



29 Dellamarta Road
Wangara WA 6065
9309 3500
www.highflyerswa.com

INFORMATION PACK

FOR COMPETITIVE GYMNASTICS

&

CLUB LEVELS SQUADS

2015/2016 SEASON



Dear Parents

Welcome to High Flyers Trampoline & Gymnastics Academy (High Flyers) Competitive and 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 and competing is compulsory, as there are some team events that are held throughout the year.

Training is ongoing, with only a few weeks break 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.

Mel Dyer
Gymnastics Coordinator
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Igor Bespalov
HPC Head Coach
igor.bespalov@highflyerswa.com

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.
- 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. This rule also applies to 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.
- These rules apply to athletes, parents, guardians, non-participating children, coaches and volunteers.



TRAINING GUIDELINES

SPECTATORS AT TRAINING

For parents who choose to stay to watch their child train, we ask that they do not make contact with their child during this time. 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 athletes will have training breaks throughout the year. There will be a 2-week break at Christmas. One week after states and one week to be decided by coach, plus public holidays are a non-training day.

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. If not training due to injury you will be charged a minim of half fees, but if training reduced hours you will be charged that rate if over half fees. Please see Emma.

TERMINATION OF ENROLMENT

Discipline and gymnastics techniques 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 have the right to suspend or ask a gymnast and/or parent to terminate enrolment due to continuous disciplinary problems, which may 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.

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 interaction with team mates.

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.

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 or 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. Pigeonholes have been provided and it is expected that all athletes utilise 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 athletes wish to excuse themselves from training, the coach must be notified prior to leaving.

Athletes are expected to respect other participants, coaches and administrators. All of the equipment within the gym is to be used with care and respect.

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 all members of the club, as required, adhere to the following uniform policy.

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

GIRLS COMPETITION LEOTARDS

Costs will depend on size and level, but will be around \$70 - \$85.

Please see Storm, 65 Edward St, Perth to organize a fitting. Telephone 9227 5199 or email info@stormdanceanddesign.com.au.

Secondhand sale and sizing days may be organized throughout the year.

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.



BOYS TRAINING/COMPETITION UNIFORM

Training leotard

Competition leotard

Black shorts

Longs white

Club Tracksuit

White socks



Please see Elliot for further information.

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 behavioural 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.

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 not doing well in 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.

ADMINISTRATION & FEES

Office hours are:

Monday – Friday 9.15am - 2.30pm & 3.30pm - 7.00pm
Saturday 9.00am – 2.30pm

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

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.

Cash, Cheque or EFTPOS can be used to pay fees at the club. There is a \$1.00 transaction fee for using our EFTPOS facility. 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 are payable to 'High Flyers Trampoline and Gymnastics Academy'. Our address is 29 Dellamarta Road, Wangara, WA, 6065.

Or you can pay via the Internet. Our banking details are:

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

Please put your child's name on the narration and email us once you have made payment. Our email address is admin@highflyerswa.com (Emma at home).

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

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. There are 4 weeks off training, two at Christmas and two to be determined by head of discipline, according to competition season.

Fees are calculated over a 12-month period. This means, regardless of holidays and public holidays, fees are payable on a monthly basis. 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). The formula used is as follows:

$$\frac{\$ \text{ Per hr x hrs per week x 48 (weeks training)}}{\text{divided by 12 (months)}}$$

In the event that you are away for 4 weeks or more, fees are still payable but the amount will be reduced by 50%. If you are away for less than 4 weeks, the full rate still applies.

A non-refundable annual GWA sports injury insurance fee applies. This membership is valid from January 1st to December 31st in the current year.

In general, the following rules apply:

- 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 either 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.
- All competition entry fees must be paid prior to the competition in order for the gymnast to compete. If High Flyers do not receive an entry form and fees your child will not be entered. There is a \$20 charge for coaches and judges to attend competitions on top of the entry fee charged by GWA, per competition.

The fees for the 2015/2016 season are as follows:

Hours	\$ per week	\$ per hour	\$ per month
1	\$16.00	\$16.00	\$65.00
1.5	\$23.25	\$15.50	\$94.25
2	\$29.95	\$15.00	\$121.50
2.5	\$36.20	\$14.50	\$147.00
3	\$40.40	\$13.50	\$164.00
3.5	\$44.80	\$12.80	\$181.75
4	\$49.30	\$12.35	\$200.00
4.5	\$52.35	\$11.65	\$212.50
5	\$55.70	\$11.15	\$226.00
5.5	\$58.45	\$10.65	\$237.25
6	\$61.40	\$10.25	\$249.25
6.5	\$62.80	\$9.70	\$255.00
7	\$65.95	\$9.45	\$267.75
7.5	\$67.35	\$9.00	\$273.50
8	\$70.30	\$8.80	\$285.25
8.5	\$71.75	\$8.45	\$291.25
9	\$73.30	\$8.15	\$297.50
9.5	\$74.80	\$7.90	\$303.50
10	\$76.40	\$7.65	\$310.00
10.5	\$77.80	\$7.45	\$315.75
11	\$79.35	\$7.25	\$322.00
11.5	\$80.75	\$7.05	\$327.75
12	\$82.35	\$6.90	\$334.25
12.5	\$83.75	\$6.70	\$340.00
13	\$85.30	\$6.60	\$346.25
13.5	\$86.00	\$6.40	\$349.00
14	\$88.25	\$6.35	\$358.25
14.5	\$89.05	\$6.15	\$361.50
15	\$89.70	\$6.00	\$364.00
15.5	\$90.50	\$5.85	\$367.25
16	\$91.25	\$5.75	\$370.25
16.5	\$91.95	\$5.60	\$373.25
17	\$92.70	\$5.50	\$376.25
17.5	\$93.50	\$5.35	\$379.50
18	\$96.00	\$5.35	\$389.50

18.5 hours per week and above is \$5.35per hour, 26 Hrs per week = \$556.40 per month.

IMPORTANT POINTS TO REMEMBER

Parents and gymnasts are reminded:

- These classes are by invitation only.
- Training is **compulsory**, as is competing.
- Athletes training area is restricted to athletes and staff only.
- Athletes are not permitted to use mobile phones during training times.
- NO contact is to be made with your child whilst they are training.
- Team fees are due between the 1st and the 10th of each month.
- No athlete will be entered into a competition until the entry fee is received. This must be received by the High Flyers closing date. All competitions and closing dates will be displayed on the notice board, so if you do go on holiday, you can pay in advance for a competition if required.
- Should your child wish to resign from being in a squad, we do require one month's written notice in advance. Fees are payable during this time.
- 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.

High Flyers is an affiliated club with Gymnastics Western Australia, and Gymnastics Australia.

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

All our coaches and officials are nationally accredited, or working towards accreditation.



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