



COMPETITIVE TEAM HANDBOOK

2022

*Flipping
Brilliant*

www.chchgymnastics.com

Introduction.....	3
A Brief History of CSG	3
Overview of Competition History.....	4
Governance	4
Mission Statement	4
Our Staff	5
Contact Details	6
Competitive Team	6
Competitive or Not?	6
Selection to Competitive Squads	7
Uniform.....	8
Mentoring / Buddies.....	9
Culture.....	9
Policies / Procedures	9
Training.....	10
Safety	10
Punctuality & Training Attire.....	10
Respect Yourself	10
Gymnast / Coach - Coaching Ratio.....	10
Supporting your Child	11
Injured Gymnasts / Illness / Absences	11
Sports Medicine	12
Lockers & Personal Gear.....	12
Discipline	13
Thinking of retiring?	14
Communication	15
Liaison Parents.....	16
Parent Portal.....	16
Publicity & Promotion.....	16
Parent Involvement	16
Fundraising.....	16
Competition Volunteers.....	17
Competition Etiquette – Protocols.....	17
Club Spirit.....	17
Social Media	17
Fees.....	18
Team Member Levy.....	18
Tuition Fees.....	18
Competition Entry Fees	19
Gymnastics NZ Registration Fee	20
Competitions	20
Entering Competitions.....	20
Competition / Missed Practices.....	20
Competition Cards & Pins.....	21
Private Lessons	21
GNZ Ribbon Award Scheme.....	21
Artistic Team Selection	22
WAG Competition Groupings - Unders & Overs.....	22
Prizegiving.....	22
Competition Structure.....	23
General.....	23
Moving Through the Levels.....	23
A Brief Description of MAG/WAG.....	24
Membership Declaration.....	26

Introduction

Welcome to the Christchurch School of Gymnastics. Thank you for your interest in gymnastics and our club. Your time as a parent of competitive artistic, trampoline and aerobic 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 was 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 CSG moved to old Wesley Church (cnr Worcester Street and Fitzgerald Avenue).
- 1974 Under the presidency of C. Barclay Millar, the club became incorporated.
- 1989 Wesley church building was purchased for \$85,000 and paid for by fundraising (Housie, bottle drives, etc.).
- 1996/7 Wesley church building sold, and with the proceeds and grant monies, building construction commenced at QEII Park.
- 1997 New gymnasium opened May 31, 1997.
- 2002 The club reached maximum capacity in many of its programmes. Extension and rebuilding were discussed and a committee was formed in 2003.
- 2006 After years of lobbying and fundraising, work finally started on the extension on April 26, 2006.
- 2007 The new extension was opened officially by Helen Clarke on March 29, 2007 and named 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.
- 2010 Mezzanine Seating was installed.
- 2011 February and June earthquakes damaged the gym. ImpactAlpha joined CSG (became CSG West).
- 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.
- 2019 CSG West closed and merged with QEII, end of Term 1. All classes run out of QEII old building. We took possession of the new building in July. The new building officially opened by Christchurch Mayor, Lianne Dalziel, on September 21st.
- 2020 Covid 19 Lockdown. CSG is forced to close for 6 weeks. NZ Nationals cancelled.
- 2021 Covid 19 Lockdown again. CSG is closed for 3 weeks and runs at limited capacity for 3 more weeks.

Overview of Competition History

The club has been extraordinarily successful. Our gymnasts have formed the bulk of the Canterbury Gymnastics Teams since the club's inception in the 1960's. We have had many New Zealand representatives, in 4 codes – MAG, WAG, TRA, and AER. In 2016, at Rio, Brazil, we had our first Olympian, Courtney McGregor.

In 2021, we had 2 athletes named to the National Team in MAG and WAG - Jordan O'Connell Inns and Isabella Brett.

Four trampolinists (Sam Hall, Alex Withers, Jakarta Klebert and Olympia Hodgson) also made qualification scores for overseas competitions but a team was not selected due to Covid 19.

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 September 30, and our AGM is held as soon as possible after the audited accounts are received, usually in February. 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 gymsports provider, where all athletes are empowered to strive for excellence.

CSG is dedicated to providing all youth with the highest quality gymnastics 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, and 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 learned 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'.

Our Key Staff

Avril Enslow – Chief Executive Officer

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 was a senior coach for many years. Avril has judged at the Olympics, World Championships and Commonwealth Games and has held an international brevet since 1980. She is a GNZ qualified presenter who has been awarded three Prime Ministers scholarships. She was also made a Member of the New Zealand Order of Merit in 2005.

