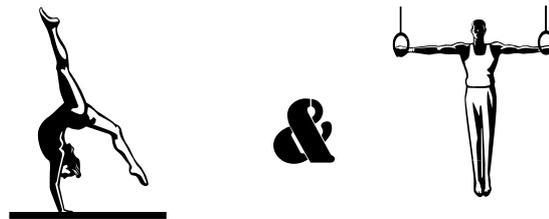
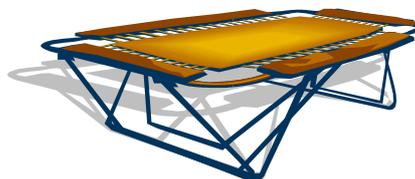




# **HIGH FLYERS TRAMPOLINE**



# **GYMNASTICS NEW MEMBER HANDBOOK**



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Welcome to High Flyers Trampoline & Gymnastics Academy. We are pleased to have you join our club and become part of the sport of gymnastics.

Please take the time to read through your New Member Handbook as it will briefly outline explain how the club works and what to expect. Should you have any further questions please speak to one of our friendly receptionists who will be more than happy to help. Please return the return slip on back page ASAP.

### **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.

### **CLUB PHILOSOPHY**

High Flyers aims to provide a safe and positive learning environment whilst providing programs which meet the recreational, physical, cultural and social needs of the local community.

High Flyers aims to cater for all ages and abilities ranging from 18 months to adults, from raw beginners to advanced athletes.

The Club aims to contribute to general fitness, coordination, agility, strength, balance and speed.

We provide a sound foundation in movement patterns for both boys and girls. This allows them to develop their whole body and is useful in many (if not all) other sports.

We aim to offer a range of programs designed to meet the needs of all who participate.

### **CLUB HISTORY**

High Flyers is a family run and owned business and has been affiliated with Gymnastics WA for many, many years.

Tony and Emma Burton took over the Club's management in 2006. They both have over 30 years experience in running recreational programs. In the UK they ran a successful private sports centre for over ten years, mainly concentrating on trampolining and out of school care. At the beginning of 2006 the club had approximately 200 members; we now have over 1100 members and this number is growing every term. Since 2006, the club's membership has more than tripled, and moved to bigger and better premises in Feb 2009. In October 2016 we added another gym called our rec gym, which is purely for recreational activities. It is at 26 Dellamarta Rd, Wangara. In April 2019 we moved to a purpose built trampoline and gymnastics academy at 48b Luisini Rd, Wangara, all being back in one building.

### **CLUB STRUCTURE**

High Flyers is affiliated with Gymnastics Western Australia, Gymnastics Australia. High Flyers is comprised mostly of:

- Recreational and Competitive Trampolining levels 1 to international level
- Recreational and Competitive Gymnastics for both WAG and MAG and state levels
- MG and HPC Competitive programs for levels 1-10
- Recreational and Competitive Tumbling levels 1 to international level
- Kindy gym
- Extreme Gymnastics
- FreeG (also known as Parkour)

- Home School Program
- Disability Services Programs
- Gentle gym classes for over 50's
- Adult Classes in both Gymnastics and Trampolining
- School Holiday Programs catering for ages 5 to 12
- Birthday Parties facilities plus a fully functional café, we can cater, or you can self cater.

## WHAT WE OFFER

### RECREATIONAL & COMPETITIVE TRAMPOLINE

Trampolining consists of an individual competitor performing two routines on the trampoline. These routines consist of a compulsory and a voluntary routine. The compulsory routine consists of ten consecutive skills, five of which are mandatory skills that are set by the International Trampoline Federation and must be performed; the other five skills are at the discretion of the competitor. This routine is only judged on performance not on the difficulty rating.

The voluntary routine consists of a combination of ten different skills, which must be performed one after another with no breaks between the skills. These are all selected by the competitor. This routine is judged on the performance and a degree of difficulty score is then added to this total.

Synchronised Trampolining is judged the same as individual trampolining but there are two people on separate trampolines. Competitors are marked on how well they stay synchronised with each other.

Double Mini Trampoline - as the name would suggest it requires performing two skills on a small trampoline then dismounting and landing on a landing mat. This apparatus is started with a run up onto the first landing area

Competitive 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 level, they have the chance to try out for the state team and travel to other states for national competitions and also international competitions.

### COMPETITIVE GYMNASTICS – MAG LEVELS 1-10, WAG NDP 1-10.

#### Men's Gymnastics

Men's Gymnastics (MAG) is comprised of six apparatus. Male gymnasts are required to complete a routine on each of the six apparatus. The apparatus are:

- Floor
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- Horizontal Bar

High Flyers now is home to the men's High Performance Program. These athletes are supported by Gymnastics Australia and compete nationally and internationally, representing Australia. We are the only club based HPC program in WA.

