Essendon Keilor Gymnastics Academy

2027 CLUB HANDBOOK

AGC INTERMEDIATE (PRE & DEVELOPMENT LEAGUES)



Welcome to the AGC program! The journey you and your child have begun promises to be enjoyable and rewarding. AGC aims to provide competitions that are enjoyable for gymnasts, coaches, and families. The program's main objective is for all participants to enjoy the experience of participating to their full potential. AGC provides the opportunity for participants to compete in a fun and fair environment. The emphasis is on the execution of skills and not the difficulty. The programs level requirements are quite flexible and aim to give every gymnast the chance to succeed.

While we may not be able to predict the future for the gymnasts in our program, we can promise you that we put a great deal of effort into ensuring every child in our AGC program is given the chance to be successful in the sport of gymnastics. We give you a commitment that your child will be given the opportunity to learn great gymnastics, whilst building lasting friendships. We will help her to develop confidence and pride, persevere towards her aspirations and teach her how to manage her time inside and outside of gymnastics. We teach our gymnasts how to work through real life obstacles such as fear, frustration, and sacrifice. Again, on behalf of the EKGA Coaching Team, welcome to our AGC program for 2027!

Coach – Gymnast – Parent Roles



The Coach's Role: The coaches at EKGA are here to offer guidance and instruction to our gymnasts. Coaches keep up to date with the latest skills, techniques and requirements, and aim to become experts in their field. We teach the children the importance of believing in the pursuit of success and in always trying their best. We are committed to developing healthy, happy, responsible kids.



The Gymnast's Role: Our Gymnasts have been chosen to be part of a great gymnastics team, with coaches who genuinely believe in the enjoyment of the experience, rather than the ultimate outcome. We expect 100% effort at all times, a positive attitude, and respect for the coaches, herself and her teammates. Gymnasts need to be in uniform, on time, well behaved and presented.



The Parents' Role: The Parents of our gymnasts have a truly important role. You are the cheerleader, the inspiration and the biggest fan of your child. The most effective parents learn to walk the fine line between supporting their child's efforts and being over-involved. Parents need to ensure tuition and competition entries are paid for on time and uniforms are ordered by the deadlines. Parents can teach their child time management by getting them to gym on time and not allowing them to miss too many classes. We understand athletes may need to miss some classes for school or family events, however there is a 90% minimum attendance requirement for all competitive classes.

Contacting Us:

If at any time you have questions or concerns regarding your child's progress or involvement in our competitive program, please do not hesitate to discuss them with your child's coach or the EKGA Competitive Programs Department Leader.

Phone: 9336 4077
Address: 196 Roberts Rd, Airport West 3042
Email: info@gymnasticsacademy.com.au
Web: www.gymnasticsacademy.com.au

Contacting you:

Email is our main point of contact to all squad families. It is very important we have a correct email address to ensure that you get all important information regarding competition times, dates, addresses etc. Please also ensure that your iClass account does not have "unsubscribe to email blasts" checked, as this may result in you missing out on important information from us.



Uniform for Training:

- EKGA "Squad" black mystique with sequin writing leotard
- Grips, sweat bands, gloves and loops to be used on bars
- Clean socks for trampoline training

Gymnasts may wear leggings, bike shorts or compression tops with their leotards. Gymnasts need to always bring a labelled drink bottle and have hair tied up for all training sessions. If gymnasts have long hair (i.e. their hair touches the floor when they are in a handstand) they should have it in a plait, braid or bun so that it does not touch the floor when they are upside down.

Uniform for Competition:

- **Pre:** EKGA Junior Competition leotard (Sleeveless)
- **Development:** EKGA Senior Competition Leotard (3/4 sleeve)
- Club Tracksuit
- EKGA backpack





Pre League Competition Leotard



Development League Competition Leotard

- Our competition leotards have additional lining (called a gusset) much the same as bathers do, like in-built underwear, so it isn't necessary to wear underwear with the leotard. If gymnasts choose to wear underwear with their leotard it needs to be plain, flesh coloured. Please ensure it is not visible when your daughter bends over/splits her legs etc.
- Hair must be tied back and off gymnasts faces so clips, gel and hair spray are all good things to use. Gymnasts may wear ribbons, scrunchies, bows etc in their hair as long as it is club colours (black, white and silver). Buns are the preferred hair style. Check with your daughters coach to see if there is a specific way they would like their hair done for competitions. Glitter hair spray may also be used.

Ordering Competition Attire

Prior to the competition season we will have a uniform check day. A sizing set may be available at the gym for your child to try on. Otherwise you will need to measure your athlete with a tape measure and use the appropriate sizing chart. Gymnast must be accompanied by a parent/guardian whilst trying on sizing set or being measured. Parents must approve the size to be ordered. ***Parents order leotards directly from the supplier.***

You will need to place your order online within the specified period. There will be a 6-week window for the placement of your order, timed to ensure delivery in time for your child' s first competition. No orders will be accepted prior to or after this period.

