



2025 STATE LEVELS PROGRAM Terms of Service & Handbook

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WVGC State Levels Program

The GFA State Levels Program is a semi-competitive recreational stream within Woden Valley Gymnastics Club and is based on the sport of WAG (Women's Artistic Gymnastics). The aim of this program is to develop the gymnast's confidence and athletic ability through their participation in a structured and supportive program. Selection for the program is based on observations, assessments and recommendation from our Senior Coaches who are looking for gymnasts who work hard and demonstrate a physical and mental aptitude for a competitive program.

Previous participation in the State Levels Program does not guarantee a gymnast a place in the program in the following season.

Women's Artistic Gymnastics (WAG) consists of four events: Vault, Bars, Beam and Floor. This can be viewed as the equivalent of four sports in one – the reason for increased training hours and expectations on gymnasts. Throughout their training gymnasts will learn body shapes, flexibility, strength, coordination, spatial awareness, power, balance, concentration and discipline in training. Gymnasts will also train individual skills, skill combinations and towards competition season, full routines on all four apparatus.



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State levels program

Senior State Levels

DIAMOND
STATE LEVEL 9-10

RUBY
STATE LEVEL 8-9

SAPPHIRE
STATE LEVEL 7-8

Intermediate State Levels

PEARL
STATE LEVEL 7

AQUAMARINE
STATE LEVEL 6

TOPAZ
STATE LEVEL 5

AMYTHYST
STATE LEVEL 4

Junior State Levels

TURQUOISE
ALP LEVEL 3-4

MOONSTONE
ALP LEVEL 2-3

Senior GFA

SENIOR GIRLS
DRAGONFRUITS
INVITATION ONLY

GFA

SENIOR GIRLS
PASSIONFRUITS

JUNIOR GIRLS
LYCHEES
LIMES
LEMONS

MINI GIRLS
STARWBERRIES
BLACKBERRIES
RASPBERRIES
BLUEBERRIES

Junior GFA

JUNIOR GIRLS
GRAPEFRUITS
INVITATION ONLY

Squad 2026	State Level	Training hours per Week	Training Towards	Competing	Intake from	Pathway	Notes
Diamond	Training State Level 9-10	5.5 or 8.25	ACT State Level 10	ACT State Level 10	Ruby	Level 10 with refined/new skills	Must train 2 out of the 3 sessions. ACT State Level Competitions
			ACT State Level 9	ACT State Level 9	WAO Level 8	Level 9 with refined/new skills or Level 10	National Clubs is available to Gymnasts - ALP Level 7 or 8
					Transferring Gymnasts		
Ruby	Training State Level 9 (some 8's)	5.5	ACT State Level 9	ACT State Level 9	Sapphire	State Level 9 with refined/new skills or State Level 10	Must train allocated training sessions
				or ACT State Level 8	WAO Level 6/7	State Level 8 with refined/new skills or State Level 9	ACT State Level Competitions
							National Clubs is available to Gymnasts - ALP Level 7!
Sapphire	Training State Level 8 (some 7's)	5	ACT State Level 8	ACT State Level 8	Pearl	State Level 8 with refined/new skills or State Level 9	Must train allocated training sessions
				or ACT State Level 7	WAO Level 5/6	State Level 7 with refined/new skills or State Level 8	ACT State Level Competitions
							National Clubs is available to Gymnasts - ALP Level 7
Pearl	Training State Level 7 (some 6's)	5	ACT State Level 7	ACT State Level 7	Aquamarine	State Level 7 refined/new skills or State Level 8	Must train allocated training sessions
				or ACT State Level 6	WAO Level 4/5	State Level 6 refined/new skills or State Level 7	ACT State Level Competitions
Aquamarine	Training State Level 6 (some 5's)	5	ACT State Level 6	ACT State Level 6	Topaz	State Level 6 with refined/new skills or State Level 7	Must train allocated training sessions
				or ACT State Level 5	Turquoise	State Level 5 with refined/new skills or State Level 6	ACT State Level Competitions
					WAO Level 4		
Topaz	Training State Level 5 (some 4's)	5	ACT State Level 5	ACT State Level 5	Turquoise	State Level 5 with refined/new skills or State Level Level 6	Must train allocated training sessions
				or ACT State Level 4	Ametethyst	State Level 4 with refined/new skills or State Level 5	ACT State Level Competitions
					WAO Level 4/3		
Ametethyst	Training State Level 4	4	ACT State Level 4	ACT State Level 4	GFA Senior - Dragonfruit	State Level 4 with refined/new skills or State Level 5	Must train allocated training session
							ACT State Level Competitions
Turquoise	Training ALP Level 3-4	4	ALP Level 4	ALP Level 4	Moonstone	ALP Level 4 with refined/new skills or State Level 6	Must train allocated training sessions
			ALP Level 3	ALP Level 3	WAO Level 2/3	ALP Level 3 with refined/new skills or ALP Level 4 or State Level 5+	2 WVOG Invitational Competitions
					GFA Grapefruit	ALP Level 3 with refined/new skills or State Level 5	Must train allocated training sessions
Moonstone	Training ALP Level 2-3	4	ALP Level 2	ALP Level 2	WAO Level 2	ALP Level 2 with refined/new skills or ALP Level 3 or State Level 4+	2 WVOG Invitational Competitions



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 State Levels 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





Expectations of Woden Valley Gymnastics Club Open Levels Gymnasts:

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

- Arrive prepared and ready to begin class on time
- Attend all training sessions scheduled by the coaching team
- Advise the Program Coordinator with as much notice as possible if your child will be absent
 - Absences for morning training to be communicated 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 and Coaches of an injuries or accommodations required
- Meet the athlete code of behaviour outlined in Gymnastics Australia's Member Protection Policy





Discipline Policy:

WVGC State Levels 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.

