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CHAMFORD GYMNASTICS WAG COMPETITIVE PROGRAM

Parent Information Handbook 2017

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TABLE OF CONTENTS

Chamford's WAG Competitive Program& Pathways.....	3
WAG Coaching Team	4
WAG Judging Team	4
Training	5
Gymnast Responsibilities for Training	5
Viewing Training.....	5
Absences	6
Late Arrivals	6
Contacting Coaches	6
Illness and Injury	6
Gymnastics Australia Sports Insurance	7
Social Media Policy	7
Complaints & Concerns Policy.....	8
Competitions	9
Competition Uniform	9
Competition Dates and Levy.....	9
Competition Etiquette for Gymnasts	10
Competition Etiquette for Parents	10
Team Selection for Invitational Competitions	11
Competitions and Attendance.....	12
Level Awards Tests (LAT)	12
State Pennant (ALP 2)	12
Victorian Championships (Level 3-10 Unlimited Hours)	13
Southern Cross Classis (Level 3-10 Limited Hours).....	13
Club Championships	14
National Events/Trips	14

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CHAMFORD'S WAG COMPETITIVE PROGRAM

Chamford's competitive program is a program structured to nurture and develop athletes aiming to progress up the Australian Levels Program. Chamford's competitive program currently runs from our Junior WAG area consisting of ALP 1-3 and continues into our Senior WAG program currently involving athletes from 4-7 with the aim of continuing on our upward build through the levels. Chamford offers both a Limited and Unlimited hours program working towards building on each individual athletes strengths whilst allowing all athletes to gain a wide range of opportunities.

Alongside our WAG program is our successful Gymstar Program. Gymstar is a competitive program that caters for a variety of gymnasts, including gymnasts who demonstrate the ability to train towards the WAG competitive program, gymnasts who have been offered the WAG competitive program but who prefer to train fewer hours and girls who love gymnastics and want to train and compete.

Entry to Chamford's competitive classes are by invitation only. Generally gymnasts come through our recreational program, through our Development or Level 0 groups, transfer from another club or move across from our Gymstar program. We understand that regardless of talent, natural ability or love of the sport, competitive gymnastics is not the right stream for everyone. Your child's first term in the competitive program, or in a new stream, will be a trial basis allowing you, your child and the club to evaluate the suitability of competitive gymnastics for your daughter. However, once this initial period is over, we expect a commitment to the full training hours for the calendar year in order to be able to appropriately develop and manage teams for the competition seasons.

We are very proud of all our gymnasts' achievements, whether that is individual improvement, performing new skills, personal development, a strong work ethic or competition results. However the easiest (though not the most important) measure is competition results, we are pleased to say that Chamford gymnasts have achieved some excellent team and individual all around (AA) results in the last few years.

Victorian Championships 2015		Victorian Championships 2014
Trans Bass Champion ALP 6- Kathleen Sumarna- 1 st AA Kathleen Sumarna- (ALP 6 Unlimited 12&O)- 3 rd AA ALP 5 Unlimited- 1 st Team Bella Thomas (ALP 5 Unlimited 13&O)- 1 st AA Julia Olson (ALP 5 Unlimited 13&O)- 2 nd AA Ruby Wilcock (ALP 5 Unlimited 11/12)- 1 st AA		NDP 1- 1 st Team National 5B- 1 st AA Team National 5A- 6 th AA National Clubs State 10- 2 nd Team National 4B- 3 rd Team Andie Montag 4B- 3 rd AA Lilli Bourke 5B- 1 st AA Kathleen Sumarna 5B- 2 nd AA Cody Norman 5B- 3 rd AA Amy Welsh 10 Open- 1 st AA Amanda Stuart 10 Open- 2 nd AA
Chamford Achievements 2016		
ALP 2 – 4 th Place State Pennant ALP 3 – 2 nd Place State Pennant ALP 4 Limited Hours – 3 rd Place Team at Southern Cross Classic ALP 4 Unlimited Hours – 3 rd Place team at Victorian Championships ALP 5 Limited Hours - 3 rd Place Team at Southern Cross Classic Pippa Sharman-Smith (ALP 5 Limited)- 1 st AA Christie Papadopoulos (ALP 5 Limited)- 3 rd AA	ALP 5 Unlimited Hours – 1 st Place team at Victorian Championships Megan Kohler (ALP 5 Unlimited)- 3 rd AA Lulu Coady (ALP 5 Unlimited)- 2 nd AA Hayley Nguyen (ALP 6 Limited)- 3 rd AA ALP 6 Unlimited Hours – 2 nd Place team at Victorian Championships Ruby Wilcock (ALP 6 Unlimited. Over)- 1 st AA & Trans Bass Champion	Andie Montag (ALP 6 Unlimited. Over)- 2 nd AA & 6 th AA at Trans Bass Jazzy Link (ALP 6 Unlimited. Under)- 2 nd AA Georgia Mathieson (ALP 7 Unlimited) at Australian Championships – 2 nd FX, 3 rd BB at Victorian Championships – 1 st FX Cody Norman (ALP 7 Unlimited) at Victorian Championships – 5 th AA & 6 th AA at Trans Bass

