



# Competitive B Division: Information Pack

www.esgc.co.nz

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2017

## Welcome to the ESGC Competitive B squad.

Selection into competitive gymnastics is by invitation only.

Competitive B Division gymnasts must attend training 2 days x 1.5-2 hours per week. Training times are determined by your child's level.

Competitive B Division Gymnasts are expected to attend up to 4 competitions per year, including the compulsory Mini Tramp and Tumbling Comp (Term 1) and the ESGC Rainbow test (Term 4)

Competitive B gymnasts must compete in the ESGC Comp B leotard which can be purchased from the office. Tracksuits are also compulsory and can be hired, or purchased, from the office.

Competitive B gymnasts are strongly encouraged to attend the holiday training to keep up their strength, fitness and flexibility. Holiday training forms are sent home, via the gymnast, 2 weeks prior to the holidays commencing. Please return this form with payment to secure your daughter's space in the class before the end of the term.

If you have any questions or concerns about our programme or your child's progress, please feel free to contact the office at [admin@esgc.co.nz](mailto:admin@esgc.co.nz)

## GYM RULES FOR YOUR SAFETY

Dear Parents and Caregiver, please understand that these rules and regulations are enforced to ensure a safe and healthy environment for all our children.

### HEALTH AND SAFETY

We take your Healthy and Safety seriously so please note our updated policies and procedures;

- It is the parent's responsibility to supervise the child at all times in the carpark.
- No gymnast is to leave the building unless under the supervision of an adult or care giver. All gymnasts must wait inside the building to be picked up after class.
- No gymnast is to use any gym equipment unless under the supervision of a coach.
- No Parents or Caregivers are to enter the gym floor at any time.

### GYM CLASS DRESS CODE

Clothes should not have buckles, buttons or zips that are exposed. Dresses, skirts, jeans, baggy clothing or beach shorts are not suitable for gymnastics. Bare feet are best for learning, **no street shoes on the mats**. Long hair **must** be tied up. We encourage you to purchase an ESGC leotard for class, this is not compulsory. However, the ESGC leotard **must** be worn at any competitions.

### HEALTH AND WELL BEING

Please keep children who are ill or contagious at home until they have recovered, before returning to the Gym. **No Food in the Gym**, eating should be done outside only, before and after class. No fizzy drinks or juice – water only.

### WAITING ROOM AND COMMUNICATIONS

Gymnasts are to wait in the family room until the coach calls you in to start a class. Parents must also wait in the family room until the gymnast has completed her session. Parents are not to enter the gym floor.

Talking to the coaches during the session is not permitted, you can approach your coach before or after a class if they are not taking another class or leave a message for them at the office.

### Year Plan

Term 1	Term 2	Term 3	Term 4
Skill development	Skill development	Skill development	Skill development
ESGC Tumbling and Mini tramp comp	Competitions	Competitions	ESGC Rainbow Test

***ESGC is a non-profit community club, any persons wishing to help, please contact us, we'd love to hear from you***

## RE-ENROLMENT AND FEES

When invited to our comp B squad we are assuming you are continuing with this squad on a permanent basis. An ESGC invoice will be sent to you in week 8 of the existing term with 14 day payment terms. If your child is not returning for the following term, 4 weeks written notice must be provided to ESGC before the start of the new term. If notification is not received in writing, the fees for the following term will be charged until such time that the 4 weeks notice period has been expired. If your child is injured then they are still expected to be conditioning in the gym.

Gymnasts that miss training sessions due to sickness, injury, or classes that fall on public holidays, are not entitled to a fee reduction. **ESGC does not offer make up classes** - the quality and safety of classes would be compromised if we allowed members to do make up classes.

A full copy of the clubs fee policy is available on our website. [www.esgc.co.nz](http://www.esgc.co.nz)

## COMPETITIONS FEES

Towards the end of Term 1 a competition calendar will be emailed to you so you can keep the dates free. You have an obligation to attend all competitions and not let your team mates down. At this time competition fees will be invoiced in one lump sum based on previous year entry fees (example: \$50 x 5 comps = \$250) and will be due by the date on the invoice. At the end of all competitions the actual cost will be calculated and a final invoice / reimbursement issued accordingly.

If by the time of the event, competition fees have still not been paid, your daughter will not compete and competition fees will still be charged regardless. If this happens a second time, your daughter will have to be taken out of the squad

In the case that your daughter can't attend a competition, written notice must be given within 10 days of receiving the competitions calendar. If not, the entry fee will have to be paid in full.

In the case of an injury necessitating withdrawal from a competition, a medical certificate needs to be supplied to ESGC asap but no later than 2 days before the competition, no exceptions.

## COMPETITIONS

Gymnasts will be selected by their coaches to enter competitions when they are physically ready to do so. A Gymnast will not be entered in a competition if the skills have not yet been mastered. We would never want to embarrass a gymnast by placing them in a situation in which they do not feel confident and comfortable.

