



HUTT VALLEY
Gymnastics

Men's Artistic Gymnastics Competitive

HANDBOOK

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Introduction

Firstly, before anything else we would like to extend a very warm welcome to the competitive sector of Hutt Valley Gymnastics. We take great pride in all our gymnasts and we are looking forward to celebrating your child progress with you.

Often when a new gymnast joins the competitive world of gymnastics, parents have a lot of very good questions. It is the aim of this handbook to cover these and many other questions however please connect with your gymnasts coach if you have any further questions not covered in this handbook.

Wishing you all the very best to the start of this new journey,

Zara Struthers, Centre Manager

Pasha Levchenko, MAG Head Coach

Hutt Valley Gymnastics Structure

HVG is a non-profit organisation and is run by a Management Committee. The committee provides the strategic direction for the club, sets budgets, and approves policies etc. Committee members are elected at the AGM in October.

| | | |
|----------------|--|--|
| President | Mark Johns | |
| Centre Manager | Zara Struthers | zara@huttvalleygymsports.co.nz |
| Committee | Rebecca Hills Marie Pye Wendy Sears Bridget Adair Greg Marsden Bridget Ross Cherrie-Anne Mountford Ellen van Dijken Marion Cox | |
| Head Coach | Pasha Levchenko | pasha.nolimits200@gmail.com |
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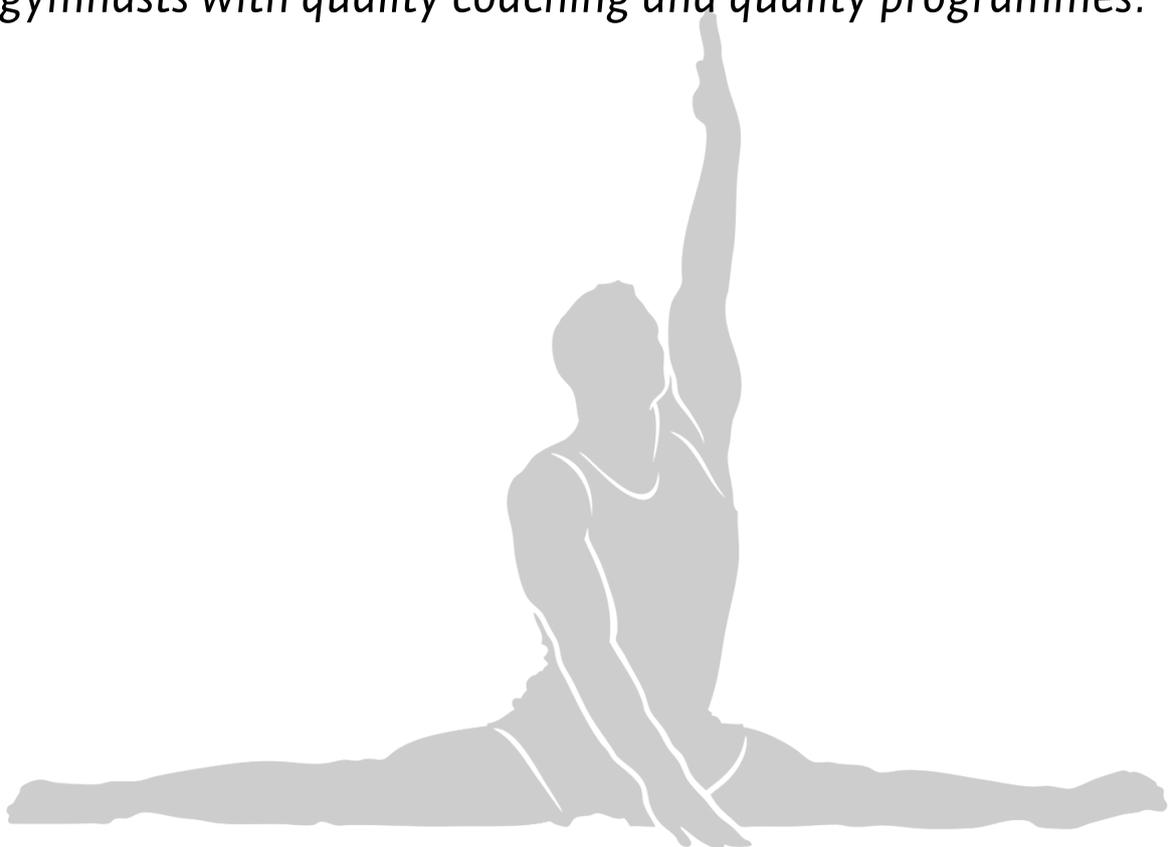


The Vision

“The club exists so that all gymnasts have an opportunity to reach their potential and lead fulfilling lives.”