WAG COACHING TEAM

Chamford prides itself on the passion of its coaches and coaching teams. All of our coaches are registered members of Gymnastics Australia and currently hold either an Intermediate or Advanced coaching accreditation. Chamford's coaches also regularly participate in education and updating activities to maintain that accreditation on an annual basis. In the two subsequent years beyond completing their initial accreditation our coaches are required to complete the Managing Risks of Gymnastics and Managing Inclusion in Gymnastics courses. All Chamford coaches are encouraged, with most having completed, an appropriate First Aid qualification to be able to appropriately deal with situations that may arise in gymnastics. All of our coaches have undergone a Victoria Police Check and hold a current Working With Children or Teachers Registration Card.

HEAD COACH: Liz Kajko- Advanced

2017 WAG Chamford Coaches:

Melissa Skewes- Advanced

Rob Ellis- Advanced Silver

Jessica McDonald- Intermediate

Nicola Cairns- Intermediate

Emily Watson- Intermediate

Brydie McDonald- Intermediate

Shani Abrahams- Intermediate

WAG JUDGING TEAM

All clubs are required to provide a minimum of one judge per two teams at an appropriate level at all competitions entered. At Chamford, we have had a very strong judging support from parents. We are very thankful and appreciative of our fantastic current judges who support our program.

If any parents are interested in learning to become a judge, we will be more than willing to assist you in this endeavour. You do not need knowledge of gymnastics to become a judge, and our coaches are always willing to help prospective and new judges. Chamford supports all parent judges by paying for the judging course (1 day for the beginner course which covers Level 1-2), pays the annual registration fee with Gymnastics Australia and provides a discount on term fees. In return, judges are expected to judge at least three days during the competition season. If you would like to know more about becoming a judge please contact the Office, preferably by email, to expression of interest.

JUDGING COORDINATOR: Rob Ellis – Advanced (ALP level 1-10)

2017 Chamford Judges

Lisa Lionnet-Swann – Advanced (ALP level 1-10)

Jane Xing – Intermediate (ALP level 1-6)

Liz Kajko - Intermediate (ALP level 1-6)

Tash Hegarty – Beginner (ALP level 1-2)

Charli Lionnet - Beginner (ALP level 1-2)

Naomi James - Beginner (ALP level 1-2)

TRAINING

General Training: Chamford's competitive program requires a complete commitment, by all athletes and coaches, to its allocated training hours. To maintain a continual development across the program we expect all athletes to attend a minimum of 90% of required training. Our coaches are expected to ensure each session builds on the next and each week compliments the last. As such, each session missed leaves possible gaps within the gymnast's development. The importance of attendance is vital for a progressive and continual development within the WAG competitive program.

