



COOROY GYMNASTICS CLUB COMPETITION SQUADS 2021



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ABOUT US

HISTORY

Originally the club members trained in one of the old show buildings. Described as not much more than a chicken shed by one of the original members, it was approximately 5 meters by 25 metres. The gymnasts trained with a beam and bar, and a floor area consisting of old mats over the hardwood floor. Despite the rather primitive conditions, gymnasts trained and improved their skills.

In 1992 the Cooroy Primary School sent a team of gymnasts to compete for the opportunity to represent Queensland at the 1992 Pacific School Games to be held in Darwin. The team from Cooroy were victorious and travelled to compete in the Division 3 general gymnastics competition which was introduced at the event.

On return from Darwin, it was decided that the gymnast should have better training facilities. The club started a plan to provide a much improved gymnastics club. It was now time to rally the community.

Driven by its committee, the fund raising begun. Raffle tickets were sold, the Cooroy Hotels "Goose Club" provided funds through its weekly raffles and of course the committee led by Helen Park and Glenn Thew worked hard on the grant process and getting support from the council.

The gymnastics club was able to get support from the Noosa Council to provide tenure of land at the show grounds and funding to support the State Government grant for the new building. Most of the work was done locally and in many cases gratis to assist with the fledgling community club. In under three years they had been successful in designing, funding and building a gymnastics centre in Cooroy that would provide a home for the club into the future.

Since the opening of the training centre, the club has grown to over 500 members annually and also provides classes for schools throughout the area. Once in the new facility, the gymnast were able to quickly build their skills and results started to come for the club. In the early to mid 2000s results at a state level began to come for the club. Gymnasts were starting to win State Championships on apparatus.

In 2011 Jonah Harrison became the clubs first all around State Champion with many to follow including: Ashton Davis, Oscar Robinson, Flynn MacKeown, Mackenzie Jones, Monique Blackmore, and Finlay Jones.

Cooroy was achieving regular success at a State level, and in 2017 had its first success at Nationals with gymnast Kyle McCartney winning pommel at level 10. Kyle achieved four medals at the 2017 Australian Championships including a 3rd all around and selection for the Australian Levels tour of New Zealand.

More success followed at a national level. In 2018 the club had its first all around National Champion Finlay Jones, winning five medals at level seven, including three gold.

Following up in 2019, the club had two representatives at Nationals making up a quarter of the level eight Queensland team. Dean Chandler and Finlay Jones both performed well in Melbourne with Finlay once again winning the all around division and winning another five medals. Due to his success at this National Event, Finlay was selected for an international tour to the USA and was awarded the Queensland Mens Level athlete of 2019.

These recent successes are substantiation of the communities foresight to invest in the local youth for the future. The gymnastics club has truly grown from its humble beginnings. It has now been fitted outing upgraded continually with top level equipment. Its floor and training facility features much of the same apparatus used at Olympics and World Championships. It has become successful which is all due to the commitment of parents who have formed and run the committees and coaches which have delivered what the Cooroy community set out to achieve in the 80s.

COOROY GYMNASTICS CLUB MISSION STATEMENT

To encourage all participants to develop the skills required for gymnastics and to assist gymnasts to achieve their maximum potential through the implementation of great coaching techniques, participation in competitions, correct technical development and good club administration.

COOROY GYMNASTICS CLUB OBJECTIVES

The objects for which the club was established are:

- To provide the members with a safe, happy learning environment where health and fitness is fun
- To give members of all ages the opportunity to achieve their individual goals, from general, recreational gymnastics to high level competitive gymnastics
- To give the community access to a club where members of all ages and ability levels can attend classes, finding friendships and personal achievements, reaching goals through hard work and determination
- Giving members the right start, with fitness and attitude attributes benefitting them throughout their lives.

CLUB PERSONNEL

MANAGEMENT COMMITTEE

Cooroy Gymnastics Club Inc. is a not-for-profit community Club operating under the guidance of a volunteer Management Committee. Coaching and administration staff are paid professionals, however our management committee and many other helpers are volunteers who offer their time for the benefit of the club. The Management Committee are always looking for enthusiastic people to assist with fundraising and club events, promotion and marketing, sponsorship, building maintenance projects, as well as many other interesting and rewarding areas of club management.

The volunteer Management Committee is elected by attending club members at the Annual General Meeting. The Committee meets on the second Monday of each month. All matters to be contributed to the general meeting must be in writing and addressed to "The Secretary".

ADMINISTRATION

The Office is attended during school terms as follows:

- Monday - Friday 3:00pm - 7:00pm
Tuesday & Thursday 8:30am - 11:00am
- Saturday 8:00am - 11:00am

STAFF

All of our coaching staff have attained accreditation through the national governing organisation of Gymnastics Australia. Beginner Coaches are under the supervision of a qualified coach.

It is mandatory for coaches to attend regular updating clinics, events and workshops to renew their annual technical accreditation.