Alexander (Sasha) Pozdniakov - Programme Director / MAG

Sasha returned to CSG in 2021. Sasha had been CSG's head coach from 1998-2002. He then went to Olympia Gymsports, before moving to Canada to coach in Vancouver. Sasha has coached both elite MAG and WAG, most recently being coach of Devy Dyson, who was on the NZ National MAG Team, but trained in Vancouver.

Rian Reza – Head Coach - WAG

Rian joined us in Term 4, 2018. Rian is from Singapore, and is WAG FIG 2 / MAG FIG 1 qualified. Rian competed to the highest level on the Singapore National Team. After he finished his gymnastics career, he moved on to the sport of Wakeboarding, and made the Singapore National Team within 2 years. Rian has coached in Singapore, Australia and New Zealand.

Tammy Tahuu – WAG Programme Co-ordinator

Tammy joined us as a coach after Nationals in 2010. Tammy is responsible for the coordination of WAG programmes, and the PC-Step 3's. She coaches junior and intermediate WAG. She has FIG 2 / Senior Coach qualification and is also a Senior WAG judge. Tammy was the Canterbury Team Junior Head Coach in 2019.

Ben Ellis – MAG Programme Co-ordinator

Ben has been working at CSG since 2011. Ben holds a certificate in Sport and Fitness, and FIG 2 / Senior qualification. He is a MAG Senior judge. Ben's family has a long relationship with CSG, with his mother and both brothers all working or competing for CSG at one point.

Will Rotte – TRA Manager and Health & Safety Officer

Will comes to us from Ireland, via the USA. He has a strong sporting background and has been coaching trampoline since 2007. He became trampoline manager in January 2018. He has a B.Sc. in Physical Education. Will has WAG and TRA qualifications. He has coached National Champions in Ireland, and has worked with both the Irish Squad and the Development Squad. He also has a background in teaching stunts in the USA, with a focus on high falls. Will is also the club's Health & Safety Officer.

Emily Lawn – Aerobic Gymnastics Coach

Emily competed in NZCAF and has a long history of coaching and choreographing in aerobic gymnastics. She studied personal training and has FIG qualification in CAF. Any enquiries please direct to the front office.

Donna Evans – Administration Manager

Donna came to us in 2017 from the UK. Donna is the contact in the office for anything non-accounts related. Compliments / complaints, suggestions, general enquiries etc...

Maree Diver – Accounts Manager

Maree has been a life member of CSG since 2007. She has returned to work for CSG again after 14 years at Olympia Gymnastics. Maree is also a key member of our Events team. Please contact her with any of your account queries.

Marie Lakin – General Gymnastics Manager

Marie joined our staff in 2003. Marie works full-time at CSG and manages the successful junior gymnastics programmes, including advanced and regional competitive areas. Marie is also the holiday programme supervisor.

Squad Coaches 2021

We are very proud of our strong competitive team coaches. For 2022 they are:
WAG Int/Senior - Rian Reza, Rosy McCall, Tammy Tahuu, Toby Levine, Geo Varela
WAG Junior – Geo Varela, Taryn Leathart, Millie Cleghorn, Heather Hilton
MAG – Sasha Pozdniakov, Ben Ellis, Toby Levine, Daniel Price, Alistair Gorton
TRA – Will Rotte, Alex Withers
AER – Emily Lawn

Contact Details

Your first point of contact is reception – 03 388 6616. Staff are not always available to take calls, so email is your best option. We aim to respond within 2 business days.

Reception	admin@chchgymnastics.co.nz
Avril Enslow	avril.enslow@chchgymnastics.co.nz
Sasha Pozdniakov	sasha@chchgymnastics.co.nz
Ben Ellis	mag@chchgymnastics.co.nz
Rian Reza	rian.reza@chchgymnastics.co.nz
Tammy Tahuu	wag@chchgymnastics.co.nz
Will Rotte / Emily Lawn	trampoline@chchgymnastics.co.nz
Donna Evans	adminmanager@chchgymnastics.co.nz
Maree Diver	accounts@chchgymnastics.co.nz
Marie Lakin	marie.lakin@chchgymnastics.co.nz

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, 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 selection process. These are important so that we can place the gymnast in the best possible squad 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 or regional competitive programme and be invited to an assessment.
- Transfer from another club's programme – there is a transfer fee.

We offer competition opportunities such as club, inter-club, regional, provincial, national and international competition. At times, our gymnasts will also travel as a club internationally for competition and/or training. On occasion, we also provide opportunities for display and demonstrations at different events ie: Santa Parade, Community Fun Days.

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 and placement in a squad is based on a number of factors including, but not limited to:

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

Squad Placement

CSG follows the "Balance is Better" approach, endorsed by GNZ and Sport Canterbury. We use a progressive age group and ability based programme, designed to develop the child physically, mentally and emotionally in a systematic fashion. A defined, long term approach of gradually increasing degrees of commitment is essential to prepare the gymnasts for a happy and healthy gymnastics career.

