



# **COMPETITIVE TEAM HANDBOOK**

**2018 / 2019**

*Flipping  
Brilliant*

**[www.chchgymnastics.com](http://www.chchgymnastics.com)**

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## **Introduction**

Welcome to the Christchurch School of Gymnastics. Thank you for your interest in gymnastics and our club. Your time as a parent with competitive artistic and trampoline gymnasts 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.

Competitive gymnastics 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 (now Wright) 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, paid for by fundraising (Housie, bottle drives, etc.)
- 1996/7 Wesley church building sold, and with the proceeds and grant monies, the building construction 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 the extension on 26th April.
- 2007 New extension officially opened by Helen Clarke on 29 March 2007 and named the Lion Foundation Gymnastics Stadium. The club took on a \$350K low interest loan from Canterbury Community Trust and received \$787,438 in grants for the extension costs.
- 2010 Mezzanine Seating is installed.
- 2011 February and June earthquakes damage the gym. ImpactAlpha joins CSG.
- 2012 Registered as a Charitable Entity. Insurance pay out received in August and plans to relocate get underway.
- 2016 Consultant employed to lead the decision making for the rebuild / relocation.
- 2017 CSG commits to the rebuild of their gymnastics facility at QEII Park on a new site determined by the CCC. CCC approves a new lease on QEII for the rebuild.
- 2018 Rebuild of QEII facility finally underway. Consents granted in March and new building construction commenced in May

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

## **Overview of Competition History**

The club has been extraordinarily successful both in Canterbury, New Zealand and Internationally.

Our gymnasts have formed the bulk of the Canterbury Gymnastics Teams since the club's inception in the 1960's. We have also had many New Zealand representatives. In 2012 the New Zealand Junior International Women's Team of six was all from our club, as was the 2014 Commonwealth Gymnastics Team. In 2016 CSG had its first Olympian, Courtney McGregor, plus 3 full NCAA College Scholarships. In 2017, CSG had MAG and TRA representatives at World Cups and World Age Group Championships, and our first Aerobics NZ representative.

## **Governance**

The club is an Incorporated Society and registered as a Charitable Entity, 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 reception. 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 competitively registered gymnast's family is expected to attend.

We have a Volunteer Board who are charged with governance of the club.

The club uses sub committees which deal with such areas as organising fundraising, uniforms, social events, prize giving, assisting with competitions etc. Liaison Parents are used to facilitate communications between coaches, administration and parents. A liaison parent is assigned to each squad pre-season.

## **Mission Statement**

*CSG exists to encourage, enhance and inspire physical development and life skills through gymnastics.*

Our goal is to be New Zealand's leading gymsport provider, where all athletes are empowered to strive for excellence.

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 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 dedication, 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. She is an internationally accredited judge and has been a senior coach. Avril has judged at the Olympics, Worlds and Commonwealth Games, and has been an international brevet since 1980. She is a GNZ qualified presenter who has been awarded 3 Prime Ministers scholarships.

### **Terry Walker Code Manager - WAG**

Terry has been coaching since 1986. He joined the CSG staff in July of 2016. He has a passion and love for the sport of gymnastics. His goal is to make each athlete the best they can be by pushing them on a daily basis to reach their full potential.

### **Toby Levine – Code Manager MAG – paternity leave from March 19th**

Toby is a former UK and CSG gymnast. Toby returned to CSG in March 2010 as CSG MAG Head Coach. Toby has senior WAG & MAG coaching qualifications, has earned a PM scholarship and has FIG coaching credentials. He is also a GSNZ presenter. Toby is on the NZ Men's Sport Development Committee. Toby has been the Canterbury Team Head MAG Coach since 2011. Toby is also an International Brevet MAG judge.

### **Kristofer Done – Code Manager MAG – from March 2018**

Kristopher is a former NZ representative gymnast, whose competitive highlight was placing 10<sup>th</sup> in the AA at the 2014 Commonwealth Games. He then took up coaching, with a goal to bring up athletes who know the importance of discipline, consistency, and intelligent hard work. He is optimistic about the future of the CSG MAG programmes.

### **Marie Lakin – Code Manager - GFA**

Marie joined our staff in 2003. Marie is a full time staff member and manages the successful recreation programmes, including advanced and regional competitive areas. Marie also assists in managing our large schools programme. Marie is the holiday programme supervisor and can be found at reception from time to time.

### **Will Rotte - Code Manage TRA**

Will comes to us from Ireland. He has a strong sporting background, and has been coaching trampoline since 2007. He joined the CSG staff in January 2018. He has a B.Sc in Physical Education and is a qualified trampoline coach. He has coached National Champions in Ireland, and has worked with both the Irish Squad and the Development Squad. He has also a background in teaching stunts in the USA, with a focus on high falls.

### **Charlotte Dolden – Jr. WAG Code Manager**

Charlotte competed for CSG for over 10 years and was awarded a Mary Wright Scholarship to complete a Sport Management degree. Charlotte has been coaching in the international development area for almost 10 years both in NZ and in Australia.

### **Jane Clark – CSG West Campus Manager**

Jane is the CSG West Campus Manager, Schools Programme Director and also our Event Director. Jane is a Life Member of the club and is also the club's Health & Safety Officer.

