



COMPETITIVE TEAM HANDBOOK

2016

Flipping Brilliant

www.csg.org.nz

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Introduction, History and General

Introduction

Welcome to Christchurch School of Gymnastics Inc. Thank you for your interest in gymnastics and our club. Your time as a parent and gymnast with competitive artistic and trampoline gymnasts will be a very special one. Over the years we have had the pleasure of watching hundreds of children learn, grow, develop and mature into confident young adults who are ready to face the world. We look forward to the unique opportunities which working with your child will present.

Competitive gymnastics will give your child a stage on which to develop their confidence, poise, individuality, mental and physical discipline, determination, appreciation for dedicated effort, and self-respect. Your child will mature among individuals and circumstances that will demand their finest efforts and judgements. They will develop close relationships with other young athletes who demand the best of themselves and expect the best in others. They will also have a lot of fun.

A Brief History of CSG

- 1967 CSG initially established by Marion and Henry Duncan at Crichton Cobbers in Fitzgerald Avenue. From the beginning CSG was successful.
- 1970 Don and Mary Cornes took over, and facilitated a move in 1972
- 1972 Move to old Wesley Church (cnr Worcester Street and Fitzgerald Avenue)
- 1974 Under presidency of C. Barclay Millar, the club became incorporated.
- 1989 Wesley church building was purchased for \$85,000
- 1996/7 Wesley church building sold, and building commenced at QEII Park
- 1997 New gymnasium opened 31st May 1997
- 2002 The club reached the maximum in many of the programmes. Extension and rebuilding discussed and a committee was formed in 2003.
- 2006 After years of lobbying and fundraising, work finally started on an extension on 26 April
- 2007 New extension officially opened by Helen Clarke on 29 March 2007 and named the Lion Foundation Gymnastics Stadium. The club took on a \$350K low interest loan from Canterbury Community Trust and received \$787,438 in grants for the extension costs.
- 2011 Mezzanine Seating is installed. February earthquake damages the gym.
- 2011 ImpactAlpha Gymsports joins CSG.
- 2012 Registered as a Charitable entity. Insurance payout received and plans to relocate get underway

Visit our website to find out more about the club history and achievements at www.csq.org.nz

Overview of Competition History

The club has been extraordinarily successful both in Canterbury and throughout New Zealand.

Our gymnasts have formed the bulk of the Canterbury Gymnastics Teams since the club's inception in the 1960's. We have also had many NZ representatives, in 2012 the NZ Junior International Women's Team of six was all from our club, as was the 2014 Commonwealth Games team.

Governance

The club is an incorporated society and registered as a Charitable Entity, and we are governed by the rules of our constitution. A copy of this can be emailed to you or a hard copy can be requested from Roberta. Our financial year ends on 30th September and our AGM is held as soon as possible after the audited accounts are received. A representative from each competitively registered gymnast's family is expected to attend. We have a Board of Directors who is charged with governance of the club.

The club uses sub committees which deal with such areas as organising fundraising, uniforms, social events, prize giving, assisting with competitions etc. Liaison Parents are used to facilitate communications between coaches and squads.

Mission Statement

To provide quality, affordable gymnastics programmes in a safe and secure environment, which will enhance the fitness and active wellbeing of the community.

CSG is dedicated to providing all youth with the highest quality gymsport experience through participation in our programmes. Participants are treated with respect through the opportunity to experience growth in areas of teamwork, sportsmanship, fair play and skill development.

Our coaches deliver more than just a programme of physical development. Gymnastics teaches self-esteem, motivation, self-discipline, dedication, determination, work ethic, time management, team work, team spirit, leadership, sportsmanship, respect for others, poise and grace.

When the gymnasts have finished with turning cartwheels they will have established a base of life skills that will undoubtedly assist them throughout their non-flipping years.

Our goal is to ensure that each gymnast who takes part in our programme receives the quality instruction regardless of their ability. That they participate in a well organised gym, with excellent equipment and a fun filled learning environment.

Gymnastics demands total dedication, complete commitment, and a desire to be the best you can be. The athletic skill and physical fitness stays long after competitive gymnastics has ended, but it is the mental soundness that is the most important and stays with you longer than the ability to do the splits. The habit of being active is vital in today's world and must be learnt early to ensure a lifelong pattern and love of being off the couch in front of a screen and out there doing something for the joy of it.

A few years of gymnastics is the best preparation anyone can have for any other sport. Once you have trained as a competitive gymnast you will find any other sports training sessions 'easy'.

The staff involved in the competitive area.

Jane Clark – ImpactAlpha Campus Manager

Jane is the club's Administration Manager, Schools Programme Director and also our Event Director. Jane is a Life Member of the club. Jane is managing the ImpactAlpha Campus and is the club's Health & Safety Officer.

Aaron Clutterbuck – MAG & WAG Coach

Aaron became full time in July 2014. Aaron has represented NZ at Pacific Rim level and has completed a Sports Certificate at Aoraki Polytech. Aaron is a graduate of our apprentice coach programme, and has been employed to assist in the WAG & MAG area, and has responsibility for intermediate MAG. Aaron holds a Junior Judge & Coach Certificate.

Charlotte Dolden

Charlotte is an ex CSG senior gymnast with a 10 year competitive award. Charlotte successfully coached our IDP gymnasts from 2009 to early 2014. She has senior coach qualifications and was recently Junior Lead Coach for MLC in Melbourne.

Natalie Donovan – WAG Coach

Natalie completed a Bachelor of Coaching at UC in 2013. Natalie is the trampoline competitive administrator at ImpactAlpha Campus as well as a current trampoline competitor. Natalie coaches STEP's 1-3. Natalie competed in artistic for Aorangi prior to moving to Christchurch and switching to trampoline.

Ben Ellis – MAG Coach

Ben has GSNZ Coaching qualifications as well as a Certificate in Sport and Fitness from Aoraki Polytechnic. He has coached gymnastics for 5 years and has Level 1-3 boys. Ben also coaches and referees hockey at provincial level.

Tracey Ellis

Tracey is our Preschool Class manager at QEII and ImpactAlpha campus. An artistic coach for many years previously, Tracey has come back into competitive coaching again after being involved in higher levels. Tracey coached STEP 1 in 2015 and will this season take STEP 2.

