

High Flyers is an affiliated club with Gymnastics Western Australia, Gymnastics Australia and is currently working towards Star 3 within the Club 10 quality assurance program.

All of our classes are carried out using nationally recognised programs developed by Gymnastics Australia.

All our coaches and officials are nationally accredited.



Gymnastics
Western Australia



Gymnastics
Australia



Highflyers
Trampoline & Gymnastics Academy

**GYMNASTICS
INFORMATION PACK
FOR
COMPETITION SQUADS
&
CLUB LEVELS
2010/2011 SEASON**

FUND-RAISING COMMITTEE

High Flyers Gymnastics Fundraising Committee is a parent-run not-for-profit group. The committee work hard to raise funds for the club's gymnasts in aim of providing cost relief for such events as National Clubs.

It is expected that all parents become involved in some way to help run fundraising events, attend regular meetings and actively be involved when necessary.

For more information on the fund-raising committee please see the newly created website <http://www.hfgfc.com.au/> or ask for more details at the front desk.

VOLUNTEERS AT COMPETITIONS

All members and their families are invited to participate fully in the sport. The Club is dependent on volunteers to assist with competitions.

Calls for assistance with specific events and activities are placed either on the notice board in the foyer, in the Club Newsletter or handed to you by way of a letter.

There are many jobs requiring a volunteer i.e. announcing, runners, marshalling. These jobs are not difficult but are necessary to ensure the competition runs smoothly.

If your child participates in competitions, then you are likely to be called to assist.

More information about these jobs can be given to you by your coach, simply ask!

Tracksuits are available through an order placed at the front desk. Notice will be given when sizings and orders are taking place. We do order in bulk so please be aware of a possible delay at certain times of the year.

For all disciplines, please note:

- No denim
- No jewellery
- Hair must be tied back

PLEASE NOTE: The club does not take any responsibility for any errors, wrong fittings or poor quality of leotards. Should a problem arise please be sure to discuss with the supplier directly.

Whilst every effort will be made to assist both purchaser and supplier in the event of a dispute, the club will **not** be held liable for any claims requesting credits, refunds or exchanges in relation to leotards or crop sets.

Dear Parents

Welcome to High Flyers Trampoline & Gymnastics Academy (High Flyers) Competitive/Club Levels Gymnastics Squad.

Your child has been selected from a wide group of gymnasts who have been participating within the club.

These classes are by invitation only. Gymnasts who are selected for these programs represent the club at state and national events throughout the year.

At senior national level, they have the chance to try out for the state team and travel to other states for national competition.

All squads are required to follow a more disciplined regime. Training is compulsory, as is competing, as there are some team events which are held throughout the year. Training is run throughout the year, with only a certain amount of breaks during school holidays.

Please take the time to read through this handout as it provides valuable information relevant to your child's training.

Should you agree to all the terms and conditions of your child becoming a part of our squad, then simply sign and date the attached invitation slip and forward it to our reception desk.

If you wish to decline this offer, please return this booklet and invitation slip at your earliest convenience.

James Keatley
Gymnastics Co-ordinator

MISSION STATEMENT

High Flyers Trampoline & Gymnastics Academy (High Flyers) is a family owned and orientated club run in Wangara, Western Australia.

The mission of High Flyers is to offer all gymnasts regardless of age or ability the opportunity to experience the diverse benefits of both trampoline and gymnastics.

Whilst we pride ourselves in producing high quality Trampoline (TRP) programs, as well as Women's Gymnastics (WG), and Men's Gymnasts (MG), our ultimate goal is to:

- Create a safe, positive and friendly environment, where we can nurture the personal development of each individual athlete.
- To develop confidence, teamwork, determination and physical well being for all athletes. Attributes that will go on to serve our athletes well into their adult years.
- To promote discipline, dedication and strong work habits in order to help each athlete reach their goals.
- To provide a quality team of administrative and coaching staff in order to deliver a high level of service.