OUR COMPETITIVE PROGRAM

If you are new to gymnastics, the sport can be a little confusing. Gymnastics at Cooroy can be categorised into Fun/ Developmental and our Competitive streams. We understand that gymnast and or families may not wish to move into our competitive gymnastics program and others may wish to have a competitive gymnast but cannot commit or the athlete lacks the basic building blocks or commitment required of the sport.

Our Competitive Squads are divided into 3 areas.

Development Squads

Level one and two gymnasts train between 2 and 6 hours per week, developing & perfecting the basic skills and fundamentals of gymnastics. Strength, flexibility and shapes are the key components required in order to proceed in level difficulty, whilst attendance at competitions is secondary at this age and level.

Both MAG & WAG gymnasts at these levels develop the fundamental shapes and movements that will shape their competitive careers. Each development squad has set training days which are compulsory for all squad members.

Junior competitive squads

Competitive gymnasts are invited to join a squad, depending on age, ability and competition levels. It is imperative for gymnasts and their families to understand that strength, flexibility and gymnastic artistry are attainable for any gymnast, but the levels to which these are achieved will be determined by how many hours are spent in the gym.

Level 3 - 6 for both WAG and MAG where they will compete compulsory routines at a Regional and State Level (level 4 and above for WAG).

Gymnasts train between 9 and 13 hours per week at these levels. Refining movement patterns, building adequate strength and fitness, and solidifying fundamentals and skills that lead to the high level elements of senior gymnastics.

Senior competitive squads

Senior Competition: Level 7 - 10 where gymnast compete *optional routines at Regional, State and National level.

* Level 7 & 8 MAG under age athletes compete compulsory routines.

PROGRESSION WITHIN THE COMPETITIVE PROGRAM

The levels training together will be determined by the club and will governed by coaching and gym availability. We are always guided by best practice and will look to provide the best outcomes for our athletes.

Please see pathways within each gymsport listed below.

The competitive levels for gymnastics (level 3+) require a minimum level of competency to achieve the level.

For WAG this is:

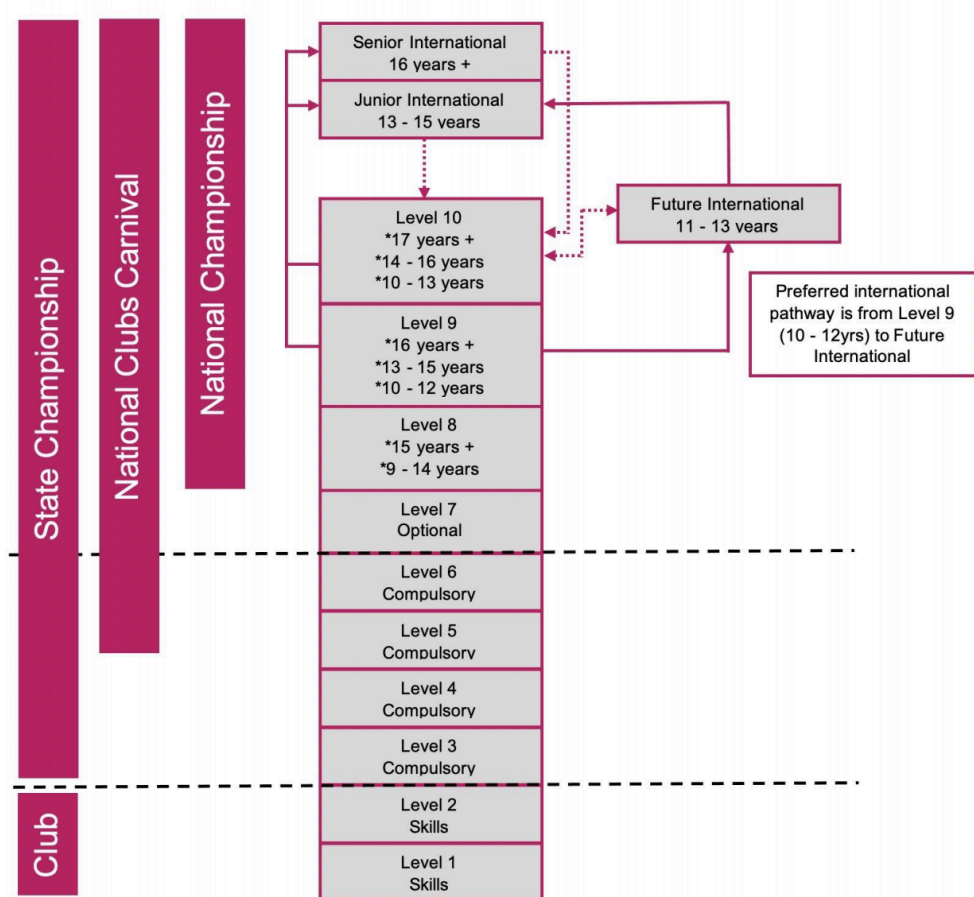
Level	AA Score	Apparatus Score
3 - 6	28	Nil
7	38	Nil
8	39	Nil
9	40	Nil
10	41	Nil