The importance in the early stages of participation is placed on developing basic skills and preparing the body for the demands of gymnastics, as well as a love for the sport. "Too much too soon" is more often the cause of failure to achieve gymnast's maximum potential and a shortened career.

In addition to emphasizing long-term participation rather than short-term results, it is also important that we establish squads who are compatible, taking into account group dynamics, and the actual, emotional, and physical ages and stages of the gymnasts.

Many misunderstandings occur when gymnasts (and parents) focus too much on the hours or level of a squad, or on advancement to the next level, over individual short and long term goals. There are many factors at play – age of the athletes, skill readiness, emotional and mental readiness – not just the numbers on paper or the scores they may or may not have achieved.

Commitment

Upon acceptance of your child's place in the competitive programme, the gymnast and family should make a commitment for the coming competition year. Competitive gymnastics is a yearly commitment.

Uniform

2022 Uniform Requirements:

Please note that as of 2020, athletes may choose to wear fitted shorts, ¾ length, or full length complete leg coverings of a single colour, under or on top of their leotard. No visible branding is permitted. This is an individual choice of the athlete.

CLUB TRACKSUIT (Level 2+ / STEP 2+)

Women – PW track suit jacket, navy leggings
Men – NZ Uniforms Red and Blue tracksuit top,
Kelme navy blue pants

ARTISTIC

WAG STEP 1
WAG STEP 2-4
WAG STEP 5 -10, Jnr/Snr Int
MAG Level 1
MAG Level 2-3
MAG Level 4 – 9
MAG 10 and International

Snowflake Blue Star leotard
Snowflake Dark Red leotard
Quatro Blue leotard
Turn leotard, Turn navy blue shorts
GK men's leotard, Turn navy blue shorts
GK men's leotard, Turn shorts, and white longs
CSG MAG International Leotard, shorts, white longs

TRAMPOLINE and TUMBLING

Girls

Milano leotard, Women's PW track jacket or navy blue CSG track jacket, navy blue track pants and plain white ankle socks and/or tramp shoes.

Boys

GK men's leotard, white longs, navy blue or black Turn shorts, navy blue CSG track jacket, navy blue track pants and plain white ankle socks and/or tramp shoes.



AEROBIC GYMNASTICS

Girls

Leotard of your choice, which reflects the aesthetic and message of your routine. Plain white clean aerobic gymnastics shoes and fold over white socks and shimmer tights from PW Dancewear. Women's track jacket.

Boys

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

Uniforms should be:

- worn with pride
- worn correctly - leotard sleeves must not hang down under the tracksuit top
- 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 from or affect performances

Where to get the uniform?

Second-hand uniforms can sometimes be purchased at the uniform sale run by the Uniform Committee. Orders for new uniforms will be lodged for the MAG and WAG & TRA uniforms. Liaison parents usually collate the uniform orders for their squad.

GNZ Competition Registration Fee

This fee is charged by Gymnastics New Zealand (GNZ) and entitles the gymnast to compete in any of the endorsed 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.

Mentoring / Buddies

Our club has a big brother / sister programme. Our senior gymnasts are expected to be excellent role models for the younger ones in the gym, and we are proud to say that they are. All CSG gymnasts are grouped in "buddy groups" with senior, intermediate and junior gymnasts in each group. This opens lines of good communication and friendship amongst gymnasts in different codes and levels, breaks down barriers and gives support for newer, younger members.

A Club Captain fosters club spirit within the groups. Daniel Price is the 2022 Club Captain.

Culture

"Children have a right to participate in sport and recreation that is safe and where they are protected from harm. Children should feel respected, valued and encouraged to enjoy their participation and to reach their full potential. Sport and recreation organisations have a duty of care when it comes to children and should take steps to ensure that children can participate safely in the activities they provide". (Safe Sport, Sport NZ)

CSG understands that an athlete should have a balanced lifestyle, and to this end, we understand that sometimes, other things may come before gymnastics (family wedding, birthday, tournament for another sport). It's also OK to take time off for a "mental health day". CSG supports the Balance is Better Philosophy. Please let your coach know if you will be missing a session.

CSG has zero tolerance for bullying and harassment by all members, staff, and volunteers. We are committed to providing a culture that is free from any form of discrimination. There may occasionally be differences in opinion, conflicts, and problems in relations but when behaviour is unreasonable and/or offends or harms members, then it may amount to bullying or harassment. CSG aims to strengthen club culture and ensure inclusivity of all its members.

Our Child and Member Advocate is Kendra Street. Kendra's desk is in administration office. Any questions or concerns, please contact her on Kendra.street@chchgymnastics.co.nz or ask to speak with her at reception.