Avril Enslow – Chief Executive

Avril is employed by the Board to manage the club on their behalf, and is a foundation member of the club. Avril is an internationally accredited Judge and has been a senior coach. Avril has judged at many Olympics, Worlds and Commonwealth Games, and has had her international brevet since 1980. A GSNZ qualified presenter.

Pace Foreman – WAG Coach

Pace is an ex GymSports CSG gymnast and has come through our apprentice programme. Pace is completing a double degree at UC and loves gymnastics. Pace has been with CSG for almost 10 years. Pace coached STEP's 3 and 6 previously, and now has STEP 4.

Will Fraser – MAG Coach

Will is an XTND graduate. He is an ex senior gymnast and he has been coaching for two years. He now coaches the junior boys.

Jess Gibson – WAG/AER Coach

Jess is an ex CSG senior artistic gymnast and still competes at an international level in Aerobics. Jess coaches both aerobics and STEP's 4 and 5 gymnasts, and has coached for seven years.

Rosie Griffioen – WAG coach

Rosie has come through CSG's apprenticeship programme. She was a senior gymnast in 2014 and has represented NZ. She is coaching a STEP 3 squad in the 2016 season, as well as coaching GymSports and judging WAG & AER.

Niki Harris – Administration

Niki has been with CSG for about three years and has taken on many responsibilities around the office, including the eFB Newsletter, leotard designs and orders, as well as assisting with accounts and member registrations.

Kay Hayes – TRA Coach

Kay has been a competitive coach for many years at ImpactAlpha, she has been on Canterbury teams as coach and is also a judge. Kay coaches in the advanced area and has senior coach qualifications.

John Howe – TRA Coach

John coaches' competitive trampoline at ImpactAlpha campus. He has been a Canterbury team coach for five years. John is our current Trampoline Head Coach.

Sophie Inwood – WAG coach

Sophie has come through CSG's apprenticeship programme. She was a senior gymnast in 2014 and has represented NZ. She is coaching a STEP 3 squad in the 2016 season, as well as coaching GymSports and judging WAG.

Amanda Johanson – WAG Coach

Amanda has been coaching gymnasts in the USA for eight years, and she was a successful gymnast herself and was awarded a full ride College gymnastics scholarship to Denver. Amanda went on to compete at a world cup in aerial ski jumping. She has been employed as the Junior HP development coach since May 2014.

Marie Lakin – Foundation Skills

Marie is a full time staff member and manages the successful recreation programmes, including advanced and gym sport areas. Marie assists in managing our large schools programme. Marie is the holiday programme supervisor and can be found at reception from time to time.

Toby Levine – Senior MAG Coach

Toby is a former UK gymnast. Toby returned to CSG in March 2010 as CSG MAG Head Coach. Toby has senior WAG & MAG coaching qualifications and is a MAG level 3 judge and a GSNZ presenter. Toby is on the NZ Men's Sport Development Committee.

Nadia Martin– WAG Coach

Nadia was a senior gymnast in Timaru and has now completed her Bachelor of Coaching at UC. Nadia coaches STEP 3 and 5 squads.

Roberta Massey - Reception

Roberta is the friendly face you meet when you come into QEII. Roberta has been at CSG for over 13 years so she will be able to answer any of your questions.

Lisa McInroe – WAG Coach

Lisa was the first artistic gymnast from the West Coast to attend nationals representing Canterbury. Lisa coached the Greymouth team for 5 years before moving to Christchurch in 2015. She also represented Canterbury as a coach in 2015. Lisa attended gym school and has Junior coaching credentials and will sit her judging licence in 2016.

Tammy Tahuu – WAG coach

Tammy has GSNZ Junior Coach and judging qualifications. Tammy began coaching 13 years ago in Timaru and this is her 4th season at CSG. She coached STEP 5 in 2014, STEP 6 in 2015 and STEP 7 in 2016. She has been a Canterbury team coach since 2013. She has coached National Bar and Floor champions. Tammy lives in Ashburton so she makes quite a commitment to travel to CSG.

Contact details

For information your first point of contact is Roberta on the front desk (3886616). Staff are not always available to take calls; please leave a message either with Roberta by phone or her email, or on their answer machine and they will get back to you.

Roberta	admin@chchgymnastics.co.nz	Avril	avril@chchgymnastics.co.nz
Jane	gymoffice@inet.net.nz	Toby	mag@chchgymnastics.co.nz
Niki	niki@chchgymnastics.co.nz	ImpactAlpha	iagymnastics@hotmail.com

Competitive Team

Competitive or not

The competitive gymnastics system requires that the gymnasts have natural physical and mental attributes. There are no hard and fast requirements, as it is known that strength in some areas compensate for challenges in other areas.

It is hard to predict a gymnast's ultimate potential as a junior, due to their young age, and physical and mental development.

Competition is part of everyday life. We strive to be the best we can be in athletics, business, school exams, and as parents and educators. This competitive spirit, however, must be learned and developed. This is best started during the early character shaping years. The spirit of competition lies within the human psyche, waiting to be nurtured and developed for real world application throughout our lives. At CSG, we are committed to fostering a healthy spirit of competition among our young gymnasts.

There can be a place for everyone on the competitive gymnastics field; and the reality is that a rare few will make it to the top. It must therefore be the process, and not the outcome, that is emphasised. Accomplishment and success come to fruition only after a sometimes long and arduous process. Our challenge then is to nurture the gymnast in a healthy, wholesome, enjoyable environment, emphasising sound, progressive fundamentals, so as to become a model for others to live by.

Coaches at CSG believe that it is important for every gymnast to get as much out of this sport as they possibly can, while at the same time having an incredibly positive experience. We ask that parents recognise the processes and help keep undue pressure off the gymnast with its risk of premature and unfulfilled retirement. Success is: *"To be the best that you are capable of becoming"*.

Selection to competitive squads

All new gymnasts interested in joining the competition squads must go through our testing process. These are important so that we can place the gymnast in the best possible place in the programme where they will be most happy and successful.

Placement into the squads is by invitation only.

- Gymnasts can come through our general gymnastics programmes and be invited to try out.
- Transfer from another club's programme – there is a transfer fee. Elementary \$60, Jnr \$120, Snr \$180 and High Performance \$250.
- At the end of Term 3 a testing day is usually held. Gymnasts audition for placement with the team programme.

