe in padding and matting and any training devices designed to make learning and gymnastics as safe as possible.

## ***Punctuality & Training attire***

Gymnasts should be on time for their class and ready to go, and must stay until practice is completed unless they have been excused for a good reason. It is disruptive to have gymnasts well after a session has started. This makes it quite difficult to set the tone and expectations for the session.

Gymnasts must stay off the equipment until the class begins. At CSG we have a squad line up prior to class beginning and at the end.

All taping must be completed prior to practice and all equipment required for training must be removed from the changing rooms (wrist guards, water bottles etc)

Hair should be pulled up away from the face. Very long hair should be arranged in a way to not interfere when the gymnast is upside down, or turning saltos. Gymnastic attire only should be worn, no beach gear, or fashion clothing please, Watches and jewellery are also not acceptable, only small stud earrings. Gymnastics is a discipline which starts from the way the gymnasts present themselves.

## ***Respect yourself and others***

Gymnasts are encouraged to respect their physical self. Gymnasts should fuel their bodies with nutritious food, have plenty of rest, and listen to their bodies when it tells them to stop, because of injury or ill health.

Gymnastics is the most demanding and difficult of all sports. There will be fear, setbacks, frustration, and defeat. Expect these things, learn from them and face them and overcome them. Set high goals and achieve them step by step. Maintain a positive attitude when facing your fears and frustrations because it is your attitude that helps you to defeat them.

## ***Gymnast / Coach - Coaching Ratio***

The exact ratio will depend on the level of the gymnast and the nature of the activity being done. This will generally be 8 or 10:1. You will realise of course that the hourly tuition rate for competitive squad gymnasts usually does not cover the hourly rate of the squad coach, let alone the administration and overheads in running an operation of this size and the type of programme that it is. Trampoline ratio is usually a little lower and we endeavour to keep it approx 7 or 8:1.

## ***Supporting your child***

Parents play a crucial supporting role of the gymnasts. Without this it is difficult for the gymnast to maintain the interest and dedication required to be successful.

Areas that you can help are:

- Please provide **positive support during training and competition, irrespective of performance on the day**. If it doesn't go well and the parents criticize or place pressure on the gymnast additional to and unknown to the coaches, the sum total may be more than the gymnast can cope with.
- Please provide a **training free haven at home**.
- You are encouraged to support and enjoy your child's progress in training **occasionally**, come and see a new skill or routine. It is best for a coach and gymnast to work together for the majority of the sessions.
- Your child can gain independence by bringing themselves onto the gym floor, ready to start training.
- At all times please use the spectator area upstairs, and **preferably watch from the function room**. Wireless Internet access is available at the gym (password from reception)
- Parent members and spectators that need to use the toilets are expected to use those on the mezzanine floor there is no need for anyone except gymnasts and staff to use the downstairs change rooms, or indeed to be downstairs.

**NOTE:** Parents upstairs can take a gymnast's focus away from a task and may undermine the relationship between the coach and the gymnast. We would prefer you do not stay for the whole section.

## ***Injured Gymnasts / Illness/ Absences***

Injured gymnasts are expected to be at training for a portion of the scheduled time. When a gymnast becomes injured it is our goal to concentrate on the areas of the body or the areas of training that the gymnast can improve while they are recovering. It is important the gymnast remains in contact with their team-mates and continues to condition. Every injury of course is different and the coach will advise you on how long the gymnast should stay at training or whether they need to come at all.

Training fees are only adjusted if absence from the gym is for longer than 4 weeks. You realise that our overheads are based on squad numbers and costs continue even if one or 2 gymnasts are missing.

Ill gymnasts are not expected to attend training at all. If a gymnast is slightly off colour it is imperative that the coach is informed so that leeway can be given and the gymnast monitored especially in the performance of challenging skills.

Gymnast's that have infectious diseases (chicken pox, measles etc) must not come to the gym while they are contagious. Open wounds, sores and verucas must be securely covered at all times within the gym environment.

## **Absences**

Gymnasts must endeavour to attend all practices, competitions and special events. The gym must be called to alert the coaching staff if you will be absent for any reason.