Holiday Training:

Holiday training is offered to all levels within our WAG competitive program. Holiday training is an additional suggested training during pre-season and is a compulsory commitment for WAG athletes during their competition season. Unlimited program athletes are expected to attend all holiday training sessions through-out the year. Holiday training is \$8 per hour and will be invoiced in the first week of the following term.

Compulsory Holiday Commitment by Level – Based on competition schedule

Term 1-2: Unlimited 7+ (March/April)

Term 2-3: Levels 1-3, Levels 4-7 (June/July)

Term 3-4: Levels 4-7 (Sep/Oct)

Term 4-1: Unlimited 7+ (January)

GYMNAST RESPONSIBILITIES FOR TRAINING

Gymnasts must:

- Follow all Chamford Club Rules;
- Arrive at least 5 minutes early to class, with sufficient time to go to the toilet, fill water bottle and get changed if necessary to be ready to start warm up at the prescribed time;
- Train in appropriate attire (either a leotard or crop top and bike shorts), fitted t-shirts and/or leggings may be worn in consultation with your coach in cold weather;
- Tie hair back off your face. Flat clips (not bobby pins) may be used if required;
- Remove any jewelry (watches, non-stud earrings, wristbands and anklets) prior to training;
- Respect and follow the instructions of your coach;
- If late, explain the lateness of your arrival to your coach;
- Treat all people in the gym with respect and courtesy; and
- Observe and encourage teammates to achieve and succeed.

Level 4-10 gymnasts should have their grips bag at each lesson, along with a roll of strapping tape in case of injury or extra support being required (3.8cm width recommended).

VIEWING TRAINING

Chamford has a closed training policy for all WG classes. **Parents may stay for 5 minutes after the start of class and return no more than 5 minutes before the end of class.** Parents and other siblings in the viewing area can be distracting and potentially hazardous for gymnasts. We have found gymnasts tend to train better when not being watched and often train less effectively when there is a parent there watching. We encourage you to support your child as they progress; especially when they have achieved a new skill and gymnasts will often show their parents new skills at the end of training.

ABSENCES

Please advise the Office by email (chamfordgym@bigpond.com) or leave a message on the answering machine (9563 8881) with as much notice as possible if your daughter will miss training.

If your daughter consistently misses training her overall development within the level will be directly impacted. For instance, if your child trains three times a week however misses one lesson a fortnight, on average, they will have done 100 less leg lifts, 300 less pushups and 100 less chin ups in a term than other members of their team. Along with strength, they will miss out on approximately 100 drills and skills and their repetitions aiming to ensure safe, consistent performances, as well as the development of new skills. Please help us to ensure that your gymnast has the opportunity to reach their maximum potential by consistently attending training.

LATE ARRIVALS

If a gymnast arrives late to training, they are expected to explain the lateness of their arrival to their coach. Warm up and body preparation activities are crucial towards both physical development and the injury prevention. We are insistent that unless alternative arrangements have been made, all gymnasts are expected to be on time and ready to train at their squads designated start time. If your daughter will be missing training or arriving late, send a message to the gym mobile 0427 812 973.

CONTACTING COACHES OUTSIDE OF TRAINING TIME

Some coaches have given parents in their group their phone number to contact **only** if your gymnast is sick or will be late to training or competition. Please be mindful about what time you contact your coach. Any other queries / discussion about your child needs to be sent by email to the Office - and the email will be forwarded to your coach. Please respect that coaches are only coaches while they are at Chamford or a competition - and all communication should be kept to a minimum to respect their private lives.

ILLNESS AND INJURY

ILLNESS

In general, if your child is too sick to attend school then they are too sick to attend gymnastics. Gymnasts come into close contact with each other and their coaches and make use of a large range of shared equipment. Conditions such as influenza and gastroenteritis are highly contagious so please note, Chamford expects that parents will follow the Victorian Department of Health's School Exclusion Table which can be found at <http://ideas.health.vic.gov.au/guidelines/school-exclusion-table.asp> and if gymnasts are excluded from school for a contagious condition then they should also not attend gymnastics.