- Leotards must be ordered direct from Chalk Gymnastics online, via the EKGA -Chalk Gymnastics Wear (chalkgymwear.com). These items will be posted direct to your nominated address.
- EKGA Tracksuit orders will be placed with the supplier twice per year in line with the two competition seasons (Senior and Junior). Tracksuits cannot be ordered outside of these two bulk orders.

When you receive your order, try it on within 24 hours in case adjustments are required. You may be able to purchase or sell second hand uniform items via EKGA' s Buy Sell and Swap Group on Facebook: https://bit.ly/EKGABSS

Please do not purchase competition leotards if coaches have not confirmed which level your child will be competing.

Competition dates for AGC:

The AGC competition season typically runs from July to October, with Victorian Championships being held in October for Development League and higher. Whilst most competitions will be on Saturday or Sunday, some competitions may have sessions on the Friday evening.

Competition session times:

Competition sessions usually run for about 2.5 hours. Session times are confirmed once entries for each event are finalised. We won't know the time of your child's session until about 2-3 weeks before the event. As soon the session times are announced we will email the information to families.

Competition Availability and Selection:

To maintain a spot in the squad, each gymnast must attend a minimum of three competitions each year. In term 1, you will receive a link to an electronic form. This form will contain a list of competition dates. Please indicate the competitions your child is available for. It's important to select all feasible dates, as this enhances the likelihood of your child being chosen for events. Consider any personal events or holidays that might affect their availability on the listed weekends. The specific time of your child's competition won't be known until entries close for the event.

Once the coaches have reviewed the availability and made competition selections, teams will be confirmed and the events your child has been selected for will be communicated via email to families.







Competition Fees:

The cost of competitions is set by the host club and will usually be between $140-$230 per event, with a due date approximately 6 weeks prior to each event.

Please ensure payments are made by the due dates, or your child will not be able to attend the event.

EKGA cannot provide refunds for competitions fees paid to host clubs. Host clubs may provide a partial (or full refund) if a medical certificate is supplied within 7 days of the event.

There is no possibility of refunds for change or mind or change of circumstances.

Competition Teams:

Each team is composed of a minimum of 3 and a maximum of 6 athletes.
In the event that the club has more than 6 gymnasts available for a competition, only one team of 6 athletes may be formed or if there are enough gymnasts to field a second team, the club may consider entering two teams. The decision is influenced by the number of squad members in each level, availability of gymnasts, and the scale of the event.

Similar to sports like football or netball, not all squad members will be selected for every event. Coaches make team selections based on various factors:

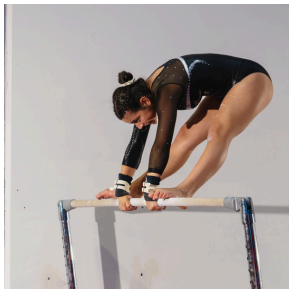
- Results from the control test
- Mastery of required skills
- Performance and consistency in training
- Regular attendance at training sessions
- Positive attitude during training
- Availability for proposed competitions
- Physical preparedness (i.e., absence of injuries)



Control Test:

Prior to the competition season the club will host a practice competition that serves as a 'control test' where the girls will all perform their routines one at a time and be judged by our club judges. This helps us get an indication of which gymnasts are ready to compete, if any changes need to be made to their routines and give the girls practice performing under pressure. Parents will be notified when the practice competition will be taking place and they are welcome to observe. Gymnasts will be required to wear full competition uniform to this session.







Competition Awards:

Gymnasts compete as a team and as individuals. Awards are presented for Individual 1st - 3rd on each apparatus (Vault, Bars, Beam and Floor) and 1st - 3rd Overall team (calculated by adding the team's top 3 scores from each apparatus together). At some competitions awards may be presented through to 6th or 8th place depending on the number of teams competing.



Participating in Competitions:

Ensuring our gymnasts are prepared and safe for competitions is our number one priority. If gymnasts are struggling with their skills during training the week of a competition, or miss training that week, coaches may decide to scratch a skill or entire apparatus for that competition. If a gymnast does not attempt a full routine on an apparatus each training session the week of a competition, they will be scratched from that apparatus for that comp. This will be discussed with the parents and gymnasts before the day of the competition.

School Holidays:

Training continues for all gymnasts throughout school holidays. If you will be going away, you can opt to suspend your fees for up to four weeks each year in blocks of 2+ weeks. Requests must be submitted via the online form at least 14 days before the next billing cycle. Only the tuition portion of your membership package can be suspended. A $7.50/week fee is levied to cover upfront club costs for non-tuition inclusions.

Reports:

During Term 4 you will receive a short report from your daughters coach about their progress for the year. It will include the skills they completed that year, development progress and physical attributes.

Reports will also outline what the coaches feel would be the best level for each gymnast to compete the following year. This could range from progressing to the next level, skipping up a level, transferring to our WAG or recreational programs or continuing in their current level. Whilst remaining in the same level or moving to a different stream may be disappointing for the parent and gymnast, it is far better for the child than have them move up and struggle in a level that they are not ready for. A lot of thought is put into placing each individual gymnast from our competitive programs into the level that will bring out their best in skills, confidence and success.



