



2024 ACRO PROGRAM Terms of Service & Handbook

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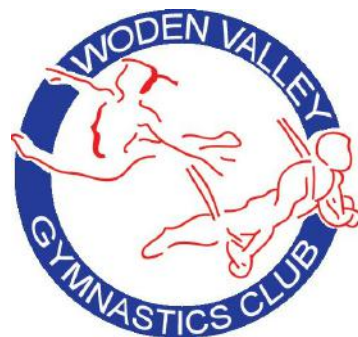
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Australian Levels Program (ALP)

The ALP or 'Nationals' Program is designed for dedicated gymnasts who wish to pursue a competitive gymnastics career. Selection into the WVGC ACRO Program is based on observations by our Senior Coaches and Program Coordinator who are looking for gymnasts who are self-driven, work hard and demonstrate that they can be competitive gymnasts. Entry into the program and into each subsequent level is by invitation only.

The safety and well-being of every member will always be our priority at WVGC. Any issues that arise will be communicated about and addressed in a timely manner. We reserve the right to remove any participant from the Program if their behavior is unsafe.

Woden Valley Gymnastics Club ACRO Pathway:

**ACRO Level 4-5
9.5 hours per week**

Preparation for gymnasts to compete in ALP Level 4-5, whilst continuing development for Level 6 and beyond.

**ACRO Level 3
5 hours per week**

Participation in ALP Foundation Level 3, whilst continuing development to transition into ALP Level 4

**ACRO Level 2
4 hours per week**

Participation in ALP Foundation Level 2, whilst continuing development to transition into ALP Level 3

**ACRO Level 1
3 hours per week**

Gymnasts are taught foundation shapes and skills to participation in ALP Foundation Level 1, whilst continuing development to transition into ALP Level 2.

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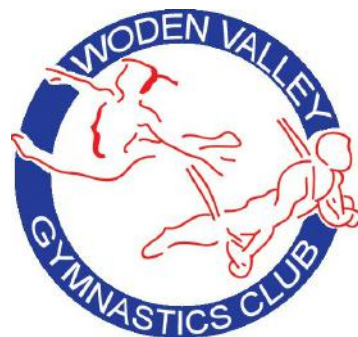
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Woden Valley Gymnastics Club

Core Values:

Club Purpose:

To enable people to challenge and improve themselves both physically and mentally so that they can gain the skills and confidence to excel in all parts of life.

Core Beliefs:

At WVGC we believe that physical literacy is fundamental to building a happy and healthy life. By challenging one's physical and mental abilities, in a safe, supportive, inclusive, and nurturing environment, we can build strong, resilient, and adaptable people of any age to be valuable members of our community.

As a member of our Club and a **representative of the ACRO Program**, you will be expected to:

- Be a **team** member
- Be **positive**
- Be **respectful**
- Try your **best**
- Be **kind**
- **Listen** to each other
- Work **hard**
- **Encourage** each other
- Remember, we are **all** important



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Expectations of Woden Valley Gymnastics Club ACRO Gymnasts:

It is expected that all WVGC ACRO Gymnasts, with the support of their Parents/Guardians, do their best to:

- Arrive prepared and ready to begin on time
- Attend all training sessions scheduled by the coaching team
- Wear the WVGC training leotard to their final class of each week
- Advise the ACRO Program Coordinator with as much notice as possible if your child will be absent
 - Communicate morning training absences by 6pm the evening prior
- Attend all clinics and competitions when offered
- Accept that training dates, times and coaches may be subject to change
- Bring a positive attitude and good work ethic to all sessions
- Strive to improve their own personal best in aspects of training, strength, and skill
- Advise the Program Coordinator if training needs to be shortened or modified due to injury
- Meet the athlete code of behaviour outlined in Gymnastics Australia's Member Protection Policy.

All WVGC and links to Gymnastics Australia Policies can be found on our website under "About Us > Policies".





Discipline Policy:

WVGC ACRO gymnasts are role models for other members of our Club. As such, we always expect a high standard of behaviour from the gymnasts.

In the event of a gymnast not complying with expectations of behaviour the following steps will be followed:

1. Remind the gymnast of the behaviour that is expected.
2. If behaviour continues, tell the gymnast the behaviour that is not meeting the expectations and ask them to rectify this.
3. If the behaviour continues, gymnast will be asked to cease training for a short period of time to reflect on their behaviour, they will then be asked to return to training, meeting behaviour expectations.
4. If behaviour continues, Parent/Guardian will be called, and gymnast will be sent home from training. Before returning to training after not meeting behaviour expectations, a meeting will be held with the Program Coordinator to discuss behaviour expectations.

WVGC has **zero tolerance for bullying**. Any reports of bullying will be taken seriously and dealt with immediately. The Member Protection Policy can be found on the WVGC website.