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 Policy
- Communication Policy
- Member Protection Policy
- Bullying & Harassment Policy (Staff)
- Bullying Policy (Member)
- Covid Vaccination Policy

Please ensure that you take the time to read these. They are currently all available on our website www.chchgymnastics.com , and can be accessed through the CSG app under "Links".

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 daily.

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 session and ready to go, and they 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 the session beginning and again at the end.

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

Hair must 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. Gymnastics 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 with the way the gymnasts present themselves.

Respect Yourself

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.

Your performance as an athlete does not define you as a person. The journey is more important than the competition results.

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 8:1 to 10:1. The hourly tuition rate for competitive squad gymnasts does not usually cover the hourly rate of the squad coach, let alone the administration, resources and overheads in running an operation of this size and the type of programme that it is. Trampoline ratio is usually a little lower due to the nature of the sport.

Supporting Your Child

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

Areas where 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 handle.
- Please provide a **training free haven at home**.
- Please ensure conversations at home regarding gymnastics are appropriate, especially in earshot of your gymnast.
- 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.
- Parents should not be on the training floor. 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. 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.
- Please provide your child with healthy food and meals. If your gymnast is bringing snacks to the gym, please ensure that it is appropriate training energy, such as bananas, sandwiches, or crackers, and not "treats" such as lollies or crisps.

Injured Gymnasts / Illness / Absences

Gymnasts should endeavour to attend all practices, competitions, and special events. If your child will be absent for any reason, please alert the coaching staff by calling, texting or using the absence button on the CSG app. If your gymnast is going to be away from the gym longer than **4 weeks**, you must notify your programme co-ordinator and a holding fee may apply.

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. Every injury is different, so please communicate with your coach. We would appreciate a letter 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.

If your gymnast is ill, s/he should not attend training at all. Gymnasts who have infectious diseases (chicken pox, measles etc.) must not come to the gym while they are contagious. **If you have had a Covid test, you must not attend until you have received a negative test result. If you are required to isolate, please do not come to gym.**

If a gymnast is not feeling 100%, but is not necessarily unwell (tired, headache), we ask that the coach is informed at the beginning of training (or when they start feeling unwell) so that leeway can be given and the gymnast monitored, especially in the performance of challenging skills.

Open wounds, sores, warts / verrucae must be securely always covered within the gym environment.

Training fees are only adjusted due to injury or illness 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 \$17.50/hour - squad fees are substantially lower than that. 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.

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. Christchurch has excellent medical professionals – please ask at the front desk if you are unsure who to see.

Lockers & Personal Gear

Lockers

Intermediate and Senior athletes may be allocated a locker (subject to availability). Sometimes, you may be allocated a shared locker with another gymnast. If there is no locker allocated, gymnast's bags must be kept in the open cubbies in the gym area. Please do not leave items on the floor. Valuables must be left in a secure area. Please ensure that no items are left in the changing room. We have security measures in place to ensure that members of the public do not access the changing rooms, but unfortunately we cannot guarantee the security of any personal items in the building.

Lockers are cleared out and cleaned at the end of each year. Please remove all of your property before the Christmas break – all chalk, grips, tape etc... Please take your rubbish home with you.

Personal Gear

Gymnasts must have their own weights, hand guards (if used), wristbands, gloves and straps. All gear must be **clearly named** and that includes t-shirts, tramp shoes, socks, water bottles 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 or their coach. 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 fortnight.

Shoes / slides must be worn to and from the gym. Dirty feet transfer dirt to our mats and carpeted areas and can damage equipment.

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 are not intended to be all-inclusive, please see our other publications (particularly the Member Protection Policy and the Serious Misconduct Policy).

a) The gymnast may not be allowed 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.

c) The gymnast may be asked to stop training and wait 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 Procedure brochure.

f) For more serious incidences, please refer to the CSG Constitution and the CSG Member Protection Policy, CSG Bullying policies, and the Serious Misconduct Policy. These can be found on our website, www.chchgymnastics.com. Gymnastics NZ Rules and Policies also cover all of our members.

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.

Thinking of retiring?

If you decide that competitive 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.

Sometimes, changing to another gymnastics code might be a positive change, rather than stopping altogether. Many competitive WAG/MAG gymnasts have changed to tumbling, trampolining or aerobic gymnastics and done very well in the new code. Please talk to your programme co-ordinator or reception about the various options.



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 CSG app (Club Apps NZ), the competitive email newsletter (the eFB), the club "Flipping Brilliant" quarterly newsletter, our Facebook page, our Twitter account, our Instagram page, our website www.chchgymnastics.com and the Liaison Parent network. This plan does not detract from these established pathways.