## **Sports Medicine**

It is important that gymnasts attend sports specific medical doctors for sports related injuries. These practitioners are trained to deal with the type of injuries that can occur to athletes. We have a good relationship with Active Health here at QEII and Sports Med in Bealey Avenue. Sports injuries at Active Health QEII are treated under ACC and there is usually no surcharge. Active Health QEII has a physio that attends some training sessions for our senior groups.

## **Lockers & Personal Gear**

### **Lockers**

Lockers are provided for our gymnasts based on seniority. Usually a gymnast is in level 4 before they are issued with a locker. Sometimes the level 4's have to share. If there is no locker allocated Gymnast's bags need to be kept in the change room.

Trampoline will have a set of lockers available to share.

Senior gymnasts & trampolinists that are over 14 years, have a common room which is opposite the girl's downstairs changing rooms.

Please ensure that no valuables are kept in the changing room or lockers. We have security measures in place to ensure that members of the public cannot access the changing rooms.

Unfortunately, we cannot guarantee the security of any personal items in the building.

### **Personal Gear**

Gymnasts must have their own weights, hand guards (if used) wristbands, gloves and loops. All gear must be clearly named, and that includes t shirts, tramp shoes, and socks etc anything that is brought to the gym. We constantly find clothing and property left behind and if it is named we can return it to the gymnast's or coaches lockers. Socks unnamed will be thrown away. At times we also have school uniforms and shoes left behind, ***please name everything.***

## **Discipline**

Rules and regulations which govern the gymnasts and their parents have been outlined here and in our policy manual and constitution. In the event that there is an ongoing pattern of disruption or there are major rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation.

The list and procedures below and not intended to be all inclusive, please see our other publications.

- a) The gymnast may not be able to rotate with the group at the designated time. They may be asked to complete the work set or repeat the tasks.
- b) The gymnast may be asked to sit and watch. Or be given appropriate conditioning to perform which will help focus their attention and build strength to accomplish the task.
- c) The gymnast may be asked to leave the gym floor and either waits upstairs or in the foyer to be collected. The gymnast **must not** leave the building. They must be collected by their

parents early or depart at the normal time with their arranged lift home. The coach in this case should request a meeting with the parents to discuss the situation.

d) The gymnast may be asked to leave the programme if we cannot get them to conform their behaviour to the expectations of the competitive team. This is reserved for the most serious violations and when there is an ongoing problem with disruption and disrespect within the gym that has proved resistant to change. We will not let the bad attitude of one gymnast to bring down the spirit and work ethic of an entire group.

e) It is also possible that a gymnast will have to leave the club because of the action or inaction of their parent (s). While we never want to punish a child for the actions of their parent (s) we will not tolerate parents who by their words and actions do not support the policies and values of our club.

We cannot and will not run to a parent every time we have a problem with a gymnast. The development of the coach - gymnast relationship is very important. We will attempt to build our own relationships with our athletes; this relationship is built on time shared, work performed together, and the emotional ups and downs that are part of all important ventures.

The downs include discipline problems and we will attempt to solve them within the framework of building a relationship. Therefore calling a conference with a parent signifies a need to work outside the coach - gymnast's relationship. In this instance we need your help to overcome a challenge that is too much for us to accomplish on our own. It does not necessarily mean we have a serious problem – it just means we need your help.

# Communication

## **Introduction**

CSG has a comprehensive communications policy. We aim to inform you the best we can. We spend a lot of effort to ensure that we are communicating effectively with our members, please do your bit and help us by checking notice boards, email, the front desk and whiteboard at regular intervals.

Flipping Brilliant is the name of our newsletters. These are:

- One every term at about week 4 (hard copy). This has news relevant to all sections of the club.
- An email newsletter comes out weekly around Tuesdays and this is for competitive parents only. A hard copy of this is always available at the front desk for those that do not have access to email.

We would like to encourage parents to let us know news of their gymnast's successes outside the gym for inclusion in the e-Flipping Brilliant. It is important that these are acknowledged.