## ***Contact details***

Your first point of contact is reception - QEII (388 6616) or CSG West (343 4950). Staff are not always available to take calls so email is your best option. They will get back to you as soon as possible.

Roberta Massey	<a href="mailto:admin@chchgymnastics.co.nz">admin@chchgymnastics.co.nz</a>
Avril Enslow	<a href="mailto:avril@chchgymnastics.co.nz">avril@chchgymnastics.co.nz</a>
Jane Clark	<a href="mailto:gymoffice@inet.net.nz">gymoffice@inet.net.nz</a>
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Will Rotte	<a href="mailto:trampoline@chchgymnastics.co.nz">trampoline@chchgymnastics.co.nz</a>

## *Competitive Team – AER/MAG/TRA/WAG*

### **Competitive or Not?**

The competitive gymnastics 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 and mental development.

Competition is part of everyday 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 gymnasts.

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 processes 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 Squads**

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 regional competitive programme or general gymnastics programmes and be invited to try-out.
- Transfer from another club's programme – there is a transfer fee. Junior \$120, senior \$180 and high performance \$250.
- At the end of Term 3, testing days or an open try out are usually held. Gymnasts audition for placement within the team programme.

We offer competition opportunities such as inter-squad, inter-club, regional, provincial, national and international 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.

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 fourth 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 suitable for the gymnast and their family.

At the end of Term 4 (December), the gymnast and family should make a commitment for the coming competition year. As the new gymnasts must officially join the competitive team, it is at this time that squads and timetables for Term 1 are finalised.

A general meeting with gymnast/parent/coach will be held. At this meeting the team policies will be discussed, goals set, and questions answered.

### ***Uniform***

#### **2018 Uniform Requirements:**

##### ***CLUB TRACKSUIT***

Navy and white Splice

##### ***ARTISTIC***

WAG STEP 1 – 4

Leotard (Snowflake Junior - red white and blue)

WAG STEP 5 and up

Leotard (Ozone – red)

MAG Senior & Intermediate

Leotard (Christian Moreau - blue with white pattern), white shorts and white longs

MAG Junior

Leotard (Christian Moreau - blue with white pattern), white shorts

##### ***TRAMPOLINE***

Girls

Leotard (GK – red, white and blue) and plain white ankle socks and/or tramp shoes.

Boys

Leotard (Christian Moreau - blue with white pattern), white shorts / white longs (longs optional) and plain white ankle socks and/or tramp shoes.

Tumbling Girls

Leotard (GK – grey)

Trampoline athletes in Badge grades may wear a CSG singlet and shorts at Interclub competitions only. All trampoline athletes must wear official competition uniform for all qualifying competitions.

##### ***AEROBICS***

Girls

Any leotard of your choice. The 2017 Intermediate leotard can be purchased from QEII if needed. Plain white clean aerobics or cheerleading shoes (Venturellis, Kaepas etc) and fold over white socks and shimmer tights from Dance Pacific.

Boys

Any men's leotard and shorts. Plain white clean aerobics or cheerleading shoes (Venturellis, Kaepas etc) and fold over white socks.

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, or in our gymnasiums
- clean white socks should be worn or no socks
- hair must be off the face and / or tied back and not detract or affect performances

### **Where to get the uniform?**

The club has leotards for sale; orders will be lodged for the MAG and WAG & TRA uniforms. The Uniform Officers will measure gymnasts and order directly for you. Second hand uniforms can sometimes be bought at the uniform sale run by the Uniform Committee in March.

### **Competition Registration Fee**

This annual fee is charged by GNZ and entitles the gymnast to compete in any of the sanctioned competitions run in New Zealand by the member clubs. A separate entry fee is to be paid to the competition hosts by CSG. The GNZ registration fee is invoiced in quarterly instalments and is added to the gymnast's account at the beginning of each term. The first artistic competition is normally at the end of May. Trampoline's first competition is in March.

### **Competition Number**

Once a gymnast is registered with Gymnastics NZ as a competitor, and the fee paid, they are allocated a six digit competition number. This number is used to register gymnasts into competitions. Gymnasts are not permitted to compete at a sanctioned event without a GNZ registered number.



## ***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.



*“Team Canada” Buddy Group at the Mini Olympics 2016*

## ***Policies / Procedures***

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 Procedures
- Communication Plan and Pathway
- Reporting to Parents Policy
- Competitions Policy
- Tour Policy
- Training Policy
- Member Protection Policy

Please ensure that you take the time to read these. They are available from the front desk, or we can email you a copy, please ask at reception.



## *Training*

### ***Safety***

Gymnastics is an inherently dangerous sport. We want all participants to be fully aware of the risk involved. 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 arrive 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 body 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, 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, experience of the coach 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 does not usually 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 and Aerobics ratio is usually a little lower due to the nature of the sport.

## ***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**. 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.
- CSG has an open viewing policy. At all times, parents and visitors should please use the spectator area. Wireless internet access is available at the gym for competitive parents (password from reception).

**NOTE:** Parents 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 session. Please DO NOT lean over the balcony and talk to your gymnast. If there is an emergency and you need to take your gymnast from class, please talk to reception.

## ***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 that the gymnast remains in contact with their team mates and continues to condition. Every injury is different and the coach will advise you on how long the gymnast should stay at training or whether they should rest. We would appreciate a note from the sports doctor to let us know of the extent of the injury, what they recommend that the gymnast may or may not do, and the expected recovery time.