The Competitive Member Communication Plan works to provide more personalised information for parents. Information is focused on individual athlete progress, learning objectives, expectations and insight into how improvements can be made. We have built a platform that encourages informative and timely communication, supporting the coach-athlete-parent triangle.

Customer service is a priority for all coaches and building a welcoming and friendly environment strengthens communication. Face to face communication is encouraged, thus helping with the flow of information and building stronger relationships between parents and coaches. The plan is set with timelines to ensure relevant information is delivered on time and communication is received consistently, reflecting the stage of competition season.

Method

- Competitive EFB Newsletter, once monthly.
- Full Club Newsletter mid term, each term.
- Programme co-ordinators pre-season meetings around week 6 of Term 1. General meeting for all parents to discuss upcoming competition season, outlining competition plan, philosophy and etiquette.
- Term 1 and 3 - Individual parent-coach meetings by the end of term; 20-minute interviews with child's coach to outline individual progress and indicate anticipated competition performance, review competition results and anticipated squad placement.
- Term 2 and 4 - Written report card near end of term; individual report cards outlining current performance and future goals.

While a structured communication plan ensures 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 programme co-ordinators and/or individual squad coaches, when needed, to ensure important issues are addressed in a timely manner.

Parents are encouraged to make contact with reception or the programme co-ordinators to discuss any issues that are of concern to their child's wellbeing or their ability to perform to their full potential.

If you want to get a message to us, emailing, phoning or texting is the fastest way. If you have a problem, we have a Concerns Procedure pamphlet that can be followed (please ask at the front desk for a copy). If you need to get a message to your gymnast's coach, please let reception know and they will get a message to them and/or their programme co-ordinator. All programme co-ordinators have times where they are available to take a call or answer emails. Each programme co-ordinator's administration hours are published at the bottom of the eFB (email newsletter).

Liaison Parents

Each competitive squad has a liaison parent. All 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 who are interested.

Parent Portal

Since the launch of our new website in 2018 and our transition to the "Friendly Manager" gymnast management system, parents now have a parent portal which they are able to log in to via the member login area of our website www.chchgymnastics.com. You can use your parent portal to view your financial account, gymnast's training timetable and upcoming events. Please ensure the contact details in your parent portal are correct and up to date. If you have any issues with accessing your parent portal, please contact reception.

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

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 are charged \$130.00 team member levy. This is to cover administration and associated costs with competitions, and other costs, including covering officials travel to competitions. Overseas competitions are "user pays" and include a management fee to cover officials' costs.

We encourage **all parents** to participate in fundraising/volunteering. The extent of the involvement expected gets higher as gymnasts progress through the levels from elementary & junior to intermediate and senior levels.

The Supporters 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 Supporters Committee to purchase items to assist in the running of competitions, as well as for representative travel grants.

Other fundraising ventures are held from time to time, such as consumables on offer (pies, hot cross buns), raffles, and quiz and movie nights. Our most recent fundraiser was the sale of CSG backpacks. If you are interested in hosting a fundraiser or have a great idea, please email us with all the details. Your support is appreciated and important.

Competition Volunteers

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 big endorsed competitions – the Canterbury Championships for intermediate and senior artistic gymnasts as well as our annual CSG Classics (both Artistic and Trampoline).

Assistance is needed at these big competitions in the following areas:

Floor Managers, judges, data input
Equipment personnel to set up and break down, cleaning
Recorders & announcers, music assistants
Canteen and officials catering
Security, front of house
Spotters (Trampoline)

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 large competition. Usually twice per year is all that is required, if everyone helps. We do need your help so that each competition runs smoothly.

We need to run these competitions for the income that they bring, and we need volunteers to help. If we had to pay people to do those jobs, it would reduce our income, and we would need to increase fees.

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 to 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 & Instagram, as well as the Club App NZ 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 “likes/loves” on our social media posts. Feel free to “check in”. Please ensure only positive comments are made on club posts.

If you have a negative gripe, please immediately bring it to us, either by private messenger or preferably, in person, so that we can fix the issue, rather than airing dirty laundry on social media.

Fees

Team Member Levy

Coaches and administrators are needed to run the competitive team programme. The administration costs and non-contact costs are partly recouped by charging a Team Member Levy annually. The monthly fees that competitive team gymnasts pay does not cover all the costs of employment of the squad coaches. On the floor contact time is a small part of the costs of running the programme and employing staff. All our competition squads are subsidised by all our other general gymnastics and participation programmes.

- The fee is an annual fee of \$130.00 and not paid by the term. Refunds are only allowed if resignation is received prior to the commencement of Term 2.
- The fee is compulsory for all competitive squad members, whether they intend to compete or not, or if they intend to compete but due to injury or other circumstances do not do so.
- Additional siblings – \$50.00 discount for 2nd and subsequent competitive members
- STEP 1 & Level 1 will be billed at a reduced charge of \$50.00

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 gymnasium under the direction of educated, experienced and professional staff - the best in New Zealand.