The gym has a white board in the foyer for everyday news and notice boards upstairs in the mezzanine foyer for more in-depth news and information on our programmes and staff. Emailing us is the fastest way to get messages to us.

Check our website for other interesting information [www.chchgymnastics.co.nz](http://www.chchgymnastics.co.nz)

## **Liaison Parents**

Each competitive squad has a liaison parent. CSG uses liaison parents as a communication tool between coaches' / staff / office and parents. It is an easy way to get information quickly to everyone and also is a way that competitive parents can find out information without having to call the office or coach.

The liaison parent's job description is held at the front desk for those that are interested.

The chief co-ordinator is Tracy Inwood [deansauto@xtra.co.nz](mailto:deansauto@xtra.co.nz)

## **Gymnast Reports**

We aim to have report cards out to parents detailing the progress of their gymnast in Term 4 (their first term) and Term 1. Terms 2 & 3 are competition terms so in effect the competition results are indication of the gymnast's progress. Due to timetabling of the squad training sessions it is difficult to speak with a coach prior to or after a session, unless of course it is the last class of the day.

We would like to encourage you to ring for an appointment or request Roberta to have the coach concerned phone you at a convenient time to talk. See [Contact details](#)

This is an area that we are trying hard to improve as we know it is important that you understand what is happening to your gymnast and that you are able to get feedback about your gymnast at regular intervals. However, it is not appropriate to disrupt the beginning of the next class to spend 10 minutes with a parent from the class finishing.

Timetabling is such that we do not want the younger members finishing any later than they are so classes are always timetabled back to back.

Once per term the coach may arrange an early finish or start to a session and use this time to talk to the gymnasts and parents about the progress that the group or squad is making as well as the squad goals and any other pertinent information.

If you have a problem, we do have a concerns policy that can be followed (please ask at the front desk for a copy). The liaison parent is also able to call a meeting if there are concerns that need to be aired.

### ***Publicity & Promotion***

Members are expected to consent to the release of information and pictures of themselves to the media. We also expect to be able to publish photos or information on our website for promotional purposes. The consent form is part of the membership enrolment form. From 2009 GSNZ also wish to have permission to use information, pictures etc of our members. The clause in the member form includes this.

# *Parent Involvement*

## ***Fundraising***

Travelling to Nationals and international competitions is an essential part of the ongoing development and success of our gymnasts.

Our fundraising committee works hard at raising funds. The money raised goes towards the costs of gymnasts and coaches travel to particular competitions. It is also used for grants to our Regional and National representatives to assist with their costs. This in turn helps keep the club's competitive tuition fees lower.

We require **all parents** to participate in fundraising. The extent of the involvement expected gets higher as gymnasts progress through the levels from junior to intermediate and senior levels. A high level of involvement is also expected from parents of gymnasts in high performance squads.

Our regular fundraisers include running our canteen at competitions and special events, supermarket stocktakes, assistance at travel expos and a sausage sizzle outside the gym on Saturday mornings. Other fundraising ventures are held from time to time, such as beer tastings and movie nights

## ***Club Spirit***

We expect all gymnasts and their families to support every other gymnast in the club by cheering them on at competitions. We would also like see families involved in any special event, fundraiser or social that the club holds.

## ***Competition Volunteers (Artistic)***

Competitions in Canterbury are now run by the clubs. In 2009, CSG hosted 3 big competitions, South Island Invitational at Queen's Birthday weekend, Canterbury Championships for intermediate and senior gymnasts in the first weekend in August as well as our annual CSG Classic 17, 18,19th July. Assistance is needed in the following areas, floor managers, equipment personnel, judges, recorders, scorers, data input, door entry people, music assistance etc. There is always something that can be done to help where previous experience is not required.

All parents are required to assist at competitions. Usually once or twice per year is all that is required if everyone helps.

## ***Competition Volunteers (Trampoline)***

Trampoline competitions require parents to act as "spotters" around the trampoline. CSG does not at present host trampoline competitions.