Training fees are only adjusted if absence from the gym is for longer than 4 weeks. Please understand that our overheads are based on squad numbers and costs continue even if one or two gymnasts are missing. Squad fees are already discounted heavily and set at a much lower hourly rate than Gym for All. GFA classes pay \$15/hour. Squad fees are significantly lower than that.

If your gymnast is ill, they are not expected to attend training at all. Please keep them at home. 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.

Gymnasts 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, text, or use the absence button on the CSG app, to alert the coaching staff if your child 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 and Sports Med on Bealey Avenue.

## **Lockers & Personal Gear**

### **Lockers**

Lockers at our QEII venue are provided for our gymnasts based on seniority. Usually a gymnast is in level 4 / STEP 5 before they are issued with a locker. Sometimes the level 4's & STEP 5's have to share. If there is no locker allocated, gymnast's bags must be kept in the change room.

At CSG West Campus, please leave your gear in the cubby's available by the 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, but 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, socks, waterbottles etc. and anything else that is brought to the gym. We constantly find clothing and property left behind. If it is named, we can return it to the gymnast's or coaches lockers. Un-named socks will be thrown in the tramp sock bin or given away. At times we also have school uniforms and shoes left behind. **Please name everything.** All unclaimed, unnamed clothing items will be donated to charity at the end of each school term.

Shoes must be worn to and from the gym. Dirty feet transfer dirt to our mats and carpeted areas, and damage equipment. Ducks and dogs frequent the park and we do not want their mess in our gyms!

## **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 wait 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 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. If you as a parent have a concern or issue, we expect that you will address this with the appropriate person. Please see the concerns procedures.

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 that we need your help.

### ***Not for you?***

If you decide that gymnastics is no longer what you want for your child, then you must write an official resignation letter.

*Fees are still due for the month of the resignation or for the term for juniors.*

CSG is an incorporated society and we budget carefully to ensure that we are able to operate. In order to retain the very best staff, CSG provides full time contracts for many key staff. This means that costs are more than just contact hours with the gymnasts.

- Sick pay/bereavement
- Holiday leave
- Professional development
- Public holidays
- Coaches uniforms
- Canterbury and NZ representative leave
- Administration, including planning
- Meetings

# Communication

## **Competitive Member Communication Plan**

At CSG, communication plays an essential role in the conduct of our business. How you communicate with people not only reflects on you as an individual but also on us as an organisation. We value your ability to communicate with colleagues, members and their families and business contacts, and we invest substantially in information technology and communications systems which enable us to work more efficiently. We trust you to use them responsibly.

### **Objective**

To create a system that ensures effective communication between parents, athletes and coaches, thus supporting each gymnast to reach their full potential in a supportive environment.

### **Strategy**

The club already has a strong communication framework with our new CSG App, Twitter, Instagram, the Flipping Brilliant newsletter (the eFB), our Facebook page, our Website [www.chchgymnastics.com](http://www.chchgymnastics.com) and the Liaison Parent network. This plan will not detract from these established pathways.

The Competitive Member Communication Plan will work to provide more personalised information for parents.

Information will be focused on individual athlete progress, learning objectives, expectations and insight into how improvements can be made.

We will build a platform that encourages informative and timely communication, supporting the coach, athlete parent triangle.

Customer service will be a priority for all coaches and building a welcoming and friendly environment will strengthen communication.

Face to face communication will be encouraged, thus helping with the flow of information and will build stronger relationships between parents and coaches.

The plan will be set with timelines to ensure relevant information is delivered on time and communication is received consistently, reflecting the stage of competition season.

### **Method**

#### **All Artistic Squads**

- Club Newsletter released week 5 every term.

#### **Term 1**

- Newsletter by week 5 outlining focus of training for the term, important dates and additional information of relevance to parents.
- Individual parent-coach meetings week 7-8. 20 minute interviews with child's coach to outline individual progress and indicate anticipated competition performance.
- Code Manager pre-season meeting in week 9-10. General meeting for all parents to discuss upcoming competition season. Outlining competition plan, philosophy and etiquette.

#### **Term 2**

- Newsletter by week 3 outlining focus of training for the term, important dates and additional information of relevance to parents.
- Written report card week 7-8 - Individual report cards outlining current performance and future goals.

### **Term 3**

- Newsletter by week 3 outlining focus of training for the term, important dates and additional information of relevance to parents.
- Individual parent-coach meetings week 4-5. 20 minute interviews with child's coach to outline individual progress, review competition results and indicate anticipated squad placement.
- Code Manager meeting prior to squad offers going out.
- General meeting for all parents to discuss upcoming squad offers and help parents understand what this process means.

### **Term 4**

- Newsletter by Week 3 outlining focus of training for the term, important dates and additional information of relevance to parents.
- Written report card week 9-10 - Individual report cards outlining current performance and future goals.

While a structured communication plan will ensure parents are kept informed regularly on their child's individual progress and the direction of their training it is also important to recognise that not all communication can be planned. Individual parent and squad meetings will be organised by Code Managers and/or individual squad coaches to ensure important issues are addressed in a timely manner. Parents will also be encouraged to make contact with individual coaches and/or Code Managers to discuss any issues that are of concern to their child's wellbeing or their ability to perform to their full potential.

Both venues have a white board in the foyer for everyday news.