High Flyers is affiliated with Gymnastics Western Australia, Gymnastics Australia, and is also a feeder club for the West Australian Institute of Sport (WAIS) and HPC.

UNIFORMS

Uniforms are a compulsory item of clothing required to carry out the activities carefully and comfortably. Different disciplines require different uniforms. It is expected that the following uniform policy is adhered to by all members of the club, as required.

GIRLS TRAINING LEOTARDS

Fundraising Leos and shorts are available to purchase. Please see the front desk for more information regarding these. Prices start from \$35.00.

GIRLS COMPETITION LEOTARDS

Costs will depend on size and level, but will be between \$55 - \$75. Please place your order and payment using the correct order form which is available at the front desk. Secondhand and sizing days will be organized throughout the year.

BOYS GYMNASTICS TRAINING/COMPETITION UNIFORM

Training leotard
Competition leotard
Black shorts
Club Tracksuit
Longs

Please see James for further information.

CODES OF BEHAVIOUR

As a parent of a participant at High Flyers, **all persons** are required to comply with High Flyers' Codes of Behaviour.

Parent

As a parent of a participant in any activity held by or under the auspices of High Flyers, you must meet the following requirements in regard to your conduct during any such activity or event:

1. Respect the rights, dignity and worth of others.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
5. Show appreciation for good performance by all participants (including opposing participants).
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons less than 18 years of age, as your words and actions are an example.
7. Respect officials' decisions and teach children to do likewise.
8. Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc).
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.
11. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
12. Be aware of the repercussions that any breaches of this code of behaviour may incur.

CLUB RULES

For the safety and enjoyment of others, High Flyers rules are as follows:

- Athletes training area is restricted to athletes and staff only. Athletes must wait in the foyer area until called for their class.
- Spectators must not distract athletes or coaches during a class – all queries must be directed to reception.
- Children not participating in classes are not permitted on the equipment at any time.
- Chewing gum is not permitted in the gym area.
- No mobile phones to be used during class time.
- Food or drink is not permitted near the equipment.
- Sports drinks, cordial, or fizzy drinks are not permitted in the gym training area. **WATER ONLY.**
- Children with long hair must have it tied away neatly from face and eyes.
- Jewellery may not be worn during class – for the protection of participants and equipment. Including body piercings. Please tape up for your protection if you cannot remove them.
- Nails must be kept short, and make up (if worn) must be kept minimal.
- Parents must inform coaches of any medical conditions relating to their child.
- Athletes must behave appropriately and follow the rules of participation as set out by the coach. Disruptive behavior will not be tolerated.
- Athletes must be collected by parents/guardians from inside the gym.
- Non-participating children remain the responsibility of the parent/guardian at all times.
- Parents must not go on to the gymnastics floor at any time.
- These rules apply to athletes, parents, guardians, nonparticipating children, coaches and volunteers.

TRAINING GUIDELINES

SPECTATORS AT TRAINING

For parents who choose to stay for a class, we do ask that there be NO contact with your child whilst they are training. If you have a query during a class please seek assistance at reception.

MEETING WITH COACHES

If you wish to speak to your child's coach please do so BEFORE or AFTER the class if they are not busy. DO NOT interrupt class. For any major issues or enquiries that you need to discuss, please see the receptionist to arrange a suitable time for a meeting with your child's coach.

ABSENCE

If for whatever reason your child is unable to attend their training session, please contact the gym on 9309 3500 or let your coach know directly. If your child will miss training due to family holidays please inform the coach or management in advance.

HOLIDAYS

All gymnasts will have training breaks throughout the year. There will be a 2 week break at Christmas. The rest of the terms will have a one week break. Your coach will advise you of exact dates closer to the end of each term.

Public holidays will now be a non-training day.

CODES OF BEHAVIOUR

As a participant of High Flyers, **all persons** are required to comply with High Flyers' Codes of Behaviour. .