## ***Competition Etiquette – International protocols***

Please note:

- you must not approach any judge during or after a competition regarding the scoring etc
- coaches must not be contacted while coaching
- please do not approach the gymnasts on the floor, or call your gymnasts off the floor to you during a competition or during the warm up preceding the competition.

# Competition

## **Entering Competitions**

The coaches will decide if your child is ready to compete, but you will be asked at the end of term 1 to fill out a “**competition availability form**” to indicate which competitions your gymnast would like to be considered for. The staff will use this information when entering gymnasts into competition.

A Gymnast will not be entered in a competition if the skills have not been mastered. We would never want to embarrass a gymnast by placing them in a situation in which they do not feel confident and comfortable. Missed practices therefore can mean missed competition opportunities.

Note: Please see section [Entry Fees](#)

## **Competition Fees**

### **Member and Tuition Fees**

The Board & Finance Committee approved a fee of \$100 per year for all competitive squad members in 2008. This fee helps to cover part of the cost of administration of the programme, coach's costs to competitions - time, travel and accommodation, team entry fees, prize giving expenses etc. This fee is charged through to your gymnasts account at the beginning of the year (Term 1).

Junior Gymnasts are charged for approx 11 to 12 weeks of tuition. This goes a part of the way to cover the gym overheads and coaches costs. Competitive Team tuition does not cover all costs, the costs are heavily subsidised by the recreational and schools programmes.

Junior A stream and intermediate gymnasts will be invoiced monthly from January 2009. The monthly fees are due on the 15<sup>th</sup> of the month and include holiday training and clinics.

Your child's involvement in a gym sport will cost you money, time and effort. The gymnasts train in our large and well equipped gymnasiums under the direction of an educated experienced and professional staff, the best in New Zealand.

The overheads incurred in running such a large gym sport club includes, lease, utilities, power, insurance, maintenance, cleaning, compliance costs etc in addition to wages and equipment. It is unreasonable to believe that this organisation can operate at this level without adequate funding.

Coaches spend an enormous amount of time outside of the gymnasts training times. In addition to the time actively spent coaching they organise, prepare the coaching sessions plus attending meetings and updating courses. Travelling to and from competitions and attending competitions is also another cost to the club and it is unreasonable to expect our professional coaches to do this as a labour of love.

Our coaches are employees and as such are protected by the laws of the land. ACC, holidays, public holidays, compulsory kiwisaver and sick pay are other factors that we need to take into account when we do our annual budget. Tuition fees range from \$7.04 per hour to \$1.56 per hour for those gymnasts that train over 22 hours a week.

It is a bargain for what you are getting and in comparison to some other sports. Our coaches and staff are highly qualified and very experienced, many with relevant degrees. The 'fee table' is available to view from Roberta.

### **Entry Fees**

The Team Leaders and staff will set the competitions (meets) that the squad will attend early in the year when the calendar becomes available.

We need to arrange entries for approx 150 members in 20 different divisions. It is impossible to individually ask each gymnast each time a competition comes around. You will be required to fill out a "**competition availability form**" at the end of term 1, and this will be followed unless we receive written confirmation PRIOR to the entries being sent in.

The E-FB will remind you when closing entry dates for competitions are coming up. If your circumstances have changed, please advise Kendra - [kendra@chchgymnastics.co.nz](mailto:kendra@chchgymnastics.co.nz).

Fees for competitions range from \$20 for small specific competitions like tumbling or badge trampoline, to the qualifying and championship competitions \$30 to \$60.

Competition entries and payment are called for 5 to 6 weeks in advance and the fees are not refundable. Therefore there is **no reimbursement** for mistake in the entries or for any withdrawals, except for injury situations.

In the case of an injury necessitating withdrawal from a competition a doctor's certificate needs to be supplied no later than 2 days after the meet, no exceptions.

Late entries incur a fine of double the cost.

The entries need to be sent with the payment otherwise we get fined. The competition fee must be paid by the due date.

### **GymSports Registration Fee**

This fee is charged by GymSports NZ and is collected by us and passed directly to them. GymSport New Zealand uses the levy collected to administer the sport and provide the programmes and the competitive system.