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.

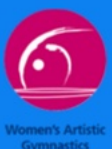
Viewing of Training Sessions:

WVGC has an open door 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. All of our training squads are mixed level squads, and gymnasts may be in the same squad for a number of years, this does not mean that they are competing the same level.

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 State Levels 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 State Levels Program Coordinator, please make an appointment via email: louise@wodenvalleymnastics.com.au

Training Commitments:

Gymnastics is a physically demanding sport and can be unsafe if a gymnast is not conditioned correctly. As such, gymnasts in the Open Levels program train consistently throughout the year, including through School Holidays. No classes will be held for 2 weeks over Christmas shut down or on ACT Public Holidays, these dates will be communicated to you ahead of time via email from the Program Coordinator .

Gymnasts in the State Levels 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 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 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 Coaches and the State Levels 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 State Levels Program. WVGC has several 'Gymsport pathways' that may be more suitable, and we encourage families to explore these if the Open Levels 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 State Levels Program does not guarantee a gymnast a position the following season.**

If your child no longer wishes to participate in the State Levels Program, please advise the Program Coordinator via email ASAP. Please be aware that reinstatement into the Program is not guaranteed if your child changes their mind as there are often waiting lists for these classes.

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 & Loops for specific groups
- 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 longer than the shoulders must be tied back, any hair framing the face (fringe, curtain bangs etc.) should be pinned back where possible.

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.

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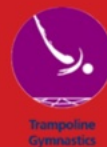
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Gymnasts will require:

- Grips (Level 7 and above) **replaced periodically
- Loops (Level 6 and above) **replaced annually
- Wrist Bands (Level 6 and above) **replaced periodically

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 at various points throughout the year 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

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.





Competition 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 may require interstate travel. Entry details will be communicated with all eligible entrants as they become available. 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. Late entries cannot be accepted. After entries are submitted, refunds or cancellations are only considered with Medical Certificate and must be requested in writing 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 encouraged to participate in all events that are offered to them. Competition experience is a part of your gymnast's development in the WVGC State Levels program, however, it is not compulsory for the State Levels Gymnasts to compete.

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.





Club Uniform:

Competition Uniform is to be worn at all competitions and other specified events.

- Compulsory Uniform: Competition leotard, Scrunchie and Polo Shirt
- Extra Optional Items Include, Backpack, Tracksuit Jacket and Tracksuit Pants
- Non WVGC attire will not be allowed during competition sessions
- Full uniform will be required for interstate competitions.
- Competitions are optional for State Levels gymnasts; however, they are highly encouraged.

Uniform Item List:

- Tracksuit – Jacket and Pants
- Polo shirt
- WVGC Navy Backpack
- Competition Leotard
- Blue Short Sleeved Training Leotard
- Red Scrunchie
- Digs Navy Competition Shorts or Leggings (Optional)
- Plain black leggings (no logos)

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 with all hair in the ponytail sectioned off into three plaits and tucked under

State Level Moonstone, Turquoise: Opportunity to compete at 2 WVGC Competitions + and an Interstate Competition if there's a suitable option that fits into the Program's and Club's schedule.

State Amethyst, Topaz, Aquamarine, Pearl, Sapphire, Ruby & Diamond Gymnasts: Opportunity to compete at 2 ACT State Level events.

Ruby & Diamond Gymnasts: Opportunity to compete at National Clubs

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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, or if you require a due date extension.

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 without prior arrangements being made with the Club, 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.



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Additional fees:

Gymnastics Australia competition registration and insurance annual fee added to February accounts (or upon invitation if the program is joined later in the year). This is a calendar yearly fee, and no discounts are available for late starters.

Equipment Levy of approximately \$70, added to May accounts (or upon invitation if the program is joined later in the year).

Choreography fees will be charged to teach gymnasts their routines for the season. Levels 3-7 will be taught in a small group setting, this fee is approximately \$60* subject to change.

Level 8 -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 (Ruby & Diamond), this fee is approximately \$200* subject to change. There may be an additional music fees depending on the music licensing and editing needs.

**fee details are estimates and exact fees for 2026 will be communicated in December 2025.

Contacts:

Our staff work varying hours both on and off site. The quickest way to hear back from us is via email. If you would prefer to speak with someone, please email us to arrange a phone call.

Coaching and Open Levels Program Enquiries:	louise@wodenvallygymnastics.com.au
Accounts and Invoicing Enquiries:	office@wodenvallygymnastics.com.au

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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