If gymnasts miss more than two successive lessons due to illness or injury they may be eligible for a partial credit towards the following term fees on provision of a medical certificate. Please contact the Office if you require further information. The medical credit form can be found on the website and needs to be submitted to the office with a medical certificate from a doctor.

INJURY

Whilst Chamford continue to strive to provide the safest program and environment for your child, there are inherent injury risks with all sports. In the WG program we recommend that gymnasts (particularly those in Level 4-10) do not miss training for an injury as we will provide alternative programs. It may be necessary to modify the length of training for injured gymnasts however there are still many body preparation and basic drills that can be performed safely whilst recovering from most injuries. Please email the Chamford Office with details of the injury so that your child's coach may make alternative arrangements for your child.

At times, Chamford coaches may recommend that you seek specialist attention for an injury. This may include a doctor or physiotherapist. Use of these services is a personal choice for your family however prompt attention can significantly reduce recovery time for some injuries. If your physiotherapist provides any written exercises or

recommendations please provide a copy to your child's coach. If they have any specific things that your child should or should not be doing please also get this in writing so your child's coach can best support their recovery. Please ensure you have ambulance cover. We do not wish for your child to ever leave in an ambulance, but we do want them transported safely. If an injury occurs, the coaches have the right to call an ambulance if they feel it is serious or life threatening.

GYMNASTICS AUSTRALIA SPORTS INSURANCE

Chamford advises families that having Ambulance cover and private medical cover is recommended in order to best recover costs associated with seeking specialist services for injuries which can occur due to the demands of gymnastics training. In addition, as a part of the registration fee paid to Gymnastics Victoria each year, your child is insured for any accident or injury that may occur while training or competing.

As of the date of this printing, the insurance claim procedures are as follows (please check the link at https://gymnastics.jltsport.com.au/documents/Personal_Injury_Insurance_Summary.pdf?431b65).

Personal Injury Claims

If you are a registered member of Gymnastics Australia and you have suffered an injury whilst participating in an official gymnastics activity (including training, competition, displays, events or other sanctioned activities) please follow the simple steps below to lodge a Personal Injury Claim.

Please refer to the Personal Injury Summary and Policy Wording for policy terms, conditions and exclusions.

How to lodge a Personal Injury Claim

- Step 1: Download Gymnastics Australia's Personal Injury Claim Form from https://gymnastics.jltsport.com.au/documents/Personal_Injury_Claim_Form.pdf?201412091535 or call JLT Sport on 1300 130 373 for a copy to be sent to you.
- Step 2: Complete each section of the claim form. Please note: Incomplete claim forms may cause delays in processing your claim. For assistance, please contact JLT Sport on 1300 130 373.
- Step 3: Send your claim form (via post or fax) to JLT Sport – Melbourne 17/607 Bourke Street Melbourne, VIC 3000 or FAX: 03 9614 3184 Important: Claims should be lodged within **180 days from the date of injury**. You do not need to wait for all treatments to be completed before sending your claim form. Treatment is permitted even after you have submitted your claim.
- Step 4: JLT will confirm receipt of your claim form or contact you should they require further information.

For assistance with your Personal Injury Claim

- General enquiries: JLT Sport – 1300 130 373

Important Information

The Health Insurance Act (Cth) 1973 does not permit the Insurer to contribute to any charges covered by Medicare (including the Medicare Gap). Further information on items that may be claimable are indicated on the information website.

SOCIAL MEDIA POLICY

We encourage Staff/Parents/Guardians of Gymnasts, Friends and Families of Gymnasts to make positive comments and 'like' photos/videos and posts on our Facebook and Instagram. Staff/Parents/Guardians of Gymnasts, Friends and Families of Gymnasts are not permitted to make negative comments regarding any gymnasts or officials from Chamford, other gymnastics clubs, Victoria or other states and countries on social media pages such as Twitter, Facebook, Instagram and the following communications are examples of what is not acceptable: swearing, teasing, bullying, negative comments, personal jokes, unflattering texts/Facebook posts/tweets. Chamford Gymnastics reserves the right to delete any posts that may seem offensive or negative to the club, its' members, its' staff, other teams or clubs. If you would like to make a complaint or are unhappy with a competition or event, refer to the Complaints Procedure Policy.

