

2025

WAG COMPETITIVE PROGRAM INFORMATION



WELCOME

Welcome to the amazing world of Gymsports!

We love our Gymsports, however what we love even more is the teaching of safe techniques in a fun and safe environment. With our amazingly qualified and accredited coaches, and the equally amazing equipment and resources to ensure that skills are taught progressively in a safe way with a focus on technique and the appropriate physical preparation, we're sure you will enjoy your time here with us.



THE CLUB

About Us

Ballarat Gymsports is a family operated Club that is strongly supported by our members and families since 2015. Don and Heather have a passion for the sport with many of their own children currently coaching in the programs.



Gymsports was originally part of the Extra Curricular program aligned with the St. Patrick's College – Ballarat, HaPE department. After 17 years, and a change in direction, Ballarat Gymsports was formed and continued to grow ever since.

Heather is the Administration and Accounts Manager, looking after all things administration, accounts and hr. Heather also looks after the reception area and team ensuring things run smoothly and your questions are answered, and information sent out.

Don has been involved in the sport for over fifty years coming through the ranks as a gymnast and attending many international events as an official of the sport. Don is the current Education and Technical Director, as well as the Head Coach for the club. Don has Advanced qualifications in multiple Gymsports as a coach and judge, as well as being a course presenter for both Gymnastics Victoria and Gymnastics Australia.

During mid-2024, Jacki joined the team to assist with the day to day running of the club. In 2025, Jacki takes on the role as Operations Manager as well as taking over many of the MAG programs we run.

Our Values

Our values are very much the core of what we do, and as such, we strongly encourage everyone who is involved with our club to live and support these values, including our management team, coaches, gymnasts, officials, volunteers, families, parents, gymnasts, and supporters.

Gymnastics as a sport, offers many amazing benefits, way beyond the physical aspects, and our values support the individual participants personal growth and development aligned with the sport.

At Ballarat Gymsports, we don't just teach gymnastics and fundamental movement, we believe we teach life skills. We also believe we play an important role in helping to develop our community's future.

Enjoyment

Enjoyment is the key driver for why we do what we do. For participants in our programs, it may be the enjoyment from the social aspects, physical exercise, self-challenge, or the achievement from the progress made.

We believe that loving what we do makes the good times great and the tough times worth it.

Life Skills

We believe that Gymnastics is the best sport for learning many of those fundamental life skills that help kids become and stay successful through life.

From an early age this may be as simple as developing independence and participation to learning to listen and follow instructions.

As kids grow and mature, concentration, commitment, effort, and goal setting techniques are developed. There are many studies detailing the success rates of kids who participated in gymnastics in school and beyond. Here at Ballarat Gymsports, we have many ex-gymnasts who are now leading exponents in their chosen careers and who, themselves, attribute this to their participation in the sport with us.

Growth Mindset

Having a growth mindset encourages learning and effort. At Ballarat Gymsports we believe in growing and teaching a growth mindset. The hallmark of a growth mindset is having the passion for sticking with it, especially when things are not going well. We believe you need to stretch yourself, tackle the challenges... after all, who cares if you fail? It is all part of learning!

Winning is not always about getting the gold medal, it is the difference we make step by step to grow to be the best we can possibly be.

Commitment

Here at Ballarat Gymsports, we believe that the number 1 factor for success in gymnastics and life is commitment. This is reflected through perseverance, commitment to our goals, our teammates, training and oneself.

Ballarat Gymsports coaches are committed to all our members and the delivery of the highest quality programs.

Honesty

At Ballarat Gymsports, we believe that being honest with ourselves and others about our goals, effort, and feelings, keeping our families and coaches informed about our goals, challenges and experiences is important for support, progress, and learning.

We want to create an environment with open constructive conversations between our gymnasts, families, and coaches.

Club Objectives

At Ballarat Gymsports we pride ourselves on:

- Creating positive, healthy, physical, and sporting opportunities for members both competitive and non-competitive,
- Setting realistic expectations for successful performance and achievement, believing success can be presented in many ways,
- Showing professionalism in all aspects of the delivery of our sport to our members,
- Ensuring the highest level of opportunity for our participants to reach their full potential.

The Benefits of Gymnastics

Gymnastics offers many physical, emotional, and intellectual benefits for growing children and adults, with our club catering for most ages, abilities, and aspirations, from toddlers through to adults, and from beginners through to competitive gymnasts.

- gymnastics is one of the best means of physical education that a person can receive,
- gymnastics is the foundation to all human movement and to other sports,
- all people should expect a quality gymnastics experience that is inclusive, challenging and motivating,
- the commitment shown, and the lessons learnt through setting goals and working to achieve them delivers life-long benefits.