The Mission

“To create a gymnastics environment that provides the gymnasts with quality coaching and quality programmes.”



Considering Competitive



The Wonderful Benefits of Artistic Gymnastics

Artistic gymnastics is one of the most popular after-school activities. It combines agility, strength and elegance with its exercises.

In addition to educating and developing the body, it's also a very expressive discipline. It's highly recommended for both boys and girls.

Artistic Gymnastics: when to start?

Artistic gymnastics consists of combining different body movements to create a choreography. To do this you can also use different types of gym equipment.

There are a lot of different exercises that children can do in this sport, which has been considered an Olympic sport since the Athens Games of 1896. These are classified in degrees of complexity, so it's important to learn the basics at a young age.

The most appropriate age to begin learning this discipline is between three and six years. At this stage of their lives, children can acquire good postural habits, as well as developing basic motor skills.

Types of exercises

The exercises that children practice in artistic gymnastics will depend on their stage of development. As they train and develop their skills, the difficulty and demands of the exercises will increase.

These activities are divided into three stages: **basic, acrobatic and artistic.**

- The basic gymnastics aim to achieve a high level of physical preparation. Like other sports, it also strengthens children's health and contributes to the development of their motor functions and physical abilities.
- In the acrobatic phase, more complex exercises are introduced, which include balancing, turning, contact, aerial and semi-aerial practices. To do this, children will be introduced to different types of gym equipment, as well as mats and trampolines.
- The artistic stage, in addition to increasing the complexity of the exercises, introduces different levels of competence into the modalities. For example, performing in teams, or individuals working on the gym equipment.

Benefits of Artistic Gymnastics for children

“With artistic gymnastics children will develop their physical abilities and improve their social and personal skills”

This sport is very demanding and requires a lot of willpower and training. However, it also brings great benefits to children who practice it. Artistic gymnastics will help them to:

- *Increase their motor skills: strength, flexibility, coordination and speed, among others.*
- *Develop their balance and sense of rhythm.*
- *Correct any bad body postures.*
- *Gain confidence in themselves.*
- *Encourage concentration.*
- *Improve teamwork, socialization, companionship and respect for others.*

In addition, if they like this demanding sport, practicing it will encourage your children to develop a sense of perseverance and responsibility.

They will also learn to take advantage of their free time much more efficiently, and acquire values such as tenacity, courage and help them to tolerate frustration.

General recommendations

As parents, we must take into account several aspects when it comes to signing up our children for this sport. Of course, it will be fundamental that they like it and feel motivated to practice it. It shouldn't be an obligation and the physical needs should be adapted to their level of development.

Artistic gymnastics is a sport that demands a lot of commitment and discipline. Children will often want to skip classes or even give them up altogether.

Therefore, the most important thing of all is that they have their parents' support and encouragement, and that they find the right balance between training and their education.

How do I know if my son will be any good at competitive gymnastics?

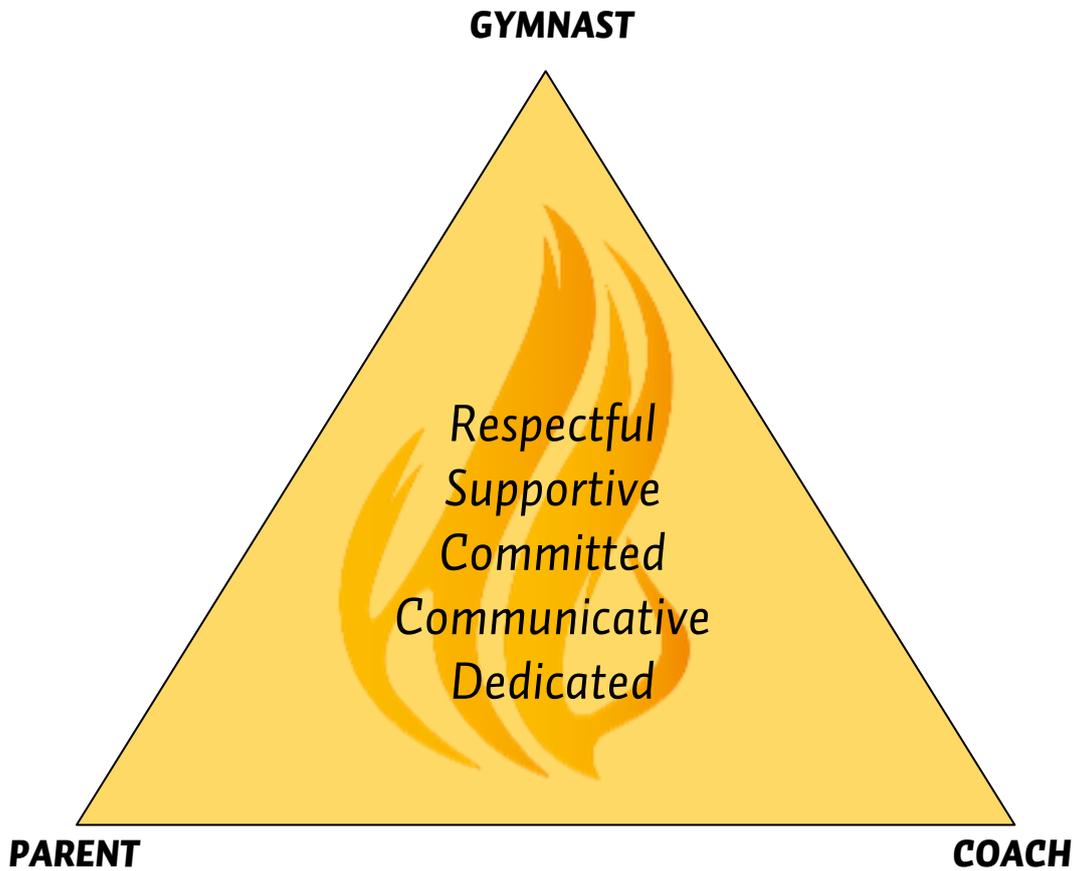
The competitive system requires that the gymnasts have natural, physical and mental attributes. There are no hard and fast requirements to the make-up of a great gymnast. A gymnast weak in one attribute may be strong in another which compensates for the weakness.