We offer competition opportunities such as inter squad, inter club, regional, provincial, national and international competition. At times our gymnasts will also travel as a club internationally for competition and / or training. From time to time we provide opportunities for display and demonstrations at different events and occasions.

It is obvious that gymnastics is a very technical sport whose very nature encourages a search for perfection. Advancement and success in the sport requires mastery of basic skills. Similar to a pyramid, the larger the base of support the higher the pyramid.

Acceptance into the Competitive programme is based on a number of factors including but not limited to:

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

Introductory Period

The 4th Term of the year is historically an introductory term for gymnasts coming into the competition squads. This is the term where the new squads are formed for the next competitive year. Conditioning and skill progressions are begun for the new routines. It takes quite a bit of time, work and effort before the gymnasts are ready to enter into a competition. This time is also used to see if these more structured training sessions are for the gymnast and their family.

At the end of Term 4 (December), the gymnast and family should make a commitment for the coming competition year. As the new gymnasts must officially join the competitive team, it is at this time that squads and timetables for Term 1 are finalised. The gymnasts must register as members and pay a competition members fee of \$100 per year. See [Member and Tuition Fees](#). Every additional sibling that is in the competition programme gets a 50% discount off the Competitive Member Fee.

A general meeting with gymnast / parent / coach will be held. At this meeting the team policies will be discussed, goals set, questions answered.

Uniform

Boys (MAG- Men's Artistic Gymnastics & Trampoline) wear leotards and matching shorts - the leotard is the same throughout the levels. Girls (WAG- Women's Artistic Gymnastics) have a junior leotard, an intermediate and a senior leotard. Female trampolinists have a GK platinum blue / green / and pink leotard.

Tracksuit – for 2016 the club gymnasts will all wear the same tracksuit navy and white splice. Regional GymSports will wear the lighter blue, red and white tracksuits. Trampoline will have the navy and white splice suits.

We do have a club T shirt that is able to be worn by all of our members. It is \$5 and available while they last from reception. Trampoline gymnasts are able to wear club T shirts and shorts in their first year of competition instead of leotards.

Uniforms should be:

- Worn with pride.
- Worn correctly - leotard sleeves must not hang down under the tracksuit top.
- The tracksuit in its entirety should be worn.
- Absolutely no gum chewing anywhere while in uniform, or in our gymnasiums.
- Clean white socks should be worn or no socks.
- No fluffy, soft toys should be carried while in uniform.
- Hair must be off the face and / or tied back and not detract or affect performances.

Note: see section "2016 uniform requirements" for detailed uniform requirements.

Where to get the uniform?

The club has leotards for sale; orders will be lodged for the MAG and WAG & TRA uniforms. The uniform officers will measure gymnasts and order directly for you. Details come out in February from the uniform officers.

Second hand uniforms can sometimes be bought at the uniform sale run by the Uniform committee each year. The 2016 date for the sale is Saturday the 27th of February.

CSG uniforms should only be on-sold within the club, and must not be listed on TradeMe etc. for re-sale.

2016 Uniform requirements:

ALL CODES

Navy and white splice Tracksuits – orders through CSG.

ARTISTIC

WAG Step 7 & IDP 5 up	Leotard GK platinum, pink & green
WAG Step 5 & 6	Leotard – Snowflake – red, white and blue
WAG Step 1-4, IDP 1,2 & 3	Leotard - Snowflake- red, white and blue
MAG	Leotard Christian Moreau blue leotard and white longs Or blue shorts

TRAMPOLINE

Girls	GK platinum, blue, green & pink CSG T shirt for warm up or track pants
Boys	Leotard Christian Moreau blue leotard and white longs Or blue shorts. CSG T shirt for warm up or track pants

Competition Registration Fee

This annual fee is charged by Gymsports NZ and entitles the gymnast to compete in any of the sanctioned competitions run in New Zealand by the member clubs. This fee is invoiced in quarterly instalments and is added to the gymnast's account at the beginning of each term. The first artistic competition is normally at the end of May. Trampoline's first competition is in March.

For details of fees please see [Competitive section](#).

Competition Number

Once an artistic gymnast is registered with GymSports NZ as a competitor, and the fee paid, they are issued with a six digit competition number. This number remains the same for the gymnast's whole career, currently new gymnasts have not been issued with a physical copy to wear due to the change in direction from GSNZ. Six digits is not practical and the requirement to wear them has been removed.

If a competition number is worn it should be pinned (little gold safety pins are great) to the back of the leotard in a way that will not 'rip' 'pull' the fabric. It works better if the number is pinned on while the gymnast is wearing the leotard. Ensure that the gymnast bends over rounding their shoulders to imitate the maximum stretch that will be required during a routine.

Note: Trampoline and regional competitive gymnasts have never had to wear numbers.

Mentoring / Buddies

Our club has a strong big sister programme working in the Senior and Intermediate area. This has worked extremely well in the past, and we intend to expand it into the Junior area in the near future. Our gymnasts are expected to be excellent role models for the younger ones in the gym, and we are proud to say that they are.

Policies

The club has over the years developed a full list of policies that will be important to you as you move through the system, for example:

- Concerns Policy
- Communication Policy and Reporting to Parents Policy
- Competitions Policy
- Tour Policy
- Training Policy
- Fundraising Policy

Please ensure that you take the time to read these. They are available from the front desk, or we can get you a copy, please ask at reception.

Training

Safety

Gymnastics is an inherently dangerous sport. We want all participants to be fully aware of the risk involved. Speed, motion, height, flipping, and the difficulty of the skills put our gymnasts in potentially life threatening situations on a daily basis.

We are very aware of the 'potential danger' and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is doubt as to the consistency of a skill. We believe in proper and meticulous progressions as lead ups to the more advanced skills. We believe in padding and matting and any training devices designed to make learning and gymnastics as safe as possible.

Punctuality & Training attire

Gymnasts should be on time for their class and ready to go, and must stay until practice is completed unless they have been excused for a good reason. It is disruptive to have gymnasts arrive well after a session has started. This makes it quite difficult to set the tone and expectations for the session.

Gymnasts must stay off the equipment until the class begins. At CSG we have a squad line up prior to class beginning and at the end. All taping must be completed prior to practice and all equipment required for training must be removed from the changing rooms (wrist guards, water bottles etc.)

