



**Patterson Lakes Community Centre**

**54-70 Thompson Rd, Patterson Lakes**



# **GYMNASTICS**

**HANDBOOK**

**2016**

**Recreational Gymnastics  
for girls, boys and adults**

## **HISTORY**

Welcome to Patterson Lakes Community Centre Gymnastics.

The gym group was founded in 1991 with equipment donated by Peninsula Gymnastics and the then City of Springvale. At that time the club was mainly recreational, however some inter-club competition was held between other clubs including Dandenong, Mornington, Chelsea Heights, Frankston and Cheltenham.

In 2000 the club was incorporated as a part of the Patterson Lakes Community Centre and with the centre's support, and under the leadership of Graeme and Coleen Marshall, has since developed into a thriving, successful club with more than ??? Members.

PLCC Gymnastics now runs classes five days a week and caters to all ages from pre-schoolers to adults.

Many of our coaches are past members of the club and all are qualified and accredited members of Gymnastics Australia and its affiliate, Gymnastics Victoria.



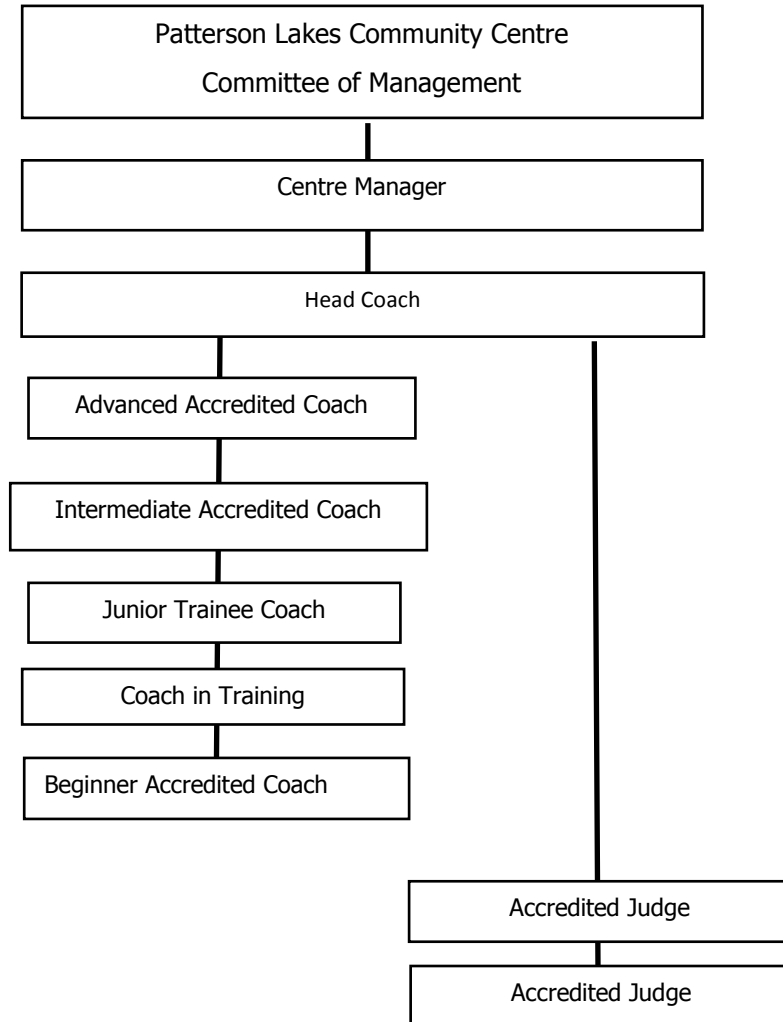
**Contact Information**

**Office:** 9772 8588  
**Address:** 54 -70 Thompson Road Patterson Lakes, 3197  
**Postal Address:** P.O. Box 324, Patterson Lakes, 3197  
**Head Coach** SMS 0435 877 424  
**Email:** gymnastics@patlakescc.net.au  
**Website:** www.patlakescc.net.au  
**Facebook:** www.facebook.com/Patterson-Lakes-Community-Centre  
**Office hours:** 9.30am -4.pm, Monday to Friday

**CONTENTS**

4	Group Structure/Coaches
6	Mission Statement/Group Philosophy
7	History
8	Gymnastics in Australia/Victoria
9	Program Structure
10	KinderGym
10	Recreational
12	2016 Timetable
13	Class Rules
16	Communication
17	Special Events
19	Contact Information

**STRUCTURE**



no jewellery.