For MAG this is:

Level	AA score	Apparatus Score
level 1 - 6 compulsories	42	not < 5.5
Level 7 U/13 compulsories	45	not < 6.5
Level 8 U/14 compulsories	45	not < 6.5
Level 6 Optional	60	not < 8.5
Level 7 Open	60	not < 8.5
Level 8 Open	62	not < 9.0
Level 9 U/15 & Open	60	not < 9.0
Level 9 U/17	63	not < 9.5
Level 10	65	not < 10.0

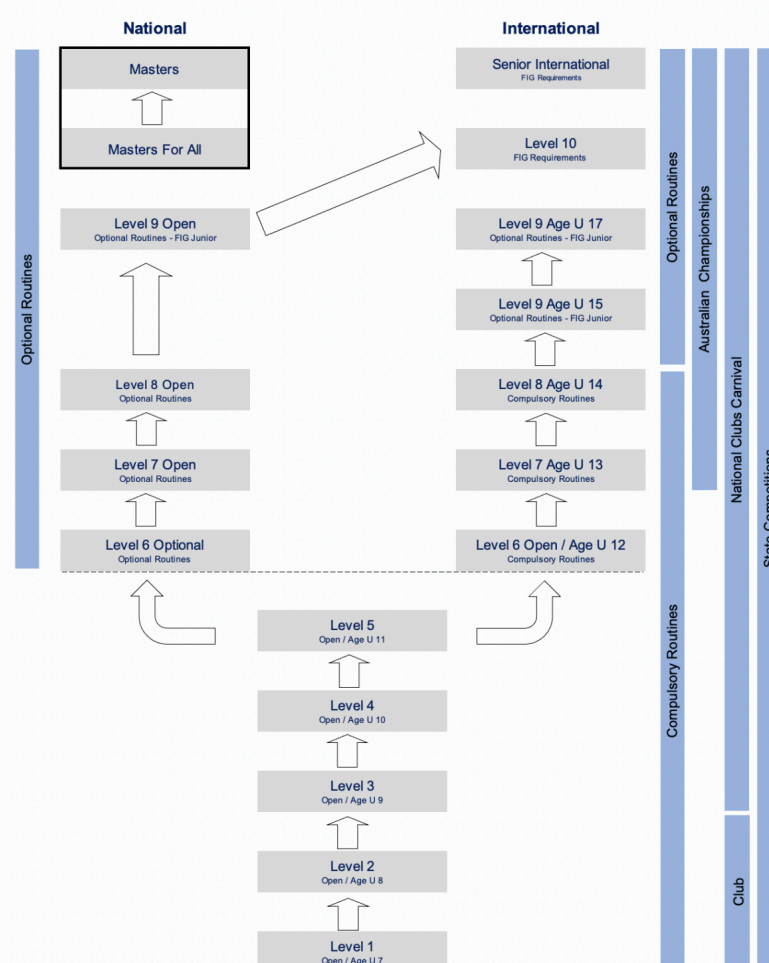
GYMSPORT PATHWAYS

WAG ALP Pathway and competition Framework



*Age Categories listed for Level 8 to 10 are set for National Championships. States may choose to have different age divisions as required.

MEN'S ARTISTIC GYMNASTICS NATIONAL PROGRAM



WHAT CAN GYMNASTS & PARENTS EXPECT

All coaching staff will abide by and practice professional and ethical standards provided by Gymnastics Australia Code of Ethics.

No guarantees can be made regarding the timeframe or the level of what a gymnast will achieve. Consistent attendance of training sessions and effort during training will be the basis of success.

Cooroy gymnastics club use PAD tests from level 2 upwards to monitor the physical development of our athletes based on the tests and benchmarks from Dr Trevor Dowdell (Planning your competitive gymnastics program 2014)

See appendix

EXPECTATIONS OF A GYMNAST AND PARENT WHEN JOINING A CLASS

The Cooroy Gymnastics Club provides training and programming with performance and development in mind. To get the greatest benefit from training, gymnasts are expected attend training on a regular basis and to be punctual, polite and engaged.

Competition attendance is critical to the gymnast's ongoing improvement. Non-attendance at competitions recommended by the gymnast's coach may jeopardise the gymnast's position within the competitive program.

COMMUNICATING WITH COACHING STAFF

For the safety of all of our athletes, please do not distract or talk to your child, coaching staff or other gymnasts during training sessions or at competition. Your child is in the care of their coach from the commencement of, and until discharge from, their training and competition session.

Any day-to-day messages are to be relayed to the Office staff who will convey the message to the gymnast's coach. In the event of an emergency, please advise or phone Office staff who will inform coaching staff.

If you have any enquiries regarding the program or your child's progress, please arrange an appointment with your child's coach through the Office Administration staff. If an unresolved issue arises, a meeting will be arranged between the gymnast's parent or guardian, the coach and the coach co-ordinator.