#### Women's Gymnastics

Women's Gymnastics (WAG) is comprised of four apparatus. Female gymnasts are required to complete a routine on each of the four apparatus. The apparatus are:

- Vault
- Bars
- Beam

- Floor

These classes are by invitation only. Gymnasts who are selected for these programs represent the club at events throughout the year. At senior level, they have the chance to try out for the state team and travel to other states for national competition.

All competitive 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.

### STATE LEVELS 1-10

Club Levels is specifically designed for gymnasts who will still participate in competitions, without the added training hours or discipline as with our competitive stream

Again, these classes are by invitation only. Competition participation is compulsory. Gymnasts may enter one, two, three, four or five apparatus at competitions but are required to practice all five at training.

Compulsory badge testing is held near the beginning of each year. Gymnasts who do not attend the badge testing may be ineligible to enter competitions. Badge testing at a certain level qualifies the gymnasts to compete at that level. (i.e. A gymnast who passes her level 2 badge may compete as a level 2 gymnast).

A gymnast in the Club Levels Program may be invited to join a National Levels Team within the same calendar year, at the discretion of the coach.

### RECREATIONAL FEES:

All recreational fees are now charged monthly from 1<sup>st</sup> day of the month to last day, apart from Dec and Jan, dates to be confirmed. We run straight through the year from Mid Jan to Mid Dec no breaks apart from public holidays, and a full week off at Easter. If you are away or sick, we require 4 hours notice to mark you as excused, you will be then sent a make up token. Most months there is one per person, per month and must be used within one month date of absence. Please see email sent with the token. You have to give one months notice in writing and fees, please see reception for a withdrawal form, and you can join at any time as long as space in the class.

### GYMNASTICS

High Flyers Recreational Program for 5-16 year olds teaches children basic skills using all gymnastic apparatus. Skills are taught progressively through circuits and other activities, and assist in improving strength, flexibility, balance and co-ordination. All in a positive, fun, safe environment!

High Flyers is working off of the LEAP levels program. These skills are circuit based, and the gymnasts work on skills relevant to their own abilities. In the first few weeks of enrolment the children are assessed and placed on a level relevant to their personal ability. Throughout the year at the start of each school term all the children are assessed and placed in groups with children the same ability as them. This helps the coaches teach skills relevant to all the children in the group, and helps the children progress smoothly without being held back or pushed too far.

Throughout the year children are assessed each week on their Level cards that they are placed on for their ability. Once competency is achieved, the children receive a certificate and skills report, before progressing to the next level card. Levels range from 1-6 with each level having a part A and B to complete.

From our recreational program we talent ID all the gymnasts and if selected they will have the opportunity to join the competitive program squad working from ALP levels 1 to 10.

### TUMBLING

Tumbling is similar to gymnastics but is a single series of skills performed in a straight line on a sprung floor. Tumblers perform two voluntary passes.

The skills that are performed in tumbling are similar to those in the floor exercise of artistic gymnastics but there are eight skills performed in a straight line and the pass finishes at the end of those eight skills.

## KINDY GYM CLASSES

High Flyers kindy gymnastics program for 18 months-5yr olds teaches children basic skills using all gymnastic apparatus. Skills are taught progressively through circuits and other activities and assist in improving strength, flexibility, balance and co-ordination. All in a positive, fun and safe environment!

Our kindy gym program is split into two age groups, 18 months-3.5yr olds and 3.5yr olds-5yr olds.

The 18 month-3.5yr old program is designed with parent participation in mind. It is a chance for you and your child to work and play together in a fun and safe environment. Whilst our kindy recreational program for 3.5-5yr olds requires no parent participation and is aimed at preparing the child for our general gymnastics and trampoline classes.

At this level, there are no uniform requirements, only comfy shorts and a t-shirt. Please no denim.

Fees: all recreational fees are now charged monthly from 1<sup>st</sup> day of the month to last day, apart from Dec and Jan, dates to be confirmed. We run straight through the year from Mid Jan to Mid Dec no breaks apart from public holidays. If you are away or sick, we require 4 hours notice to mark you as excused, you will be then sent a make up token. Most months there is one per person, per month and must be used within one month date of absence. Please see email sent with the token.