Staff Accreditation

- All staff, regardless of their role at Gymsports, possess a current WWCC issued by the Victorian Government, or a current VIT issued by the Victorian Education Department.
- All coaching staff are registered technical members through Gymnastics Australia. The majority of whom are either Intermediate or above accredited, with all others currently undergoing their accreditation, in addition to possessing appropriate First Aid certification, our coaches all undertake mandatory Child Safety courses.
- All staff abide by professional and ethical standards according to Gymnastics Australia, Play By The Rules and Sports Integrity Australia Code of Ethics.

All our coaching staff have attained accreditation through the national governing organisation of Gymnastics Australia. It is mandatory for coaches to attend regular updating clinics, events and workshops every year to renew their annual technical accreditation.

Contacting Ballarat Gymsports

Meet the Operations team:

- Don Pennell – CEO, Education and Training Manager, Head Coach
- Jacki Pennell – Operations Manager, MAG and EDU (rec) Lead
- Heather Pennell – Reception, Accounts and HR Manager
- Fiona Barnes – Under 5's Lead
- Al Cueva – WAG and TRA Lead

The reception for Gym 1 (main facility) is normally staffed Weekdays 9am to 8pm and Saturday 9am to 1pm. The reception for Gym 2 (new facility) is only manned when classes are operating.

Phone contact – 03 5336 2605

Email – admin@ballaratgymsports.com; accounts@ballaratgymsports.com

Facilities Locations – 1 & 2 Basil Way, Alfredton, 3350

COMPETITIVE PROGRAM

We believe it is an honour to be selected for the Competitive Teams Program here at Gymsports. Within this program, expectations are placed on the gymnast to work hard and improve their physical abilities and skills. Positions within the competitive team are offered on the understanding that the gymnast aspires to high levels of performance and fully meets the training and competition requirements of that team, the exception being gymnast illness, injury or in the event of an emergency.



It is important that each gymnast is allowed to grow and develop at their own pace. Allowing appropriate time to develop strong fundamentals and basic skills allows individual children to achieve ongoing improvement which in turn builds their confidence and competence.

When we consider each gymnast for competitive classes we factor in the following when we decide on group placement and training hours. A gymnast:

- will be placed in a class that suits their social and gymnastics level of development, maximising their individual potential if correctly followed with determination, effort, and persistence.
- must work as a valued team member and be willing to have a go with appropriate attitude to the tasks asked of them.
- must demonstrate the ability to gain value for the hours they train through confidence, competence, and consistency.
- must want to increase their training hours and love their training before an upgrade occurs as this reinforces the points above.
- must benefit from increased training hours.

Gymnasts can expect the dedication of their coach to the task of developing their gymnastic ability to their maximum potential. The programs put in place will give your child the best chance to maximise their individual potential and provide future life skills, if correctly followed with determination, effort and persistence.

Women's Artistic Gymnastics (WAG)

Level 1 and 2 [WHITE & BRONZE squads]

Gymnasts train between 1 and 3 hours per week, developing and perfecting the basic skills and fundamentals of gymnastics. Gymnasts compete as a team in competitions and events at these levels. Strength, flexibility, core and shapes are the key components required to proceed in level difficulty, whilst attendance at competitions is secondary at this stage and level.

Level 3 [SILVER, PINK, ORANGE & YELLOW squads]

Gymnasts train between 2 and 4 hours per week, building on the fundamental and basic skills learnt previously, with the addition of short routines and increased skill difficulty. At this level, gymnasts are organised also into divisions and continue to compete as a team as per the National guidelines. Gymnasts aim for representation at regional competitions.

Level 4 [AQUA, PURPLE & BLUE squads]

Gymnasts train between 6 and 9 hours per week, acquiring, refining, and increasing skill and short routine difficulty. At this level, gymnasts are organised also into divisions and continue to compete as a team as per the National guidelines. Gymnasts aim for representation at regional and state competitions. Gymnasts from this level onwards may also apply for State Development Squads in Victoria.

Level 5 and 6 [GREEN squads]

Gymnasts train 9plus hours per week, acquiring, refining, and increasing skill and full routine difficulty. At this level, gymnasts are organised also into divisions and continue but are now able to compete as a team or an individual as per the National guidelines. Gymnasts aim for representation at regional and state competitions.

Level 7plus [RED squads]

Gymnasts train 9plus hours per week, acquiring advanced skills, refining movements, and perfecting complex routines with music. Gymnasts are now introduced to optional requirements as per the International Code of Points as well as being organised into divisions. Gymnasts compete as a team or an individual as per the National guidelines. Gymnasts aim for representation at regional, state and national competitions.

Progression within the Competitive Program

Gymnastics is generally an individual sport where children progress to their personal potential and ability. Gymnasts must execute skills safely and with correct technique prior to advancing to the next skill level. The time span to successfully accomplish this varies broadly from gymnast to gymnast and will be dependent upon individual's strength and flexibility. Gymnasts' safety as well as coaches' integrity is compromised if gymnasts progress to a level when they are not physically or mentally capable. Gymnasts progress to the next level as an individual and at the discretion of the Program Team in liaison with the gymnast's coach.