COMPETITION SCHEDULE

2021 Draft Competition Schedule				
Date	Program	Competition	Level	Location
13th - 14th March	MAG	Snr Regionals SEQ	7 - 10	Gold Coast
25th - 28th March	MAG	Snr State Championships	7 - 10	Chandler Brisbane
15th - 16th May	WAG	AGDA Invitational	3 - 6	Deception Bay
20th - 25th May	MAG	Australian Gymnastics Championships	7 - 10	Gold Coast
22nd May	WAG	Sunshine Classic	1 - 2	Woombye
25th -30th June	MAG	Qld Club Championships Team Event	3 - 10	Caloundra
17th - 18th July	WAG	AGDA Invitational	1 - 6	Deception Bay
31st July - 1st Aug	WAG	Sunshine Coast Regional Championships	3 - 6	Maroochydore
7 - 8th August	MAG	Sunshine Coast Regional Championships	2 - 6	Maroochydore
20th - 23rd Sept	WAG	Jnr State Championships	4 - 6	Gold Coast
20th - 23rd Sept	MAG	Jnr State Championships	3 - 6	Gold Coast
30th October	MAG	Caloundra Invitational	2 - 6	YMCA Caloundra

SAFETY

Safety of all gymnasts is the key priority for Cooroy Gymnastics Club. We reserves the right to refuse or rescind a position in any class without a warning where a coach feels that an individual presents a risk to the safety of him/herself or others. This includes but is not limited to: failure to follow instructions or act in a reasonable, sensible manner that may constitute such a risk, physical or verbal abuse of a gymnast or staff member may constitute such a risk, major or repeated breaches of the athlete code of conduct.

INJURY MANAGEMENT PROCEDURE - COMPETITIVE TEAMS

Your child's safety and their injury-free participation in our programs is our paramount undertaking. However, competitive gymnastic performance places extraordinary demands on the gymnast, and the risk of injury cannot be eliminated. This being the case, the following injury management process is recommended:

What is the purpose of this Injury Management Procedure?

- To minimise the extent of any initial damage and to limit inflammation, and promote healing
- Maintain or restore flexibility, strength, proprioception and overall physical condition during the healing phase – thus avoiding the “cycle of injury”.
- To functionally rehabilitate the injured gymnast so as to hasten a return to performance
- Assess and correct any predisposing factors, attempting to reduce a likelihood of a recurrence.

When should a gymnast discuss an injury or incident with their coach?

- If the gymnast is ill or injured prior to training,
 - A sudden onset of pain during training that immediately limits normal training,
 - Any and every time a gymnast feels concerned about an incident or injury, or a current injury worsens, and
 - Whenever pain interferes with normal training – this will normally be a “pain score” of 3/10 or greater.
- Remember
– gymnasts MUST never train with increasing pain!

Injury Management - for the first 24-72 hours following injury

- Immobilise, or limit use of the injured part
- Institute the R.I.C.E. regime: REST, ICE, COMPRESSION, and ELEVATION.
- Ice = 15 mins of compressed ice over injury, while resting, every two (2) hours. Compress & Elevate = Compress the injured joint or area with a compression sleeve/bandage. For example, while sleeping, raise an injured ankle on a pillow, or keep the injured side raised by lying on the uninjured side.
- Avoid use of heat, heat rubs, vigorous massage and activity during this first 72 hours.
- An injury that limits functional training (i.e. gymnast cannot sprint run AND bear weight on arms) must be referred on to medical professionals immediately for a written diagnosis and written clearance before a return to training is allowed.

Recommended Sports Physiotherapist

To enable accurate injury diagnosis and effective injury management, we expect all members to make immediate appointments with the following recommended physiotherapist.

Sports Physiotherapist: - Craig Steele, Interactive Physio - 07 5442 5556

Gymnastics Australia Insurance contacts – Parents contact the following office for insurance claim information and claim form.

Sports Cover – claims hotline – 1300 306 383. Claim forms will be mailed to your address or contact on-line and request a form via Email: gymnasticsaustralia@marshadvantage.com

What can a Gymnast do to prevent injury?

- Complete all aspects of the annual training program – especially the safety & falls program
- Maintain vigorous health – drink lots of water, eliminate saturated fats from their diet, get plenty of sleep.
- Never train when ill (with a raised body temperature). Avoid any late nights prior to training sessions or competitions.
- Be at their highest possible fitness level at all times – ANY training break decreases fitness.
- Always complete stretching exercises on rest days – see your coach for an individual program.
- Stay focused and ON Task during each and every training session and competition.

FEES AND MEMBERSHIP

TRAINING HOURS

Training hours are set by the Cooroy Gymnastics Club to provide adequate training for the safe progression of competitive athletes. The number of hours provided are to ensure adequate physical preparation and safe development of skills, as well as to optimise performance.

Training hours set for our competitive athletes are compulsory.

Low attendance will affect development and may increase the risk of injury to athletes. Cooroy Gymnastics reserves the right to withdraw its competitive program offering to gymnasts not regularly attending.