- Notify coaches of any injury or illness which might affect your ability to train or perform skills safely.
- Children must behave and be respectful of others in the Community Centre.

**Parent/Spectator**

As a parent of a participant in any activity held by or under the auspices of Gymnastics Australia, Gymnastic Victoria, a member association or an affiliated club, you must meet the following requirements in regard to your conduct during any such activity or event:

- Be polite and courteous to all other gymnasts, parents, coaches and staff.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
- Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc).
- Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- Remember that your child participates in sport for their own enjoyment, not yours.
- Focus on your child's efforts and performance rather than winning or losing.
- Show appreciation for good performance by all participants (including opposing participants).
- Respect officials' decisions and teach children to do likewise.
- Be a positive role model.
- Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
- Be aware of the repercussions that any breaches of this code of behaviour may incur.

**These rules apply to:**

- Athletes
- Parents/guardians
- Non-participating children
- Coaches & Volunteers
- Management & Administrators

**Code of Behaviour**

**Gymnast**

In addition to Gymnastics Australia and Gymnastic Victoria's General Codes of Behaviour, you must meet the following requirements in regard to your conduct during any activity or class held or sanctioned by PLCC Gymnastics, Gymnastics Australia, Gymnastics Victoria or affiliate:

- Be polite and courteous to all other gymnasts, parents, coaches and staff.
- Co-operate with your class group and coach.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Do not tolerate acts of aggression.
- At all times avoid intimate relationships with your coach.
- Be a good sport, encouraging performances by your class mates.
- Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
- Support and obey the gym safety rules at all times.
- Care for and respect the equipment provided to you as part of your program.
- Dress appropriately (in uniform) for training, including hair tied back and

**COACHES**

**Head Coach:**

Christy Marshall

**Accredited Judges:**

Christy Marshall (Beginner WAG)

Rebecca Flanagan (Beginner WAG)

Daria Corrigan (Beginner WAG, POM)

Lauren Howlett (Beginner WAG)

**Accredited Coaching Staff:**

**Advanced**

Tanya Marshall (Kindergym, Rhythmic)

**Intermediate:**

Christy Marshall (WAG)

Coleen Marshall (WAG, GfA)

Daria Corrigan (WAG)

Lauren Howlett (WAG)

Tanya Marshall (WAG, GfA)

Rebecca Flanagan (WAG)

Rebecca Rimmer (WAG)

Maddi Mason (WAG)

Deborah Baddock (WAG)

**Beginner Coaching Staff:**

Emiliana Guerra

Emma Robinson

**Junior Trainee Coaches:**

Katie Edgar, Ella Holt,

Anna-Maria Rabotini

Charlotte Baker (POM)

### Mission Statement

PLCC Gymnastics is a professional group with the focus on teaching gymnastics for recreation rather than competition.

Our group is family orientated with the focus on fun, fitness and the development of gymnastic skills in a safe environment.

Being part of the community centre we strive to provide the best possible service to the community at all times.

### Group Philosophy

PLCC Gymnastics aims to provide a facility and programs which meet the recreational, physical, cultural and social needs of the local community.

Gymnastics is excellent for its contribution to general fitness, coordination, agility, strength, balance and speed. Gymnastics also provides a sound foundation in movement patterns for both boys and girls. Gymnastics is an inherently fun activity and many choose to participate in gymnastics for fun with no competitive desires. This attitude is encouraged at PLCC Gymnastics as we consider all sport to be fun.

Entry into our competitive program is by invitation from the head coach in consultation with the coaching team. While representing Australia in international competition may be the dream of many athletes, it should be understood that only exceptionally talented and dedicated gymnasts have this opportunity.

We can only encourage athletes in this category to continue their training with an appropriate association, as we do not have the facilities to cater for this level.

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### Policies & Procedures

Patterson Lakes Community Centre Gymnastics has a number of policies and procedures applicable to staff, volunteers, members, parents & guardians and visitors

#### Safety Rules:

- Children must be accompanied by an adult until they enter the main hall, and parent/carer must enter the hall to collect gymnast.
- No gymnast is allowed to leave the hall during the lesson, this includes going to the toilet.
- Gymnasts must wait on the seats provided until class starts.
- No gymnastics is to be performed in the waiting area.
- Parents/Carers and Siblings are welcome to watch but must stay in allocated area.
- No food or drink is permitted on or around the equipment
- No litter. Please use the bins provided.
- No smoking.
- No jewellery may be worn during class: except stud and sleeper earrings.
- Hair must be securely tied back (away from face and eyes) during class.
- Do not run in the gym unless instructed to do so by a coach.
- Do not use or touch any equipment without the permission of your coach.
- Walk around all mats and equipment which are in use by other gymnasts. Do not walk in front of gymnasts using vault – walk around the apparatus **and run area**.
- Stop activity IMMEDIATELY when asked.
- Coaches and administration staff must be made aware of any relevant medical conditions your child may have.
- Only registered members (coaches and athletes) of Gymnastics Australia are permitted in the activity area.