## DISABILITY SERVICES PROGRAMS

Our Disability Services program provides a safe environment for those with disabilities who wish to either simply bounce on one of our trampolines, or use our gym equipment. With a qualified coach present, it is a session of free-play for those involved. Our large foam pit is very popular, as is our pit tramps. Beware, the pit has been known to hold people hostage!

Tony Burton also provides one-on-one sessions to special-needs children. Should you wish to enquire about these private classes, please see Tony during office hours. We accept Kidpsort vouchers and can also produce invoices for NDS schemes.

## ADULT CLASSES

This program is designed for the young at heart. Whether you did gymnastics as a child and want to get back into it, or you feel like a challenge and have never tried anything like it before, you will enjoy our Adult Class.

Fitness, strength and injury prevention programs are part of this class. We also cater for those who would like to learn a few cool tricks on the equipment.

The emphasis for this class is once again placed on fun and safety.

We run a co-educational class on a Monday and Thursday night. See timetable for session times at reception.

## EXTREME GYMNASTICS AND OPEN GYMNASTICS

Sessions to try out the facilities, coaches are there to supervise but this is not a class. See timetable and flyer at reception for more details.

## FREEG (also known as Parkour)

FreeG fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performances and stunt actors. FreeG gets your body moving in ways never thought possible. It will get your heart racing and develop a heightened sense of spatial awareness that can be put to good use in a variety of other sports (including, boarding, biking, skiing, climbing and surfing). Skills will be taught, but we are not looking for pointed toes, we're looking for your rendition while keeping safety in mind.

## HOME SCHOOL

Our home school classes are run in conjunction with our recreational trampoline and programs but for home schooled children. Classes are in the early afternoon on Tuesday, during term time only. See timetable and separate flyer at reception.

### SCHOOL HOLIDAY PROGRAMS

Our school holiday program runs during each school holiday period. It is an opportunity for children between the ages of 5-12 years old, to come and join in with their friends and get involved in activities such as trampolining and gymnastics. There are loads of fun, team building games, as well as sporting games held within the club. Please see separate leaflet.

### BIRTHDAY PARTIES

Our birthday parties use a variety of fun based equipment including trampolines, foam gym pits, a large bouncy castle, soft play, parachute games and the run of the gymnastics centre.

We can provide full catering (extra charge) or a coffee only service (extra charge) for your party on the mezzanine floor, or you may cater for yourself. The parties are for all ages from 5 to 30 children.

Available times for parties are from 4.30pm on Saturdays and all day Sundays. Parties usually run for 1.5 hours for numbers ranging from 5 to 30 per party for all ages. Please see reception for details and bookings.

### CAFÉ

Bouncing Bean Café offer a food and beverage service to all. Please be aware that the café does have sole catering rights to all food on the premises so we ask anyone sitting upstairs on the mezzanine floor to please not bring in any outside food. We do reserve the right to ask you to leave the premises if you do not follow this rule

### ADMINISTRATION

Our administration staff are highly qualified personnel with many years experience within the Club.

Should you have any questions or concerns regarding anything relating to the club, whether it be concerns regarding our coaching staff, fees or our venue, please feel free to bring the matter up with them.

The desk is open:

Mondays	9.15am – 8.00pm
Tuesdays	12pm – 7.00pm
Wednesdays	10am – 7.00pm
Thursdays	9.15am – 8.00pm
Fridays	9.15am – 7.00pm
Saturdays	9.00am – 3.00pm

Any payments or questions must be directed to the reception staff between these hours only. Please refrain from interrupting staff outside of these times unless urgent. Our preferred method of payment is credit card through iclass. You can add this onto your ledger so it is safe, or reception can do for you. Then we will take out fees the last weekday of each month, for the following month.

For other fees you can pay this way or pay at reception using a card or cash.

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

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

NAB Bank: High Flyers BSB: 086420 Acc number: 906327886. Please put your child's name on the narration and email us once you have made payment. Our email address is [admin@highflyerswa.com](mailto:admin@highflyerswa.com).

**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.**

## **CLUB RULES**

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

- No mobile phones to be used during class time.
- 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.
- Food or drink is not permitted near the equipment.
- Athletes are encouraged to drink 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.  
Studs are acceptable.
- 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 behaviour 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 onto the gymnastics floor at any time.
- These rules apply to athletes, parents, guardians, non-participating children, coaches and volunteers.

## **CODES OF BEHAVIOUR**

As a member of High Flyers, all persons are required to comply with High Flyers' Codes of Behaviour. Below is a list of our general codes of behaviour – for more codes, please consult the Club's Policies & Procedures Manual.