This fee entitles the gymnast to compete in any of the competitions run in New Zealand by the member clubs. This fee is added to the gymnast's account in Term 1, and must be paid prior to the end of Term 1.

The GSNZ registration fees for 2010 are;

- \$112.50      Senior Artistic, and Senior Tramp – 13 years and up
- \$ 67.50      Junior Artistic and junior (11 to 12 years and under Tramp)
- \$180.00      Talent ID and Performance athletes

### ***Competition / Missed practices***

We may cancel a training session the day after a competition for the levels involved in the meet. This is to give the gymnasts and the coaches a day off to recharge their batteries and rest. This will depend on the coaches used and where we are in the competition year. We will notify everyone well in advance if this happens.

If our coaches work on a Sunday at a meet we are required to arrange a day off in lieu. We pay the coaches that are with our club gymnasts on the floor and it is considered a training session for the purposes of tuition fees.

Gymnasts who have training sessions cancelled due to a competition on that day will not have make up sessions scheduled as the competition day is in lieu of training.

If a training session is cancelled for a class but there is no competition running that weekend the coach will reschedule the class when possible.

## ***Competition Cards***

Competitive artistic gymnasts will receive a competition card (MAG blue, WAG green) at the first competition of the year. This will be held by the coach and taken to all the competitions during the season and the gymnasts scores for each apparatus will be recorded on it.

GSNZ Level pins can be purchased for each level passed.

## ***Ribbon Award Scheme***

### **Introduction**

The Ribbon Award Scheme is an incentive performance based scheme, which gives instant recognition to individual achievement independent of a gymnast's ranking in a competition. The Ribbon Award Scheme operates in Levels 1-6 inclusive.

### **Applicable Competitions**

Ribbons may be awarded at any Gymsports NZ competition.

### **Ribbon Awards**

When competing in the first competition at any level, a gymnast will be awarded a ribbon on each of the apparatus of a colour depending on the score achieved:

<b>Levels</b>	<b>1 - 6</b>	<b>1 – 3</b>	<b>1 - 3</b>
<b>A Score<sup>4</sup></b>	<b>5.00</b>	<b>6.00</b>	<b>7.00</b>
GOLD	14.0	15.0	16.0
Red	13.0	14.0	15.0
Blue	12.0	13.0	14.0
Green	<12.0	<13.0	<14.0

Thereafter, the gymnast will be awarded additional ribbons if their score on an apparatus improves to a higher score group. e.g. if at her first Level 6 competition a gymnast scores 11.0 on an apparatus, they will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent event, they must score at least 12.00

## ***Team Selection***

A team consists of three or four gymnasts. The three highest scores on each apparatus is added together to get the final team score.

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<sup>4</sup> This may also be called "Start Value" or "D score" (difficulty score)

WAG: over 4 apparatus – 12 scores are used  
MAG: over 6 apparatus – 18 scores are used

Team leaders and the coaches in the levels will select the teams prior to the competition. The selections will take into account recent training, PAT test results, previous competition results, competition readiness etc.

CSG will normally only enter a maximum of 3 teams in anyone level.

For the bigger competitions team selection will also take into account apparatus specialists, which in their opinion will make a difference to the team total. This policy is a change from past years.

### ***Prize giving***

The club prize giving is held about 6 weeks after the end of the competition season (approx early November). All competitive team members receive a badge / rosette acknowledging the work through the season. Squads have the opportunity to present their work to the parents and participate in fun displays.

CSG has a policy to acknowledge and reward those gymnasts and officials that have achieved over the year. This is a fun event and a celebration of the year's successes.

## *Competition Structure and Judging*

### **General**

The MAG & WAG system allows for all gymnasts to compete in the one system. Male gymnasts develop a lot slower than girls so the process takes longer, and International males are usually in their 20's before they get to their peak. Females are usually in their very late teens although there was one 32 year old mother and a number of 26 years olds at the 2007 World Championships.

