



2024 WAG PROGRAM Terms of Service & Handbook

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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. Women's Artistic Gymnastics (WAG) consists of four apparatus: Vault, Bars, Beam and Floor. Throughout their training, the gymnasts will learn body shapes, flexibility, strength, co-ordination, spatial awareness, power, balance and concentration. Gymnasts will also train individual skills, skill combinations and towards competition season, full routines on all four apparatus.

Selection into the WVGC WAG 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, on a year-by-year basis, with a limited number of positions available. Prior participation in the program does not guarantee re-invitation the following season.

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 or not meeting our terms of service.



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Woden Valley Gymnastics Club WAG Pathway:

WAG Squad A
21+ hours per week

Preparation for gymnasts to compete in ALP Levels 8-10 and beyond.

WAG Squad B
17+ hours per week

Preparation for gymnasts to compete in ALP Level 6-7, whilst preparing for Level 8 and beyond.

WAG Squad C
15+ hours per week

Preparation for gymnasts to compete in ALP Level 5-6, whilst preparing for Level 7 and beyond.

WAG Squad D
15+ hours per week

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

WAG Squad E
12 hours per week

Preparation for gymnasts to compete in ALP Level 3-4, whilst preparing for Level 5 and beyond.

WAG Squad F
9 hours per week

Preparation for gymnasts to compete in ALP Level 3, whilst preparing for Level 4 and beyond.

WAG Squad G
5 hours per week

Participation in ALP Foundation Levels 1-2, whilst continuing development to transition into ALP Level 3

WAG Squad H
4 hours per week

Participation in ALP Foundation Levels 1-2, whilst continuing development to transition into ALP Level 3

WAG Development Squad
1.5 hours per week

Aims to introduce children to strong foundations to support gymnasts to move into the Foundation Levels and eventually the ALP Levels program.

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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 WAG 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 WAG Gymnasts:

It is expected that all WVGC WAG 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 WAG Program Coordinator with as much notice as possible if your child will be absent
 - Communicate morning training absences by 6pm the evening prior via email
- Attend all clinics and competitions when offered
- Accept that training dates, times and coaches are 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:
[https://www.gymnastics.org.au/images/national/About Us/By laws Policies Tech Regs/Member Protection Policy.pdf](https://www.gymnastics.org.au/images/national/About%20Us/By%20laws%20Policies%20Tech%20Regs/Member%20Protection%20Policy.pdf)

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





Discipline Policy:

WVGC WAG 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. Our 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.

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

If the WAG 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 you wish to discuss your child's progress with their Coach or WAG Program Coordinator, please make an appointment with the Program Coordinator via email: wag@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 WAG program gymnasts 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 WAG 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 WAG Program Coordinator and a safety plan/measure must be put in place prior to the week before competition.

If you plan to go away, and are seeking a reduction in fees, you must provide **a request in writing via email** to the WAG 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 WAG Coaches and the WAG Program Coordinator.

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Annual Squad Changes:

Squad changes occur after the years' competition season has concluded at the end of Term 3. Gymnasts will be invited to continue in their current squad, move into a new squad, or cease training in the WAG Program. WAGC has several 'Gymsport pathways' that may be more suitable, and we encourage families to explore these if the WAG program is no longer optimal for your child.

Invitation to continue or to move into a new squad will be dependent on gymnasts meeting the training expectations above. **Previous participation in the WAG Program does not guarantee a gymnast a position the following season.**

If your child no longer wishes to participate in the WAG Program, please advise the Program Coordinator via email ASAP. Please be aware that reinstatement into the WAG Program is not guaranteed if your child changes their mind as we have children on our waiting lists.

Training Attire/ Equipment:

Gymnasts must bring the following items to all training sessions:

- Leotard or Gym-top
- Training shorts (if gymnast wishes)
- Clearly labelled water bottle
- Grips (Level 4/5 and above)
- A healthy snack to training for sessions longer than 2 hours (strictly 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.

WAGC training leotard must be worn to Saturday training, or the final training of the week if not training on Saturday.