ANNUAL CLUB MEMBERSHIP & GYMNASTICS QUEENSLAND AFFILIATION FEE

The Cooroy Gymnastics Club is an affiliated club under Gymnastics Queensland. Gymnastics Queensland has updated its affiliation fee in 2021. This fee includes registration of competitive athletes to Gymnastics Queensland, Insurance and APRA fees. This fee is charged per year (Jan 1 to Dec 31) forms part of the fees for the Cooroy Gymnastics Club competitive program and is not refundable.

LATE/OVERDUE FEES

COOROY GYMNASTICS CLUB is a NON-PROFIT ORGANISATION, managed by a Committee of volunteers.

We rely upon the timely payment of fees in order to function. Fees are due within **the first 2 weeks of each term** and the Club reserves the right to withdraw its services thereafter.

- Fees must be paid in full unless arrangements have been made with the book-keeper for a payment plan. If paying via payment plan, the weekly/fortnightly payment must cover the scheduled weekly/fortnightly fees in advance.

For habitual slow payers, if no payments have been made within the 14 days, the following course of action will be taken:

- Book-keeper will make a phone call asking for payment in full (Week 3)
- If payment has not been received during Week 3, a "Pending Suspension of Gymnast" letter will be issued (Signed by Treasurer) with the terms being 7 days.
- If payment has not been received by the end of Week 4, the suspension will be enforced by the Treasurer (phone call to parent)
- Any requests for payment plans at this stage, must include back-payment of weeks elapsed eg. If week 5 and amount owing is \$50 per week, parent must make a payment of \$250 + \$25 Admin fee for the child to be allowed to resume training.
- Children in the squad program are not allowed to participate in Competitions and/or events until all fees are paid or the parents have engaged in a payment plan.
- In the event of Non-Payment, the account may be placed in the hands of a debt collection agency.

REFUNDS / CANCELLATION / MAKE UP CLASSES

Non-attendance does not qualify for a refund or credit.

CANCELLATION

If a class is cancelled by the club, a make-up class will be offered. If the make-up class cannot be held, a pro rata adjusted credit of Term fees will be made to your account.

ILLNESS OR INJURY

Application for a credit or refund may be submitted in writing to the Treasurer if illness or injury extends 2 or more weeks. Any such claim must be accompanied by a medical certificate. In the case of injury, the athlete may need to pass a fitness test by their coach, prior to returning to training. If injury occurred during Training and a claim for insurance is being made this must be done in accordance with our injury procedure policy.

FAMILY HOLIDAYS

Inability to attend due to holidays being taken during scheduled class times will not entitle the family to a refund or credit at any time. Unless this is for a period of 3 weeks or more.

CEASING AT OUR REQUEST

If the club discontinues a program, withdraws a position or requests a member be removed from a program, the members' account will be given a pro rata adjusted credit or refund for the balance of fees.

VOLUNTARY WITHDRAWAL

No refunds apply to Gymnastics Queensland Registration, Club membership or Training Fees.

SUSPENSION

Absence due to suspension as a disciplinary measure will not entitle the member to any refund or credit as a position in the class is being held for that person whilst on suspension. Should the member withdraw from the program during a period of suspension, the usual Voluntary Withdrawal Policy will apply (see above).

CLOTHING AND MERCHANDISE

No refunds or credit will be given for merchandise or clothing purchased in the club.

WITHDRAWAL FROM COMPETITIVE PROGRAM

You may withdraw from our competitive program at anytime. Fees paid are not refundable as per our fee policy.

Non attendance does not qualify for a refund or credit.

Please refer to our fees policy.

ILLNESS & INJURY

Application for a credit or refund may be submitted in writing to the Treasurer if illness or injury extends 2 or more weeks. Any such claim must be accompanied by a medical certificate.

In the case of injury, the athlete may need to pass a fitness test by their coach, prior to returning to training. If injury occurred during training and a claim for insurance is being made this must be done in accordance with our injury procedure policy.

CHANGES TO COACHING STAFF

While every attempt to give the gymnasts consistency in coaching staff the club reserves the rights to substitute in the event of coach absence; or change coaching staff without notification.

TERM DATES

Term 1	Senior competitive squads Junior competitive squads Development squads
Term 2	Senior competitive squads Tuesday April 6th - 26th June Junior competitive squads Monday April 12th - 26th June Development squads Monday April 19th - 26th June
Term 3	Senior competitive squads Monday 12th July - Saturday 18th September WAG Junior competitive squads Monday 5th July - Saturday 18th September MAG Junior competitive squads Monday 12th July - Saturday 18th September Development squads Monday 12th July - Saturday 18th September
Term 4	Senior competitive squads Monday 27th September - 18th December Junior competitive squads Tuesday 5th October - 18th December Development squads Tuesday 5th October - 12th December

SCHOOL & PUBLIC HOLIDAYS

The club operates on pupil fee days but is closed for public holidays. Fees will be reduced for training not held on public holidays.