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealings.
3. Be professional in, and accept responsibility for, your actions.
4. Make a commitment to providing quality service.
5. Be aware of, and maintain an uncompromising adherence to, High Flyers' standards, rules, regulations and policies.
6. Operate within the rules of the sport including national and international guidelines which govern High Flyers.
7. Do not use your involvement with High Flyers, to promote your own beliefs, behaviours or practices where these are inconsistent with those of High Flyers.
8. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
9. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
10. Refrain from any form of harassment of others.

11. Refrain from any behaviour that may bring High Flyers, or the sport of gymnastics into disrepute.
12. Provide a safe environment for the conduct of the activity.
13. Show concern and caution towards others who may be sick or injured.
14. Be a positive role model.
15. Understand the repercussions if you breach, or are aware of any breaches of, this code of behaviour.

## **GENERAL POLICIES**

High Flyers follow many policies and procedures governed by Gymnastics Western Australia, or Gymnastics Australia.

Some of the policies implemented are:

- Codes Of Behaviour
- Risk Management
- Member Protection Policy
- Health & Safety Policies
- Privacy Policy
- Emergency Procedures
- Injury Procedures
- Equipment Procedures
- Administration Procedures
- Fees Policy
- Behaviour Management Policy
- Complaint Management Procedures
- Credit Policy

## **CREDIT POLICY**

Credits are only considered for athletes/children who have incurred the following:

- If your child is new to High Flyers and finds that he/she is not enjoying the class that they have been enrolled into and they wish to leave, you need to email Emma Burton at the following address, [highflyers1@bigpond.com](mailto:highflyers1@bigpond.com) . This email must be sent within the first three weeks of them starting the class. We will then refund a pro-rata amount of fees as at the date we have been informed.
- If your child/athlete is going to be away from the gym for over a month due to major illnesses, injury or hospitalisation, we will then refund a pro-rata amount of fees as at the date we have been informed. If we have space within a class and your child/athlete wants to return once they are well, this will only be possible if we have places still available. Otherwise, they will have to wait for the following term.
- If your family is relocating or moving away from the area, we will refund a pro-rata amount of fees as at the date we have been informed.

Ultimately we rely on your satisfaction. So if ever a situation occurs where you feel there's been an error or something unfair has occurred, please contact us so we may address the matter quickly and thoroughly.

**To apply for a credit:** An email must be sent to Emma Burton [highflyers1@bigpond.com](mailto:highflyers1@bigpond.com) outlining the reason for the application and number of lessons missed; doctors certificate or proof of new address.

Once your credit has been approved, an email will be sent outlining the amount of credit payable to you. All approval for applications for credit is at the discretion of the Financial Director.

Please note: In the event of missed or cancelled lessons, refunds will not be granted.

## **GYMNASTICS IN AUSTRALIA**

Gymnastics in Australia has grown to include 7 Gymsports:

- Men's Artistic Gymnastics (MG)
- Women's Artistic Gymnastics (WG)
- Rhythmic Gymnastics (RG)
- General Gymnastics (GG)
- Sport Aerobics (AER)
- Trampoline Sports (TRP) and Tumbling (TUMB)
- Sports Acrobatics (ACR).

At High Flyers, we run 4 out of the 7 gymsports.

- Men's Artistic Gymnastics (MAG)
- Women's Artistic Gymnastics (WAG)
- General Gymnastics (GFA)
- Trampoline Sports (TRP) including Tumbling (TUM)

## **STATE ASSOCIATION**

Gymnastics WA (GWA) is an organisation comprised of affiliated clubs and registered members. It is the controlling body for ALL GymSports within the State.

All participating athletes, coaches, judges and officials must be registered members of GWA. Registration includes an insurance package through Gymnastics Australia.

The main benefits of being a registered member with GWA and Gymnastics Australia are that the participant will be covered under personal accident insurance and will have access to State and National events.

GWA have a website please be sure to check-out their website often for updates and information regarding your child's gym sport. Their website is [www.gymnasticswa.asn.au](http://www.gymnasticswa.asn.au).

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Please tear out this page only and return to reception ASAP.

I have read and understand the:

Club Rules, Behaviour Policy, General Policy, Credit Policy

I understand that these policies form part of the membership for my child/myself to be a member of the High Flyers Academy. I also understand that the policies apply when I or my family attend to be a spectator for training and/or any events held at High Flyers.

Any problems I will see reception in the first instance.

Parent/guardian of: \_\_\_\_\_(family)

Signed by (name): \_\_\_\_\_

Relationship to athlete: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Office use: Date given tee shirt and drinks voucher: \_\_\_\_\_