If you want to get a message to us, emailing, phoning or texting is the fastest way.

Check our website for other interesting information [www.chchgymnastics.com](http://www.chchgymnastics.com), we also have Instagram and Twitter accounts @ChchGymnastics.

A FAQ sheet for competition teams will be compiled and posted on the website. If there is a question you would like to ask, please let us or your liaison parent know and we will answer it and then add it to the list.

### ***Liaison Parents***

Each competitive squad has a liaison parent. Both our QEII and CSG West squads use 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.

**If you have a problem, we do have a concerns procedure pamphlet 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. If you need to get a message to your gymnast's coach, please let reception know and they will get message to them and/or their Code Manager. All Code Managers have times that they are available to take a call or answer emails.**

### ***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 to do this is part of the membership enrolment form you sign as a competitive member; it also allows GNZ the same rights for the same reasons. Please ensure that you advise us immediately if you wish to restrict access of images of your gymnast.

# Parent Involvement

## ***Fundraising and Volunteers***

Travelling to inter-club, regional meets, national and international competitions is an essential part of the ongoing development and success of our gymnasts.

Our parents and supporters work hard at raising funds. The money raised goes towards the costs of gymnasts and coaches travel to particular competitions. This in turn helps keep the club's competitive tuition fees lower. Competitive members will be charged the regular \$100 competitive member fee, plus a \$30 Coaches Expenses fee from 2018, in lieu of additional fundraising such as a weekly sausage sizzle. This is to cover travel to South Island competitions. North Island or overseas competitions are "user pays", and includes a management fee to cover officials costs.

We encourage **all parents** to participate in fundraising/volunteering.

We need all families to participate in special project fundraising. This fundraising helps with the upkeep of equipment in the gym, funding of the new gym, and subsidising any extra equipment expenses CSG may incur during the year. The extent of the involvement expected gets higher as gymnasts progress through the levels from elementary & junior to intermediate and senior levels. A high level of involvement is also expected from parents of gymnasts in our higher level squads.

The General Committee has a separate CSG Fundraising account. Funds are raised from running the canteen at Queen's Birthday and Canterbury Champs, as well as charging CSG for providing the officials catering. We rely on volunteers to run the canteen and officials catering. This fund is used by the General Committee to purchase items to assist in the running of competitions, such as the walkie talkies and additional trestle tables as well as for representative travel grants. The General Committee will generally review the policy prior to the competition season.

Other fundraising ventures are held from time to time, such as consumables on offer (pies, hot cross buns), raffles, and quiz and movie nights. If you are interested in hosting a fundraiser or have a great idea, please email the competition secretary at [csqteam@chchgymnastics.co.nz](mailto:csqteam@chchgymnastics.co.nz) with all the details. Your support is appreciated and important.

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

Competitions in NZ are run by the clubs. CSG has several regional interclub competitions which are handled completely by the staff with very little volunteer assistance. CSG also hosts 3 big artistic sanctioned competitions, South Island Invitational at Queen's Birthday weekend, Canterbury Championships for intermediate and senior artistic gymnasts (early August) as well as our annual CSG Classic in the July holidays. Assistance is needed at these 3 big competitions in the following areas:

Floor Managers, Judges, Data Input  
Equipment personnel to set up and break down, Cleaning  
Recorders & Announcers, music assistance etc.  
Scorers – sometimes called recorders or judge's secretaries  
Canteen and Officials catering  
Security, Front of house - door entry people

There is always something that can be done to help where previous experience is not required.

Parent help is essential at competitions. We need an average of 75-100 volunteers for each competition. Usually twice per year is all that is required if everyone helps. A training day is held prior to the competition season for those that wish to be recorders (judges secretaries). We do need your help so each competition runs smoothly.

Income of approx. \$67,000 from CSG competitions (both sanctioned and interclub) are part of the annual budget. If CSG did not run these competitions, or had to pay for the help it needs, then CSG would need to find other ways to receive the \$67,000 to ensure that the budget is met, or alternatively, decrease services.

Well run sanctioned competitions are important for our competitive members and the competitive programmes. Having competitions at our venues with top athletes travelling to us is much cheaper for parents and club alike than travelling to away competitions.

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

Trampoline competitions require the same volunteer commitment as artistic. We will ask for assistance with setting up the gym and the canteen. In addition, parents to act as “spotters” around the trampoline. No experience is necessary – training will be given. CSG does occasionally host trampoline sanctioned competitions. In 2018, we will be hosting the CSG Trampoline Classic on August 4-5. Our annual inter-club competition (TCI#2) will be held on September 16th.

### ***Competition Volunteers (Aerobics) –***

Our Aerobics parent community have agreed to lead the annual Christchurch School of Gymnastics Aerobics Classic with minimal involvement from staff. This was a decision taken in 2017 as a cost saving measure for families to reduce the cost of competition. ie away meets. Fundraising is required to pay for venue hire and volunteers are required to provide food for a small canteen and to host the judges. In addition results, announcing, judging, setup/packup is also required.

### ***Competition Etiquette & Protocols***

Please note:

- You must not approach any judge or official during or after a competition regarding the scoring of your athlete or any other athlete.
- Coaches must not be contacted while coaching.
- Please do not approach the gymnasts on the floor, or call your gymnast off the floor to you during a competition or during the warm up preceding the competition.

