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AGC (AUSTRALIAN GYMNASTICS COMPETITIONS LEAGUES)

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## Why AGC?

When it comes to choosing the right gymnastics program for your child, AGC stands out as a unique and enriching experience that offers distinct advantages over traditional WAG (Women's Artistic Gymnastics) ALP (Australian Levels Program) programs.

AGC, the Australian Gymnastics Competitions Leagues, is designed with your child's holistic development in mind.

AGC can be an incredible opportunity for your child to thrive in the gymnastics world. We want to assure you that choosing AGC over the traditional ALP (Australian Levels Program) is not about relegation; it's about unlocking your child's full potential and setting them on a path to success. Here's why AGC is a fantastic fit for your child:

- 1. A Wealth of Skill Options:** In AGC, your child has the freedom to explore a wide array of skills. Unlike the rigid compulsory skills in ALP, AGC allows gymnasts to select elements they excel at, increasing their chances of success. For instance, some children may never master the kip, but in AGC, they have numerous exciting skills to choose from that can earn them just as many points.
- 2. Tailored to Individual Strengths:** Flexibility is at the heart of AGC. If your child faces challenges like a 180° split leap, AGC coaches will help them pick a skill that suits their body and abilities. This empowers your child to excel at skills they can perform to the highest standard, without the risk of attempting something they cannot do.
- 3. Showcase Special Talents:** AGC introduces "WOW Points," where judges reward outstanding performance, artistry, presentation, and creativity. This means your child can showcase their unique skills and signature moves, breaking free from the constraints of ALP's compulsory routines.
- 4. Inclusive Teams:** AGC teams can have up to 8 members, ensuring that no one is left out or relegated to the "B Team"



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**5. More Opportunities for Success:** AGC limits competition sessions to 25 competitors, allowing a fairer playing field. With fewer athletes in each session, more gymnasts are recognized and celebrated with ribbons, pennants, medals, and even exclusive AGC merchandise (Hoodies and T-shirts for athletes placing on the podium!).

**6. Premium Competition Venues:** AGC events are hosted in top-tier venues with high-quality gymnastics equipment. The state championships boast full-stadium setups, just like those at Australian Championships and International events.

**7. Family-Friendly Scheduling:** AGC offers a short, sharp season with 5 rounds over six to seven weeks. Each competition lasts a maximum of 2 hours, making it easy for families and athletes to plan their schedules. The competition dates are confirmed early in the year, eliminating uncertainty.

**8. Consistent Judging:** AGC's judges are all trained on the AGC system and maintain consistency across all events. Scores are recorded electronically, allowing families to track their child's progress in real time.

**9. Pathway to PAID Pro League:** AGC serves as a stepping stone for club gymnasts to reach the "Pro League," where they can get paid to compete and receive sponsored leotards and hoodies. Success is achievable while training just 10 hours per week, as proven by our 5 EKGA PAID PRO athletes who made the cut in 2023.

**10. Interstate Competition Opportunities:** AGC offers a national championship for higher AGC levels, providing the chance for athletes to compete against gymnasts from Queensland, NSW, and WA, experiencing the thrill of away competitions.

With AGC, your child is not just part of a program; they are on a journey filled with opportunities, support, and a real chance at success. We look forward to supporting your child's gymnastics dreams and seeing them thrive in the AGC experience. Join us on this exciting adventure today!