The overheads incurred in running such a large gym sport club include lease, 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. Tuition fees for competitive members account for 18% of our income, yet they make up 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 New Zealand. ACC, holiday pay, 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

Gymnasts in squads are invoiced monthly in the first week of the month, and are due by the 15th of the month. Training is provided for approximately 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 during Christmas/New Year and the week off after the National Championships, or in October school holidays (depending on the level).

If paying by internet banking, please use the Friendly Manager invoice number (ie: FM-1234) and the gymnast's name. We welcome all tuition fees to be paid by automatic payment.

Although the overall tuition fees increase with the hours of training, they decrease rapidly on a per hourly basis, and they are heavily subsidised by the other programmes run at CSG. You are paying for a place in the competitive squad; there is no discount for gymnasts who do not attend the full hours allocated to that squad.

If your gymnast decides to pull out of gymnastics, fees will still be due for the month of the resignation. The club budgets carefully, and the coaches are paid an hourly rate or salary, not by the numbers in their squad.

Gymnasts can receive a stand-down from training if tuition fee payments fall behind, and no effort has been made to catch these up. Special arrangements can sometimes be made on request, at the Account Manager's discretion.

Competition Entry Fees

The Programme Co-ordinators and coaches will set the competitions that the squads will attend early in the year when the full calendar becomes available. Competition entries are completed via the "Events" feature of Friendly Manager. Four to eight weeks before a competition, gymnasts who are eligible to enter are sent an event invitation via the email address associated with your parent portal. **Parents must click on the invitation** - either the green tick: "Yes, I will be attending this event" or red cross: "Sorry, I won't be attending this event." An invoice will be automatically generated on acceptance of the invitation. Gymnasts will **ONLY** be entered in a competition if their parent has accepted the invitation for that particular competition and the entry fee has been paid, as well as tuition fees being up to date.

Competitions range from \$35-\$45 for small specific competitions like trampoline interclubs, to the qualifying and regional championship competitions which are \$40-\$75. The National Championships are usually \$140-\$190.

Competition entry 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 illness/injury. In the case of an injury necessitating withdrawal from a competition, a doctor's certificate must be supplied no later than two days after the meet. Late entries may incur a fine of double the cost. Competition entry fees must be paid to CSG by the due date. Entry fees must always be paid to CSG - we collect entry fees on behalf of other clubs for away competitions.

Parents should never contact another club or GNZ directly. Communication must be club to club or club to GNZ. If you have questions, please ask your Programme Co-ordinator.

Gymnastics New Zealand (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 2021 are:

- \$ 35.80 Senior Artistic, International Tramp and Aerobics
- \$ 24.10 Junior Artistic, National Tramp and Aerobics

Competitions

Entering Competitions

Coaches will not enter a gymnast in a competition if the skills have not been mastered. We would never want to make a gymnast feel anxious by placing them in a situation in which they do not feel confident. Missed practices can mean missed competition opportunities.

Competitions / Missed Practices

Each competition that a gymnast participates in will be considered as a normal training session.

If it is a 2 day event, gymnasts will have a day off the following day (if it falls on their normal training session) as part of their recovery.

If a training session is cancelled (due to illness, poor weather etc...) and there was no competition running that weekend, the coach will reschedule the session when possible.

CSG is closed on public holidays. This usually includes "Monday-ised" holidays. If the public holiday falls on the weekend, then CSG will be closed on Saturday or Sunday plus the Monday. There may be occasions when some training will occur on the Mondayised holiday.

If a child misses a practice due to illness or injury, there are no catch up sessions available. If you will be away for a prolonged time, please let us know.

Competition Cards and Pins (Artistic)

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. If you wish to purchase a badge, you must provide the competition card and pay \$8.50 at reception. Previous STEP/level badges can be purchased, 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. Generally, only select staff are allocated to take privates approved by the head coach / manager relating to the discipline from which the gymnast comes.

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.
- The member's fees must not be in arrears.
- Lessons are only authorised for members who have attended regular practices. P/L's are not to be used to 'catch up' or in lieu of regular training.
- P/L's may 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 1-6 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:

WAG STEPS	1 - 6
D Score¹	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 the first STEP 2 competition a gymnast scores 11.0 on an apparatus, she will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent event, she must score at least 12.00

¹ 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: across 4 apparatus – 12 scores are used
 MAG: across 6 apparatus – 18 scores are used

To ensure the selection process minimizes any stress or disappointment for any gymnasts trying out, whilst still allowing coaches to fairly select the gymnasts for a team:

SELECTION PROCESS:

- The first 3 members of team selection will be based on results and success at previous competitions, particularly for major competitions.
- Consideration on the fourth team member may be based on training attendance, work ethic, sportsmanship etc.
- Gymnasts must be able to execute skills and routines with confidence.

