

Sydney Olympic Park Sports Centre

# Gymnastics Club Information Booklet

# 2010

## Calendar of Events 2010

<i>Month</i>	<i>Date</i>	<i>Event</i>	<i>Venue</i>
March	28	KINDERFEST	Sydney Olympic Park Sports Centre
May	23	SOP WG Levels 1-6 (Development & State Stream) INVITATIONAL	Sydney Olympic Park Sports Centre
June	5	REGION WG Level 1 Trial 1	PLC Croydon
	6	REGION WG Levels 2/3 Trial 1	Sydney Olympic Park Sports Centre
	11 - 14	WG /MG State Championships Level 7-10 & Elite	Sydney Olympic Park Sports Centre
	19	REGION - WG Level 1 Trial 2	PLC Croydon
	20	REGION - WG Levels 2/3 Trial 2	Sydney Olympic Park Sports Centre
July	12 - 17	MG National Championships	Brisbane
August	1	REGIONAL Championships WG Level 1-3	Sydney Olympic Park Sports Centre
	8	REGIONAL Championships WG Level 4-10 & MG 1-5	Sydney Olympic Park Sports Centre
	14 - 15	WG Development Stream and Open Level 1-10 State Championships	Sydney Olympic Park Sports Centre
	28 - 29	WG Level 1-3 State Championships	Sydney Olympic Park Sports Centre
	28 - 29	MG Level 1-5 State Championships	Sydney Olympic Park Sports Centre
September	11 - 12	WG Level 4-6 State Qualifier	Penrith YMCA
	25 - 26	WG Level 4-6 State Qualifier	Penrith YMCA
October	30 - 31	WG Level 4-6 State Championships	Sydney Olympic Park Sports Centre
November	20 - 30	WG NATIONAL CLUBS	Canberra