Fees and Payments:

In 2027 Beginner Gymnasts will be paying $35 - $38 per hour, whilst our Squad Gymnasts will be paying between $14 - $32 per hour, generally with the highest qualified coaches. We build in a bulk buying discount- the more hours a week your child trains; the more the hourly rate is reduced. You can view the tuition price for Direct Debit or term payments in iClass.

Direct Debit:

Direct debit is our default option for payment of tuition. If you would prefer to pay upfront for each Quarter, please contact the office and we will alter this on your record. For direct debit dates, please contact our office: info@gymnasticsacademy.com.au



Payment details on file:

All participants in our competitive programs are required to have a valid credit/debit card or bank account details on file. If you would like to pay for your tuition fees, competition fees or uniform fees by cash or EFTPOS you are welcome to do so. Just ensure you have made the payments by the due date, and nothing will be charged to your saved payment method.

Should the charges fall due and no payment has been received, your agreement with us authorises us to charge the payment method on file for the amount due.

This includes charges for uniforms and competition entry fees, so please ensure they are paid by the due dates.

Please contact us (or log in to the parent portal) to update your credit/debit card should it be about to expire, lost, cancelled or reissued.

Missed Lessons:

Your tuition pays for your child' s place in the class, regardless of attendance. Our costs do not change if your child misses a class, and we are therefore not able to offer a reduction in tuition for missed classes. Make-up classes are not offered due to fixed group training schedules.

Absences of 4+ consecutive classes due to injury/illness may qualify for suspension with a medical certificate. Other absences are treated as general missed classes; gymnasts may attend quarterly catch-up sessions. Only the tuition portion of your membership package can be credited. A $7.50/week fee is levied to cover upfront club costs for non-tuition inclusions.

Injured gymnasts are encouraged to attend training if cleared for modified participation—this supports both physical recovery and mental well-being

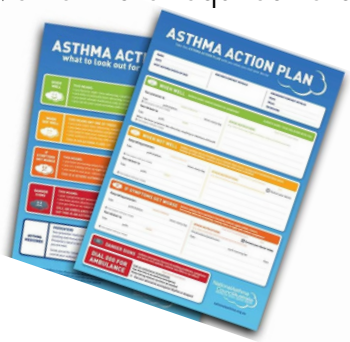
Refund Policy:

Should you wish to cancel your memberships at any time, please contact reception. We require 14 days notice for cancellations, and your child can continue attending during that time. If you need to cancel your booking due to medical reasons, please contact reception and attach a copy of the relevant medical certificate. In these cases, a refund will be applied from the date of the request. No refunds or credits are given for cancellations.

Asthma & Anaphylaxis:

Parents must supply a copy of a medical management plan (with a current photo of the child) prior to the child attending their first class for any children with a medical condition (i.e. asthma, diabetes, anaphylaxis, epilepsy etc.). If your child suffers from any medical condition it is essential that we have all the relevant information. Please contact the office prior to their first class to ensure we have all we need to allow your child to participate safely. If your child has Asthma or Anaphylaxis they must bring their medication with them to every class. The medication should be given to the coach at the gate to the gym who will place it in our medication tub inside the gym for the duration of the lesson. It will be returned to your child at the end of class. It should be clearly labelled with your child's first and last name. For hygiene reasons asthmatics that use Ventolin are required to bring their own SPACER along with their medication.

If a child known to suffer from asthma or anaphylaxis is dropped off for class without their medication, you will be called to come and collect them as for their own safety they may not be admitted to class.



Illnesses/injuries/medical conditions:

Being in a competitive squad is a big commitment and we require gymnasts to be attending as many training sessions as possible. If your child has an ongoing medical concern that is impacting on their ability to train and/or their attendance to training, you will need to speak with the Coach about the best options available for your child. This could vary between liaising with your child's doctor/physio to come up with a rehabilitation plan, lowering their training hours for a period of time (only for higher levels that train for 9 -10 hours a week), missing some/all competitions for that season or transferring to a non-competitive/lower training hours class. While this may be disappointing to a gymnast and families at the time, your child's health is our number one priority.

Anti Bullying:

Bullying comes in many forms and could include the gymnasts, coaches and parents. Essendon Keilor Gymnastics Academy is committed to providing a friendly and safe environment for all gymnasts, families and coaches so they can work together in a relaxed, caring and secure atmosphere. As such, Essendon Keilor Gymnastics Academy deems bullying to be totally unacceptable. If you have any concerns regarding bullying, they need to be reported to your child's coach or the squad coordinator. Any reports of bullying will be taken very seriously and could result in ongoing offenders being suspended or expelled from the club.

Conduct:

We are a child friendly environment where all staff, participants and spectators have the right to feel safe and comfortable. EKGA has a zero-tolerance policy to aggressive behaviour. Inappropriate behaviour (physical, verbal or otherwise) towards EKGA Staff, participants or spectators will result in cancellation of your child's enrolment. Management reserves the right to refuse enrolment to any persons (and/or ask them to leave the premises) at its absolute discretion.

Gymnasts, Spectators and Parents are required to abide by the relevant EKGA codes of conduct. These are available on our website.