When representing the club we expect a high standard of behavior at all times. Gymnasts always do their best when they have the encouragement and support of parents and family members.

A gymnast's level at a competition is determined by her age:

Level 00:	Girls 5-6 Years
Level 0:	Girls 7 Years
Level 1:	Girls 8-9 Years
Level 2:	Girls 10-11 Years
Level 3:	Girls 12 Years & Over and/or Open

Advanced gymnasts are given the opportunity to skip an age group at her coaches' discretion.

Competition timetables are only circulated to the club 1-3 weeks prior to a competition. We will advise you of the timetable as soon as ESGC receives it from the host club. Please do not call the club requesting the timetable, we will send it out as soon as we get it as well as putting it on the noticeboard.

Make sure your gymnast is at the competition on time, it is your responsibility to know what time gymnasts warm up time is and be at the venue 20 minutes before this time so the gymnasts feel prepared and relaxed.

Your gymnast will compete as an individual across the 4 apparatus as well as part of a team at some competitions. A "team" consists of 4 gymnasts (minimum 3) and the top 3 scores from each apparatus counts toward the overall team score. There are numerous factors which are taken into account when making teams but the ultimate decision is made by coaches.

To show good sportsmanship, gymnasts are not allowed to leave the floor of the competition until the last competitor's routine has been completed.

No flash photography is permitted during a competition. The sudden flash of light could cause a gymnast to be injured. Please check your camera in advanced. Video is encouraged for gymnasts to reflect on their performance.

All gymnasts are expected to stay until the end of the prize giving, whether they are receiving an award or not. ESGC gymnasts are to cheer all award recipients – especially their teammates.

## **RULES FOR PARENTS AT COMPETITION**

Never attempt to come onto the competition floor at any time. Please do not approach, contact, call out or talk to your child or the coaches once they are on the competitive floor, this includes during warm up. We ask them to focus all their energy on the competition and we want as few distractions as possible.

After the competition is over they will come and see you. Try to be positive at all times! It requires extra work sometimes but your attitude will determine your child's attitude and their success both in gymnastics and in life.

Comments about other gymnasts in the club and other clubs, please keep this to an absolute minimum. You never know who is listening!

Any questions you may have about anything to do with the competition should be addressed to your gymnast's coach either before or after the competition. Parents are not to express their concerns or inquiries directly to judges.

## **A FEW TIPS FOR PARENTS AT COMPETITIONS**

It is great when all ESGC supporters sit together at competitions, as it is a good way to support the gymnasts and get to know others in the club.

Nerves are suffered by both parents and gymnasts... sometimes more by the parents! Breathe, relax and enjoy the experience. Our girls are well trained for the comps and are looking to us to show them support and encouragement.

Parking can be limited at some venues, so reduce the stress and arrive with plenty of time to spare. The gymnasts are to arrive 20-30 minutes before their warm up allocated time.

## **CLUB HELP**

It is expected by the club that all Competitive A and B Division Parents have some involvement in club help, committee or sub committees. During the year parents may be asked to help with various fundraising ventures and events that we hold at ESGC.

The future of the club depends on parent help and without it the club cannot operate. When everyone commits a little time it assists in sharing the work load and builds greater team spirit within the club.

Any time given is gratefully appreciated.

## **HOLIDAY TRAINING**

Holiday training is a good chance to polish the skills you have been working on, keep in shape and learn a little extra. The more training your gymnast attends, the faster they will progress.

We strongly encourage the Comp B gymnasts to attend at least 1 x 3 days training block of the holiday training programme.

Fees for the Holiday Programme are not included in your Comp B term fees.

Holiday training forms are sent home via the gymnast 2 weeks prior to the holidays commencing.

Please return this form with payment to secure your daughter's space in the class before the end of the term.

## **2017 TERM DATES**

Term 1	7 February—13 April
Term 2	1 May—9 July
Term 3	24 July—1 October
Term 4	16 October—19 December

## **COMPETITION UNIFORMS**

The office aims to hold stock of Comp B leotards in sizes 6 —14. Any sizes outside this range need to be custom ordered. Please note that there is a 2-4 week lead time on delivery of custom orders. Custom orders must be paid for at the time of ordering.

Girls are required to wear an ESGC competition leotard and tracksuit to all competitions. Tracksuits can be purchased or hired from the office.

No watches or jewellery (only small stud earrings), no gum chewing, no nail polish or toenail polish and no fluffy toys to be carried on the competition floor

Competition leotards are not to be worn to training as they may fade when they are washed often and the glitter comes off, we want to look our best at comps!

## **ESGC OFFICE HOURS**

Please refer to our website for our office hours.

If you have any club administration questions or queries please contact Sharon Walshe (ESGC Office Administrator)

Phone: 529 0941 or via email: [admin@esgc.co.nz](mailto:admin@esgc.co.nz)