If you need to speak to a coach, they may be available just before class, or after pack-up.

If the coach is unavailable, please speak to the gymnastics coordinator to arrange a time.

### Special Events

#### Kindergym Theme Days

As a part of our pre-school classes, the last class of Term 1 has an Easter theme for activities, songs and an Easter Egg Hunt.

Term 4 ends with a Christmas theme.

#### Championship Day

Held toward the end of term 2, championship day is an in-house **non-compulsory** competition for all after-school levels classes.

It is held on a Sunday, with gymnasts competing against fellow gymnasts demonstrating routines they have learnt throughout the year. Participation medals and place ribbons are awarded in recognition of the top all-rounders in each level. Recreational Foundation gymnasts compete in teams and are recognised individually according to their best ability. Parents, families and friends are encouraged to attend.

#### Display Presentation Day

Display Presentation Day is held the Sunday before the last week of Term 4. It is our end of year celebration for all classes. Trophies are presented and all participants receive a medal and achievement certificate. Parents, families and friends are encouraged to attend.

#### End of Year Party/Fun Week

All after-school classes have a party on their last class of the year.

Any other special events/fundraising will be notified in advance.

clubs including Dandenong, Mornington, Chelsea Heights, Frankston and Cheltenham.

In 2000 the club was incorporated as a part of the Patterson Lakes Community Centre and has since developed into a thriving, successful club with more than 400 members.

PLCC Gymnastics now runs classes five days a week and caters to all ages from pre-schoolers to adults.

Many of our coaches are past members of the club and all are qualified and accredited members of Gymnastics Australia and its affiliate, Gymnastics Victoria.

### Gymnastics Australia

Gymnastics Australia is the governing body that coordinates the rules and regulations within each gym sport nationwide. It is an affiliate of the Federation of International Gymnastics.

There are eight gym sports in Australia. These are:

- Men's Artistic Gymnastics (MAG)
- Women's Artistic Gymnastics (WAG)
- Rhythmic Gymnastics (RG)
- Gymnastics for All (GfA)
- Sport Aerobics (AER)
- Trampoline Sports (TRP)
- Acrobatic Gymnastics (ACR)
- Cheerleading (CL)

### Gymnastics Victoria

Gymnastics Victoria is comprised of affiliated clubs and registered members. It is the controlling body for all gym sports in the state. All participating athletes, coaches, judges and officials must be registered members of the State Gymnastics Association. Registration includes an insurance package through Gymnastics Australia. All registrations are void at the end of each calendar year, and members must re-register each year.