Mobile Phones:

It is important that gymnasts are focused on their training whilst at training. As such, the use of mobile phones is not permitted during training. A gymnast may be contacted by a parent through the WVGC Gym Floor phone on 0413 118 908 and, if required, a gymnast may contact their parent/caregiver on this phone and parent/caregivers can text this phone to relay urgent messages such as late to pick up.

Viewing of Training Sessions:

WVGC has an open policy on viewing training sessions. You are welcome to observe training from the seated area outside the Club Administration Office, but we do ask that contact with coaches/gymnasts directly does not happen during training time. If you need to speak to your child, please do so via the Floor Supervisor (identified by their navy-blue shirt with red paneling and SUPERVISOR on the back).

Please only enter the training area or Coach's office if invited to do so by a staff member.

Always respect the rights of all members and always remain courteous. The club will not tolerate negative behaviour towards any member, employee, or volunteer.

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Progressing Through the Levels:

WVGC will use the guidelines and requirements set out by Gymnastics Australia to decide on an appropriate level for each gymnast to compete each season. Safety, confidence, training habits and attitudes, and current and future skill development is taken into consideration.

Every gymnast will have their own strengths and weaknesses, and all will progress at different rates. It is important that you do not compare your child to other gymnasts. Please respect the knowledge and experience of the coaching staff regarding your gymnast's progress.

It is also important to remember ACRO is a team sport and the competition level also depends on what partnerships are best suited.

"We all grow at different rates, and that's okay."

If the ACRO Program is no longer the optimal program to support your child to achieve their potential, there are many other Gymsport pathways at WVGC for them to continue with the sport of Gymnastics.

If your child no longer wishes to continue in the ALP, please advise the Program Coordinator in writing ASAP. Please note that this cannot be done in competition season. ACRO athletes train and compete in a team, if one team member does not continue, this means the rest of the group cannot either.

All Acrobats must commit to training for a minimum of one competition season (March to November)

If you wish to discuss your child's progress with their Coach or ACRO Program Coordinator, please make an appointment with the Program Coordinator via email: acro@wodenvalley.net

Training Commitments:

Gymnastics is a physically demanding sport and can be unsafe if a gymnast is not conditioned correctly. As such, Gymnasts in the WVGC ACRO Program train year-round, including School Holidays, except for the 2-week shut down period over Christmas; the only official break throughout the year.

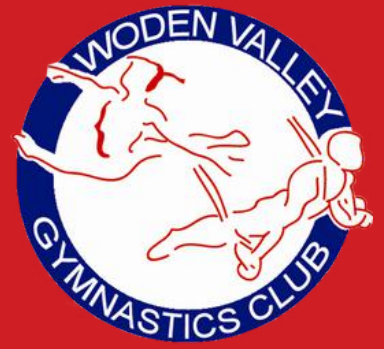
Gymnasts in the ACRO Program do not receive make-up lessons if they miss classes.

Public Holidays – there will be **no** training unless otherwise notified.

It is a requirement that gymnasts attend every session the week leading into a competition - this is to ensure the safety of the gymnast. In a situation where a gymnast has another significant commitment, this must be discussed with the ACRO Program Coordinator and a safety plan/measure must be put in place prior to the week before competition.

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If you plan to go away, and are seeking a reduction in fees, you must provide a request in writing via email to the ACRO Program Coordinator. You are eligible for a credit if the holiday is a minimum of 2 consecutive weeks and the request is provided in writing prior to departure.

Extended absences from training due to travel may result in a gymnast being deemed unprepared or unfit to compete by ACRO Coaches and the ACRO Program Coordinator.

Annual Level Changes

Level changes occur at the end of competition season in Term 3. Gymnasts will be invited to continue in their current level, move into a new level, or cease training in the ACRO Program.

WVGC has several 'Gymsport pathways' that may be more suitable, and we encourage families to explore these if the ACRO program is no longer suitable for your gymnast. Invitation to continue or to move into a new level will be dependent on gymnasts meeting the training expectations above. Previous participation in the ACRO program does not guarantee a gymnast a position the following season. Reinstatement into the level is not guaranteed if your child changes their mind as we have gymnasts on waiting lists.

Training Attire/ Equipment:

Gymnasts must bring to all sessions:

- Leotard or Gym-top
- Training shorts (if gymnast wishes)
- Clearly labelled water bottle
- A healthy snack to training for sessions longer than 2 hours (Nut free).
- Weather appropriate clothing and footwear to be worn before and after training
- Hair that reaches the shoulder needs to be tied up in a neat high ponytail. If the hair covers the eyes in handstand, it must also be tucked under or in a bun.
- No jewelry except for one pair of studs or sleepers, or a medical alert bracelet. All other jewelry must be removed including watches. The Club takes no responsibility for the secure storage of these items. It is the responsibility of the athlete to ensure their items are secure.
- WVGC training leotard must be worn to Saturday training, or their final training of the week if not training on Saturday.