WG – Women's Gymnastics

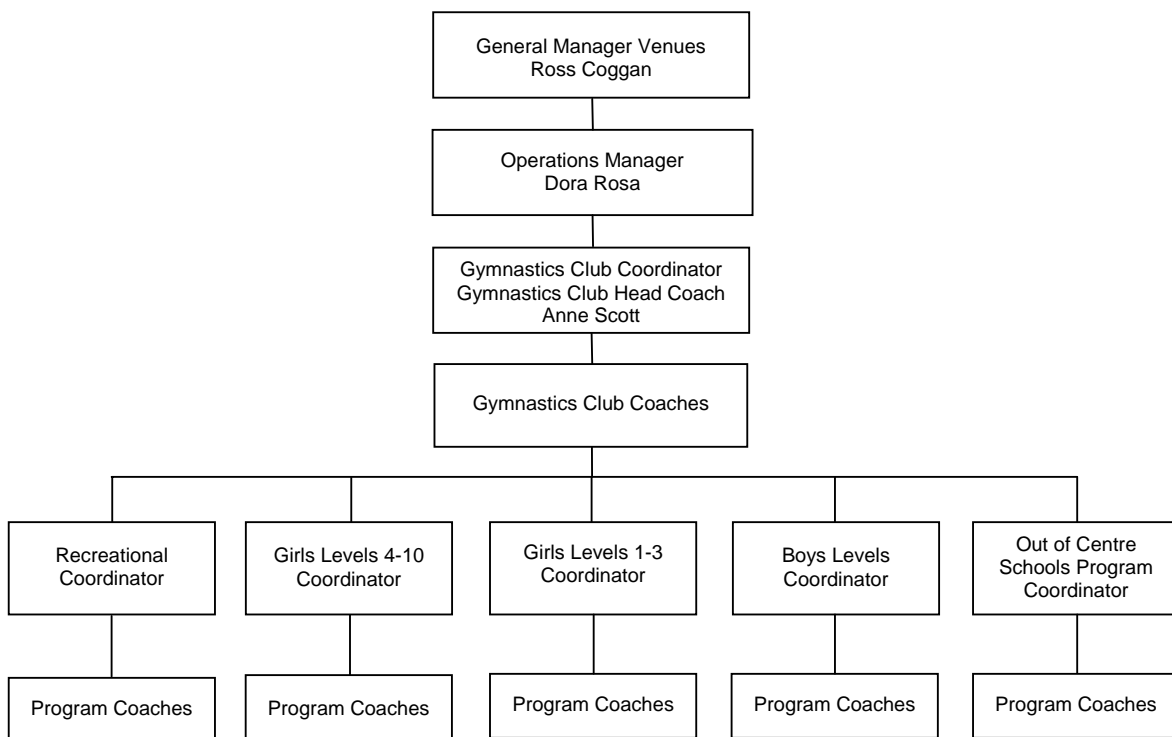
MG – Men's Gymnastics

# Sydney Olympic Park Sports Centre Gymnastic Club

The Sydney Olympic Park Sports Centre Gymnastics Club has been operating since October 1988 providing a Gymnastics Club for children in the local area. The Club began in 1988 with eighty children participating in beginner gymnastics and has grown into a successful Club with over 465 participants in 2009 providing a variety of programs including recreational, competitive and elite gymnastics for both boys and girls. The Gymnastics Club further services the community by providing schools with both in-centre and out-of-centre gymnastic programs.

The Sydney Olympic Park Sports Centre Gymnastic Club is an affiliated member of Gymnastics NSW under the Gymnastics Australia banner. The Gymnastics Club supports Gymnastics Australia by registering all members, coaches and judges. In turn Gymnastics Australia provides the club with a number of services including member insurance, competitions and educational resources.

## Organisational Structure



## Our Mission

To provide a safe and caring environment where each child has the opportunity to grow and learn to their maximum potential.

## Activities Available

The Gymnastics Club conducts the following programs:

ACTIVITIES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Recreational</b>	4pm 5 - 6 years  5pm 7 - 8 years  6pm 9 - 12 years		4pm 5 - 6 years  5pm 7 - 8 years		4pm 5 - 6 years  5pm 7 - 8 years  6pm 9 - 12 years	9am 5 - 8 years  10am 7 - 8 years  11am 9 - 12 years plus family class
<b>Girls Levels</b>	Levels 1 - 5 4pm - 7pm	Levels 1 - 4 4pm - 7pm	Levels 4 - 7 4pm - 7pm  Levels 1 Dev 4pm - 6.30pm	Levels 1 - 7 4pm - 7pm	Levels 1 - 7 4pm - 7pm	Levels 4 - 7 10am - 3pm  Level 1 - 3 9am – 12noon  Level 1-4 12noon – 3pm
<b>Boys Levels</b>		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	

### 1. Recreational Classes

Recreational classes cater for both boys and girls from 5-12 years of age. Gymnastics teaches children coordination, discipline, listening skills as well as gross and fine motor skills. It promotes good health by improving strength, flexibility and fitness. The children participate in activities such as tumbling, balancing, swinging and jumping in a fun and safe environment. Classes have a ratio of 1 coach to 8 children.

Beginner children participate in the Stepping Stone Award Scheme which involves the children working through eight progressions leading to the National Levels Scheme. A grading is held towards the end of each term and certificates are given out on the last day of each term to all the children. As it is important to work within the child's natural development stages, each child progresses at his/her own pace, which allows the individual to feel safe while building confidence. A sheet with skill content is on show in the display case in the viewing area near the cafe.

### 2. Girls Competitive Gymnastics

When a gymnast has progressed through the recreational Stepping Stone Award System she may then move into the Competitive Levels Stream. In Levels the gymnast will have the opportunity to compete in regional competitions.

The program involves the following:

- strength exercises
- flexibility
- new skill learning
- Routine learning and practice (in competitions each gymnast is required to perform a routine on vault, bars, beam and floor).

The program is only as competitive as the individual wishes to make it. The main emphasis is on providing a happy and stimulating environment allowing the individual to reach their maximum potential.

### **3. Boys Competitive Gymnastics**

When a gymnast has progressed through the recreational Stepping Stone Award System he may then move into the Competitive Levels Stream. In Levels the gymnast will have the opportunity to compete in the club competitions. From here he may be selected to compete in regional competitions.

The program will involve the following:

- strength exercises
- flexibility
- new skill learning
- routine learning and practice (in competitions each gymnast is required to perform a routine on floor, pommel horse, rings, vault, parallel bars and high bar).

The program is only as competitive as the individual wishes to make it. The main emphasis is on providing a happy and stimulating environment allowing the individual to reach their maximum potential.