### ***Moving Through the Levels***

One of our goals at CSG is to develop happy healthy and confident gymnasts. One way in which we can meet this goal is to place the gymnasts at the level in which they will be happy, safe and confident. This means that every gymnast must be able to perform the skills and sequences required for each level comfortably. The skills should not be at the edge or beyond their ability level. We cannot ask the gymnasts to perform routines at competitions that they cannot comfortably consistently perform at training.

The new NZ Gymnastics programme allows the gymnast the option of moving within a level (i.e. increasing SV) or upgrading to the next level. Coaches will guide the gymnasts using the information above. There is a minimum pass mark set by the Women's Sport Development Committee to pass to the next level in Levels 4 to 10.

In the MAG system the mark that needs to be achieved on an apparatus is 7.00, and a total of 42.00 minimum to go to the next level. The scoring system is in the process of being changed in the next few years.

### ***A brief description of MAG/WAG, Trampoline and other squads***

<b>Level</b>	<b>WAG</b>
1 – 3	Junior competitive levels competing in local and regional competitions. Each level has the choice of three routines. These vary in difficulty and start values (SV) respectively, for example, SV5.00 least difficult, SV 6.00. SV 7.00 most difficult.
4 – 6	Intermediate levels. The best gymnasts are eligible for selection to the Canterbury team to Nationals. There are more level 4 and 5 gymnasts in NZ than can be catered for at Nationals, so there is a quota system. Therefore not all gymnasts are able to attend nationals, and Canterbury is restricted to 1 team of 4. If the standard is high, a second team is permitted.  Note: A gymnast must be 8 years old on January 1 <sup>st</sup> of the competition year in order to compete at Nationals
7 - 10	Gymnasts are considered seniors and can compete in all competitions and also eligible to trial for International team selection.
International Stream	A gymnast working towards the International stream should ideally be working with the SV 7.00 routines and training up to 15 hours a week at level 3.

## **MAG**

Boys start at level 1 and they do not have a choice in the elements or exercises they perform. The routines are out of 10.00, so it is easier for them to get higher marks; they also have 6 apparatus so their all around totals are much higher.

Their high performance stream branches out after level 9 as male gymnasts mature much later due to the strong strength requirements in their apparatus.

## **National Squads**

New Zealand does have National squads. Gymnasts that attend National championships are eligible to be selected to test for a place in these squads.

## **Regional Squads**

2010 looks forward to the introduction of regional squads.

## **Trampoline**

Trampoline competitions consist of four different events:

- Individual Trampoline,
- Synchronised Trampoline,
- Double Mini Trampoline
- Tumbling.

Our competitive structure has two different types of competition; sanctioned (qualifying for national champs) and non-sanctioned (interclub and club competitions)

- Age Groups (held annually; Canterbury Age, South Island Age and Nationals)
- Secondary Schools competition.

New Zealand Teams are selected to compete at the Australian National Championships, Indo Pacific Championships and World Championships.

Note: The National Championships have qualifying marks that must be reached to enter, as well as a minimum age of 8 as at the 1<sup>st</sup> of January in the year of the competition.

## ***Judging***

For those sitting and watching this sport for the first time, the way that it is judged may seem very confusing!!

Below is a basic guide that may take away some of the mystery.

## **Trampoline:**

On a panel sit 5 form judges, and 2 difficulty judges. In charge is the referee judge that coordinates and directs the panel. This person generally stands on the floor between the

judge's panel and the trampoline, and will instruct the competitors when they can start their routine.

The form judges will mark the routine out of 10. They are looking for breaks in form lines, kick outs, correct positions, travel across the trampoline and proper landings. They will individually show their scores on display boards. An average routine will score between 6.5 and 8.0. A routine that scores below this has usually been interrupted and not marked out of 10, or had very bad form.

The difficulty judges will calculate the total difficulty for each routine. Each skill has a difficulty value based on its number of twists and somersaults. The total difficulty will be displayed in the same way as the form scores. Difficulties can range from zero to well over 11.0.

Calculating the score: Add together the middle three form scores, e.g. if the panels scores were 7.0, 7.1, 7.2, 7.3, & 7.4 you would add 7.1, 7.2, 7.3 (21.6) and then add the difficulty say, 2.5. Routine score would be 24.1.