Chamford Gymnastics will use our website, Facebook and Instagram accounts to promote urgent notices regarding changes to training, general and holiday training sessions, skill progressions/achievements, internal and external club events and competitions. Photos and videos taken during these events will be used in the promotion unless you have requested 'NO' on your enrolment form.

Publication of Names:

Chamford Gymnastics, Gymnastics Victoria and Gymnastics Australia publish names of Gymnasts and officials with regards to State Team Selection, Results and News Updates on their respective websites and social media pages.

Photographs and Video Recording Gymnastics:

Gymnastics Victoria and Gymnastics Australia film and photograph National Events for publication on their respective websites and social media pages. On occasion these photographs and footage may be used for Newspapers and Television coverage. If Gymnasts, Officials or Parents are concerned with the above or require further information, please contact the Gymnastics Victoria office.

COMPLAINTS & CONCERN PROCEDURE POLICY

Chamford Gymnastics is committed to being open and responsive to any complaints offered by our members. Wherever possible Chamford Gymnastics will seek an outcome to a complaint that is satisfactory to all parties. The purpose of this policy is to:

Ensure all complaints/concerns are submitted in writing through email or a letter given to the office. The head coach will acknowledge receiving the complaint/concern.

Ensure all communication is recorded, considered, resolved and monitored regardless of the end outcome. If a meeting is requested, 2 representatives from Chamford Gymnastics will be present.

Chamford Gymnastics will address all complaints in a confidential manner. Where possible, Chamford will protect the identity of the complainant and do everything within its powers to ensure documentation, oral representations and all other evidence is confined to appropriate persons on a strictly confidential basis.

Chamford Gymnastics will ensure that the complaint investigation process is impartial. No assumptions will be made nor any action taken until all relevant information has been collected and considered.

Chamford Gymnastics will involve Gymnastics Victoria in matters that are repetitive, or to seek guidance in how to proceed on certain matters.

Who to contact:

Coach issues – If you have an issue with one of the coaches in the gym please arrange through the office an appropriate time to speak directly to that coach and try and resolve the issue first. If the discussion with the coach is unsatisfactory please notify the coach that you are not satisfied and make a time to speak to the appropriate Coordinator or Head Coach.

Leotard/tracksuit/uniform issues – Please contact the office to order new uniform or to on sell a previous uniform. Prices will be set on second hand items according to the appearance of the item. Items that have more wear marks/lost their shine may not be suitable to be re-sold.

Gymnastic Trips / Camps – All external training camps and trips will be organized through the office. Emails will be sent with information regarding days/times/cost and other relevant information.

COMPETITIONS

Chamford expects all gymnasts in the competitive program to compete. Gymnasts generally attend 4 invitational competitions and the Chamford Club Championships. It is important for gymnasts to attend as many competitions as possible as it takes several competitions to increase a gymnast's confidence in regards to competition to allow them to compete at their best. It is especially important in levels 2-4 because they are team competitions.

COMPETITION UNIFORM

All gymnasts are required to have and wear the following competition uniform.

Levels 1-3

Chamford sleeveless competition leotard
Chamford Club tracksuit
White socks
Chamford drink bottle
Chamford individually named polo shirt
(optional)
Chamford sports bag (optional)

Levels 4-10

Chamford long sleeve competition leotard
Day 2 Leo for levels 7-10
Chamford individually named polo shirt
Chamford Club tracksuit
White socks
Chamford drink bottle
Chamford sports bag

COMPETITION DATES AND LEVY

Selected competition dates for each program will be distributed as soon as the full year is available. This is usually in March. Please return the date selection form by the due date. Your competition levy will be calculated and invoiced. Please note - NO gymnast will be entered into a competition if the competition levy has not been paid. Chamford is required to make full payment to the host club six weeks prior to the competition. If you had previously selected a competition and are no longer available, you must notify the club as soon as possible. At some competitions, it may be possible to get a refund for non-attendance if a medical certificate is provided, however this is not always guaranteed.