### ***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, even if they are not directly involved.

### ***Social Media***

CSG has a website, Facebook page, Twitter account, Instagram, as well as the CSG App. Please ensure that all posts made on social media are positive, because as a member of the club, what you say on social media can reflect on the club.

We appreciate “thumbs up / likes” and “love hearts” on our club social media posts. Please ensure positive comments are made on club posts. Thank you.

# Competition

## **Entering Competitions**

The coaches will decide if your child is ready to compete, but you will be asked in 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**

### **Competitive Member Fee**

CSG has invoiced its competitive members an annual levy for a number of years. It has been \$100 since 2008. There is a 50% sibling discount. There will also be an additional annual \$30 coaches expenses fee, which covers coaches and officials travel to South Island competitions. North Island competitions on-ground costs will be paid by those travelling. All travel costs and on ground costs to clinics, trials and camps will be charged to those travelling.

Running a competitive programme is very expensive and uses a lot of resources not covered by the tuition fee. It is necessary to recoup some of the costs and this is the way that CSG has chosen to do it. All gymnasts are charged a term or monthly tuition fee, this goes towards covering the cost of employing coaches. All of our competition squads are subsidised by all our other general gymnastics and participation programmes.

The money raised from this competitive member levy is budgeted at approx. \$24,000 pa.

#### **This fee assists in covering the following:**

- Prize giving costs including, annual Competitive Member rosettes, trophy engraving & purchasing new trophies and awards and presentation costs.
- Team entries approx. 50 teams over 7 or 8 competitions (approx. \$1,500).
- The costs relating to processing competition entry fees, invoicing and payments, as well as collecting and chasing bad debts.
- The employment of a competition secretary – administration costs.
- Resources required for the competition programmes – competitive uniforms, manuals, music, competition cards etc.
- CSG pays for the coaches and officials costs of travel and accommodation at the South Island competitions.

Your child's involvement in a gym sport will cost you money, time and effort. The gymnasts train in our large and very 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 (\$130,000), utilities, power, insurance, maintenance, software licences, cleaning, compliance costs etc. in addition to wages/salaries and equipment. It is unreasonable to believe that this organisation can operate at this level without adequate funding. Our turnover is \$1.52m and tuition fees (competitive members) account for 18.4% of income yet account for 63% of coaching hours.

Coaches spend an enormous amount of time planning outside of the squad training times. In addition to the time actively spent coaching, they organise and prepare the coaching sessions, attend meetings and go to updating courses, clinics and camps. Travelling to and from competitions and coaching at 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 Kiwi Saver and sick pay are other factors that we need to take into account when we do our annual budget. Tuition fees for competitive members range from \$8.14 (excl GST) per hour to \$1.56 per hour for those gymnasts that train over 24 hours a week.

On an hourly rate, it is a bargain for what you are getting and very cheap in comparison to some other sports. Our coaches and staff are highly qualified and very experienced.

### ***Term Billing***

Trampoline, elementary, junior and aerobics gymnasts are invoiced tuition fees by the term.

Terms are approx. 12 weeks, although the fourth term is generally 11 weeks.

Term 1 starts late January and the last term ends a few days prior to Christmas.

Term fees are due by week 4, but may be paid by regular automatic payments.

### ***Monthly Billing***

Gymnasts in squads that train 12 hours or more are invoiced monthly, on the first of the month. Training is provided for approx. 48 weeks, the fees are divided into 12 monthly payments. Most months have 4 weeks plus 2 or 3 days, these additional days make up for lost training due to public holidays and the mandatory close down over Christmas/New Year and the week off in October after the National Championships. These fees are invoiced at the beginning of each month and are due by the 15<sup>th</sup> of the month.

All tuition fees can be paid by automatic payment.

### ***Entry Fees***

The code managers and coaches 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 our 200+ members in 20 different divisions, and 4 codes. 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, and you wish to alter your form, please advise your Code Manager.

Competitions range from \$25-\$35 for small specific competitions like tumbling or trampoline interclubs, to the qualifying and championship competitions which are \$30-\$75. The National Championships are usually \$140-\$190.

Competition entries and payment are called for 3 to 5 weeks in advance and the fees are not refundable if they are hosted by another club. Therefore there is **no reimbursement** for mistake in the entries or for any withdrawals, except in the case of injury. In the case of an injury necessitating withdrawal from a competition, a doctor's certificate must be supplied no later than 2 days after the meet with **no exceptions**.

Late entries may incur a fine of double the cost. Competition entry fees must be paid by the due date.

### ***Gymnastics NZ (GNZ) Registration Fee***

This fee is charged by GNZ and is collected by us and passed directly to them. GNZ uses the levy collected to administer the sport.

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 each term.

The GNZ registration fees for 2018 per quarter are;

- \$ 32.90                      Senior Artistic, and International Tramp and Aerobics
- \$ 20.00                      Junior Artistic, and National Tramp and Aerobics

### ***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 full time coaches work on a Sunday at a meet we will need to arrange a day off in lieu. We pay the coaches that are with our club gymnasts on the floor at a competition 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 but there is no competition running that weekend, the coach will reschedule the session when possible. Training may be cancelled or postponed for public health reasons or extreme weather conditions.