### **Double Mini Trampoline:**

Uses the same number of judges as Trampoline, 5 form and 2 difficulty and is calculated the same way. Middle three form scores are added to the difficulty. If the competitor completes the 2 required skills and lands successfully in the landing area (yellow block).

The scores will range in the low to mid 9s. If only one skill is completed or the athlete fails to show control and stand up after the 2<sup>nd</sup> skill then only the 1<sup>st</sup> skill is marked out of 7.0. (Even I don't know why it's out of seven) Scores will be in the mid to high 6s.

A zero score will show that the first skill has failed to be completed; either landed on the frame pads or not finished in the correct area of the DMT.

### **Artistic**

The code of points for artistic gymnastics has changed internationally. At this time the decision on whether the national system will follow suit has not been made.

Meanwhile there are 2 scores that are added together for level 4 WAG and above. The first score is the content of the routine. A base mark of 5 if the base elements are completed, bonus marks can be awarded for different series and skills. Execution of the routine is out of 10.

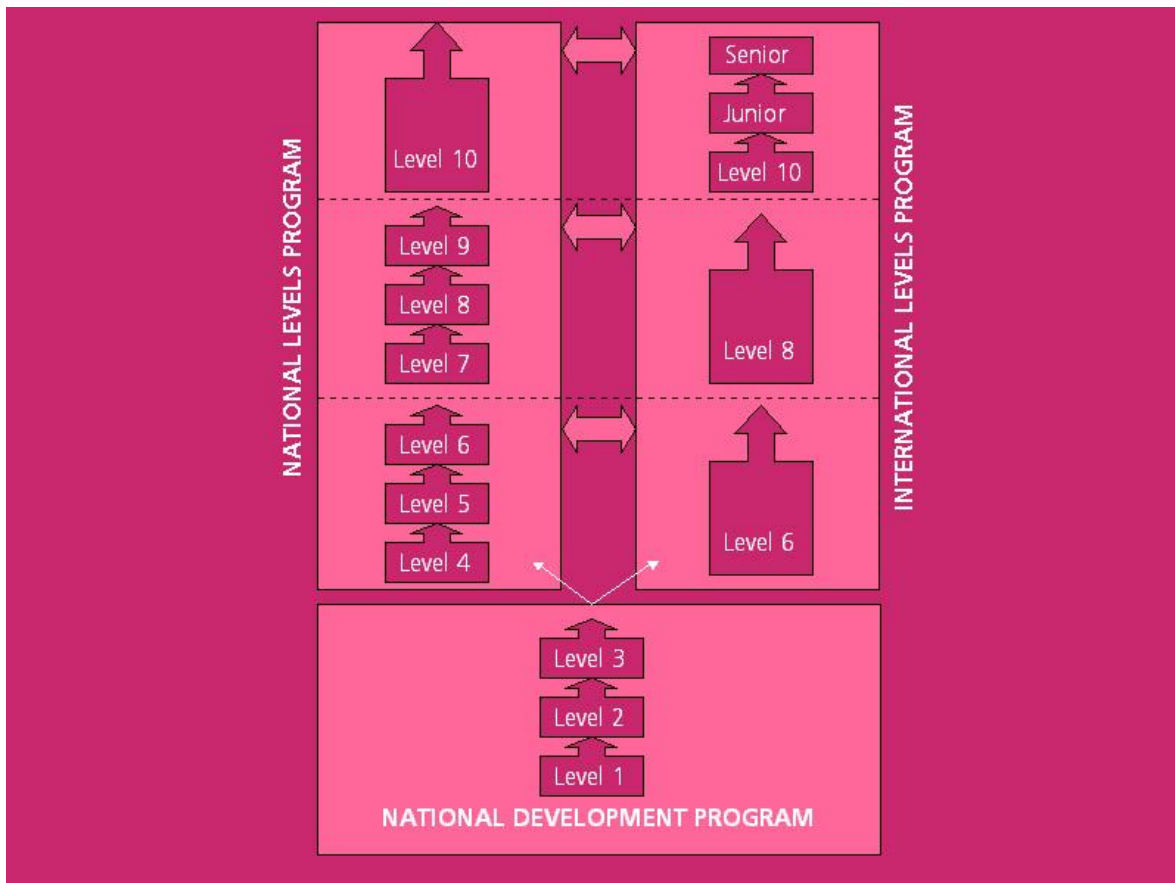
More information will be given prior to the competition season.