Positions in any class are offered at the discretion of the coaching/program team and may be withdrawn by the coaching/program team at any stage of training. This team are the correct people to make decisions regarding the gymnasts' readiness to progress, the program content, or any other coaching related matter.

What can gymnasts and parents expect from Gymsports?

All coaching staff will abide by and practice professional and ethical standards provided by Gymnastics Australia Code of Ethics. Gymnasts can expect the dedication of their coach to the task of developing their gymnastic ability to their maximum potential. No guarantees can be made regarding the level to which a gymnast will rise. Training programs will give your child the opportunity to maximise their own potential if correctly followed with effort and persistence.

Expectations of a gymnast and parent when joining a class

To get the greatest benefit from training, gymnasts are expected to be punctual, polite and cooperative. Attendance is critical to the gymnast's ongoing improvement. Non-attendance at competitions recommended by the gymnast's coach will jeopardise the gymnast's position within the competitive program. Gymnast's performance may be assisted through adequate rest/sleep and a nutritious diet. Parents will assist coaches and staff by abiding by following the Club's Rules.

Communicating with Coaching Staff

For the safety of all our gymnasts, please do not distract or talk to your child, coaching staff or other gymnasts during training sessions or at competitions. Your child is in the care of their coach from the commencement of, and until discharge from, their training and competition session.

Parents are required to supervise children in their care, whilst spectating classes. For the safety of our gymnasts, no ball sports or running is permitted within the facility or viewing area. Parents and others wishing to view training sessions should do this from the mezzanine viewing floor. No parent is to enter the training floor unless requested by the coach. Any day-to-day messages are to be relayed to the reception staff who will convey the message to the gymnast's coach. In the event of an emergency, please advise or phone reception staff who will inform coaching staff.

If you have any enquiries regarding the program of your child's progress, please arrange an appointment with your child's coach through the reception staff. If an unresolved issue arises, a meeting will be arranged between the gymnast's parent or guardian, the coach and the Operations Manager.

Club Communications

The club administration staff are responsible for the dissemination of all information, this will be via email, text, club mobile app, the Club's official Facebook or printed material. Verbal information or information passed on via coaches or staff in passing is not deemed official and will bear no weight in any discussion. If you are unsure of information, contact the reception staff for clarification.

The Club has several Parent Coaches who are always happy and available to chat with any parent who is unsure of expectations or procedures and are well versed with the ins and outs of competitive gymnastics. Please contact Jane Gilbert, Fiona Barnes, Rachel Marsh or Andrew Gregg or let reception know and they will get one of these parents to reach out and contact you.

Safety

Upholding the safety of all gymnasts is the key priority for coaching staff. BGS reserves the right to refuse or rescind a position in any class without a warning where the coach feels that an individual presents a risk to the safety of themselves or others. Failure to follow instructions or act in a reasonable, sensible manner may constitute such a risk. Physical or verbal abuse of a gymnast or staff member will constitute such a risk.

Electronic equipment use

Gymnasts and coaches are not permitted to have on their person, any form of electronic equipment or device without the permission of the Operations Manager. Coaches may request to use such devices to aid in the development and feedback processes for gymnasts, but permission must first be attained from the Operations Manager. There are special circumstances where a gymnast may need to have immediate access to an electronic device, this must first be cleared with the Operations Manager.

Assumption of Risk

Participation in gymnastics carries an inherent risk of injury like any other sport or physical activity. Many gymnastics activities require inversion (turning upside down) of the body which in turn carries the risk of head or spinal injury. This risk is greatly controlled in a supervised class with a qualified and experienced coach. Parents should be aware of this risk prior to accepting membership.

FEES AND AFFILIATION

Tuition Fees

Training and session fees are reviewed on an annual basis by the Operations team and adjusted appropriately based on CPI, wages, business requirements and other such external inputs. BGS strives to contain all costs to a minimum for our gymnasts and their families.

Payment of fees is normally required in advance either via direct debit or invoice, but other arrangements can be made with Heather in Accounts.

Annual Registration and Insurance

Ballarat Gymsports is affiliated with Gymnastics Victoria. All members must pay an annual Registration and Insurance fee. This fee will appear as "Registration" on your account. This is a compulsory fee applied by the governing body prior to being able to compete in any event.

In 2025, Ballarat Gymsports has set this fee based on charges applied by Gymnastics Australia, Gymnastics Victoria, Insurance, One Music and a small club admin component. This year we have broken the fee into 3 parts to ease the financial impact, we believe this to be a fair and reflective of our competitive community.

Registration is transferable between clubs within Australia, but not transferable from one gymnast to another. Registration is valid from the time of payment until the end of December of that calendar year.