There is no training on a public holiday. This includes "Monday-ised" holidays. If the public holiday falls on the Saturday, then CSG will be closed on Saturday and Monday. If you are away on a family holiday, or miss training for family or personal reasons, you are not entitled to a rebate on fees. The competitive fees are already reduced from our other recreational, preschool and schools programmes. Please see competition fees for more information.

## **Competition Cards and Pins**

Competitive artistic gymnasts will receive a competition card 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 gymnast's scores for each apparatus will be recorded on it.

GNZ STEP/Level pins can be purchased for each level passed. CSG places one order per year for the club after the competition season has concluded. Advance notice of this order is given to members in the e-FB. If you wish to order a badge you must provide the competition card and pay \$8.50 at reception. Previous STEP/level badges can be ordered, as long as the card for that STEP/level is provided.

## **Private Lessons (P/L)**

CSG does allow private lessons for our members and also for non-members. Staff are allocated to take privates by the Code Manager that relates to the discipline that the gymnast comes from. For example: If a MAG member requests a private lesson, then the CEO or the MAG Code Manager has to sign off the lesson and they allocate an appropriate coach.

### *Private Lesson Rules*

- Lessons must be paid for prior to or at the time of the lesson.
- All lessons must be held during normal club opening times.
- Member's fees must not be in arrears.
- Lessons are only authorised for members that have attended regular practices. P/L are not to be used to 'catch up' or in lieu of regular training.
- P/L's are to be used when there is an issue with a skill or sequence that is proving difficult to 'fix' in a normal training session.

## **GNZ 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 MAG and STEPS 1 to 6 in WAG. Ribbons may be awarded at any GNZ sanctioned artistic 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>WAG STEPS</b>	<b>1 - 6</b>
<b>D Score<sup>1</sup></b>	5.00
Gold	14.0+
Red	13.0 to 13.99
Blue	12.0 to 12.99
Green	<12.0

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

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<sup>1</sup> This may also be called "Start Value". "D score" means difficulty score.

## **Artistic Team Selection**

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

WAG: over 4 apparatus – 12 scores are used

MAG: over 6 apparatus – 18 scores are used

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

CSG will only enter a maximum of 3 teams in any one level, usually only 2.

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 and outcome.

## **WAG Competition Groupings – Unders & Overs**

In the WAG programme each STEP is split into age divisions.

The age divisions may or may not be separated in the competition but are normally separated out in the results depending on the numbers competing. Elementary & junior always have 2 divisions per STEP. Teams may be made up from both divisions. The age division is determined by the age the gymnast will turn during the year. Gymnasts **MUST** be 5 years old to compete.

<b>STEP</b>	<b>“Unders”</b>	<b>“Overs”</b>	<b>STEPS 1 to 4</b> Totals	
STEP 1	up to 7	8+	56.00 to 60.00	must move up
STEP 2	up to 8	9+	50.00 to 55.999	may move up
STEP 3	up to 9	10+	< 49.99	must repeat
STEP 4	up to 10	11+		
STEP 5	up to 11	12+	<b>STEPS 5 &amp; 6</b>	
STEP 6	up to 12	13+	56.00 to 60.00	must move up
STEP 7	up to 13	14+	50.00 to 55.999	may move up
STEP 8	up to 14	15+	< 49.99	must repeat
STEP 9 & 10	One division only			

## **Restricted Hours Competitive Pathway**

We are pleased to offer a Restricted Hours Competitive Pathway at CSG for Junior STEPS. The Restricted Hours option follows the STEPS curriculum created by GNZ and has the same Competitive Opportunities as Under and Over athletes. The Restricted Hours pathway is designed to encourage gymnasts to continue with Competitive Gymnastics without the same demands as the Under and Over division along with providing a level playing field at competitions.

Competitions will be divided into Unders, Overs and Restricted Hours division, with gymnasts entered in the Restricted Hours division training hours capped at 9 hours in STEP 4-6. Other STEPS will be added when required.

We envisage the Restricted Hours stream will appeal to gymnasts who want to continue with other sports or are unable to commit to the training hours of the Unders and Overs division. It will also allow gymnasts in the Competitive Programme who are struggling with an aspect of their gymnastics to be placed in a group that will go through more drills and progressions for skill learning and give the opportunity to work towards each STEP as a two year pathway if required.

## ***Competitive Pathways at CSG West***

Our CSG West Campus offers the first stages of our Junior Competitive Programme - Pre Competition, STEP 2 and STEP 3 (with the requirement for STEP 3s to attend one Saturday session at CSG QEII per week). We also offer the Restricted Hours division from STEP 4-6.

If a gymnast at CSG West is capable of progressing to STEP 4 Unders or Overs they will be invited to transition across to CSG QEII. If this is not a feasible option for families, gymnasts are also given the option to remain at CSG West as a Restricted Hours athlete.

CSG West is an important satellite centre, supporting our Junior Development pathway but does not have the necessary space and equipment to support the requirements of higher level training. Running a successful STEP 4 and above programme requires significant resources and investment from the club, which makes it impossible for us to successfully support it across two locations at this stage.

## ***Prize Giving***

The club prize giving is held about 8 to 10 weeks after the end of the competition season. All competitive team members receive a rosette acknowledging their work throughout the season. Squads may 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 gymnasts to compete in the one system. Male gymnasts develop a lot slower than girls so the process takes longer, and international males are often in their 20's before they get to their peak. Females are often in their late teens although there are more and more older women competing internationally. The record is a 43 year old at the World Championships in 2017. NZ competes the WAG Australian International Development programme as well as the National Levels (MAG), STEPS (WAG) and regional competitive pathways for gymnasts.