UNIFORM REQUIREMENTS



WAG COMPETITIVE PROGRAM DEVELOPMENT - LEVEL 10

See table for training and competition requirements.

WAG gymnasts should wear appropriate or required leotard with gym shorts for training. Training leotard is compulsory for level one and two gymnasts and on Wednesday for level three and above.

Gymnasts should always have socks for trampoline and their own supply of strapping tape for rips and sprains.

Coaches will advise when gymnast will require bar grips.

WAG uniform requirements	Level 1 & 2	Level 3	Level 4 -6	Level 7+
Training Leotard	Compulsory	Compulsory Wednesdays	Compulsory Wednesdays	Compulsory Wednesdays
Comp Leotard	Same as training leotard	Same as training leotard	Comp junior leotard	Comp senior leotard
Club Polo shirt and black tracksuit pants	Yes	Yes	Yes	Yes
Lycra Gym shorts				
Club Tracksuit	Optional	Yes	Yes	Yes
Club Bag	Optional	Yes	Yes	Yes

MAG COMPETITIVE PROGRAM DEVELOPMENT - LEVEL 10

See table for training and competition requirements.

MAG gymnasts should wear shorts and single Training leotard is compulsory on Wednesday for level three and above.

Gymnasts should always have socks for trampoline and their own supply of strapping tape for rips and sprains.

Longs are required for pommel each day from level two and up.

Coaches will advise when gymnast will require bar and ring grips.

MAG uniform requirements	Level 1 & 2	Level 3+
Training Leotard	Non	Compulsory Wednesdays
Comp Leotard	Black shorts, club singlet & longs for pommels	Comp leotard
Club Polo shirt and black tracksuit pants	Yes	Yes
White Longs	Yes	Yes
White Shorts	No	Yes
Club Tracksuit	Optional	Yes
Club Bag	Optional	Yes

LEOTARDS

Training leotard &
level 1 - 3 competition leotard



Level 3 - 6 competition leotard



Level 7 - 10 competition leotard



ANNUAL AWARDS CRITERIA

State Representative: For athletes who have represented Queensland at National Championships

Regional Representative: For athletes selected in Regional Challenge at State Championships

Club Level Champion: Awarded to MAG & WAG athletes from level 3 and above with highest average score from selected events

WAG: Level 3 Sunshine Coast Regionals

Level 4 and above Sunshine Coast Regionals and State Championships

Most Improved: WAG & MAG Best strength test improvement over the year by %

CLUB RULES

GENERAL

- The gym floor is the domain of gymnasts and coaches only. Parents and siblings are not to enter the training area unless invited by the coach. This is a safety rule.
- Under no circumstance is any person granted permission to play on any equipment.
- Parents are not permitted to supervise children on the equipment. Gym Explorer and Adventurer classes are an exception to this rule.
- Under no circumstance is anyone permitted to play in the car park.
- Gymnasts must be collected from inside the gym. The designated waiting area is the seating area. Please contact the office if you will be late to collect your child immediately after training ceases.
- No talking to gymnasts or coaches during classes. Should you wish to speak to your child's coach or Program Coordinator, arrange an appointment through the administration office. In case of emergency, please direct information through the administration office.
- Parents/Guardians must supervise children in their care, whilst spectating classes.
- No running is permitted within the spectator areas of the gymnastics facility.
- To uphold the safety of our members and visitors, no ball sports are permitted within the gymnastics venue or viewing area.
- Only staff and Executive Management Committee are permitted in the training area.
- No smoking in the building or within 20 metres of the outer parameter. Refer to Smoke-Free Policy.
- Inform coaches of any medical conditions that may affect your child.

GYMNASTS

- No gymnasts may enter the gymnasium or use any equipment until their class has commenced under the supervision of the Coach.
- No running between apparatus. Walk around equipment to get from point A to point B.
- No littering – use bins provided.
- Treat the Club & equipment with respect. Do not pick the foam or mats; do not deface any photographs, notices or program charts displayed in the gym.
- Hair must be tied back during class. No jewellery is to be worn.
- All gymnasts waiting to be picked up must wait in the seating area, in view of the administration office staff or coach.
- No food or drink is permitted in the training area.

COOROY GYMNASTICS CLUB CODES OF BEHAVIOUR

We have developed the following set of behaviours that we work by with our customers, any suppliers and each other to ensure individual behaviours are aligned to our Club Culture.

1. *Speak with good purpose.* Speak supportively and respect other people's right to have a different viewpoint without making them wrong.
2. *Be respectful of each other.* Your colleagues' mannerisms and behaviour may not always be the same as yours, but you must respect their right to be who they are.
3. *Focus on solutions, not problems.* Have a positive attitude. Only be supportive! Don't blame others for events and don't make excuses. Take responsibility!
4. *Be flexible.* Your way is not necessarily the only way to complete a task.
5. *Be a team member.* Have the willingness to let others win, plus have a win yourself. Support the team goals and each other.
6. *Act with honesty and integrity.* These are core values that are essential to Cooroy Gymnastics Club.
7. *Communicate with sincerity.* Practice active listening and make a conscious effort to greet and farewell each team member every day.