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Gymnasts will require:

- Grips (Level 4/5 and above) **replaced periodically
- Loops (Level 3/4 and above) **replaced annually
- 0.5kg ankle weights (Level 4 and above)

The above items must be clearly labelled and will be stored at the Club in the gymnasts draw in the weights room. Consumable items must be replaced upon Coach/ Program Coordinator request to preserve the safety of the gymnast.

Gymnast Evaluations:

It is important that gymnast progress is monitored to ensure safety, guide planning and goal setting, and provide feedback to families.

Skill evaluations will take place each term to track gymnasts progress on the skills at their current level and in the levels ahead they are working towards. Skills will be evaluated on a five-point scale:

- 5 stars – completed – your gymnast has mastered and moved on from this skill
- 4 stars – mastered – your gymnast can perform this skill with little or no technical errors
- 3 stars – achieved – your gymnast can perform this skill but with some technical errors
- 2 stars – developing – your gymnast is working towards this skill but had many technical errors or only at the drill development stage
- 1 star – not applicable – this is not a skill your gymnast is currently working towards

Gymnasts will participate in twice yearly strength and flexibility assessments in October and May. We aim to align as best as possible with Gymnastics Australia's National Testing and Development Protocols, however there may be minor differences. Following the testing, gymnasts will receive a certificate outlining their current results compared with their most recent previous testing.

Benefits of this testing include:

- Gives feedback to gymnasts, families, and coaches to clearly see progress throughout the year
- Highlights areas of attention to help coaches develop effective programming
- Highlights areas of strength to guide future skill development for athletes.

Skill evaluations are accessible via your iClass Pro App, and emails will be sent to families when new evaluations have been uploaded and are ready to view.





Club Uniform:

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

Level 3-10 Gymnasts require full club uniform.

Level 1-2 Gymnasts require training leotard, competition leotard and polo shirt only, to be worn with plain black leggings.

Uniform Item List:

- Tracksuit – Jacket and Pants
- Polo shirt
- WGC Navy Backpack
- Competition Leotard:
 - Level 1-2 Short sleeved Leotard
 - Level 3-4 Long red sleeved and navy leotard
 - Level 5-7 Long white sleeved and navy leotard
 - Level 8-10 Long red/white sheer sleeved leotard
- Podium Training Leotard (8-10 Only)
- Training Leotard:
 - Level 1-2 Blue short sleeved leotard
 - Level 3-10 Red Geometric short sleeved leotard
- Red Scrunchie
- Digs Navy Competition Shorts or Leggings (Optional). These items must not be worn to training and kept in as-new condition.



Gymnasts are required to wear running shoes and white socks as part of their competition uniform.

Hair must be neatly pulled back off the face and secured tightly (short fringe may be left out). The gymnast should not have to fix their hair during competitions. There are three style options for competition hair:

- Two braids into a ponytail or bun
- A Bun – this can be plain or with braids into it
- Ponytail will all hair in the ponytail sectioned off into three plaits and tucked under

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Leotard Care – Digs Sportswear

Initial Care – to prevent colour transference to lighter fabrics, 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





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.

Competition entries will be sent out through the Club's online booking system or added to your account for compulsory ACT-based events. Late entries cannot be accepted. After entries are submitted, refunds or cancellations are only considered with Medical Certificate and must be requested via email to the WAG Program Coordinator no later than the competition date.

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 WAG 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.

Gymnasts at WVGC train in Squads, the level they are ready to compete will be determined prior to the competition entry date. It will be at the discretion of the Squad's Head Coach and the Program Coordinator, if they are ready to compete at the level they are working towards. If they are not ready to compete this safely, they may be asked to compete at their previous level.

State Team Selection:

Gymnasts in Levels 6&7 can nominate for selection for the ACT Team to travel to an interstate representative event – the Bingham Cup.

Gymnasts in Levels 8-10 can nominate for selection for the ACT Team to travel to represent the ACT at Australian Championships.

For qualification onto an ACT Team at any level, Gymnasts will be required to meet all the selection criteria requirements laid out by Gymnastics ACT.

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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.

ALP Level 7-10 Gymnasts require their own unique floor routine which is choreographed specifically for them. A choreography fee will be charged to your account if your child requires a routine to be choreographed for them. There may be an additional music fees depending on the music licensing and editing needs.

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 WAG Program Enquiries: wag@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.****



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