Trampoline has inter-club and nationals/internationals squads. Aerobics follows national and international pathways.

## **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.

WAG - 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 STEP at the end of the season, and also a mandatory score to step up. These are to be found on the previous page.

Sometimes we believe it is in the interests of gymnasts to repeat a STEP or level, gymnasts must be able to confidently achieve. With the 2 age levels in WAG doing an additional year and being more successful has been a good choice for many of our gymnasts.

The National programme information for WAG can be found here : <https://www.gymnasticsnz.com/gymsports-member-resources/wag-national-programme-manual/>

MAG - The MAG programme has a mark where it is compulsory to go up a level or to repeat. To keep up with increased international standards in Men's Gymnastics the routines have become more progressive and more challenging. This may lead to a slower progress through the compulsory levels and will certainly lead to older gymnasts remaining on the gymnastic pathway. The national programme information for MAG can be found here: <https://www.gymnasticsnz.com/gymsports-member-resources/mag-national-programme-manual/>

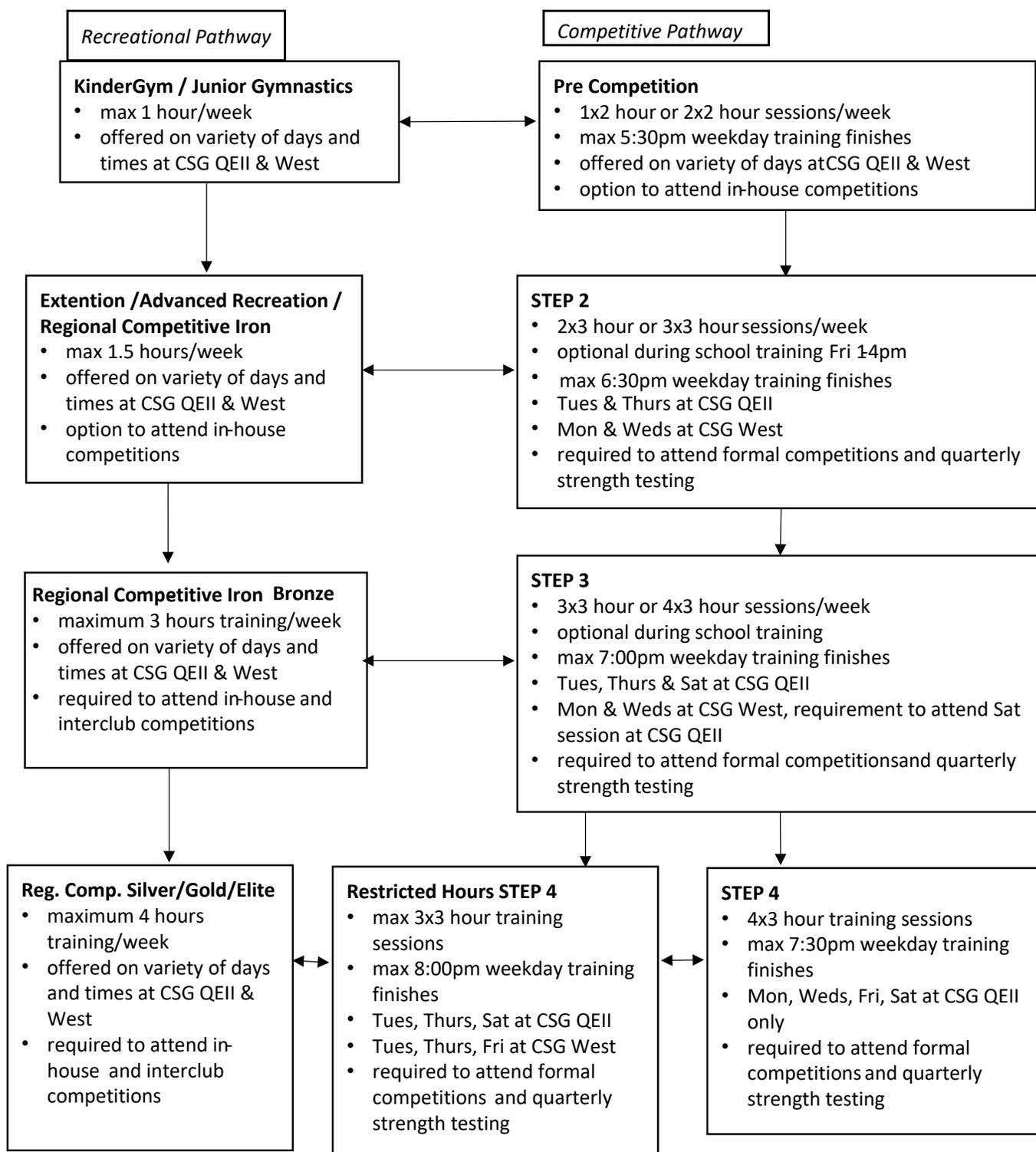
Trampoline - The National Programme information can be found here: [www.gymnasticsnz.com/gymsports-member-resources/tra-national-handbook/](http://www.gymnasticsnz.com/gymsports-member-resources/tra-national-handbook/)