Participant

In addition to High Flyers' General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by High Flyers, and in your role as a participant in any activity held by or under the auspices of High Flyers:

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow participants and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in a professional manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
10. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
11. Co-operate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level.

The fees for the 2010/2011 season are as follows:

HRS	\$MTH	\$WK	\$HR
1	\$51	\$13.21	\$13.21
1.5	\$72	\$18.73	\$12.48
2	\$90	\$23.47	\$11.74
2.5	\$106	\$27.67	\$11.07
3	\$121	\$31.45	\$10.48
3.5	\$134	\$34.91	\$9.98
4	\$146	\$38.11	\$9.53
4.5	\$158	\$41.10	\$9.13
5	\$168	\$43.90	\$8.78
5.5	\$178	\$46.54	\$8.46
6	\$188	\$49.04	\$8.17
6.5	\$197	\$51.42	\$7.91
7	\$206	\$53.69	\$7.67
7.5	\$214	\$55.87	\$7.45
8	\$222	\$57.96	\$7.25
8.5	\$230	\$59.97	\$7.06
9	\$237	\$61.91	\$6.88
9.5	\$244	\$63.78	\$6.71
10	\$251	\$65.59	\$6.56
10.5	\$258	\$67.35	\$6.41
11	\$265	\$69.05	\$6.28
11.5	\$271	\$70.71	\$6.15
12	\$277	\$72.31	\$6.03
12.5	\$283	\$73.88	\$5.91
13	\$289	\$75.41	\$5.80
13.5	\$295	\$76.89	\$5.70
14	\$300	\$78.35	\$5.60
14.5	\$306	\$79.77	\$5.50
15	\$311	\$81.16	\$5.41

TERMINATION OF ENROLMENT

Discipline and gymnastics technique are determined only by the coaching staff. Classes are not for socializing; they are for skill development. Idle chatter and horseplay is not acceptable.

The coaching staff has the right to suspend or ask a gymnast and/or parent to terminate enrollment due to continuous disciplinary problems, which impair the safety and progress of the other participants.

RESIGNATION

Should your child, for whatever reason choose to leave the team or club, it is important to inform the coach or management ASAP.

Please note that we do require one month's written notice in advance. Fees are payable during this time. We reserve the right to withhold any transfers pending if accounts are still outstanding.

As a competitive gymnast, your child is involved in both individual and TEAM competitions, and leaving the team could affect the eligibility of the group for some events.

COMPETITION UNIFORMS

All team gymnasts are required to wear club uniforms during competitions. This includes a competition leotard and club tracksuit.

INJURIES

If your child is injured we ask that after you have sought medical advice, you arrange to meet with your child's coach to discuss the details of the injury and the recovery process.

Injured gymnasts, where possible, will be asked to attend their training sessions, even for a portion of their class, to maintain strength and flexibility, and to keep contact with their group, coach and club.

ARRIVALS/DEPARTURES

Starting on time means that all athletes will get the most out of their class so please ensure your child is prompt to class. Warm ups at the beginning of each class are vital to the teaching of basic body positions, stretching, as well as fun and fast games and socialization.

At the completion of their class, athletes MUST NOT wait outside the gym. The car park can be quite dangerous and at certain times can be extremely busy.

Parents, please come inside to pick up your child.

In the event that your child cannot attend a class, please inform our administration staff as early as possible. They may then inform the coach responsible and therefore little interruption may occur to class.

FEES POLICY

Fees are calculated over a 12 month period. The formula used is as follows:

$$\frac{\text{\$ per hr} \times \text{hrs per week} \times 46 \text{ (weeks training)}}{\text{divided by 12 (months)}}$$

This means, regardless of holidays and public holidays, fees are payable on a monthly basis.