Hair should be pulled up away from the face. Very long hair should be arranged in a way to not interfere when the gymnast is upside down, or turning saltos. Gymnastic attire only should be worn, no beach gear, or fashion clothing please, watches and jewellery are also not acceptable, only small stud earrings. Gymnastics is a discipline which starts from the way the gymnasts present themselves.

Respect yourself and others

Gymnasts are encouraged to respect their physical self. Gymnasts should fuel their bodies with nutritious food, have plenty of rest, and listen to their bodies when it tells them to stop, because of injury or ill health.

Gymnastics is the most demanding and difficult of all sports. There will be fear, setbacks, frustration, and defeat. Expect these things, learn from them and face them and overcome them. Set high goals and achieve them step by step. Maintain a positive attitude when facing your fears and frustrations because it is your attitude that helps you to defeat them.

Gymnast / Coach - Coaching Ratio

The exact ratio will depend on the level of the gymnast, experience of the coach and the nature of the activity being done. This will generally be 8 or 10:1. You will realise of course that the hourly tuition rate for competitive squad gymnasts usually does not cover the hourly rate of the squad coach, let alone the administration and overheads in running an operation of this size and the type of programme that it is. Trampoline ratio is usually a little lower due to the nature of the sport.

Supporting your child

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

Areas that you can help are:

- Please provide **positive support during training and competition, irrespective of performance on the day**. If it doesn't go well and the parents criticize or place pressure on the gymnast additional to and unknown to the coaches, the sum total may be more than the gymnast can cope with.
- Please provide a ***training free haven at home***.
- You are encouraged to support and enjoy your child's progress in training **occasionally**, come and see a new skill or routine. It is best for a coach and gymnast to work together for the majority of the sessions.
- Your child can gain independence by bringing themselves onto the gym floor, ready to start training.
- At all times please use the spectator area. Wireless Internet access is available at QEII (password from reception).

NOTE: Parents can take a gymnast's focus away from a task and may undermine the relationship between the coach and the gymnast. We would prefer you do not stay for the whole session. Never ever lean over the balcony and talk to your gymnast, we are the coaches you are the parent. If there is an emergency and you need to take your gymnast from class please talk to reception.

Injured Gymnasts / Illness/ Absences

Injured gymnasts are expected to be at training for a portion of the scheduled time. When a gymnast becomes injured it is our goal to concentrate on the areas of the body or the areas of training that the gymnast can improve while they are recovering. It is important the gymnast remains in contact with their team-mates and continues to condition. Every injury of course is different and the coach will advise you on how long the gymnast should stay at training or whether they need to come at all. We would appreciate a note from the sports doctor to let us know of the extent of the injury, what the gymnast may or may not do and the expected recovery time.

Training fees are only adjusted if absence from the gym is for longer than four weeks. You realise that our overheads are based on squad numbers and costs continue even if one or two gymnasts are missing.

Ill gymnasts are not expected to attend training at all, please keep them at home. If a gymnast is slightly off colour, or is anxious for any reason it is imperative that the coach is informed so that leeway can be given and the gymnast monitored especially in the performance of challenging skills.

Gymnast's that have infectious diseases (chicken pox, measles etc) must not come to the gym while they are contagious. Open wounds, sores and verruca's must be securely covered at all times within the gym environment.

Injury during training

If a gymnast is injured during a training session the correct procedure of first aid will be administered, as per First Aid/Health and Safety Manual. At all times a senior qualified coach will oversee and assist with the gymnast in this instance. For minor injuries, appropriate first aid e.g.; ice, compression, and rest will be implemented. In the event of an injury which requires further medical treatment, the gymnast's parent will be contacted immediately to

advise follow-up treatment i.e.; collect gymnast from the gym to transport to medical centre or advise of gymnast's injury in which an ambulance has been contacted. Unfortunately, we are unable to administer any medicine and/or pain relief prior to any medical assessment.

Absences

Gymnasts must endeavour to attend all practices, competitions and special events. The gym must be called (or text) to alert the coaching staff if your child will be absent for any reason.

Sports Medicine

It is important that gymnasts attend sports specific medical doctors for sports related injuries. These practitioners are trained to deal with the type of injuries that can occur to athletes. We have a good relationship with Active Health and Sports Med in Bealey Avenue.

Lockers & Personal Gear

Lockers

Lockers are provided for our gymnasts based on seniority. Usually a gymnast is in Level 4 / STEP 5 before they are issued with a locker. Sometimes the Level 4's and STEP 5's have to share. If there is no locker allocated gymnast's bags need to be kept in the change room.

At ImpactAlpha Campus other arrangements will have been made.

Please ensure that no valuables are kept in the changing room or lockers. We have security measures in place to ensure that members of the public cannot access the changing rooms.

Unfortunately, we cannot guarantee the security of any personal items in the building.

Personal Gear

Gymnasts must have their own weights, hand guards (if used) wristbands, gloves and loops. All gear must be clearly named, and that includes t shirts, tramp shoes, and socks etc. anything that is brought to the gym. We constantly find clothing and property left behind and if it is named we can return it to the gymnast's or coaches lockers. Socks unnamed will be thrown away. At times we also have school uniforms and shoes left behind, ***please name everything***. Shoes must be worn into and out of the gym. Dirty feet transfer dirt to our mats and carpeted areas. Ducks and dogs frequent the park and we do not want their mess in our gym!

Discipline

Rules and regulations which govern the gymnasts and their parents have been outlined here and in our policy manual and constitution. In the event that there is an ongoing pattern of disruption or there are major rule infractions, it may become necessary to impose some disciplinary action in an attempt to improve the situation.

The list and procedures below are not intended to be all inclusive, please see our other publications.

a) The gymnast may not be able to rotate with the group at the designated time. They may be asked to complete the work set or repeat the tasks.

b) The gymnast may be asked to sit and watch. Or be given appropriate conditioning to perform which will help focus their attention and build strength to accomplish the task.

c) The gymnast may be asked to leave the gym floor and either wait upstairs or in the foyer to be collected. The gymnast **must not** leave the building. They must be collected by their

parents early or depart at the normal time with their arranged lift home. The coach in this case should request a meeting with the parents to discuss the situation.

d) The gymnast may be asked to leave the programme if we cannot get them to conform their behaviour to the expectations of the competitive team. This is reserved for the most serious violations and when there is an ongoing problem with disruption and disrespect within the gym that has proved resistant to change. We will not let the bad attitude of one gymnast to bring down the spirit and work ethic of an entire group.

e) It is also possible that a gymnast will have to leave the club because of the action or inaction of their parent (s). While we never want to punish a child for the actions of their parent (s) we will not tolerate parents who by their words and actions do not support the policies and values of our club.