It is thus impossible to predict a gymnast's potential as a junior, in large because their personal attribution make up will still be developing.

It is therefore better to ask yourself and your child how much they love gymnastics? Committing to competitive gymnastics now has many positives for your child in the form of skills development and character building. Many a professional athlete started out their career as a gymnast as gymnastics provides the body with a solid foundation to grow other sports from. If your child decides competitive gymnastics is not their passion the club offers a variety of other classes that focus on different elements of the gymnastics skills.

The Team that makes a gymnast

It takes time and a great team to create greatness. Below is the **GOLDEN TRIANGLE** which shows what is required from everyone for our gymnasts to achieve their goals and make their dreams become reality.



Selection process to Competitive Gymnastics

Hutt Valley Gymnastics provides a form of competitive gymnastics to suit all from **recreational** to national to international intention. The club wishes to see all their gymnasts happy in whatever level of competition best suits them and their families. Gymnastics is a sport that requires a lot of family support, especially within the national and elite programmes.

To ensure that your child is placed into the right category of competition the club holds a trial day in the 3rd term of the year or arranges a time for a coach to meet with your child individually. The 4th term of the year is the gymnastic start of year as this is based on when the competition season begins. More on this to come.

At the trial day Coaches are basing their decision on a number of factors including but not limited to:

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

Once the trial day has taken place and your child has been matched to a group, term 4 will be introductory term.

Introduction Period

Term 4 of the year is an introductory term for gymnasts coming into the competitive squads and is where the new teams are formed for the next competitive year.

Training during term 4 focuses on conditioning and skill progressions needed for the new competitive season. It takes quite a bit of time, work and effort before the gymnasts are ready to compete. This period of time also allows new gymnasts to really understand if they and their families want to commit to the more structured training sessions of a competitive gymnast.

At the end of Term 4, after coach/parent interviews, the gymnast and family will be asked to make a commitment for the coming competitive year.

MEN'S ARTISTIC GYMNASTICS (MAG) Programmes

Pre-Competitive Class

HVG provide a Pre-Competitive Class which is designed to develop the basic skills in boys who have shown potential. Boys stay in this class for a full year before entering competitive levels.

While in this class gymnasts will be introduced to the sport; they will work on building strength, developing flexibility and most importantly discovering how much they love the sport. The class is used to introduce the gymnasts to the structured nature of training for future competitive years.

Boys have a number of opportunities available to them upon completion of the year. First and foremostly they can be matched into one of our competitive classes however if the coach, your child or yourself feels this is not suitable other classes provide great options. Team gym, recreational competition, and Gym for All.

MAG Competitive classes

The MAG competitive programme offers a national programme to all levels of gymnasts. At level 4 a second selection process takes place where gymnasts and their families may be invited into the Elite programme. The **National** and **Elite** programmes have two very different focuses.

It is important to understand the differences between the two classes now as selection into the elite programme will in part be based on the gymnasts ability to show their willingness to work as an elite athlete before their being offered a place in the squad. As your gymnast progresses through levels 1-4 your coaches will be explaining this process further.



