



# Squad Levels

## General Information

*Congratulations on being part of our Squad teams. We are very pleased to have the opportunity to be training your daughter and recognise that it requires quite a commitment - both yours and your daughter's. Ultimately, our aim with all our squad team members is to develop each individual gymnast to their highest potential, and when they are ready, enter various competitions that suit their age & skill level. For those who have had limited or no previous exposure to Gymnastics competitions, here is a little information that you may find useful.*

Most young gymnasts start with Recreational Gymnastics lessons where the focus is on fun and fitness. If a coach spots a natural talent or a gymnast who shows potential and demonstrates a willingness to progress beyond this basic level, a position may be offered in a 2 hour 'Squad' Group. The squad may compete in one of the following competition streams. Not all 2 hour groups will necessarily enter into competitions initially but will be training with the view to compete eventually. The level at which they are entered will depend on the skill level that each squad is able to complete proficiently. Generally, the squad will 'move-up' a level each year if there is continual improvement that comes with consistent training.

## GYMSTAR Levels

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This program creates both attainable goals and challenging objectives for both the beginner and proficient gymnast. The program offers a great variety of skills to broaden the basic knowledge and movement experiences of the gymnasts. There are various level which can be attained in a 2 hour per week class. From this class children can extend their hours by training twice a week with the aim being to compete in selected competitions. The emphasis is fun, participation and team spirit. Gymstar levels are based on the skills learned, and is not restricted by age.

# “Levels Program” Gymnastics

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The levels program is the competitive stream of gymnastics that follows set guidelines and routines laid out by Gymnastics Australia and Gymnastics Victoria. They are the State Levels Stream and the National Levels Stream:

### *State Stream Gymnastics*

This stream offers competitions and displays on training 6-10 hours a week. Each level has a variety of skills and routines the gymnast must learn on each apparatus. Once a gymnast has mastered the skills in a Level, they may compete those skills in routines at the club and state organised competitions. As the gymnast progresses through the levels they achieve a sense of accomplishment and confidence within themselves. This stream of gymnastics allows all girls to achieve and have success at gymnastics in a fun environment.

### *National Stream Gymnastics (Level 1-10)*

The National Stream Program is designed for all competitive gymnasts. It is flexible and encourages safe developmental progressions to enable gymnasts to develop to a national standard from Level 1 - 10.

The most important activity in the National stream of gymnastics is physical conditioning. Without mastering this, the gymnast will struggle with the demands of the National Levels Program. Physical conditioning will take up a large proportion of the training time. These girls train 9-20 hours a week.

The Competitive Levels Programs gymnasts have the opportunity to compete in local, regional, state and national competitions. This may involve some travel, usually local like Footscray or Werribee, but can be to places such as Springvale and Geelong. Competition times are generally on weekends and can be early starts. So far, our squads have been entered into an average of 3 competitions per year on average but this may vary depending on the group's 'readiness' and the competition roster. Gymnastics Unlimited Caroline Springs currently have squads competing in Gymstar Levels 2-4, State Level 4-6, and National Level 5 & 6.

# Associated Costs

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As well as the normal term fees, taking part in competitions does attract other costs.

Some of these include but are not limited to: *(approximates only)*

- Club Leotard & Tracksuit (\$65-\$120 - leotard & \$92 Tracksuit, Bag -\$40)
- Competition Enrolment fee (\$35-\$70 - Charged by host club)
- State Pennant entry (State/National levels 1-4 & only they qualify)
- Victorian Championships entry (\$80 -National Levels 5 and up only, if qualified)

# What is expected when joining a Squad

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## *Attendance*

Before joining a squad group, it's important to consider what this means for you and your daughter. Apart from being a commitment of both time and money on your part, your commitment is also partly to your other Squad Team members. As they progress, grow and improve as individuals, we would hope that the group also progresses and grows together as a *team*. As squad placement is by selection only, we expect that each gymnast attends and participates in all classes offered and have minimal absences in order to have the least disruption to their training regime.

The training hours that gymnasts are expected to train will range, depending on the level that they are working on. The higher the level, the more hours the gymnasts need to train, so that they can attain the core strength required to learn the more complicated skills correctly, and most importantly, safely. There is a great emphasis on strength, conditioning and flexibility in the State & National levels programs.

## *Competitions*

Our philosophy behind competitions is that they are an opportunity for gymnastics success and excellence, to show progress and new skills, perform routines - and equally important, to have fun and have positive social and educational experiences. ***Gymnasts learn how to compete by competing*** and should take every opportunity to do so.

## Squad Gymnastics Information

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Towards the start of each year, we begin to consider a number of competitions for our squads to enter and represent our club. Once decided, we will notify you of the approximate dates and costs of each competition we intend to take part in. We strongly encourage each gymnast to participate - after all, this is why they train so hard. Whilst not everyone can always win, there is always a strong sense of achievement, pride and satisfaction to be gained having been a part of their Gymnastics Unlimited squad.

## Important Notes

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- If your daughter is unable to compete for any of the planned events, you must advise her coach or reception immediately. We must know well in advance as enrolments for entry close a month before the competition date.
- If you do not advise us until after the cut-off date we will still have to charge the entry fee to your account. This is because Gymnastics Unlimited must make full payment for each gymnast at the time that entries are lodged on your behalf. We are unable to refund the entry fee if your gymnast doesn't compete for any reason, ie: illness or injury.
- The exact dates and times for each competition are never final as the host clubs need to know the number of competitors that will enter before they can complete their scheduling. We can therefore only advise you of the final schedule approximately 2 weeks prior to the competition date, and we cannot be responsible for any changes thereof.

Further information specific to the State & National streams can be found on Gymnastics Australia & Gymnastics Victoria's website.

We thank you for your continued support of our club and would like to encourage you to speak to me at any time should you have any queries.

Slavik Shorinov  
Head coach/Manager - Gymnastics Unlimited Caroline Springs