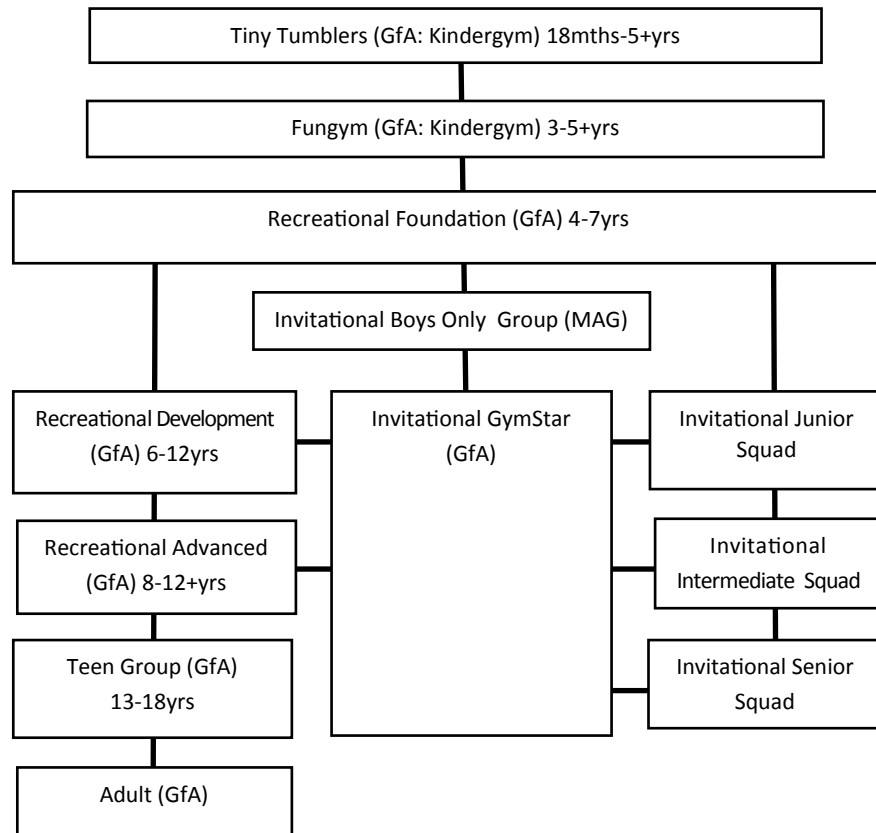
### Coach to Gymnast Ratio

PLCC Gymnastics has a maximum ratio of 1 (one) coach to 7 (seven) gymnasts. This maximum is set to facilitate good class management and safety.

**Program Structure**

The diagram below is a guideline. Most classes are under the Gymnastics for All discipline. Stated ages are only a guide; however minimum age of 4 years is required for GymMix Foundation. Children are placed into classes based upon combination of ability and age. Parents of children with special needs are invited to inquire regarding most suitable class.

GymStar and squad places are by invitation from the head coach.



**Hair**

Long hair must be securely tied back. Please note that headbands and the like are not effective.

**Hydration**

As children are not permitted to leave the gym during class, please ensure your child brings a full bottle of water. Parents may refill school drink bottles in the kitchen. It is essential to rehydrate during physical activity and warmer months. Drinks will be taken as required during the session. Gymnasts without a bottle of water will be provided with one at a cost of \$1 per bottle. Water is available for purchase from the kiosk when open.

**Communication**

**Facebook**

PLCC Gynnastics and Patterson Lakes Community Centre both have Facebook pages. Make sure you become a friend and keep up with what's happening with our members and around the centre.

**Website**

Log on to the PLCC website for more detailed information and pics. Go to [www.patlakescc.net.au](http://www.patlakescc.net.au)

**Newsletters**

A club newsletter is produced and distributed regularly. Please read it as it contains information regarding upcoming events, classes and coaches' information. Patterson Lakes Community Centre also distribute a regular newsletter.

**Head Coach**

In addition to her coaching role, the head coach also holds a full-time position. For this reason, if you need to speak with her, please SMS your details and a brief message to 0435 877 424. and she will contact you as soon as possible. Please note, this may not necessarily be on the same day. For urgent matters, contact the Gymnastics coordinator or leave a message with office staff.

**Coaches**

Please do not interrupt coaches or gymnasts during class times.



- Purchasing the best possible equipment
  - Tracking records of accidents and reducing possible risk areas
  - Ensuring all gymnasts are attempting skills at their individual skill level.
- Please note:** All accredited coaches at PLCC gymnastics hold a current first aid certificate.

### Toilet Breaks

In the interest of the safety of your child, children are not permitted in the toilet area without adult supervision. Please ensure that your child goes to the toilet before class as there will be no planned toilet stops during 1-2 hour sessions as this will leave the class under-staffed. If your child has a condition which may require them to go to the toilet during lessons, please ensure that the coach in charge is aware of this prior to class commencing.

### Uniform

Uniforms can be purchased from the gymnastics program coordinator between the hours of 3.30-7.30pm. If you are unable to come during these times, you can speak to administrative staff during office hours.

### Tiny Tumbler & Fungym

Children are required to wear a Patterson Lakes Community Centre Gymnastics T-shirt and navy shorts which are sold as a set. At the discretion of the parents, gymnasts in these classes may wear a long-sleeved girls leotard or sleeveless unisex one (with white shorts for boys).

### After School Classes

Uniform choices for children in afterschool classes are a long-sleeved girls leotard or unisex singlet (with white shorts for boys). Children coming from daytime Kindergym classes may continue to wear their shorts and T-shirt until they have outgrown it. With permission of their coach, older female gymnasts may wear bike shorts. During cold weather please ensure that your child wears track pants and windcheater or warm top over their regular gymnastics clothes for warming up.