Competition Fees

Competition fees are set by the individual host club for that event. These amounts differ between clubs and events and can vary between \$50 to \$150. BGS applies an administration fee of \$25 per entry to enable coaches and judges to receive suitable remuneration for their time and travel expenses incurred.

Ballarat Gymsports accepts payment of fees by:

- EFTPOS or credit card payment through the reception desk whilst open
- Via the family's individual "JackRabbit" portal
- Internet transfer to:

Account Name:	Ballarat Gymsports
BSB:	063862
Account Number:	10408359
Details:	Gymnasts surname/invoice number

Family Discounts

Families with two or more siblings enrolled in programs will receive a discount of 10% off the lesser of the class fees. There is no discount off the GA Annual Registration fee.

Refunds / Cancellation / Make Up Classes

Non-attendance does not qualify for a refund, credit or make-up class.

Inability to attend due to holidays being taken during scheduled class times or any other gymnast absence, will not entitle the family to a refund or credit at any time, with the exception being illness or injury as per our policy.

WITHDRAWAL FROM COMPETITIVE PROGRAM

Should a gymnast decide not to continue in the competitive program, they must provide, in writing, suitable advice and be received by the club within 2 weeks of their ceasing training. Fees will continue to be charged until such time as this notice has been received. GA annual membership is not refundable, and must have paid in full prior to being released.

If the club discontinues a program, withdraws a position, or requests a gymnast to be removed from a program, the gymnast's account will be given a pro rata credit or refund for the balance of the fees, at the discretion of the Accounts team.

Absence due to suspension as a disciplinary measure will not entitle the gymnast to any refund or credit as a position in the class is being held for that person whilst on suspension.

TRAINING HOURS

Coaching staff in consultation with the Operations Manager determine gymnast's training hours based on individual ability and skill level.

Gymnasts are charged as per the training hours assigned for their program level. No credit will be applied due to gymnast absence or inability to attend weekly training hours assigned for the class in which the student is enrolled. Substitute coaching staff, credit or make-up class will be offered at the club's discretion, should a training session be cancelled.

Invoices or Direct Debit payments must be made as per the due date to avoid students being impacted due to reduced training ability. Holiday, camp or specialist training is not calculated within the standard class fee and therefore will attract an additional charge, based on the number of hours trained.

Where training is impacted by public holidays, competitions, or the need to cancel a session, suitable arrangements will be made that will benefit the gymnast wherever possible in the first instance. Training on a public holiday is usually avoided unless it is within a competition week. Coaches are encouraged, the day immediately following competition weekend, to give the gymnasts a "recovery" day off standard training.

Setting of training hours

Training hours for each competitive team are set at the start of each year based on the annual yearly plan, taking in preparation and competition phases appropriate for that level. It is normal that during the year, training times may vary as the competition season comes and goes. This allows coaches to provide additional preparation and refinement time leading up to the event. BGS has a policy of setting training hours to be based on quality over quantity of hours for gymnasts.

ILLNESS AND INJURY

Credit or refund may be applied for if illness extends 2 or more consecutive weeks. Any such claim must be accompanied by a medical certificate extending the period in which the gymnast has been absent.

Ballarat Gymsports has an injury return to training policy as below:

1. Obtain medical certificates, x-rays, scans or other as requested by coach and medical physicians,
2. Make an appointment to discuss with your child's coach/operations manager to discuss treatment and rehabilitation. The Operation Manager may request to speak to the gymnast's medical team,
3. A restructured training program will be designed, allowing the gymnast time to rehabilitate and continue with modified training,
4. Training hours will be determined by the Operations Manager in consultation with the club's appointed EP team to accommodate the rehabilitation period, with fees adjusted accordingly,
5. A written Medical Clearance from the specialist or physiotherapist will be required when rehabilitation is complete.

Registered gymnasts suffering an injury whilst participating in an official gymnastics' activity (including training, competition, displays, events or other sanctioned events) may lodge a claim with Gymnastics Australia's affiliated sports insurer, who may cover non-Medicare Medical Benefits.

CHANGES TO COACHING STAFF

While every attempt to give the gymnasts consistency in coaching staff, the club reserves the rights to substitute in the event of coach absence; or change coaching staff without notification.

TRAINING DATES

2025 Training dates can be found in APPENDIX 1.

COMPETITION CALENDAR

Competitions are detailed in APPENDIX 2.

Competitions may change as their suitability and availability are known. Competitions are normally listed as a 2-day event; however gymnasts compete only on 1 day, we are not privileged to know the actual date and time until all entries for the event are received and the order produced. Competitions may be added, changed or removed during the year, so please keep up to date with all communications.

Competition Information

Competition times are confirmed prior to the event. The advertised details may indicate multiple days. Once all entries have been received by the host club, BGS will be notified of session times and dates, this is totally out of our control.