Gymnasts will be required for approximately one three hour block on competition weekends. Exact day and times are usually available from the host club two weeks prior to the competition. As soon as Chamford is aware of session times, a specific competition notice will be emailed out which will include the competition date, meeting time, uniform required and a map of the venue.

Gymnasts at Levels 1-3 who miss training due to a competition will not have that class made up or refunded. Chamford pays our coaches to attend competitions thus the payment for that lesson assists towards compensating our coaches for their time, which will often far exceed the time of a standard class.

In an effort to keep the competition levy to a minimum, all gymnasts at Levels 4-10 will have one class cancelled in lieu of any coaching fee in their competition levy. Generally, for levels 4-10, if a competition is scheduled on a Saturday then the Saturday class will be cancelled and if it is on Sunday, the Monday or Tuesday class will be cancelled. Please see specific competition notice for the cancelled class.

COMPETITION ETIQUETTE FOR GYMNASTS

The Gymnastics Victoria Code of Behaviour for gymnasts/athletes states that gymnasts should:

- Compete by the rules;
- Never argue with officials. If you need clarification have your coach make an enquiry;
- Work equally hard for yourself and your club (team);
- Be a good sport, applaud good performances by your team mates and opposition alike;
- Show respect to and acknowledge your opposition and officials. (e.g. shake hands and wish other athletes good luck, thank your coach and the officials);
- Co-operate with your coach, team mates and opponents;
- Participate for your own enjoyment and benefit, not to please others;
- Be fair - no verbal abuse of officials, nastiness or vilification; and
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

In addition, Chamford expects the following from our gymnasts at competition:

- Gymnasts need to meet with their coach at the meeting time indicated on their competition notice;
- Once they have met with their coach, gymnasts are required to stay on the competition floor for the remainder of the competition. Competition rules state that gymnasts must not leave the floor without permission of the judges, or have contact with persons not on the competition floor; and
- Gymnasts are expected to be polite and respectful to all gymnasts, judges and coaches. Gymnasts and coaches are representing Chamford and as a club it is important for us to maintain a high level of respect for our behaviour as well as our gymnastics within the Victorian gymnastics community.

COMPETITION ETIQUETTE FOR PARENTS

Gymnastics Victoria's Code of Behaviour for parents and spectators states:

- Remember that gymnasts participate in sport for their enjoyment, not yours;
- Encourage gymnasts to respect the rules;
- Never ridicule or yell at a gymnast for making a mistake or not winning;
- Respect officials' decisions and encourage gymnasts to do likewise;
- Show appreciation for volunteers and assist where you can;
- Applaud good performance and efforts of both your team and the opposition regardless of results;
- Condemn the use of verbal abuse, vilification and rudeness in any form, whether it is by spectators, coaches, officials or gymnasts;

- Support policy and practices (and lead by example) in relation to responsible use of alcohol, to child protection issues and to issues involving recreational and performance enhancing drugs;
- Support involvement in modified rules and all junior development programs; and
- Respect the rights, dignity and worth of every young person regardless of gender, ability, cultural background or religion.

In addition, Chamford expects the following from our gymnasts at competition:

- Once they have met with their coach, gymnasts are required to stay on the competition floor for the remainder of the competition. Competition rules state that gymnasts must not leave the floor without permission of the judges, or have contact with persons not on the competition floor (parents that includes you – please do not make this difficult for your child by attempting to speak to them directly during a competition);
- Parents and audience are encouraged to cheer and support the gymnasts (but not speak directly to their gymnasts). We hope that parents would also behave in a manner that demonstrates good sportsmanship and camaraderie within the Chamford teams by supporting all our gymnasts;
- Parents and audience members MUST NOT question any scores, judging or negatively critique the performance of any gymnast from any club at a competition. If you have questions, please send an email to the gym office or ask your child's coach at an appropriate time after training. Conversations often get overheard by the judges, gymnasts and other people in the audience and are feedback through the gymnastics community. Please assist us in ensuring that Chamford parents are not talked about for the wrong reasons; and
- No flash photography may be used during a competition as it may be a distraction and potentially a safety risk to gymnasts on the competition floor. Please turn off your flash or wait until presentations to take photographs with flash.