National

The National programme is our main programme for competitive MAG and is offered to all our competitive gymnasts. It gives gymnast the opportunity to improve their gymnastic ability and challenge themselves by learning new skills and competing at various competitions regionally and throughout New Zealand. At level 7+ gymnasts may be given the opportunity to compete internationally also.

This programme requires dedication from both parents and gymnasts. The training and competition schedule is designed to be flexible for these gymnasts and their families.

Elite

The Elite programme is for the gymnasts who want to compete at an Olympic level. This programme is a challenging, emotional and physical journey and will require **a lot of dedication and hard work** from the gymnast. **Full commitment** from parents and gymnasts is required to be part of this programme.

This programme expects an extremely high standard of work ethic and commitment and its schedule is demanding but incredibly worth it for those who take up the challenge.

This programme is by selection only from the National Programme at level 4 and above and is reviewed annually. Selection is based on the gymnasts physical ability, commitment, attitude, work ethic, dedication & willingness to meet the demands of the programme and very importantly the support from the family.

Training

Training Schedule: At first the training schedule may look daunting with your child starting their training schedule at four hours per week and increasing steadily as they progress through their levels. There are many basic reasons behind the number of hours, but one is safety. Gymnastics is a difficult sport that requires a lot of strength and focus, if your child is not completing the correct number of hours for their level, they may not increase their strength and flexibility enough to safely partake in the skills. Our coaches will not risk your child injuring themselves if they do not feel they are ready to try a skill.

While initially your child may feel a little more tired than usual, they very quickly adapt and soon they will have even more abounding energy than you ever thought possible. Our coaches vary training intensity depending on what the individual child is currently capable of on any given day and a lot of time is spent encouraging your children to eat well and rest well outside of their training hours.

Fees: Fees are invoiced on a monthly schedule and are sent out via email. For your budgeting purposes the rough monthly payment for hours per week is below. This does vary dependant on if your child is competing or not.

| Hours per week | Monthly fee |
|----------------|-------------|
| 2 | \$85 |
| 4 | \$145 |
| 6 | \$179 |
| 9 | \$221 |



NATIONAL PROGRAM



| Competitions | Club and Regional Competitions | | | Junior NZ Championships | | | Senior NZ Championships + International Competitions | | |
|------------------------|--------------------------------|----|----|-------------------------|------------|---|--|---|---|
| Compulsory NZ routines | | | | | | | Optional routines NZ | | |
| Level | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| *Days | 2 | 3 | | 4 | 4 / 6 | | 6 | | |
| *Suggested hours/day | 2 | | 3 | | 3 / 3+ | | 3 / 3+ | | |
| Total hours/week | 4h | 6h | 9h | 12h | 12h / 18h+ | | 18h+ | | |

* The days/hours of training can be changed at the coaches discretion, taking into account the gymnast's physical abilities, progress and parents support.



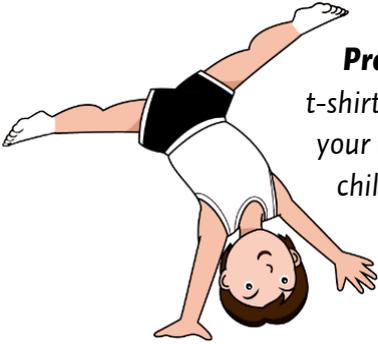
ELITE PROGRAM



| Competitions | Junior NZ Championships | | | | Senior NZ Championships + International Competitions | | |
|------------------------|-------------------------|---|---|--------------|--|-------------------|--|
| Compulsory NZ routines | | | | | "FIG" Federation International Gymnastics Requirements | | |
| Level | 4 | 5 | 6 | 7 Age U16 | JUNIOR Age U18 | SENIOR Age 18+ | |
| * Compulsory Days | *4 | | | | | *6 | |
| *Compulsory hours/day | 3 | | | | | *3+ | |
| Total hours/week | *12h | | | | | *18+ | |

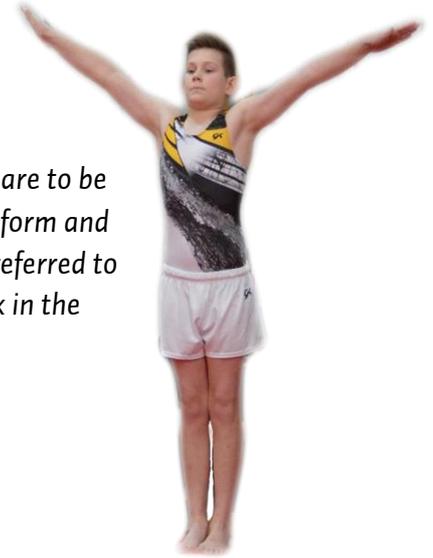
* The days/hours of training can be changed at the coaches discretion, taking into account the gymnast's physical abilities, progress and parents support.