The club understands parents in some instances need to arrange accommodation and time off, however this is out of our control, and we will inform families once received. Parents are not permitted to contact the host club of the event; this can lead to the gymnast or even our club being removed from the event.

Should a gymnast not be able to compete due to injury or illness, a Medical Certificate must be provided within 48 hours of the event date. Reimbursement of the competition entry fee is at the discretion of the host club or the State or National organisation and usually subject to an administration fee.

UNIFORM REQUIREMENTS

Competition uniforms may be ordered through the reception desk or via <https://form.jotform.com/gymsports/athlete-uniform-2025> (under the GYMShop link on the club website). We strongly recommend that gymnasts first try on a sample item for correct sizing prior to ordering online. The online form details which items are mandatory and which are optional. Please remember that orders may take up to 6 weeks to arrive from the supplier if we do not have the item in stock.

The club stock a range of merchandise and sample sizes, however it is the parent's/gymnast's responsibility to ensure required items are ordered well in advance. The club accepts no responsibility for lost or delayed delivery of ordered merchandise.

Full payment of uniform upon collection is required, some special arrangements may be possible first by discussing with Heather in Accounts.

No refunds or credit will be given for purchased merchandise.

Competition Attire

	Level 1 & 2	Level 3 & 4	Level 5 plus
--	------------------------	------------------------	---------------------

Club Competition Leotard	Sleeveless Leotard	Long Sleeve Leotard	Long Sleeve Leotard
Club Shirt	Mandatory	Mandatory	Mandatory
Club Shorts	Optional	Optional	Optional
Club Track Pants	Optional	Optional	Mandatory
Club Jacket	Mandatory	Mandatory	Mandatory
Club Bag	Optional	Optional	Mandatory

No Jewellery is to be worn at any time, including on ears, check with your coach re studs for competitions.

Training attire

Whilst the club does not have a formal training set of attire or requirements, we do strongly request that gymnasts wear leotards or crop top and short which are appropriate and safe. The wearing of hoodies, jumpers and baggy items of clothing is not permitted, and coaches will direct a change in clothing if it hinders gymnast's ability to be spotted or is unsafe.

No Jewellery is to be worn at any time, including on ears, check with your coach re studs for competitions.

Grips

The club stocks a variety of grips and accessories in the Gym Shop. Our staff have been trained on what fits best and how to very importantly measure for a correct fit.

If your gymnast is asking about the use of grips, please talk to your coach, as they will be a good idea of what they need and when they need them.

Presentation

For all levels, gymnasts must present themselves in a clean and professional manner.

Whilst there are no competition rules around hair, the following apply and have been requested by our coaches:

For Training, hair must be kept away from the face and securely fastened prior to training commencing. Coaches will not be responsible for performing this action, the gymnast must come already prepared.

For Competitions, hair must be secured, please check with your Coach directly how they would like their team's hair to be presented.

At competitions, all gymnasts are required to be in full club uniform and look the same, this means that gymnasts must wear their club shirt, track top and clean white socks as a minimum when marching on for presentations at all events.

TEAM SELECTION

Here at Ballarat Gymsports, simply training in a competition squad or team, does not provide automatic entry to competitions the club enters. Competitions listed are for the intention of allowing coaches, gymnasts and families to prepare in case there are bookings and travel required. Parents are requested to



advice as soon as possible on receiving competition dates if they agree to their gymnast being considered for the competing team, these include nominating gymnasts to compete in team events, Local, Regional or State events.

The number of gymnasts per team is dependent upon the Gymsport Competition Regulations for the event. The number of gymnasts nominating will play an important factor in determining the number of teams entered in each level/division.

Team selection will be at the discretion of the Program Manager, in liaison with program and team coaches, taking into consideration respective gymnasts training attitude, commitment, performance, the Club's preset qualifying score and recent competition results.

WAG FLOOR MUSIC

Music for levels 1 to 6 is compulsory based set by the National body. In some instances, there are 2 differing selections available. The team coach will be responsible for selecting the appropriate piece for the gymnast or team.

Music for Level 7 and above is set by the team coach in consultation with the club's dance and choreographer plus individual gymnast based on appropriateness, routine construction, and content.

Gymnasts' routines may be choreographed by the club choreographer or an external appropriate person. Parents are advised there may be a cost involved to choreograph and teach a gymnast's individual routine if external persons are engaged.

SPONSORSHIP POLICY FOR COMPETITIVE GYMNASTS

All fundraising activities at the club must be approved by the Program Manager.

Gymnastics is governed by National and State policies about who and how clubs and gymnasts can receive any form of sponsorship. This includes amounts and the displaying of the sponsor details or logos. We encourage families of competitive gymnasts to seek sponsorships, however, please talk to Don prior to accepting any offers to avoid any potential embarrassment or lose of support from the interested party.