Coaches, judges and club administration are also required to abide by the Gymnastics Victoria Codes of the Behaviour, which are available from the Gymnastics Victoria website under the policy section.

TEAM SELECTION FOR INVITATIONAL COMPETITIONS

In Australian Levels Program Level 1, gymnasts will attend events where they receive rewards for their skills and compete within a circuit. In the Australian Levels Program Level 2-4, competitions are team only. This means the gymnasts are eligible to get team awards on each apparatus (vault, bars, beam and floor) as well as all around. The focus of these competitions is on encouraging each individual to perform to their maximum ability, to encourage confidence, to build resilience to accept non-success and to foster team spirit and encouragement of all team members. Gymnastics teams may have up to six gymnasts, with the three best scores to count to the team scores (therefore a minimum of three gymnasts make a team). Chamford's policy for invitational competitions is to enter as evenly matched teams as possible if there are more than six gymnasts available at a level. Once entered, it is expected that all gymnasts attend their agreed competitions as non-attendance can significantly affect the team results and selection.

At Levels 5-10, competitions are both team and individual all-around and apparatus. Chamford's policy is to have even teams. In the case where there are 7 or 8 gymnasts available, we may enter one team and two individuals. If this option is chosen, the individuals' chosen will be rotated at each competition to ensure all gymnasts have an equal opportunity to be in the team. Athletes chosen as an individual representative will be notified prior to the competition.

COMPETITIONS AND ATTENDANCE

Gymnasts are expected to attend ALL training sessions in the week before a competition to be eligible to compete. Your daughters personal coach does reserve the right to not to compete your daughter due to missed sessions based on the safety of your athlete. In this situation you will be notified prior to the competition. Please note, if a coach advises you that your daughter should not compete due to missed training sessions, Chamford does not refund competition entry unless it can be recovered from the host club. Refunds where medical certificates are supplied may be available from some competitions. Please contact the Office if required. Coaches may allow gymnasts to compete in competitions despite absences the week before competition, however, in the interest of the safety of the gymnast, the coach may chose for the gymnast to not compete on all apparatus, or not perform all their skills in their routines.

LEVEL AWARDS TEST

At Levels 1-3, gymnasts will be awarded their level badge based on their demonstration of skills within class. At Level 4-10, gymnasts are required to gain a pass score at selected invitational competitions. At Chamford, we believe all our gymnasts should not have any issues attaining the pass score if they are in the correct level and working in class. In level 4-6 we expect our gymnasts to be working to a much higher standard than the minimum pass mark and this is necessary for the gymnasts to be competitive in the level they are competing. At level 7-10, the pass mark is harder to obtain so gymnasts need to have a reasonable competition to pass.

Level Awards Test

Limited/Unlimited hours Level 4-6: 28.00

Limited/Unlimited Level 7: 38.00

Limited/Unlimited Level 8: 39.00

For Levels 4-10 gymnasts who achieve the pass mark or higher, Chamford Gymnastics will submit their score to Gymnastics Victoria and will invoice you for the badge. Gymnastics Victoria sets the cost for pass mark submission which is \$33.00 in 2017. Badges for levels 1-3 gymnasts who have competed are covered by the club. If your daughter is missing any badges (i.e. they started in Level 2), they may be ordered through the office for a fee of \$7.00.