This decision is final. CSG will only enter a maximum of three teams in any one level, usually only two. For bigger competitions, team selection will also consider apparatus specialists, which in the selectors' 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 two 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 at least six years old, as of January 1st, to compete.

STEP	"Unders"	"Overs"	STEPS 1 to 4 Totals	
STEP 1	up to 8	9+	56.00 to 60.00	must move up
STEP 2	up to 9	10+	50.00 to 55.999	may move up
STEP 3	up to 10	11+	< 49.99	must repeat
STEP 4	up to 11	12+		
STEP 5	up to 11	12+	STEPS 5 & 6	
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			

Prizegiving

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

The club prizegiving is held in Term 4 after the end of the competition season. All competitive team members receive a rosette acknowledging their work throughout the season. In the past we have had displays in the gym, however in Covid, we had individual code presentations, and a "virtual" prizegiving.

We also strive to acknowledge members who have competed or coached for CSG for 10 years.

Competition Structure

General

The MAG & WAG competitive programme allows for gymnasts to compete in one system. Male gymnasts develop much slower than female gymnasts, so the process takes longer, and international MAG are often in their 20's before they get to their peak. International WAG are often in their mid-late teens, although there are more and more older women competing internationally. The record is a 44-year-old at the World Championships in 2019.

NZ competes the National Levels (MAG), STEPS (WAG) and regional competitive pathways for gymnasts. Trampoline has inter-club and nationals/internationals squads. Aerobic Gymnastics 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 and consistently perform at training.

WAG - Coaches will guide the gymnasts using the information above. There is a minimum competency mark set by the Women's Sport Development Committee to move to the next STEP at the end of the season, as well as a mandatory score to STEP up. Sometimes, we believe it is in the interests of gymnasts to repeat a STEP, as gymnasts must be able to achieve with confidence. With the two age levels in WAG, doing an additional year at a particular STEP and being more successful in the second year has been a good choice for many of our gymnasts. CSG also has a Skills and Physical Abilities testing (PAT) document to guide gymnasts and coaches as to whether they are ready to move up a STEP or not.

Head coaches have the final say as to which level or squad a gymnast will be in.

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.

TRA – Trampoline levels are done in Age Group. Your age is as of December 31 of the year. Trampoline age groups are 8u, 10u, 11-12, 13-14, 15-16, and 17+. There are also international grades for which there is a minimum degree of difficulty. They also run parallel to age groups. They are Youth (10-12), Sub Junior (13-14), Junior (15+), Senior (15+).

AER – Aerobic Gymnastics levels are also based on age groups. They are 8u, 9-11, 12-14, 15-17, and 18+. Aerobic gymnasts can compete in Open, ADP (Aerobic Development Pathway), and International.

CSG's home competitions for the 2022 season are (TBC):

April 19-May 1- CSG Artistic Classic

May 21-22 - CSG Trampoline Classic

June 4-5 – Canterbury Championships

June 15 – Primary and Intermediate Schools Competition

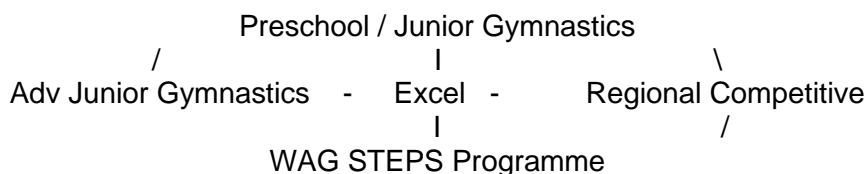
The full CSG competition calendar for 2022 can be found on our website

www.chchgymnastics.com

Note: The National Championships in all codes have qualifying marks that must be reached to enter, as well as a minimum age of eight as of January 1 in the year of the competition.

A brief description of MAG / WAG

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 in this handbook as well as the WAG STEPs Matrix

STEP	WAG – Women's Artistic Gymnastics
1 – 3	Elementary competitive levels competing in local and regional competitions. Each STEP has compulsory routines.
4 – 6	Junior/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.
7 - 10	Gymnasts are considered seniors and can compete in all competitions and are 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 U16 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 compulsory routines are marked out of 12, with up to 1.2 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 nine 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.

MAG 360

MAG 360 started in 2015. 360 is a high performance developmental pathway for junior to senior level gymnastics. Currently 8 clubs are involved. Training clinics and camps are compulsory for the athletes selected into this stream. Athletes are able to measure their progress against other athletes in their age group. 360 is staffed by the top professionals in the country, and their expertise is used to fast track skill development.