The club will support fundraising efforts for gymnasts attending interstate or international competition or events providing monies raised contribute to expenses incurred for the gymnast to attend the competition/event.

Ballarat Gymsports may provide a once-off uniform fee subsidy to gymnasts upon their initial competition as a State team member. To be eligible for the uniform subsidy, the gymnast must have been registered with Ballarat Gymsports in the previous year with the competitive program for a minimum of 12 months; compete on all apparatus in the competition and have not previously received the uniform fee subsidy.

Funding for any other events, competitions or clinics of a major nature will be decided on an individual basis.

PHOTOGRAPHY AND VIDEO

As some parents/guardians have not given consent for their child to be photographed, we request you refrain from taking any form of photography/filming within the Club facilities that may include gymnasts other than your own without seeking prior permission through reception.

Coaching staff may use approved photography within training programs as a resource to assist in skill development. Coaches, Administration staff or Event staff may photograph/film gymnasts during Club promotions and events however parent/guardian consent will be obtained prior to external-to-Club publication or display of any imagery.

ANNUAL AWARDS

Recipients must have been enrolled for Term 4 of the calendar year to be eligible to receive any awards.

Volunteer of the Year: Voted by Senior staff and awarded to a non-paid individual or family who have significantly contributed to the club for that year.

Excellence Award: Awarded to gymnasts who have attained individual 1st apparatus or All-Round placing at Regional Championships; individual 1st to 6th apparatus or All-Round placing at State Junior or Senior Championships.

Club Champion: Each gymnast will have their highest 3 scores from all events that they have competed in that year, averaged out to give an overall score for the year. The highest score will be awarded the Club Champion.

Gymnast of the Year (Bro Bernie Scott Award): Presented to the gymnast who displays the highest of values throughout the year. This is not awarded for placings but more for determination, perseverance, and attitude.

POLICIES AND PROCEDURES

This section serves to provide a general overview of the main areas that may concern you and your child.

Member Protection Information Officer (MPIO)

An MPIO is responsible for providing information about a person's rights, responsibilities and options to an individual making a complaint or raising a concern. They can also provide information and advice to administrators and complaint handlers regarding the Member Protection Policy of that gymsport. MPIOs are generally impartial; they do not mediate or investigate complaints. MPIOs undergo mandatory training prior to receiving accreditation. The Member Protection Information Officer for Ballarat Gymsports (Mrs. Janelle Simanjantuk) may be contacted by asking at reception, who will arrange for her to contact you.

CLUB RULES

General

1. The gym floor is the domain of gymnasts and coaches only. Parents and siblings are not permitted to enter the training area unless invited by the coach. This is a safety rule.
2. Under no circumstance is any person granted permission to play on the equipment.
3. Parents are not permitted to supervise children on the equipment. AktiveKidz and MiniGymNinja classes are an exception to this rule.
4. Under no circumstance is anyone permitted to play in the carpark.
5. Gymnasts must be collected from inside the gym. The designated waiting area is the seating area. Please contact reception if you will be late.
6. No talking to gymnasts or coaches during classes. Should you wish to speak to your child's coach or Program Manager, arrange an appointment through the reception. In case of emergency, please direct information through the reception staff.
7. Parents/guardians must supervise children in their care, whilst spectating classes.
8. No running is permitted within the spectator areas of the facility.
9. To uphold the safety of our participants and visitors, no ball sports are permitted within the facility.
10. No smoking or vaping in the facility or within 20 metres of the building's outer parameter.
11. Inform coaches of any medical conditions that may affect your child.

Gymnasts

1. No gymnasts may enter the training hall or use any equipment until their class has commenced under the supervision of the Coach.
2. Footwear must be worn to class, when using the toilet facilities, moving between the training gyms, and upon leaving.
3. Hair must be tied back during class. No Jewellery is to be worn.
4. Do not use the toilets for changing in, there are designated change rooms.
5. Treat the Club and equipment with respect. Do not pick the foam or mats; do not deface any images, notices or program charts displayed in the facility.
6. No running between apparatus. Walk around equipment to get from Point A to Point B.
7. No use of electronic items during training.
8. All gymnasts waiting to be picked up must wait in the seating area, in view of the reception staff or coach.
9. No food or drink is permitted in the training hall (except for water bottles).
10. No littering – use the bins provided.

GYMNASTS' CODE OF CONDUCT

1. Always follow the instructions of all coaches.
2. Cooperate, be courteous and respectful to all club members including staff, gymnasts and parents. Treat all others as you would like to be treated. Do not interfere with, bully or take unfair advantage of another gymnast.
3. Warm Up and Cool Down as instructed by the coach.
4. Do not swear or use derogatory language based on gender, race or impairment.
5. Apply yourself properly during each training session. Train to be the best you can be. Work hard for yourself and your team.
6. Abide by the rules and be a good sport.
7. Gymnasts are not permitted to "friend" coaches or staff members of the club, either electronically or socially. Doing so contravenes Sport Integrity Australia rules.
8. Be positive and encouraging to other gymnasts.