### **4. School Holiday Program**

During each school holidays the Gymnastic Club runs gymnastics clinics on a number of days. The clinics are for 5 to 12 year-olds and consist of a variety of activities including tumbling, jumping, climbing, swinging and trampolining under the guidance of qualified gymnastics coaches. Trampoline sessions are also run during the holidays. Trampolining offers children an introduction to the sport and concentrates on the safety aspects of using a trampoline.

### **5. Boys High Performance Centre Program**

You may have noticed a number of boys doing high level gymnastics in the Gymnastics Centre. These boys have been selected as athletes with exceptional talent for gymnastics. The boys are members of the New South Wales High Performance Centre and train between nine and thirty hours per week depending on their age and level. The program at the moment boasts two National Champions. The boys, numbering around thirty in total, have been selected from clubs from around New South Wales. At present, eleven of the thirty boys belong to the Sydney Olympic Park Sports Centre Gymnastics Club.

## **Coaches' Profiles**

### **Anne Scott**

Anne Scott is a nationally accredited gymnastics coach and judge with over twenty five years experience teaching gymnastics. Anne has attained the highest accreditation in her coaching field as a Level 3 Coach. She has taught many State, National and AIS athletes including Lisa Read (Barcelona Olympics 1992) and Nicole Kantek (Atlanta Olympics 1996). Anne started the Gymnastics Club in 1988 and has had a key role in the Club's development over the years. She is also a nationally accredited Kindergym Coach with Kindergym Australia. As well as coordinating the Gymnastics Centre, Anne is involved in the teaching and overseeing of all levels from Beginners to Level 10 and at schools.

### **Michelle Rogers**

Michelle is a nationally accredited Level 1 Coach with eight years experience teaching gymnastics. Michelle trained as a gymnast for 12 years reaching a competitive level. Michelle is involved in teaching recreational children and schools programs at the Sports Centre.

### **Susie Colussi**

Susie is a nationally accredited Level 1 Coach with six years experience teaching gymnastics and a number of years teaching dance.

### **Gilbert Wegener**

Gilbert is a nationally accredited Level 1 Coach and Judge who has been coaching at the Sports Centre since October 2003. As a gymnast Gilbert was a member of the Boys High Performance Centre. Gilbert stopped gymnastics in his early high school years to pursue other goals but decided to come back to gymnastics as a member of our team. Gilbert is involved in teaching recreational children and boys competitive gymnastics. Away from the gym Gilbert is a studying at TAFE.

### **Bonnie Wegener**

Bonnie is a nationally accredited Level 1 Coach who has been coaching at the Sports Centre since November 2004. As a gymnast, Bonnie was part of the NSW High performance Elite squad training for seven years. Bonnie is involved in teaching recreational children's gymnastics and girls competitive gymnastics. Away from the gym Bonnie is a university student.

### **Melissa Lew**

Melissa is a nationally accredited Level 1 Coach and Judge who has been coaching at the Sports Centre since November 2005. Melissa commenced her gymnastics at our Club as a six-year-old and has been a member ever since. Melissa finished serious competitive gymnastics in 2004 but has continued her gymnastics for fun since then. Melissa is in the Netherlands as an exchange student for the first part of the year.

**Emily Colussi**

Emily is a nationally accredited Level 1 Coach and Judge who has been coaching at the Sports Centre since November 2005. Emily commenced her gymnastics at our Club as an eight-year-old and has been a member ever since. Emily finished competitive gymnastics in 2004 but has continued her gymnastics for fun since then. Emily is currently attending ACPE and enjoys other sports such as dancing and cheerleading both helped along by her gymnastics experience.

**Mandy McLean**

Mandy is a nationally accredited Level 2 Coach who has been coaching at the Sports Centre since 2008. Mandy has been coaching mainly boys competitive gymnasts for a number of years with very good results. At the Sports Centre Mandy is involved in teaching recreational children and boys competitive gymnastics.

**Renee Franzini**

Renee is a nationally accredited Level 1 Coach who has been coaching at the Sports Centre since February 2008. Renee came to us with a dance background and teaches recreational gymnastics.