Training uniform



Pre-competitive fitted white top and black shorts. It is important that your gymnast's t-shirt allows for free movement whilst not being baggy as this creates safety hazards for your child. In winter, if your child is feeling cold, we suggest a thermal underneath your child's t-shirt. Parents have found that getting a thermal a size down from their normal clothing allows for good movement without too much t-shirt movement.

Competitive Levels leotard with shorts and white socks. Watches and jewellery are to be removed prior to training. Boys are encouraged to take pride in their training uniform and to keep their standards high. Men's gymnastics long pants may also be worn if preferred to shorts. For a selection of training leotards, shorts and pants please feel free to ask in the office.



Safety

Gymnastics is a difficult sport it requires the gymnast to be very focused, disciplined and good at following instructions in order to reduce the risk of potential injury. It is for this reason that we select our competitive boys very carefully to ensure from the outset their safety.

To further reduce risk the club will make every effort to achieve and maintain a safe environment. We "spot" whenever there is any doubt as to the consistency of a skill. We ensure that a proper and meticulous progression is undertaken in the lead up to the more advanced skills. We use padding and matting and other training devices designed to make learning as safe as possible.

In addition to this many of our MAG rules are based around keeping the gymnast safe. In particular our rules around class attendance. For a gymnast to safely perform many of the more advanced skills a certain number of hours training are needed to ensure that their bodies are strong enough and developed enough in the right areas. Conditioning and flexibility play a large role in keeping your gymnast safe.

MAG Rules

| National Programme | Elite Programme |
|--|--|
| <i>Be on time</i> | |
| <i>Follow all coaching and club processes</i> | |
| <i>Pick up all personal gear</i> | |
| <i>Wear gymnastics uniform. (refer to training uniform information)</i> | |
| <i>Gymnast should have all gear needed for training. Your coach will inform you what and when you need to bring.</i> | |
| <i>Put equipment in its correct place</i> | |
| <i>Attend all sessions where possible</i> | <i>Attend all sessions – any leave is to be discussed with the coach prior to leave being taken.</i> |
| <i>Attend competitions where possible</i> | <i>Attend all competitions for this programme</i> |
| <i>Attend gym meetings where possible</i> | <i>Attend all gym meetings</i> |
| <i>Are permitted to leave training sessions early if the arrangement has been made prior to the session by the gymnasts parent</i> | <i>Must attend full training sessions including the 15minute debrief line up session at the end of every training.</i> |

Communication:

The Coach must be informed if a gymnast is unable to make a session.

Please do not call a coach off the floor to talk with them, this puts our gymnasts at risk. Instead please organise a time to talk with them outside of training or send an email or text. Our coaches want to be in full communication with you as parent. Please find contact information under the Hutt Valley Gymnastics structure section.

Consequences

| National Programme | Elite Programme |
|--|--|
| <p>Bad behaviour, inattention, not listening, disrupting others – Gymnast will be told to sit for the rest of the current apparatus and watch how others are training.</p> | <p>Bad behaviour, not listening, not fixing skills as instructed by the coach – gymnast will be required to do conditioning to work on the area of their body needing the most work at the time.</p> |
| <p>If the gymnasts behaviour and dedication to his training is such that he is endangering himself or those around him leading the coach to feel that this program is no longer suited to him. The coach will hold a meeting to discuss the many other options within the club that will better be suited to your child.</p> | <p>If a gymnast cannot keep up with the required standard of physical ability, commitment, attitude, work ethic, dedication & willingness to meet the demands of the program or if family support lessens then the coach can at any point move the gymnast into the National Program.</p> |
| | <p>Arriving late: If late the gymnast will do conditioning in the form of 1 rope climb per minute of lateness. (It is to be noted that rope climbing might sound difficult to the none gymnast but boys in this program will have no problems fulfilling this effort.)</p> <p>If a gymnasts attitude to training is continually not conducive to successful training, he will be placed on temporary suspension for a few sessions. This is with the intent to give the gymnast some time to reflect on his behaviour and what needs to change so that this does not happen again.</p> <p>The coach will be in contact with you and your child during the temporary suspension to ensure all parties understand what has happened.</p> |
| | <p>Leaving personal belongings/gear behind in the gym will require the gymnast to complete 15 rope climbs for each item before they are returned.</p> |