9. Attend all training sessions required for your level.
10. Be punctual and organised for all training sessions. Be dressed appropriately for all training sessions.
11. Never enter the training area without being invited by a coach and always leave a training area when dismissed by a coach. If you need to go to the bathroom or get a drink, ask first.
12. Notify a coach immediately if you hurt yourself.
13. Notify your coach if you will be absent (school camps, holidays).
14. Use all equipment in a safe manner.
15. Never use a piece of equipment or try to do any skill without being instructed to do so by a coach.
16. Treat equipment gently. When you move equipment make sure that it is left in a position that will not damage it. Never break or pick foam.
17. Smart Technology equipment such as Mobile phones or watches are not to be used during training sessions. In the event of an emergency, please advise Reception staff or a coach who will contact your parent or guardian.
18. If your parents are late picking you up, wait inside for them in the seating area in view of reception staff or coach. If they are more than 10 minutes later than expected, please notify the reception or a coach so they may be able to call someone for you. No gymnast is allowed to wait outside.

TRAVEL, COMPETITION AND CLUB OUTINGS

1. While travelling to and from competitions, conduct yourself in a respectable manner.
2. Coaches will determine accommodation, meal arrangements and excursions when gymnasts travel away as a team.
3. Conduct yourself responsibly at the competition venue and on excursions with the club.
4. Wear club uniform on the competition floor.
5. Do not leave the competition arena without gaining permission from the Head Judge.
6. Do not communicate with any parents, siblings or spectators during competition as you may incur a deduction on your overall score or disqualification from the competition.
7. Attend the presentation ceremony in full club uniform.
8. Respect the decision of judges and officials.
9. Make an effort to attend the competitions and support fellow gymnasts in other levels.

GYMNAST BEHAVIOUR MANAGEMENT POLICY

When a gymnast is in breach of the following aspects of the Gymnasts' Code of Conduct, the Behaviour Management Policy will be implemented:

- Repeated backchat towards coaches during training sessions.
- Repeated swearing or use of derogatory language.
- Bullying or interfering with another gymnast.
- Destructive behaviour towards club property, including training equipment and matting, building structure or noticeboards.
- Behaving in a manner that disregards the safety of themselves and other gymnasts.
- Using equipment when instructed not to or in a manner against the coach's instructions.

1. Should a breach of the Gymnasts' Code of Conduct arise, a coach or staff member will approach the gymnast creating the problem and ask them to stop the behaviour.
2. If the behaviour continues, the matter will be referred to a Program Manager who will request the gymnast to cease the behaviour and if necessary, the gymnast will be instructed to take "time out."
3. If the Program Manager deems the breach warrants further action, a meeting will be arranged with the gymnast, their parent/guardian, the gymnast's coach and if required, the Program Manager; to address the issues raised and work on positively modifying the gymnast's behaviour.
4. If the gymnast's behaviour does not improve following the gymnast/parent/coach meeting, the gymnast will be suspended from the class for a period of time as specified by the Program Manager.
5. If on return from suspension, the gymnast's behaviour is still in breach of the Gymnasts' Code of Conduct, the gymnast's position within the competitive program will be forfeited.

A confidential record of any breach of the Gymnasts' Code of Conduct, together with the process & actions taken, will be recorded by the coach and/or Program Manager & filed in the gymnast's training records.

PARENTS' CODE OF CONDUCT

1. When your child has entered the floor, they are under the direction of the coach. Please refrain from attracting their attention until they have been dismissed at the end of the class. Gymnastics requires concentration and focus. Any distractions may increase the chance of injury.
2. In the event of an emergency, please advise or phone Reception staff who will inform your child's coach.
3. Parents are asked to utilise the upstairs area for viewing. Keep the viewing area as clean as possible. Remove your rubbish from the seating area and use the bins provided.
4. Label all clothing and equipment. Check the lost property basket regularly.
5. Ensure your child's punctuality to all training sessions. Please also ensure your child is promptly collected by a parent/guardian at the completion of training.
6. Please come into the club to collect your child after class. Children will be instructed to wait inside in the seated area within view of the reception administration or coach.
7. If you wish to speak to a coach, make an appointment through the reception administration. Coaches are not to be distracted from any class they are coaching or are about to coach.
8. Notify the Reception if you need to remove your child from class early or if your child will be absent from training due to school camps, illness, holidays.
9. Encourage children to participate if they are interested. If they are not, do not force. Remember, children are involved in sport for their enjoyment.
10. Do not swear or use derogatory language based on gender, race or impairment.
11. As some parents/guardians have not given consent for their child to be photographed, we request you refrain from taking any form of photography/filming within the Club facilities that may include gymnasts other than your own without seeking prior permission through reception.
12. Parents & family members are welcome to view classes however parents are responsible for any children and must ensure they do not disrupt classes. Please switch mobile phones to silent & keep noise to a minimum.
13. Parents are not permitted to "friend" coaches or staff members of the club, either electronically or socially. Doing so contravenes Sport Integrity Australia rules.