**Gabby Leon**

Gabby, a nationally accredited Level 2 Coach and Judge, has been coaching at the Sports Centre since June 2009. Gabby has over twenty years coaching experience. At the Sports Centre, Gabby is involved in teaching schools programs and girls competitive gymnastics.

**Zoe Sansom**

Zoe, a nationally accredited Level 1 Coach and Judge, has been coaching at the Sports Centre since April 2009. At the Sports Centre, Zoe is involved in teaching recreational children and girls competitive gymnastics.

**Ashleigh Hilder**

Ashleigh is a nationally accredited Level 1 Coach and has been coaching at the Sports Centre since April 2009. At the Sports Centre, Ashleigh is involved in teaching recreational children and girls competitive gymnastics.

**Samantha Scardino**

Samantha, a nationally accredited Level 1 Coach and Judge, has been coaching at the Sports Centre since November 2005. Samantha is currently attending ACPE and enjoys cheerleading which is helped along by her gymnastics experience.

**Genevieve Routh**

Genevieve is a nationally accredited Level 1 Coach and has been coaching at the Sports Centre since February 2008. Genevieve attended gymnastics classes at the Sports Centre as a child and now teaches recreational gymnastics. Genevieve is studying for her Higher School Certificate in 2010.

### **Prashanth Sellathurai**

Prashanth is a nationally accredited Level 1 Coach and Level 2 Judge who has been coaching at the Sports Centre since November 2006. Prashanth commenced gymnastics at our Club as a six-year-old and so far has had an incredible journey as a competitive gymnast. Prashanth is also a member of the NSW Institute of Sport and the NSW Men's High Performance Centre. In 2005 Prashanth won a Silver medal at the World Championships on the Pommel Horse and in 2006 won a silver team medal at the Commonwealth Games. In April 2008, Prashanth won Australia's first Gold Medal on Pommel horse in the Grand Prix series. In December 2008 he won Bronze in the Grand Prix Final event. Prashanth teaches a competitive boys group. In 2009, Prashanth won three international medals on Pommel Horse. He won Bronze at the World Championships in October, Silver at the World Cup in November and Silver at the Grand Prix Final event in Japan in December.



*Prashanth Sellathurai*

## General Club Information

### Fees

Our friendly Reception staff will help you with any enquiries including program information and availability or will refer you to the appropriate coordinator. The Receptionists will also take your payments for activities. Please note the following:

- **Fees** for classes need to be paid at Reception, where you will receive a printed receipt. Activity fees for the next term that are paid before the end of the current term will be discounted by 10%. Please check the enrolment form for the due date. For your convenience, fees sheets (application forms) can be filled in with credit card details and returned to Reception. Receipts will be given to your child by the coach at the next class.
- **Activity Fees** are payable for each new term. **Fees must be paid before your child can participate in classes.** For any special circumstances please speak to Anne Scott 9763 0111 to arrange a payment plan.
- **Membership Fee** is an annual fee payable each new calendar year and helps the Gym Club with program costs such as software and administration costs. Fees for 2010 are \$11 per gymnast.
- **Registration and Insurance Fees** are payable each new calendar year. These fees are paid directly to Gymnastics NSW and cover each participant in case of an accident as well as allowing members to participate in or attend Gymnastics NSW events. Gymnastics NSW also provides each member with a benefits pack which will be given out the week after fees are paid. Please allow us a couple of weeks at the beginning of the year as the packs are not distributed by Gymnastics NSW until half way through February. Registration fees for 2010 are \$62.50 (inc GST) for competitive gymnasts and \$28.50 (inc GST) for recreational gymnasts.
- Families with three or more children participating in gymnastics classes will be given a 50% discount on fees for the third and fourth child.
- No refunds will be issued for Gymnastics Club fees. If your child misses a class through illness, the class may be made up on another day during the current term. Please ring Anne Scott on 9763 0111 to organise a make up class.

### Siblings

Children not participating in gymnastics classes are the responsibility of their parents while in the venue. Please make sure your children are sitting with you on the benches and not running around the Sports Centre.

## **Club Uniform**

### **Recreational Classes**

Comfortable clothes and no shoes, no belts, no zips and no buckles are to be worn. For safety reasons hair must be tied back and no jewellery is to be worn.

### **Competitive Gymnasts**

Girls - club leotard and club tracksuit, T-shirts and backpacks are also available to order.