### Jewellery

Jewellery and watches are not to be worn (in the case of pierced ears, small studs or sleepers are acceptable). Children will be asked to remove any inappropriate jewellery, including anklets. Please remember to collect it at the end of class.

## GYMNASTICS FOR ALL KINDERGYM

*Educational research tells us that children learn best through exploring and discovering their abilities through physical activity. Gymnastics Australia's Kindergym program ensures children can experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies.*

### Tiny Tumblers and FunGym

Tiny Tumblers for children aged 18 months-5+ years, and FunGym for children aged 3-5+ years, has parent/carer participation in a partly structured program to improve coordination, balance, rhythm, spatial awareness and develop a positive self-esteem. The aim is to encourage achievement.

## GYMNASTICS FOR ALL: RECREATIONAL

*Are you looking for a challenging, fun and safe sport for your child to turn themselves upside down, rather than your house? Gymnastics is the perfect sport to teach your child coordination and confidence, develop creativity, and contribute to general health and fitness. Recreational gymnastics can help guide them towards a happy, healthy and enjoyable life.*

Recreational gymnastics is a mixture of disciplines and gymnasts begin with being taught fundamental skills and building confidence and body coordination through fun activities. The program creates attainable goals and challenging objectives for both the beginner and proficient gymnast.

During each class participants have the opportunity to explore most disciplines of gymnastics depending on the facilities and equipment available. (We do not offer specific trampolining at Patterson Lakes.)

They will learn the many different ways in which their bodies can move. This will not only improve their fitness but will also provide each one with sound fundamentals for any other sport they choose to play. This program aims to develop strength, flexibility, coordination, spatial awareness and balance through the 4Fs philosophy Of Fun, Fitness, Fundamentals and Friendship, with a special emphasis on safety.

Equipment used includes, but is not limited to: floor; bars; beam and vault; parallel bars; pommel; rings and rhythmic gymnastics; and fitness wheel/trampoline.

### **Recreational Foundation**

Suitable for boys and girls aged 4 to about 7 years. It aims to teach fundamental skills and build confidence and body coordination through fun activities. This program creates both attainable goals and challenging objectives for both the beginner and developing gymnast.

### **Recreational Development**

For boys and girls 6 years and over, this program creates both attainable goals and challenging objectives for gymnasts who have mastered the fundamental skills from previous levels.

### **POM**

Suitable for girls from 7-16 years wanting to combine athleticism and agility with aerobic movement. High energy.

### **Team-Gym**

Team Gym all inclusive and divided by skill level - novice, intermediate and advanced . It involves 3 events: floor, tumble & single mini tramp performed as group routines in teams of 6-12 gymnasts.

### **Rhythmic Gymnastics**

For girls 7-16 years who would like to combine the gymnastics with dance moves and props.

### **Invitational Boys only class (MAG)**

By invitation from head coach and coaching team.

### **Invitational GymStar class**

By invitation from head coach and coaching team.

### **Invitational girls only squads**

By invitation from head coach and coaching team.

### **Teen and Adult Classes**

Suitable for men and women 18 of all abilities.

### **Arriving and Leaving Class**

#### **Starting**

- As a matter of safety children must be supervised by an adult while waiting for classes to commence. This includes children coming directly from school.
- Do not drop children off at the door as this leaves them without supervision.
- Children are expected to sit and wait quietly. No gymnastics is to be performed in the waiting area.
- Starting on time means that all athletes will get the most out of their class. Please be prompt to class. Warm ups at the beginning of each class are vital prepare the body for movement and to the teaching of basic body positions, stretching, as well as fun and fast activity and socialisation.

**Please note:** staff and volunteers of the Patterson Lakes Community Centre are not responsible for any unsupervised child. Children must not enter the hall until instructed by a coach.

#### **Finishing**

At the end of class children must remain in the hall until collected by an adult. Please enter the hall to collect you child. Children are not permitted to exit the hall to see if a parent is waiting outside.

#### **Non-attendance**

Please inform our administration staff as early as possible if your child is not attending class. Due to class sizes, catch up lessons are not available and no refund will be given for classes not attended.

Two consecutive unexplained absences may put your child's place in the class in jeopardy. Please email or phone the office if your child will be, or has been absent.

#### **Accidents & Injury**

At Patterson Lakes Community Centre Gymnastics we try to minimise the risk of injury to our members by:

- Employing qualified Gymnastics Australia Accredited coaches
- Annual professional development by our coaches on current coaching practices