Aerobics - The National competition information can be found here: <https://www.gymnasticsnz.com/wp-content/uploads/2017/10/2018-Aerobic-Gymnastics-Handbook.docx.pdf>

Competition calendar for 2018 can be found here: <http://www.chchgymnastics.com/2018-competitions.html>

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

## WAG - Junior Development Pathways



\*Please note participation in the Competitive Pathway is by selection only and progression to the next STEP is based on a variety of factors detailed in this handbook\*

## **STEP WAG – Women’s Artistic Gymnastics**

- 1 – 3 Elementary competitive levels competing in local and regional competitions. Each STEP has compulsory routines.
- 4 – 6 Intermediate levels. The best gymnasts in STEP 5 & 6 are eligible for selection to the Canterbury team to Nationals. There are more STEP 5 & 6 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. STEP 5 uses compulsory skills for beam and floor and compulsory bar and vault, STEP 6 has an optional floor and beam.  
The WAG system has two age levels within each STEP, plus restricted hours.
- 7 - 10 Gymnasts are considered seniors and can compete in all competitions and also eligible to trial for international team selection when a tour is planned.

## **MAG - Men’s Artistic Gymnastics**

The Men’s Development Programme in NZ is split into two parts. Juniors are gymnasts in Level 1 - Level 7 U15 and perform set routines. Seniors are gymnasts in Level 7 Open - Level 10 who perform voluntary routines. International gymnasts are those in FIG (The International Federation of Gymnastics) U18 grade or Senior Open (level 10).

The set routines are marked out of 12, with up to 0.6 (TBC) available in optional bonus elements. Generally the bonus elements are required elements in the next level, which provides gymnasts with an obvious route for progression through the levels. Deductions are then made for form errors, missing elements, or incorrect technique to give a final score for each apparatus. The 6 apparatus scores are then added together to give an ‘All Around’ score.

Voluntary routines are built around 4 key groups of elements on each apparatus. Gymnasts aim to perform skills of the highest difficulty rating they can to achieve the highest start score possible. Deductions are then made as in the junior levels for errors and falls to give an apparatus score. The 6 apparatus scores are then added together to give an ‘All Around’ score.

**Nationals:** MAG Gymnasts in level 4 and up may be selected by Canterbury to compete at Gymnastics NZ National Champs. To compete at Nationals a gymnast must be 9 years old in the year of competition. Selection to Nationals is made based on the result from Canterbury Senior & Intermediate Champs and a gymnast’s best other sanctioned competition result.

## **National Artistic Squads**

New Zealand had Talent ID and Performance National squads in 2010. MAG rebranded Talent squads in 2012, to TiD (Talent ID) and 360 squad, these have been working successfully since then. Gymnasts that perform well at National Championships are invited to test for a place in these squads. CSG is a proud supporter of the MAG TiD and 360 Squad with gymnasts and coaches involved every year since the re-branding. WAG are reintroducing a National Talent Squad programme in 2018.

Information about MAG TiD and 360 can be found here:

[www.gymsportsnz.com/gymsports-member-resources/mag-squad-360-2017](http://www.gymsportsnz.com/gymsports-member-resources/mag-squad-360-2017)

## **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)

- Upper South, South Island and Nationals
- Trampoline Canty Inter-club Series
- International Stream
- Primary & Secondary Schools Competition

New Zealand Teams are selected from sanctioned competitions to compete at the Australian National Championships (in May 2018) and Indo Pacific Championships. International Stream gymnasts may be selected to World Championships and World Age Championships.

Note: The National Championships in all codes 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.

## **Aerobics**

Aerobics competitions consist of 3 different events

- Individual (both women's and men's)
- Pairs and Trios (both same sex or mixed)
- Groups 4-5

There are three Divisions.

Open Levels – Age Group (Level 1-5).

ADP Division – Age Group (ADP 1-5)

International – National Development (9-11yrs), Int. Age 1 (12-14yrs), Int. Age 2 (15-17yrs), and Senior (18+ yrs)

Please note: athletes under 9 years old are not eligible for Nationals.

Nationals is the trial event for all International tours, with the exception of the Plovdiv Cup and ANAC tours. The selection competition for these tours will be the first event on each of the North and South Island. Athletes must fill in their 'Intention to Trial' form 3 weeks before the event. Athletes in their second year of an International grade are expected to travel.

## **Judging**

### **Trampoline:**

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

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. 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.

### **Aerobics:**

Aerobics is judged on 3 criteria:

- Artistic component
- Execution component
- Difficulty and Compulsory Requirements

The *Artistic Component* is the What? Why? Where? It is POSITIVE judging, meaning that the athlete starts with zero and then the judge adds points. There are 5 areas where an athlete can earn points:

- Music and musicality
- Aerobic content
- General content
- Use of Space
- Artistry

The *Execution Component* is NEGATIVE judging, which means that the athlete starts with 10, and points are deducted for errors.

The *Difficulty and Compulsory Requirements* judge gives a value to each element performed, and takes deductions if the routine has not fulfilled the difficulty requirements for that level / event. The final difficulty score is halved and added to the combined artistic and execution total.



Aerobics team 2016



***Parent signature page***

I confirm that I have received a copy of the Christchurch School of Gymnastics 2018

Competitive Team Handbook.

Signed

date

Parent of