## *Other information*

For any other information, please ask/telephone Roberta at the front desk (388 6616), check the website [www.chchgymnastics.co.nz](http://www.chchgymnastics.co.nz) or email us [admin@chchgymnastics.co.nz](mailto:admin@chchgymnastics.co.nz)

# Appendices

## WAG Competition Structure - diagram



## Competition Calendar 2009/2010

DATE		COMPETITION	VENUE	CODE
<b>Nov/ Dec</b>	24-28 28-2 Dec	Australian National Clubs - International WAG levels - National WAG levels 4 -6	Canberra	For selected WAG gymnasts
<b>Dec</b>	6	Christmas Competition	CSG	Novice levels 1 - 3 Pre-comp, Tramp, tumbling
	12	Club Prizegiving	CSG	All 2009 competitors
	12-13	GSNZ Talent ID	CSG	WAG invited gymnasts
<b>Jan</b>	11 - 15	WAG (FB) Clinic	CSG	WAG Level 4 up
	21 - 25	MAG Clinic	CSG	All MAG
<b>Feb</b>	6 - 7	Commonwealth Games Trial	CSG	NZ WAG Senior gymnasts
<b>Mar</b>	6 - 7	Sth Island Trampoline; 1st Qualifier (Indo & Nats)	tba	
	27	Tumbling Tramp Comp	CSG	WAG, MAG, Rec, GS
<b>Apr</b>	Mid	South Island Trampoline Champs; 2 <sup>nd</sup> Qualifier (Nats)	tba	
	9 - 12	GSNZ Gym School	CSG	
	27 - 2 May	Pacific Rim Competition	Melbourne	WAG/MAG NZD Jnr/Snr team
<b>May</b>	22	Practice Competition	CSG	All WAG & MAG
<b>Jun</b>	5 - 6	South Island Invitational / Queen's Birthday Comp.	CSG	WAG/MAG levels 1-10 & International
	TBA	Cant. Secondary School Champs	Olympia	WAG, MAG, TRA Enter through school
	11 - 14	Victorian State Champs	Melbourne	International stream
	14	Canty. Primary & Intermediate Schools Champs	CSG	WAG, MAG all levels. Must be 8 on Jan 1 <sup>st</sup> . Entry through schools
	19 - 20	Upper South Island Trampoline Champs; 3 <sup>rd</sup> S.I. Qualifier	tba	All national competitors 9 yrs +/ Qualifier for Worlds and Nationals
	19 - 20	Marlborough Champs	Blenheim	WAG 1 - 8, MAG 1 - 6, Novice levels
	14	Canterbury Primary & Intermediate Schools Champs	CSG	WAG, MAG all levels. Must be 8 on Jan 1 <sup>st</sup> . Entry through schools
<b>Jul</b>	9 - 11	Top Of The South Competition	Nelson	WAG & MAG Level 1 - 10
	16 - 18	CSG Classic	CSG	WAG/MAG 1 - 10 and International. MAG
	TBA	South Island Trampoline Champs; 4 <sup>th</sup> S.I. Qualifier	tba	All national competitors age 9+/ Qualifier for Worlds and Nationals
	31	Canterbury Artistic Champs	CSG	WAG 2A, 4 - 10 & International MAG 1 - 10
	31 - 1 Aug	Canterbury Artistic Champs	Olympia	WAG 1, 2b, 3 MAG 1-3
<b>Aug</b>	21 - 22	Auckland Artistic Champs	TriStar	Senior MAG
<b>Sep</b>	4 - 5	South Island Gym Champs	Timaru	WAG & MAG (all levels)
	25 - 29	National Gymnastics and Trampoline Championships	Hamilton	Canterbury team members