Acceptable times to miss training

| National Programme | Elite Programme |
|---|--|
| <p>Gymnasts are permitted to missing training when required.</p> <p>Parents are to give the coach advanced notice of the gymnast up and coming absence.</p> | <p>Gymnasts are expected to show a high dedication to training and are not permitted to miss training unless absolutely necessary and discussed with Coach prior to absence. Possible reason for absence is explained further below.</p> |
| | <p><i>Feeling tired – Gymnast should still attend training.</i></p> <p><i>Note: Please ensure yourself or your child makes the coach aware of their tiredness. Gymnasts can still do low intensity exercises and keep their body toned. Coming when tired will help the gymnast go through mental and physical strengthening adaption.</i></p> |
| | <p><i>Injury or minor sickness – Gymnast can still attend training.</i></p> <p><i>Note: If the gymnast is not contagious and generally just under-the-weather the gymnast can do low intensity training to keep their body in tone.</i></p> <p><i>For injuries, the coach has been trained to support your gymnasts through injury. The gymnast can work on other parts of their bodies to maintain muscle memory.</i></p> |
| | <p><i>Consistent illness or injury will require a discussion with coach to ensure all parties are on the same page for the best possible outcome for the gymnast.</i></p> <p><i>Note: a doctor’s certificate may be requested</i></p> |
| | <p><i>Holidays.</i></p> <p><i>Note: Depends on length and date in relation to the gymnastic calendar year. All leave must be discussed with coach.</i></p> |
| | <p><i>Family meetings.</i></p> <p><i>Note: Depends on date and time. Parents must discuss with coach.</i></p> |

Nutrition

The food our gymnasts eat impacts on their strength, training, performance and recovery.

Not only is the type of food important for sports nutrition but also the times at which they eat throughout the day. What they eat will further help them recover after exercising. It is of huge importance not to overlook this area of training.

Meals eaten before and after exercise are the most important in sports nutrition, but you should really be careful with everything that you put into your body.

As a general rule of thumb athletes should eat about two hours before exercising and this meal should be high in carbohydrates, low in fat and low to moderate in protein. Carbohydrates are the main source of energy that powers your exercise regime and protein is required to aid muscle growth and repair.

After exercising you need to replace the carbohydrates you have lost, and you need to ensure proper muscle recovery by including protein in your post training meal.

| National Programme | Elite Programme |
|---|---|
| <p>It is suggested that the gymnast has a well-balanced diet. The club will provide further information events around the area of nutrition, parents will be invited to attend as a way to support their gymnast.</p> | <p>The gymnast will be required to eat a well balanced diet. The club will provide further information events around the area of nutrition, parents will be encouraged to attend as a way to support their gymnast.</p> |

Competition

Competition Uniform

In term one your child's coach will organise sizing your gymnasts for their competitive gear. This will include, leotard, shorts, and tracksuit. Levels 6 and above will also need competition pants.

Competition leotard and tracksuit are only to be worn at competitions, while traveling with the club or at any club event where the gymnast is there to represent the club. It is not to be worn during training session.

Where possible the coach will arrange for you to have the option of purchasing second hand.

Uniforms should be:

- Worn with pride
- The tracksuit should be worn in its entirety
- Strictly no chewing gum while in uniform
- Clean white socks should be worn
- Hair must be styled in a way that doesn't detract or affect performances

Competition Number

Once an artistic gymnast is registered with Gymnastics New Zealand as a competitor, and the fee paid, they are issued with a competition number. This number remains the same for the gymnast's whole career. You will find your gymnast's number printed against their name in the competition programs brought at the start of each competition. You will use this number to identify your gymnast's scores during competitions.

Competition Cards

Competitive gymnasts will be issued a competition card at the first competition of each year competing. This will be held by the coach for the season. At each competition the gymnast's score will be recorded for each apparatus.

Gymnastics New Zealand Level pins can be purchased for each level passed at the end of the season. You will be notified by the club via email when it is time to order these.