We cannot and will not run to a parent every time we have a problem with a gymnast. The development of the coach - gymnast relationship is very important. We will attempt to build our own relationships with our athletes; this relationship is built on time shared, work performed together, and the emotional ups and downs that are part of all important ventures.

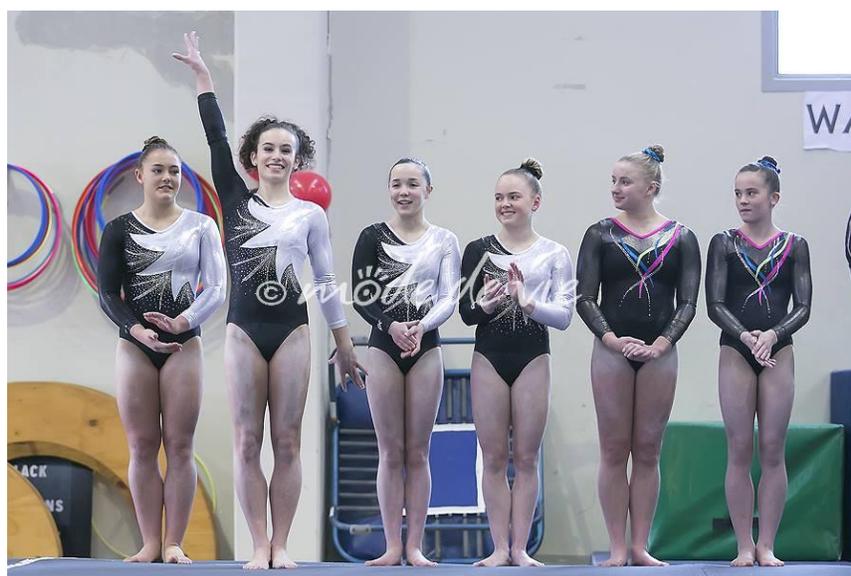
The downs include discipline problems and we will attempt to solve them within the framework of building a relationship. Therefore calling a conference with a parent signifies a need to work outside the coach - gymnast's relationship. In this instance we need your help to overcome a challenge that is too much for us to accomplish on our own. It does not necessarily mean we have a serious problem – it just means we need your help.

Not for you?

If you decide that gymnastics is no longer what you want you must write an official resignation letter.

Fees are still due for the month of the resignation or for the term for juniors.

CSG is an incorporated society and we budget carefully to ensure that we are able to operate.



Communication

Introduction

CSG has a comprehensive communications policy. We aim to inform you the best we can. We spend a lot of effort to ensure that we are communicating effectively with our members, please do your bit and help us by checking notice boards, opening our email newsletters, emails from liaison parents, the front desk and whiteboard at regular intervals.

Flipping Brilliant is the name of our newsletters. These are:

- One every term at about week 4 (hard copy as well as emailed). This has news relevant to all sections of the club.
- An email newsletter (flipping brilliant) comes out approx. weekly and this is for competitive parents only. A hard copy of this is always available at the front desk for those that do not have access to email please ask.

We would like to encourage parents to let us know news of their gymnast's successes outside the gym for inclusion in the e-Flipping Brilliant. It is important that we acknowledge all efforts and successes.

The gym has a white board in the foyer for everyday news, Emailing us (or Facebook) is the fastest way to get messages to us.

Check our new website for other interesting information www.csg.org.nz, we also have Facebook, Instagram and Twitter.

Liaison Parents

Each competitive squad has a liaison parent. QEII and our ImpactAlpha squads use liaison parents as a communication tool between coaches' / staff / office and parents. It is an easy way to get information quickly to everyone and also is a way that competitive parents can find out information without having to call the office or coach.

The liaison parent's job description is held at the front desk for those that are interested.

Niki is the staff member that is the liaison parent coordinator, niki@chchgymnastics.co.nz

Gymnast Reports

We aim to have report cards out to parents detailing the progress of their gymnast in Term four (their first term) and Term one. Terms two and three are competition terms so in effect the competition results are an indication of the gymnast's progress. Due to timetabling of the squad training sessions it is difficult to speak with a coach prior to or after a session, unless of course it is the last class of the day.

We would like to encourage you to ring for an appointment or request Roberta to have the coach concerned phone you at a convenient time to talk. See [Contact details](#)

This is an area that we are trying hard to improve as we know it is important that you understand what is happening to your gymnast and that you are able to get feedback at regular intervals. However, it is not appropriate to disrupt the beginning of the next class to spend 10 minutes with a parent from the class finishing.

Timetabling is such that we do not want the younger members finishing any later than they are so classes are always timetabled back to back.

Once per term the coach may arrange an early finish or start to a session and use this time to talk to the gymnasts and parents about the progress that the group or squad is making as well as the squad goals and any other pertinent information. We do need to know immediately if there are any issues at the gym or at home or school that is affecting your child's attendance or behaviour.

If you have a problem, we do have a concerns policy that can be followed (please ask at the front desk for a copy). The liaison parent is also able to call a meeting if there are concerns that need to be aired.

Publicity & Promotion

Members are expected to consent to the release of information and pictures of themselves to the media. We also expect to be able to publish photos or information on our website for promotional purposes. The consent to do this is part of the membership enrolment form you sign as a competitive member; it also allows GSNZ the same rights for the same reasons. Please ensure that you advise us immediately if you wish to restrict access of images of your gymnast.



Parent Involvement

Fundraising

Travelling to interclub, regional meets, nationals and international competitions is an essential part of the ongoing development and success of our gymnasts.

Our fundraising committee works hard at raising funds. The money raised goes towards the costs of gymnasts and coaches travel to particular competitions. It is also used for grants to our Canterbury and National representatives to assist with their costs. This in turn helps keep the club's competitive tuition fees lower.

We require **all parents** to participate in fundraising. The extent of the involvement expected gets higher as gymnasts progress through the levels from elementary and junior to intermediate and senior levels. A high level of involvement is also expected from parents of gymnasts in our high performance squads.