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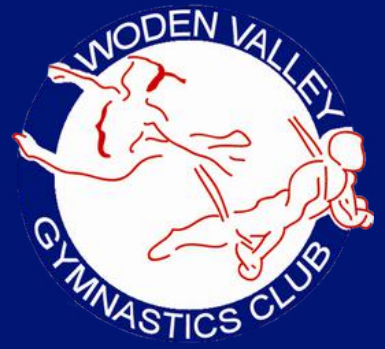
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Club Uniform:

Club uniform is compulsory and is to be worn at all competitions and other specified events.

Uniform Item List:

- Tracksuit – Jacket and Pants
- Polo shirt
- WVGC Navy Backpack
- Competition Leotard:
 - Level 1-3 Short sleeved Leotard, Shorts and matching Scrunchie
 - Level 4-5 Competition Leotards to match their routine/ music

Leotard Care

Initial Care – to prevent colour transference, before first use, wash with a tablespoon of salt in a bucket of water. Swirl the fabric in the water (never soak), then rinse and dry as per washing instructions.

Washing Instructions:

- Garments must be washed separately
- Turn garment inside out when washing
- Handwash in large volume of cold water with mild liquid detergent
- Rinse immediately – Do not allow garment to soak.
- Pat dry with a clean towel and use a tick plastic hanger to air dry

Do NOT...

- Use fabric softeners
- Dry clean
- Iron



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KINDER
GYM
LAUNCHPAD



Free



SPORTING
School



LAUNCHPAD
TIME TO MOVE



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Academic
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Competition/ Clinic Requirements:

Gymnasts will be invited to compete in a series of competitions each year, which are usually held on Saturdays or Sundays. Some of these competitions require interstate travel. Entry details will be communicated with all eligible entrants as they become available from the relevant State Association. A calendar will be sent out at the start of each year containing major competitions, however additional events may be added throughout the year. ACRO's main competitions are in Sydney as WVGC is the only club in the ACT to offer the Gymsport of Acrobatic Gymnastics.

These competitions are a way of motivating gymnasts by providing purpose to training and an opportunity to expose the girls to a larger pool of athletes. The focus of competition is not on winning, but on self-improvement and performance to the best of each gymnast's ability.

Gymnasts are expected to participate in all events that are offered to them. Competition experience is an important part of your gymnast's development in the WVGC ACRO program. Failure to attend competitions/clinics may be considered a lack of commitment to the program and result in a reduced likelihood of being invited to continue in the program in future seasons.



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Accounts

Our Financial Terms of Service are as follows:

All Parents/ Guardians **must have access to their iClass Pro account via the iClass Pro app.**

Please download the app (organisation name is 'Woden Valley Gymnastics Club'), select 'forgot email' option to reset password to gain access to your account.

Fees are processed via your iClass Pro account on the 5th of each month. We will send your statement advising of the amount to be deducted on the 1st of the month, please reply to the email from your monthly statement if you have any questions, or if you would like your account reviewed.

Fees are billed monthly in advance according to your child's allocated training times and are based on a sliding scale; the hourly rate decreases as the hours of training increase. It is the parent/ guardian's responsibility to ensure payments are up to date. All declined payments will receive a notification email and you can log into your iClass Pro App to process payment and bring your account back up to date.

All fees are processed via your iClass Pro account. We recommend storing a bank account as it attracts an 80c processing fee, a credit card will have a processing fee of 2% of total fees, which can add up quickly. Any monies processed in error will be refunded as soon as we are made aware. All refund requests must be made in writing via email, accompanied by your BSB and Account Number and will be made via bank transfer.

If fees are outstanding for more than one month, the gymnasts place in a squad may go into review.

Please note that a gymnasts re-invitation into a squad will also depend if our Financial Terms of Service have been met.

If you are experiencing financial difficulty, please reach out before the monthly due date on the 5th and we will work towards a solution that works for all parties. We ask for communication ahead of time if you cannot meet a payment deadline.

Application for credit for medical leave must have supporting documentation from a medical professional and submitted in writing to the Program Coordinator.

Contacts:

Please note that our staff work varying hours on and off site and contact via email is the quickest way to hear back from us. Please email us to arrange a phone call if you would prefer to speak with someone.

Coaching and ACRO Program Enquiries: acro@wodenvalley.net

Accounts and Invoicing Enquiries: office@wodenvalley.net

By having your child participate in one of our Programs implies that gymnasts and their parents/ guardians agree to abide our Terms of Service.

**** Please note that exceptions to these terms of service will be considered on a case-by-case basis.****