Ribbons Award Scheme within the competitive system

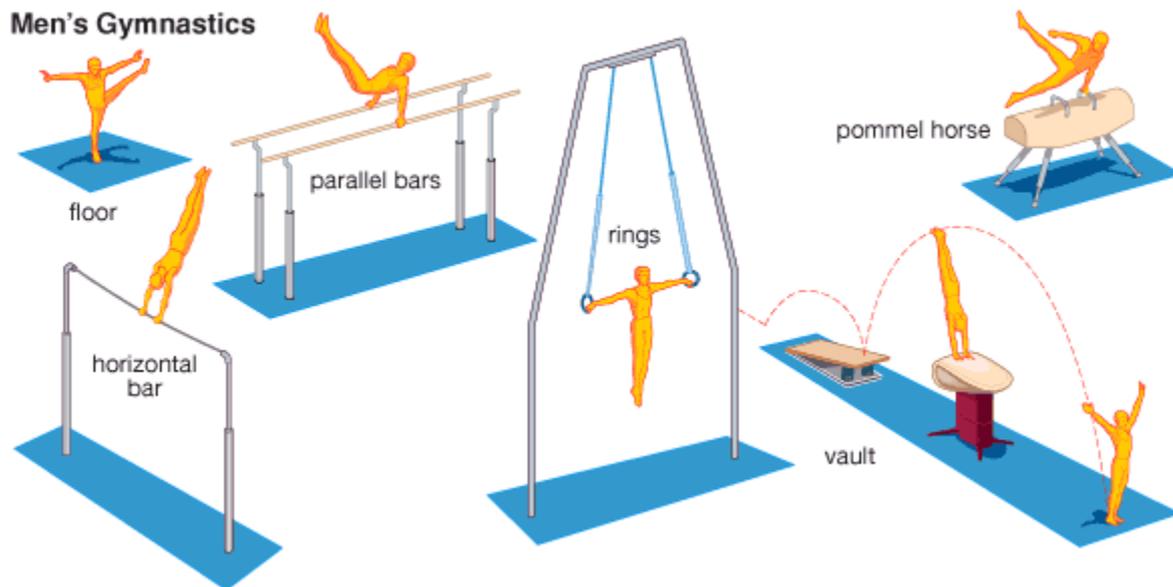
The Ribbon Award Scheme is an incentive performance-based scheme, which gives instant recognition to individual achievements independent of a gymnast's ranking in a competition. The Ribbon Award Scheme operates in Levels 1-6.

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

| Level 1/2 | Colour | Level 3/4 | Colour | Level 5/6 | Colour | |
|-----------------|--------|-----------------|--------|-----------------|--------|-----------|
| Less than 9.000 | Green | Less than 9.000 | Green | Less than 9.000 | Green | Merit |
| 9.000 – 9.999 | Blue | 9.000 – 9.999 | Blue | 9.000 – 9.999 | Blue | Good |
| 10.000 – 10.999 | Red | 10.000 – 11.299 | Red | 10.000 – 11.599 | Red | Very Good |
| 11.000 and over | Gold | 11.300 and over | Gold | 11.600 and over | Gold | Excellent |

After the completion of the future competitions within each level, the gymnast will be awarded additional ribbons if their score on an apparatus improves to a higher score group. E.g. if at his first Level 6 competition a gymnast scores 8.9000 on an apparatus, they will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent event, they must score at least a 9.000.

About Gymnastics Events



Male artistic gymnasts compete in six events

Floor Exercise: The gymnast performs a routine no longer than 70 seconds, usually consisting of four or five tumbling passes, a balance element or strength move, and sometimes circles and flairs similar to those seen on the pommel horse. The floor exercise area is 12m. by 12m. and is usually made of carpeting over padded foam and springs.

Pommel Horse: The gymnast swings around the pommel horse on his hands, without letting any other part of his body touch the horse and without stopping during the routine. He uses the whole length of the horse and performs circles, flairs, scissors, moves up to handstand and back down, and a dismount.

Still Rings: The gymnast completes swinging moves, handstands, strength moves, and a dismount on rings suspended approximately 2.8m. from the ground. Unlike the pommel horse, a gymnast must stop and hold his strength moves for at least two seconds. During this time, the rings should be as still as possible.

Vault: The gymnast runs down a runway, hurdles onto a springboard, and is propelled over a vaulting "table" about 135cm off the ground for "FIG" competitions standards.

Parallel Bars: The gymnast performs swings, release moves, pirouettes, and a dismount using two horizontal bars set at the same height. The bars are about 2m. from the floor and made of wood or plastic.

High Bar: The gymnast performs pirouettes, high-flying release moves, swings, and a dismount on a single bar, 278cm. off the floor. The bar is smaller in diameter than the parallel bars and is made of metal.

Olympic competition consists of

Team: Five athletes are on a team. In preliminaries, four athletes compete on each of the six events and three scores count. In finals, three athletes compete on each event and every score counts towards the team total. Only the scores from the final round are considered when deciding the team medals.

Individual All-Around: An athlete competes on all six events and the total score is added up.

Individual Events: An event champion is named on each apparatus.

Understanding Judging

Though the **Code of Points** is complicated, you can still identify great routines without knowing every nuance of the scoring system.