Our regular fundraisers include running our canteen at competitions and special events, supermarket stocktakes, assistance at travel expos and a sausage sizzle outside the gym on Saturday mornings. Other fundraising ventures are held from time to time, such as beer tastings, quiz and movie nights

Club Spirit

We expect all gymnasts and their families to support every other gymnast in the club by cheering them on at competitions. We would also like to see families involved in any special event, fundraiser or social that the club holds, even if they are not directly involved.

Competition Volunteers (Artistic)

Competitions in Canterbury are run by the clubs. Every year CSG hosts three big competitions, South Island Invitational at Queen's Birthday weekend, Canterbury Championships for intermediate and senior artistic gymnasts (early August) as well as our annual CSG Classic in the July holidays. Assistance is needed in the following areas, floor managers, equipment personnel, judges, recorders, announcers, scorers, data input, door entry people, music assistance etc. There is always something that can be done to help where previous experience is not required.

All parents are required to assist at competitions. Usually once or twice per year is all that is required if everyone helps. A training day is held prior to the competition season for those that wish to be recorders (judges secretaries). All volunteers are entered into our volunteer draw to win some great prizes.

Competition Volunteers (Trampoline)

Trampoline competitions require parents to act as "spotters" around the trampoline. CSG does not at present host trampoline sanctioned competitions but we do run Interclub competitions. In 2014 we hosted a successful competition and each year we host an annual interclub meet.

Competition Etiquette – International protocols

Please note:

- You must not approach any judge during or after a competition regarding the scoring etc.
- Coaches must not be contacted while coaching.

- Please do not approach the gymnasts on the floor, or call your gymnasts off the floor to you during a competition or during the warm up preceding the competition.

Competition

Entering Competitions

The coaches will decide if your child is ready to compete, but you will be asked at the end of term 1 to fill out a “**competition availability form**” to indicate which competitions your gymnast would like to be considered for. The staff will use this information when entering gymnasts into competition.

A Gymnast will not be entered in a competition if the skills have not been mastered. We would never want to embarrass a gymnast by placing them in a situation in which they do not feel confident and comfortable. Missed practices therefore can mean missed competition opportunities.

Note: Please see section [Entry Fees](#)

Competition Fees

Member and Tuition Fees

The Board & Finance Committee approved a fee of \$100 per calendar year for all competitive squad members from 2008, this has not increased. This fee helps to cover part of the cost of administration of the programme, coach’s costs to competitions - time, travel and accommodation, team entry fees (approx. \$15 per team of 4), competition cards, prize giving expenses such as engraving, trophies and competitive rosettes, manuals and other such resources. This fee is charged through to your gymnasts account at the beginning of the year (Term 1). 50% discount for siblings.

Trampoline and Junior Artistic Gymnasts are charged fees in blocks of approximately 11 to 12 weeks of tuition. This goes a part of the way to cover the gym overheads and coaches costs. Competitive Team tuition does not cover all costs, the costs are heavily subsidised by the recreational, participation and schools programmes.

Junior IDP stream, senior and intermediate artistic gymnasts are invoiced monthly (generally that train more than 12 hours). The monthly fees are due on the 15th of the month and include holiday training and clinics. The fees are worked out on an annual basis and divided into 12 monthly instalments. The competitive year begins in October (after Nationals) and goes through to the National Championships, approximately 48 weeks are guaranteed. Generally three weeks are off over Christmas, New Year period, and a short period after Nationals.

Your child’s involvement in a gym sport will cost you money, time and effort. The gymnasts train in our large and well equipped gymnasiums under the direction of an educated experienced and professional staff, the best in New Zealand.

The overheads incurred in running such a large gym sport club includes, lease (approx. \$110,000 for ImpactAlpha), utilities, power, insurance, maintenance, software licences, cleaning, compliance costs etc. in addition to wages and equipment. It is unreasonable to believe that this organisation can operate at this level without adequate funding. Our turnover is over \$1m and tuition fees (competitive members) account for about 30%.

Coaches spend an enormous amount of time planning outside of the squad training times. In addition to the time actively spent coaching they organise, prepare the coaching sessions

attend meetings and updating courses. Travelling to and from competitions and attending competitions is also another cost to the club and it is unreasonable to expect our professional coaches to do this as only a labour of love.

Our coaches are employees and as such are protected by the laws of the land. ACC, holidays, public holidays, compulsory Kiwisaver and sick pay are other factors that we need to take into account when we do our annual budget. Tuition fees for competitive members range from \$8.14 (excluding GST) per hour to \$1.56 per hour for those gymnasts that train over 25 hours a week.

It is a bargain for what you are getting and very cheap in comparison to some other sports. Our coaches and staff are highly qualified and very experienced, many with relevant degrees and experiences.

Entry Fees

The Team Leaders and staff will set the competitions (meets) that the squad will attend early in the year when the calendar becomes available.

We need to arrange entries for approximately 200 members in 25 different divisions in four codes. It is impossible to individually ask each gymnast each time a competition comes around. You will be required to fill out a “**competition availability form**” at the end of term 1, and this will be followed unless we receive written confirmation PRIOR to the entries being sent in.

The E-FB will remind you when closing entry dates for competitions are coming up. If your circumstances have changed, and you wish to alter your form please advise Roberta or Lisa for WAG, Toby for MAG and Natalie for TRA.

Competitions range from \$25 for small specific competitions like tumbling or badge trampoline, to the qualifying and championship competitions \$40 to \$70. National Championships are usually \$125- \$140.

Competition entries and payment are called for three to five weeks in advance and the fees are not refundable. Therefore there is **no reimbursement** for mistake in the entries or for any withdrawals, except for injury situations with medical certificates.

In the case of an injury necessitating withdrawal from a competition a doctor's certificate needs to be supplied no later than two days after the meet, no exceptions.

Late entries usually incur a fine of double the cost.

The competition entry fee must be paid by the due date.

GymSports NZ Registration Fee

This fee is charged by GymSports NZ and is collected by us and passed directly to them. GymSport New Zealand uses the levy collected to administer the sport and provide the programmes and resource the competitive system.

This fee entitles the gymnast to compete in any of the competitions run in New Zealand by the member clubs. This fee is added to the gymnast's account in Term 1, and must be paid prior to the end of Term 1. Term 2, 3 and 4 it is invoiced in the first week of each term.