In general, the following rules apply:

- Pre-payment of lesson fees and annual GWA fees, are a requirement to ensure a class position is available. Therefore, fees must be paid for in advance.
- Non-attendance at general training sessions does not qualify an athlete for a refund, transfer, credit or exchange against fees paid. Claims for refunds, transfer, credit or exchange will not be considered unless accounts are paid up-to-date or in credit.
- Training fees do not include costs for events, level badges or any uniform items. The fees are applied for the coaching/tuition provided and use of the Club's gymnastics related equipment.
- You may be asked during the year to contribute towards the purchase of mag blocks, grips, shoes, strapping tape etc.
- A non-refundable annual GWA sports injury insurance fee applies. This membership is valid from January 1st to December 31st in the current year.
- Make-up classes *may* be arranged for genuine illness and/or special circumstances. However, notification of absence must be given prior to missing the start of their normal training session. Make-up sessions cannot be guaranteed due to the lack of spaces in all classes.
- All entry fees must be paid in advance in order for the gymnast to compete. Any gymnast not having paid will not be entered into that competition. If your child is entered at the discretion of the Gymnastics Co-coordinator, you will be required to pay for that entry, regardless whether your child competes or not.
- Requests for refunds for entry fees may only be considered if accompanied by a doctor's certificate.

Please put your child's name on the narration and email us once you have made payment. Our email address is highflyers1@bigpond.com or reception@highflyerswa.com

Team fees are due between the 1st and the 10th of each month.

A \$25.00 late fee applies to fees paid after the due date.

Team fees are calculated on an annual basis and divided evenly over 12 months. Therefore, these fees remain the same regardless of school holidays, public holidays, or competitions.

Team fees are non-refundable and are only adjusted for prolonged illness or injury (upon the presentation of a medical certificate), or prolonged holiday (this must be discussed in advance).

COMMUNICATION

A club newsletter is produced and distributed regularly. Please read it as it contains information regarding upcoming events, class changes, coaches' information, results, payment schedules and gymnast profiles.

Most importantly the newsletter will contain information on activities and important news of which all parents need to be aware.

A club notice board is situated inside the gym and is regularly updated. Please take the time to read over new items posted.

Another good way of seeing what is going on in the club is to regularly visit our website.

Our web address is www.highflyerswa.com.

We have re-vamped our website. Here you will be able to see athlete results, profiles and general information about the club.

ATHLETE TRAINING ETIQUETTE

It is expected that all athletes arrive on time for their classes. If for whatever reason your child is unable to attend their training session, please contact the gym on 9309 3500.

If your child will miss training due to family holidays please inform the coach or management in advance.

During training, all athletes are expected to follow the Codes of Behaviour and pay attention to their coach at all times. Acts of bullying, bad language and disrespect towards a coach or other member of the club will NOT be tolerated.

Belongings should be kept in a neat and tidy manner and placed either in, or on top of their bag. Pigeon holes have been provided and it is expected that all athletes utilize these.

Since High Flyers accepts no responsibility for belongings, all valuables should be left at home. Under no circumstances should belongings be left on the floor.

For safety reasons, access routes need to be kept clear of tripping hazards.

Should an athlete wish to excuse themselves from training, the coach must be notified prior to leaving.

Athletes are expected to respect both other people and the equipment within the gym.

OFFICE HOURS AND PAYMENT OF FEES

Office hours are:

Monday – Friday 10.30am - 2.30pm
 3.30pm - 6.30pm

Saturday 9.00am – 12.00pm

Any payments or questions must be directed to the front desk staff between these hours.

Payment of fees can **only** be paid during these times to ensure correct procedures are followed (issuing of receipts, price checking etc).

Fees may be paid by cash or cheque or EFTPOS at the club. There is a \$1.00 transaction fee for using our machine.

Please do not ask the coaching staff to take your payments as they are generally very busy and they may not know the correct procedure in recording your payment.

Should you have difficulty with making payments during these office times, we do offer other alternatives.

You can post a cheque to the club.

Cheques payable to 'High Flyers Trampoline and Gymnastics Academy'

Our address is 29 Dellamarta Road, Wangara 6065.

Or you can pay via internet. Our banking details are:

ANZ Bank: High Flyers BSB: 016338
Acc number: 496395439.