Membership Declaration

1. Accuracy: The details set out in this Membership Form are true and correct. If they change, I acknowledge that I am required to notify Christchurch School of Gymnastics (CSG) of the changes in writing as soon as possible after they occur. If the details provided are not true or are misleading, I acknowledge my membership may be terminated at the discretion of CSG and Gymnastics NZ.
2. Bound by Rules: I will be bound by the constitutions, regulations, policies, manuals, guidelines and reasonable directions of CSG, and Gymnastics NZ.
3. Accept Risk of Gymnastics: I have voluntarily accepted and assumed the inherent risk of danger and injury in Gymnastics.
4. No liability: I will not hold CSG or Gymnastics NZ or their respective officers responsible or any claims, losses and expenses and costs (including legal costs) which may arise from or in connection with my membership and/or participation in any activity authorised or recognised by CSG or Gymnastics NZ except in the case of gross negligence or a wilful act or omission on the part of CSG or Gymnastics NZ.
5. Indemnity: I indemnify CSG and Gymnastics NZ from all claims, losses and expenses (including legal costs) suffered or incurred at any time as a result of, or resulting directly or indirectly from, my failure to observe the constitutions, regulations, policies, manuals, guidelines and reasonable directions of CSG and Gymnastics NZ respectively.
6. Medical Declaration: I am medically and physically fit and do not suffer from any injury, disease or condition, either physical or mental, that would affect my ability to safely participate in any authorised or recognised activities of CSG or Gymnastics NZ. If I am unsure about this declaration, or suffer from such a condition I have either listed it on this form or I am aware that I must bring it to the attention of CSG and Gymnastics NZ.
7. Privacy: I agree that CSG and Gymnastics NZ can collect, hold, use and disclose my personal information as provided on this Form (and any updated or additional personal information CSG or Gymnastics NZ obtains from me including any photo or other record of my image) for the purposes of:
 - a. Processing my application for membership including notifying CSG and Gymnastics NZ of the information on this form for the purposes of CSG and Gymnastics NZ compiling a register of members, compiling a national database of members and participants (accessible only in accordance with the Constitution and Regulations of Gymnastics NZ), and for requesting me to renew if my membership lapses;
 - b. Putting my name and contact information on CSG's membership list for use by other members of CSG;
 - c. Publishing any of my gymnastics results in CSG and/or Gymnastics NZ's newsletters and on their websites;
 - d. Selecting and publicly naming competitors and teams to represent CSG and Gymnastics NZ at gymnastics events;
 - e. Providing me with information and activities relating to CSG and Gymnastics NZ and other gymnastics matters;
 - f. Including my photograph or other imagery on CSG's and/or Gymnastics NZ's website, in newsletters, annual reports, or similar official publications;
 - g. Enabling CSG and Gymnastics NZ to contact me with information about the products and services of CSG or Gymnastics NZ sponsors or funders (unless I have opted out of receiving such information on the Membership Form);
 - h. Enabling CSG and Gymnastics NZ to comply with any statute, regulation, by-law or other regulatory instrument that requires collection or disclosure of personal information; 29
 - i. Retaining the information provided on this form if my membership lapses (as an inactive member) for a maximum period of three years for the above purposes; and

- j. Any other purpose I agree to in writing.
8. Photography: In the case that I have opted-out to “allow photos to be taken” in the online membership registration for CSG and Gymnastics NZ, this supersedes any reference to the collection, holding or use of photography or image mentioned in clause 7 Privacy. However, CSG competitions are treated as a public event, therefore we cannot control the use of photography at competitions held at CSG.
 9. Use, Security and Access: I understand that my personal information will only be used for the purposes listed in paragraph 7 and in accordance with the Gymnastics NZ Regulations, and that: a. My personal information will be held securely; b. I will have access to my personal information under the Privacy Act; c. My personal information will be corrected upon request.
 10. Continued Membership: I understand that upon payment of my membership fee(s), if I am accepted to membership, I will become a member of CSG and Gymnastics NZ and that by paying such fee(s) by the due date(s), I will continue to be a member of CSG and Gymnastics NZ for the duration of my Membership as specified on this form and in accordance with the Gymnastics NZ Constitution, unless I resign or my membership is terminated.
 11. Interpretation: Every reference to “I” and “my” in this document includes the gymnast and the parent/guardian/caregiver of the gymnast (if applicable).

Parent and Gymnast Agreement

I have read and understood the CSG Competitive Team Handbook, in its entirety, and I agree to the Membership Declaration (above).

Parent Name: _____

Parent Signature: _____

Date: _____

Gymnast Name: _____

Gymnast Signature: _____

Date: _____