The GSNZ registration fees for 2016 per quarter are;

- \$31.00 Senior Artistic, and International Tramp
- \$19.00 Junior Artistic and National Tramp

Competition / Missed practices

We may cancel a training session the day after a competition for the levels involved in the meet. This is to give the gymnasts and the coaches a day off to recharge their batteries and rest. This will depend on the coaches used and where we are in the competition year. We will notify everyone well in advance if this happens.

If our full time coaches work on a Sunday at a meet we may need to arrange a day off in lieu. We pay the coaches that are with our club gymnasts on the floor at a competition and it is considered a training session for the purposes of tuition fees.

Gymnasts who have training sessions cancelled due to a competition on that day will not have make up sessions scheduled as the competition day is in lieu of training.

If a training session is cancelled for a class but there is no competition running that weekend the coach will reschedule the class when possible. There is no training on a public holiday.

Monthly invoices- the tuition is worked out on a four week month – and we know that 11 months have more than 28 days – the additional days are used to take into account public holidays and other days where tuition is not able to be provided.

Junior squads – some sessions will fall on a public holiday, these we will endeavour to make up – usually by having longer sessions or additional sessions during holiday periods.

Competition Cards:

Competitive artistic gymnasts will receive a competition card at the first competition of the year. This will be held by the coach and taken to all the competitions during the season and the gymnast's scores for each apparatus will be recorded on it. From time to time cards are able to be taken home but must be returned prior to the next competition. Ribbons cannot be earned if there is no card at the competition.

GSNZ Level pins can be purchased for each level passed, please order at reception. Liaison parents can assist with the orders. CSG does hold some stock, but generally cards need to be signed off by GSNZ before pins can be purchased.

Ribbon Award Scheme with Competition Cards

Introduction

The Ribbon Award Scheme is an incentive performance based scheme, which gives instant recognition to individual achievement independent of a gymnast's ranking in a Competition. The Ribbon Award Scheme operates in Levels 1-6 inclusive MAG and STEP's 1 to 6 in WAG. Ribbons may be awarded at any Gymsports NZ sanction artistic competition.

Ribbon Awards

When competing in the first competition at any level, a gymnast will be awarded a ribbon On each of the apparatus of a colour depending on the score achieved:

Ribbon	WAG STEP's 1 - 6	MAG Levels 1 and 2	MAG Levels 3 and 4	MAG Levels 3 and 4
D Score¹	5.00			
Gold	14.00+	11.00+	11.300+	11.600+
Red	12.50 to 13.99	10.00 to 10.999	10.00 to 11.299	10.00 to 11.599
Blue	12.00 to 12.49	9.00 to 9.99	9.00 to 9.99	9.00 to 9.99
Green	<12.00	<9.00	<9.00	<9.00

Thereafter, the gymnast will be awarded additional ribbons if their score on an apparatus improves to a higher score group. e.g. if STEP 2 gymnast scores 11.0 on an apparatus, they will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent event, they must score at least 12.00

¹ This may also be called "Start Value". "D score" means difficulty score.

Team Selection

A team consists of three or four gymnasts. The three highest scores on each apparatus is added together to get the final team score.

WAG: over 4 apparatus – 12 scores are used

MAG: over 6 apparatus – 18 scores are used

Team leaders and the coaches in the STEP's / Levels will select the teams prior to the competition. The selections will take into account recent training, any applicable PAT test results, previous competition results, competition readiness etc.

CSG will normally only enter a maximum of two teams in any one STEP / Level. On occasion three may be entered.

For the bigger competitions team selection will also take into account apparatus specialists, which in their opinion will make a difference to the team total and outcome.

WAG Competition Groupings – Under and over's

In the WAG programme each STEP is split into age divisions.

The age divisions may or may not be separated in the competition proper but are normally separated out in the results depending on the numbers competing. Elementary and junior always have two divisions per step. Teams may be made up from both divisions.

The age division is determined by the age the gymnast will turn during the year. Gymnasts MUST be 5 years old to compete.

STEP	1st age division	2nd age division	STEPS 1 to 4 Totals	
STEP 1	up to 7	8+	56.00 to 60.00	must move up
STEP 2	up to 8	9+	50.00 to 55.999	may move up
STEP 3	up to 9	10+	< 49.99	must repeat
STEP 4	up to 10	11+		
STEP 5	up to 11	12+	STEPS 5 & 6	
STEP 6	up to 12	13+	56.00 to 60.00	must move up
STEP 7	up to 13	14+	50.00 to 55.999	may move up
STEP 8	up to 14	15+	< 49.99	must repeat
STEP 9	up to 15	16+		
STEP 10	up to 15	16+		

Prize giving

The club prize giving is held about eight to 10 weeks after the end of the competition season. All competitive team members receive a rosette acknowledging the work through the season. Squads may have the opportunity to present their work to the parents and participate in fun displays. Trophies are awarded to those gymnasts that have achieved the best results over the year in each level, as well as those that have made the most improvement.

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

Competition Structure and Judging

General

The MAG & WAG system allows for gymnasts to compete in the one system. Male gymnasts develop a lot slower than girls so the process takes longer, and International males are usually in their 20's before they get to their peak. Females are usually in their very late teens although there are more and more older women competing internationally. The record is a 39 year old at the World Champs in 2015. NZ competes the WAG Australian International Levels programme as well as the National Levels (MAG), STEP's (WAG) and regional gymsports pathways for gymnasts. Trampoline has interclub and National squads.

Moving Through the Levels

One of our goals at CSG is to develop happy healthy and confident gymnasts. One way in which we can meet this goal is to place the gymnasts at the level in which they will be happy, safe and confident. This means that every gymnast must be able to perform the skills and sequences required for each level comfortably. The skills should not be at the edge or beyond their ability level. We cannot ask the gymnasts to perform routines at competitions that they cannot comfortably consistently perform at training.

Coaches will guide the gymnasts using the information above. There is a minimum pass mark set by the Women's Sport Development Committee to pass to the next STEP at the end of the season, and also a mandatory score to step up. These are to be found on the previous page.

Sometimes we believe it is in the interests of gymnasts to repeat a STEP or Level, gymnasts must be able to confidently achieve. With the two age levels in WAG doing an additional year and being more successful has been a good choice for many of our gymnasts. In some instances, a gymnast may have achieved a minimum pass mark, however it will be at the coach's discretion, the gymnast's best interests, the gymnast's current and future ability, and discussion with the Senior WAG Coach as to whether a gymnast repeats or progresses to the next STEP.