GYMNASTS CODE OF CONDUCT

1. Shoes are not to be worn on the gymnastics floor
2. Gymnasts must always have their hair tied back, suitable clothing and no jewellery.
3. No Mobiles within Gym Training Area, before and during Training.
4. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
5. Do not tolerate acts of aggression or bullying.
6. Respect the talent, potential and development of fellow participants and competitors.
7. Care for and respect the equipment provided to you as part of your program.
8. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
9. At all times avoid intimate relationships with your coach. Respect the personal space of others.
10. Conduct yourself in a professional manner relating to language, temper and punctuality.
11. Maintain high personal behaviour standards at all times.
12. Abide by the rules and respect the decision of the officials, making all appeals through the formal process and respecting the final decision.
13. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
14. Cooperate with coaches and staff in the development of programs to adequately prepare you for the competition at the highest level.
15. Show concern and caution towards others who may be sick or injured.
16. Be a positive role model.
17. Understand the repercussion if you breach, or are aware of any breaches of this code of behaviour.

GYMNASTS BEHAVIOUR MANAGEMENT POLICY

Cooroy Gymnastics Club programs will provide a secure, caring and stimulating environment, which encourages members to co-operate, enhances their self-esteem and encourages their ability to interact with others, where acceptable behaviour is promoted and any recriminations are kept to a minimum. Where a child continues to behave in an unacceptable manner, parents/guardians will be consulted and asked to work with the staff to ensure discipline techniques are consistent and clear.

PARENTS CODE OF CONDUCT

As a parent of a participant in any activity held by Gymnastics Australia, Gymnastics Queensland, an affiliated club or the Cooroy Gymnastics Club you must meet the following requirements in regard to your conduct during any such activity or event:

1. Parents/Guardians must not bring their child/children to gymnastics if they are ill or contagious.
2. All gymnasts must be dropped off and picked up inside the gymnasium.
3. Registration and fees must be paid in full within 3 weeks of the term, or your child/children will not be allowed on the gymnastics floor. Note that a late fee will be issued.
4. If you are seen to be a distraction to the gymnasts, staff can and will ask you to exit the premises for the safety of the gymnasts.
5. If parents/guardians would like to approach a coach, this must be done before or after the class.
6. The Head Coach and management committee have the right to deny participation when appropriate.
7. Respect the rights, dignity and worth of others.
8. Remember that your child participates in sport for their own enjoyment, not yours.
9. Focus on your child's efforts and performance rather than winning or losing.
10. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
11. Show appreciation for good performance by all participants, including opposing participants.
12. 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.
13. Respect officials' decisions and teach children to do likewise.
14. Do not physically or verbally abuse or harass anyone associated with the sport ie participant, volunteer, coach, judge etc.
15. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
16. Be a positive role model.
17. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
18. Be aware of the repercussions that any breaches of this code of behaviour may incur.

COACHES AND STAFF CODE OF CONDUCT

As an employee or volunteer of the Cooroy Gymnastics Club, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Gymnastics Australia, Gymnastics Queensland, an affiliated club or the Cooroy Gymnastics Club in your role as a coach or Volunteer appointed by the Cooroy Gym:

1. Do not tolerate acts of aggression.
2. Provide constructive feedback to participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise participants' rights to consult with the other coaches and advisors. Cooperate fully with other specialists
(for example sports scientists, doctors and physiotherapists).
4. Treat all participants fairly within the context of their sporting activities, regardless of gender, race, place of origin,
culture, athletic potential, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate participants' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the participants in decisions that affect them.
7. Encourage participants to respect one another and to expect respect for their worth as individuals
8. Ensure that the tasks and/or training set are suitable for age, experience, ability and physical and psychological conditions of the participants.
9. Ensure any physical contact with participants is appropriate to the situation and necessary for the participant's skill development.
10. Be acutely aware of the power that you as a coach develop with your participants in the coaching relationship and
avoid any sexual intimacy with them that could develop as a result.
11. Avoid situations with your participants that could be construed as compromising.
12. Actively discourage the use of performance enhancing drugs, and the use of alcohol, tobacco and illegal substances.
13. Do not exploit any coaching relationships to further personal, political or business interests at the expense of the best interest of your participants.
14. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
15. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and spirit of the rules.
16. Be honest and ensure that qualifications are not misrepresented.