STATE PENNANT (ALP 2)

The State Pennant competition is the Victorian state event for the Australian Levels Program Level 2. Chamford selectively enters this competition each year based on invitational competition results. If teams are taken to this competition, a combination of six gymnasts at the level entered will be selected which will give the best opportunity for the team to be successful. We look for the strongest apparatus performances and how we can cover weaknesses and maximise strengths in particular teams. Awards are only made at the finals competition. We will make an assessment at the end of term 2 as to whether we have teams that we feel have an opportunity to be successful at this competition. A concerted effort is made by coaches in class to minimize the emphasis of this competition as not all gymnasts will be selected to attend. As a result, only selected team members will be notified. Please be supportive of all gymnasts whether they have been selected or not; team selections are based on performances, attendance at training sessions and work ethic. This is not necessarily a prediction of long term success in gymnastics or team selections in the future.

Dates for the 2017 State Pennant competition are:

28th/29th October

State Pennant Qualifier

Geelong Arena

VICTORIAN CHAMPIONSHIPS (Levels 3-10 Unlimited Hours)

At Levels 3 – 10, all gymnasts competing in the Unlimited Stream, who have passed their appropriate pass mark and that have consistently attended training may be invited to attend the Victorian Championships in term 4. All gymnasts compete at the Qualifying Competition, where the Victorian Championship Teams are also awarded. Chamford selects a combination of six gymnasts at each level that will give the team the best chance to be successful in the team competition. Teams are chosen based on training, competitive performance, and the ability to contribute on certain apparatus. For the team competition, we will not necessarily select gymnasts for teams based on their overall scores or places at previous competitions, but rather we look for the strongest apparatus performances, how we can cover weaknesses and maximise strengths in teams. We trust that both gymnasts and parents will understand and support our team selections.

The top 2 gymnasts in each age division in their region and at each level are selected to compete at the Victorian Championships finals event. Any gymnasts that are in the top four placed gymnasts on any apparatus are also selected to compete on that apparatus only. Individual all-around and apparatus awards are presented at this finals competition.

Dates for the 2017 Victorian Championships competition are:

7th/8th October

Victorian Championships Qualifier –Unlimited Hours 3 - 6

Mount Waverley

14th/15th October

Victorian Championships Repechage –Unlimited Hours 3 - 6

Mount Waverley

11th/12th November

Victorian Championships Finals - Unlimited hours 3-6

Geelong Arena

SOUTHERN CROSS CLASSIC (Levels 3-10 Limited Hours)

In 2017, Gymnastics Victoria has introduced the Southern Cross Classic for all Limited hours gymnasts. At Levels 3 – 10, all gymnasts competing in the Limited stream and that have consistently attended training sessions may be invited to attend the Southern Cross Classic in term 4. The competition will be a one day event with team and individual placings awarded.

Dates for the 2017 Southern Cross Classic competition are:

6th/7th May

Southern Cross Clinic - Limited hours 7-10

Maffra

18th/19th November

Southern Cross Clinic - Limited hours 3-6

Geelong Arena

CLUB CHAMPIONSHIPS

Chamford runs an annual Club Championship event which allows all our gymnasts in our WAG and Gymstar competitive programs to show off new skills in a friendly, low key team event. It also gives both gymnasts and parents an opportunity to see gymnasts from Level 1 to Level 10 all at the one time. This competition is usually held in Term 4, and more information will be provided closer to the time.

NATIONAL EVENTS AND TRIPS

Chamford Gymnastics has attended National Events both in Victoria and Interstate with our Level 4 – 10 gymnasts. In 2012 - 2014, Chamford took gymnasts to the Janssen-Fritsen Open and Dreamlight Team Challenge Competition in Tasmania. In 2016 the Unlimited 5's, 6's and 7's attended National Club Championships in Bendigo. On occasions, some of our limited hour stream gymnasts may be invited to participate in unlimited hour's stream events. Teams for National events are by selection only and we require full teams for these competitions in order to attend. These events are not compulsory however the trips provide life experience for the gymnasts, as well as a reward for their hard work. Chamford will attend external camps when possible.

Opportunities in 2017 will be determined during the year with information provided to the relevant levels and invited participants.