COACHES' CODE OF CONDUCT

1. Abide by the Gymnastics Australia Coaches' Code of Ethics, Sport Integrity Australia and Victorian Fair Play Rules.
2. Coaches are not permitted to "friend" gymnasts, parents or family members of the club, either electronically or socially. Doing so contravenes Sport Integrity Australia rules.
3. Ensure physical contact with athletes is appropriate and necessary for the athletes' skill development – ensure spotting is used only to facilitate learning or safe performance.
4. Encourage, by example, the removal of any form of personal abuse or inappropriate discrimination
 - refrain from verbal, physical or emotional abuse
 - refrain from any form of sexual harassment towards athletes and colleagues
 - refrain from using the influence of a coaching position to encourage inappropriate intimacy between coach and athlete
 - refrain from any discriminatory practices on the basis of race, religion, ethnic background, or special ability/disability of athletes
5. Refrain from being alone with any gymnast. Always ensure two responsible adults are always present if left to care for a gymnast.
6. Be alert to any forms of abuse towards athletes from other sources whilst they are in your care.
7. Arrive ready for work no later than 10 minutes prior to the commencement of your lesson.
8. Commence classes on time.
9. Inspect the apparatus prior to using it. Report any breakages or unsafe equipment to the Program Manager.
10. Competitive Team Coaches are responsible for preparing lesson plans for all classes and then providing them to the Program Manager.
11. Competitive Team Coaches, in consultation with the Program Manager, are responsible for preparing progress reports for parents.
12. Changes to the program training timetable must be approved through the reception office. Parents will be notified as soon as possible, in writing, of any timetable changes by the reception staff.
13. All coaches must wear their uniform while coaching.
14. Coaches must adopt an active work posture during classes. Coaches should remain alert and focus on their gymnasts' ensuring safety is always maintained. Mobile phones are NOT to be brought into the gymnasium during class.
15. Refrain from leaving the training area whilst gymnasts are on the apparatus. Always keep an eye on the gymnasts. Safety is the number one priority.
16. Develop respect and pride in the club and its facilities and members. Speak courteously to all other members, keep the club clean and put away all excess equipment when not in use.
17. Coaches are to ensure gymnasts pack away all equipment used at the conclusion of their class.

APPENDIX ONE (1)

Gymsports Training Term schedules 2025

Term 1: Monday 28th January – Saturday 12th April

Term 2: Monday 21st April – Saturday 5th July

Term 3: Monday 14th July – Saturday 27th September

Term 4: Monday 6th October – Saturday 20th December

Please note that training takes a rest break for 1 week of each of the holiday periods.

The club is usually closed for Public Holidays, competitive team gymnasts will be advised if they have training in the lead up to these days.

APPENDIX TWO (2)

Gymsports WAG Competition schedules 2025 version 2 updated May 7th

DATE	EVENT	WHO	CLOSE	COST
16/18 May	Snr Victorian Championships	Level 8 plus	Closed	
28/29 June	Ballarat Gymsports NovoActive Winterfest	Level 1 plus	30 May	\$70
2/3 August	Niddrie Invitational	Level 2 – 4	1 July	\$120
3 August	BUGS Invitational	Level 1 & 2	30 June	\$100
9 August	Eclipse Invitational	Level 5 – 7	1 July	\$110
16/17 August	Stawell Invitational	Level 1 – 4	2 July	\$85
6 September	Hamilton Invitational	Level 1 – 4	10 August	\$96.50
20/21 September	Jnr West Regional Championships	Level 3 - 7	TBA	TBA
27 September	Mildura Invitational	Level 1 plus	20 August	\$91
17/20 October	Jnr Victorian Gymnastics Championships	Level 3 – 7	TBA	TBA
TBC	Blue Lakes Invitational	Level 1 plus	TBA	\$110

Be aware that once the CLOSE date has been reached, we are unable to accept any further/late entries.

Where the competition date has 2 or more dates listed, we are unable to confirm the exact date until the competition event roster is published.

The competition fee includes the following:

- Competition Entry fee (including GST)
- Ballarat Gymsports Coach/Judge Levy for that event (\$25)

Where a gymnast removes themselves from a competition the following applies regarding fees paid:

- Where the entry has not been completed with the hosting club, full refund available
- Where the entry has been sent to the hosting club, a Medical Certificate is required for us to submit. The host club will then determine the amount of refund applicable. If no medical certificate supplied, no refund is available.