Boys - club leotard, club shorts, long whites and club tracksuit

For safety reasons hair must be tied back and no jewellery is to be worn.

## **Questions and Feedback**

We are happy to answer questions and receive feedback relating to the program or the venue. Please phone Anne on 9763 0111. If she is not in her office please leave a return phone number and she will call you as soon as possible.

## **Health and Safety Policy**

The Sydney Olympic Park Authority is committed to the health and safety of its employees, contractors and visitors and to the development, implementation, maintenance and continuous improvement of its Occupational Health, Safety and Injury Management (OHS&IM) System.

## **Privacy Policy**

The Sydney Olympic Park Authority's Privacy Management Plan reflects the requirements of the Privacy and Personal Information Protection Act 1998 and the Health Records and Information Privacy Act 2002.

## **Parking**

A card that will raise the boom gate and allow you into P7 Carpark, the Sports Centre parking area, will be issued to you at the beginning of the term. Please take care of the card as replacement cards cannot be issued. Your parking pass is only valid for use on those days and times your child is attending a gymnastics session.

## **Café**

Please be advised that the tables and chairs in the Café are provided for the convenience of Café patrons. If you choose to bring your own refreshments into the Sports Centre, please consume them on the benches in the area overlooking the Gym Centre.

# GYMNASTIC CLUB RULES



- No gymnasts may enter the gymnastics centre without a coach.
- Children need to wait upstairs with their parent until their class time.
- While in the gym children must remain with and listen to their coach at all times.
- No food in the gym – water bottles permitted.
- Do not jump on or mount any equipment unless instructed by your coach.
- Only one gymnast on the trampoline at a time.
- Only jump into the pit feet first.
- No somersaults at any time on any apparatus unless instructed by your coach.
- Remove all jewellery and hairpins. For safety, long hair needs to be tied up.
- Children must be met in the viewing area or Reception by their parent. For safety reasons no child is to wait for their parent outside.
- All supplementary equipment including weights, boxes, wedges and small bars must be returned to their correct position i.e. under their signs on the walls after each training session.
- No mats to be taken from under the equipment.
- Please do not leave mats folded as this damages the foam.
- No equipment is to be taken from the Gymnastics Centre.
- Smoking is prohibited.
- All participants must leave the Gymnastics Centre on completion of their class time.
- Parents please supervise children in your care at all times while they are in the Sports Centre. For safety reasons participants and their siblings must remain upstairs at all times unless participating in a gymnastics program.
- Please make sure any rubbish is placed in bins. Waste from the bins is sent to a Materials Recycling Facility.

The coaches will, of course, discuss the rules with the children however we would greatly appreciate it if parents could read through the rules and discuss them further with their children.

# Gymnastic Centre Emergency Actions in Case of FIRE



On hearing the emergency alert tone “beep, beep, beep” each coach will follow the procedures below:

1. Gather all gymnasts in their group in a line and quickly but calmly lead them through the closest emergency exit. Collect roll book on way out, if possible.
2. Follow instructions from Gymnastic Centre warden (Anne Scott) or other Sports Centre staff personnel.
3. Group gymnasts in evacuation zone (on the hockey field) and mark the roll (are all gymnasts accounted for?) Report anyone missing to Gymnastic Centre warden. One coach must remain with children until parents arrive.
4. Minors may be released into the care of parent or guardian from evacuation zone. Please document on roll when gymnasts are released.
5. REMEMBER - stay calm and reassure gymnasts in your care.

# Gymnastic Centre Emergency Actions in Case of a MEDICAL EMERGENCY



**In the event of an accident or medical emergency coaches will follow the actions below:**

1. Assess injury/reassure patient.
2. Call for assistance from Gym Club supervisor or other coach in gym.
3. Sit the rest of their group down.
4. Apply basic First Aid.
5. If injury is serious send assistant to call reception (ext 9) to call ambulance, supervisor and parent.
6. Send assistant or responsible gymnast for ice.
7. Be calm and reassure patient.
8. For minor injuries i.e. cuts, sprains and strains apply basic first aid and contact parent if patient is distressed.
9. Fill out an accident report form and give to Gym Club supervisor or Reception.

N.B. A First Aid box is located in the cupboard in the Gym Centre office.