APPENDIX

BENCHMARKS

Girls Gymnastics Bench Mark Testing (Src. Trevor Dowdell Planning your Competitive Programme pg 75)-1

	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8 - 10
	Girls	Girls	Girls	Girls	Girls	Girls	Girls
Chin ups	Hold 10 - 30 sec	5	10	12	15	20	20
Rope Climb 4m timed	With Legs	With legs timed	No legs time 10 - 15 secs	No legs time 10 - 15 secs	No legs time 10 - 15secs	No legs time 7 - 10 secs	No legs time 5 - 7 secs
Leg Lifts	2	5	10	10	15	15	20
L Sit Hold	N/T	10s	20s	30s	40s	50s	1m
Inverted Hang	N/T	10s	20s	30s	40s	50s	1m
Kips (Cast above horizontal)	10 x sling	5 x single leg sling kips each leg	3	5	8	10	x 10 kips or x 5 kip cast handstand
Cast to handstand	6 x continuous cast each grip	8 x continuous cast each grip	x 5 spotted	x 10 spotted	5 x stemme kip cast handstand	5 x glide kip cast handstand in loops	5 x glide kip cast handstand
Press to Handstand	1 slide press, stat and finish with feet on box	On floor 1 x press, start and finish standing	1 x lever to handstand and return to stand	1 press from lever to lever	2 press lever to lever	3 press lever to lever	5 press lever to lever
Handstands	30 sec at wall (chest in)	30 sec at wall (chest in) 30 sec cross h/s beam at wall	10 sec on floor 30 sec split at wall 30 sec cross h/s beam at wall	20 sec on floor 60 sec at wall 30 sec cross h/s beam at wall	30 sec on floor 60 sec at wall 30 sec cross h/s beam at wall	45 sec at floor 30 sec side h/s at beam	60 sec at floor 30 sec cross h/s at beam
Splits & Bridge R L S B	Split RL= 0 Split LL = 1 Side Split = 1 Bridge = 2	Split RL= 1 Split LL = 1 Side Split = 1 Bridge = 3	Split RL= 1 Split LL = 1 Side Split = 1 Bridge = 3	Split RL= 2 Split LL = 2 Side Split = 2 Bridge = 3	Split RL= 2 Split LL = 3 Side Split = 2 Bridge = 3	Split RL= 3 Split LL = 3 Side Split = 3 Bridge = 4	Split RL= 3 Split LL = 3 Side Split = 3 Bridge = 4
Active leg Raises	Correct hip and leg postures	Correct hip and leg postures	RL forward = 3 LL forward = 3 RL side = 3 LL side = 3	RL forward = 3 LL forward = 3 RL side = 4 LL side = 4	RL forward = 3 LL forward = 3 RL side = 4 LL side = 4	RL forward = 4 LL forward = 4 RL side = 5 LL side = 5	RL forward = 4 LL forward = 4 RL side = 5 LL side = 5
Pistol Squats	Correct hip and leg postures with support	Correct hip and leg postures with support	5/5	6/6	8/8	10/10	10/10

Boys Gymnastics Bench Mark Testing (Src. Trevor Dowdell Planning your Competitive Programme pg 75)

	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8 - 10
	Boys	Boys	Boys	Boys	Boys	Boys	Boys
Chin ups	Hold 10 - 30 sec	5	10	12	15	20	20
Rope Climb 4m timed	With Legs	With legs timed	No legs time 10 - 15 secs	No legs time 10 - 15 secs	No legs time 10 - 15secs	No legs time 7 - 10 secs	No legs time 5 - 7 secs
Leg Lifts	2	5	10	10	15	15	20
P Bar Dips	5	10	15	20	20	20	20
L Sit Hold	N/T	10s	20s	30s	40s	50s	1m
Inverted Hang	N/T	10s	20s	30s	40s	50s	1m
Back Lever	N/T	Tuck Hold 15s	Hold Flat back tucked 15s	Hold Straddle 15s	Hold 5 s	Hold 10s	Hold 10s
Press to Handstand	1 slide press, stat and finish with feet on box	On floor 1 x press, start and finish standing	1 x lever to handstand and return to stand	1 press from lever to lever	2 press lever to lever	3 press lever to lever	5 press lever to lever
Handstands	30 sec at wall (chest in)	30 sec at wall (chest in) on parallettes	10 sec on floor	20 sec on floor and parallettes	320 sec on floor and parallettes	45 sec on floor and parallettes	1 min on floor and parallettes
Splits & Bridge R L S B	Split RL= 0 Split LL = 1 Side Split = 1 Bridge = 2	Split RL= 1 Split LL = 1 Side Split = 1 Bridge = 3	Split RL= 1 Split LL = 1 Side Split = 1 Bridge = 3	Split RL= 2 Split LL = 2 Side Split = 2 Bridge = 3	Split RL= 2 Split LL = 3 Side Split = 2 Bridge = 3	Split RL= 3 Split LL = 3 Side Split = 3 Bridge = 4	Split RL= 3 Split LL = 3 Side Split = 3 Bridge = 4
DL Circles Max	Mushroom	Mushroom	Mushroom	Buck- side	Buck Long	Handles	Handles
Pistol Squats	Correct hip and leg postures with support	Correct hip and leg postures with support	5/5	6/6	8/8	10/10	10/10 with jump and land

STRENGTH TESTS