When Watching A Routine, Be Sure to Look For:

- **Good Form and Execution:** A gymnast should always look as though he is in complete control, even when performing the most difficult of skills. Good form in gymnastics includes pointed toes, straight arms and legs, and a tightness throughout the body. Every movement should look planned.
- **Strength Moves Held Long Enough:** On the still rings and on floor, the gymnast must stay in position for 2 seconds on each strength move (e.g. an iron cross).
- **Height and Distance:** In tumbling passes, vaults, and release moves, the gymnast should look as if he is exploding off the apparatus. On vault, the distance a gymnast travels from the horse is also a factor in his final score.
- **A Stuck Landing:** On vaulting, dismounts, and tumbling passes on floor, the gymnast should end with a “stuck landing” -- he should not move his feet once they hit the ground. The gymnast is not allowed to lunge backward out of tumbling passes.
- **Uniqueness of the Routine:** A great gymnast will perform a routine that looks different from the rest. It will have something special about it -- risky tricks, an artistic flair, or skills that are simply unique from others performed in the competition.

Team Selection

At each competition the gymnasts compete as an individual and some are also selected to compete as a team. Team consists of three or four gymnasts. The three highest scores on each apparatus is added together to get the final team score. Over 6 apparatus – 18 scores are used. If more than four gymnasts in the same level are competing usually the four highest scoring gymnasts from the previous competition will make up the team. The coach has the final say on the make up of the teams.

Competition Attendance and Entry Fees

HVG select the competitions that the squads will attend early in the year when the competition calendar is finalised.

Entry fees range from \$40 for smaller competitions through to \$70 for qualifying championship competitions and \$140 for Nationals Championships.

Coach and Judge costs incurred by HVG for local and away competitions where HVG attend are included in the competition Fees.

The first \$300 of entry fees is included in your monthly billing (\$27.27 over 11 months). The balance will be calculated after the last competition. Any refund or billing will occur at the end of the competition season.

HVG admin staff will send out an email to remind you that a competition is coming up. **You will be required to respond to this email confirming your child attendance before the due date given in the email.**

The timetable for competition day is published by the organisers once all the entries have been received. This is normally about one to two weeks before the competition.

In case of an injury necessitating withdrawal from a competition a doctor's certificate needs to be supplied, no later than two days after the competition. We cannot make any exceptions for this.

Parents' Contribution

Every club **must** provide parents for the jobs of recorders and score cards for each competition. The parent sits at the judging table with the judges. The recorder takes the scores provided by each judge and with a given formula provides the overall score. The score holder puts the score up on the score board for the gymnasts and parents to see.

Parent volunteers are usually requested in the week preceding each competition.

Volunteers are not to speak to gymnasts while the competition is in progress.

Competition Day

Warm Up

If you are competing in the first session of any competition day or the competition organisers have stated competition times will not move, you need to arrive 20 minutes prior to warm up time. Otherwise all gymnasts must be at the competition venue 45 minutes before the warm up time.

During the Competition

- Gymnasts must conduct themselves in a sportsmanlike way.
- The gymnast can leave the competition floor for the toilet **only** with the clearance of the Head Judge.
- **The gymnast is to have no contact with the spectators.** (Parents please refrain from waving, giving thumbs up or other interactions, even when your child is not taking their turn to compete as it is distracting to the other gymnasts and is not preparing our boys for future competitions at a more serious level.)
- Spectators are not to use flash photography. It distracts the gymnasts and the judges.
- When moving to your first warm up apparatus, tracksuits should be in the gymnasts bag. You complete your apparatus warm up wearing leotard, shorts, socks and t-shirt. When it is time to compete, t-shirts are to be removed.

After the Competition

At the completion of the last apparatus, all gymnasts should put full tracksuits on and shoes, ready for a line up. The coach will give a review of the gymnasts day's performance, explaining what the gymnasts have done well and what they would like the gymnasts to work on. This is also the time to shake the coaches' hand and walk off the floor as a group in an orderly fashion.

All gymnasts must stay for the ceremony after the competition unless cleared by the head coach of the club.

Club Events

HVG Competitions

Each year HVG hosts a competition for WAG Step 1-4/MAG Level 1-3. All parents are expected to assist with this competition. This raises a large contribution towards the running of the gym, enabling HVG to keep the term fees to a minimum.

Areas that parents are asked to volunteer in:

- Setting up the gym in preparation for the competition
- Baking
- Provision of food for the cafeteria
- Working in the cafeteria
- Sorting Ribbons
- Manning the door
- Manning the sausage sizzle
- Returning the gym back to its original state

Fundraising

All families will also be asked to support other fundraising activities throughout the year.

Club Prize Giving

Club prize giving is held at the end of the year. All competitive gymnasts must attend. The boys have an opportunity to present their work to the parents and participate in a fun display. HVG will acknowledge and reward those gymnasts and officials that have achieved over the year. This is a fun event and a celebration of the year's successes

Contact us



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