If a parent has any concerns or queries in relation to repetition and/or mobility through the STEP's, please feel free to contact or discuss with the gymnast's coach. Contact can be made via email admin@chchgymnastics.co.nz and/or making a suitable appointment with the gymnast's coach.

MAG

The GSNZ Men's Artistic Gymnastics Manual can be found here.

http://gymsportsnz.com/files/MAG_Manual_Master_2015-2016_Version_4.pdf.

The manual contains all routines and requirements in full detail for Level 1-9. Information about Level Progression can be found on page 6, chapter 1.3

Compulsory move up scores at National Championships are
Level 4, level 5 and level 6 - 64.000

A brief description of MAG/WAG, Trampoline and other squads

STEP	WAG – Women’s Artistic Gymnastics. The WAG system has two age levels within each STEP
1 – 4	Elementary competitive levels competing in local and regional competitions. Each STEP has compulsory routines.
5 – 6	Intermediate levels. The best gymnasts in STEP 5 and 6 are eligible for selection to the Canterbury team to Nationals. There are more STEP 5 & 6 gymnasts in NZ than can be catered for at Nationals, so there is a quota system. Therefore not all gymnasts are able to attend nationals. STEP 5 uses compulsory routines, STEP 6 has an optional floor and beam routines with compulsory elements.
7 - 10	Gymnasts are considered seniors and can compete in all competitions and also eligible to trial for International team selection when a tour is planned.
International Stream	A gymnast working towards the International stream should ideally be working in the Australian International Development Programme (IDP) and training up to 28 hours a week.

MAG - Men’s Artistic Gymnastics.

The Men’s Development Programme in NZ is split in to two parts. Juniors are gymnasts in Levels 1-6 and perform set routines. Seniors are gymnasts in Level 7-10 who perform voluntary routines. International gymnasts are those in FIG (The international Federation of Gymnastics) U18 grade or Open men (level 10)

The set routines are marked out of 12, with up to 0.6 available in optional bonus elements. Deductions are then made for form errors, missing elements, or incorrect technique to give a final score for each apparatus. The 6 apparatus scores are added together to give an ‘All Around’ score. Generally the bonus elements are required elements in the next Level, which provides gymnasts with an obvious route for progression through the Levels.

Voluntary routines are built around certain key groups of elements. Gymnasts aiming to perform skills of the highest difficulty rating they can to achieve the highest start score possible. Deductions are then made as in the Junior Levels for errors and falls to give an apparatus score. The 6 apparatus scores are then added together to give an ‘All Around’ score.

Nationals: MAG Gymnasts in Level 4 and up may be selected by Canterbury to compete at GymSports NZ National Champs. To compete at Nationals a gymnast must be 9 years old in the year of competition. Selection to Nationals is made based on the result from Canterbury Senior and Intermediate Champs and a gymnast’s best other sanctioned competition result.

MAG High Performance

Alongside Levels 1-9 MAG has a high performance stream that branches at Level 7 Under14, followed by FIG Under 18 and then Senior Open. Both pathways lead to L10/ Senior Open. Male gymnasts mature much later due to the strong strength requirements in their apparatus.

National Artistic Squads

New Zealand did have Talent ID and Performance National squads in 2010. Gymnasts that attend National championships were eligible to be selected to test for a place in these squads. No WAG squads have been selected since then. MAG reintroduced Talent squads in 2012, and has been working successfully since then.

Trampoline

Trampoline competitions consist of four different events:

- Individual Trampoline,
- Synchronised Trampoline,
- Double Mini Trampoline
- Tumbling.

Our competitive structure has two different types of competition; sanctioned (qualifying for national champs) and non-sanctioned (interclub and club competitions)

- Upper South, South Island and Nationals.
- Trampoline Canterbury Interclub Series.
- International Stream.
- Primary & Secondary Schools competition.

New Zealand Teams are selected from sanctioned competitions to compete at the Australian National Championships (in May 2015), Indo Pacific Championships. International Stream gymnasts may be selected to World Championships and World Age.

Note: The National Championships in all codes have qualifying marks that must be reached to enter, as well as a minimum age of 8 as at the 1st of January in the year of the competition.

Judging

For those sitting and watching this sport for the first time, the way that it is judged may seem very confusing!!

Below is a basic guide that may take away some of the mystery.

Trampoline:

On a panel sit five form judges, and two difficulty judges. In charge is the referee judge that coordinates and directs the panel. This person generally stands on the floor between the judge's panel and the trampoline, and will instruct the competitors when they can start their routine.

The form judges will mark the routine out of 10. They are looking for breaks in form lines, kick outs, correct positions, and travel across the trampoline and proper landings. They will individually show their scores on display boards. An average routine will score between 6.5 and 8.0. A routine that scores below this has usually been interrupted and not marked out of 10, or had very bad form.

The difficulty judges will calculate the total difficulty for each routine. Each skill has a difficulty value based on its number of twists and somersaults. The total difficulty will be displayed in the same way as the form scores. Difficulties can range from zero to well over 11.0.

Calculating the score: Add together the middle three form scores, e.g. if the panels scores were 7.0, 7.1, 7.2, 7.3, & 7.4 you would add 7.1, 7.2, 7.3 (21.6) and then add the difficulty say, 2.5. Routine score would be 24.1.

Double Mini Trampoline:

Uses the same number of judges as Trampoline, 5 form and 2 difficulty and is calculated the same way. Middle three form scores are added to the difficulty. If the competitor completes the 2 required skills and lands successfully in the landing area (yellow block).

The scores will range in the low to mid 9s. If only one skill is completed or the athlete fails to show control and stand up after the 2nd skill then only the 1st skill is marked out of 7.0. (Even I don't know why it's out of seven) Scores will be in the mid to high 6s.

A zero score will show that the first skill has failed to be completed; either landed on the frame pads or not finished in the correct area of the DMT.

Aerobics:

Aerobics is now in their second year of competitive competition with CSG. Aerobics will hold their local qualifying competition on the 16th of July in Christchurch and then they will need to travel within NZ to one other qualifying competition to be eligible for national selection for Canterbury. Tracksuits are the CSG navy and white spliced tracksuit and leotards are supplied by the individuals.

<i>Other information</i>

For any other information, please ask/telephone Roberta at the front desk (388 6616), check the website www.csg.org.nz or email us admin@chchgymnastics.co.nz