Essendon Keilor
Gymnastics Academy

2027 CLUB HANDBOOK

DEVELOPMENT SQUAD



Welcome to the EKGA Development Squad. The journey you and your child have begun promises to be enjoyable and rewarding. The Development Squad is for gymnasts who demonstrate the potential to excel at the sport of gymnastics. Every child who has earned a place in our Squad team is valued and is given the opportunity to grow with us. We are committed to excellence in every aspect of our program and will strive to instill that commitment to excellence into our gymnasts

While we may not be able to predict the future for the gymnasts in our program, we can promise to you that we put a great deal of effort into ensuring every child in our 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. In the class the girls will focus on building up strength and improving flexibility, posture, and overall body control in their skills through a program specifically designed to help them enter the ALP or AGC streams down the track. Gymnasts will attend in-house events to prepare them for the challenge of external competitions in future.

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.

2027 CLUB HANDBOOK - DEVELOPMENT SQUAD

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 an 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:

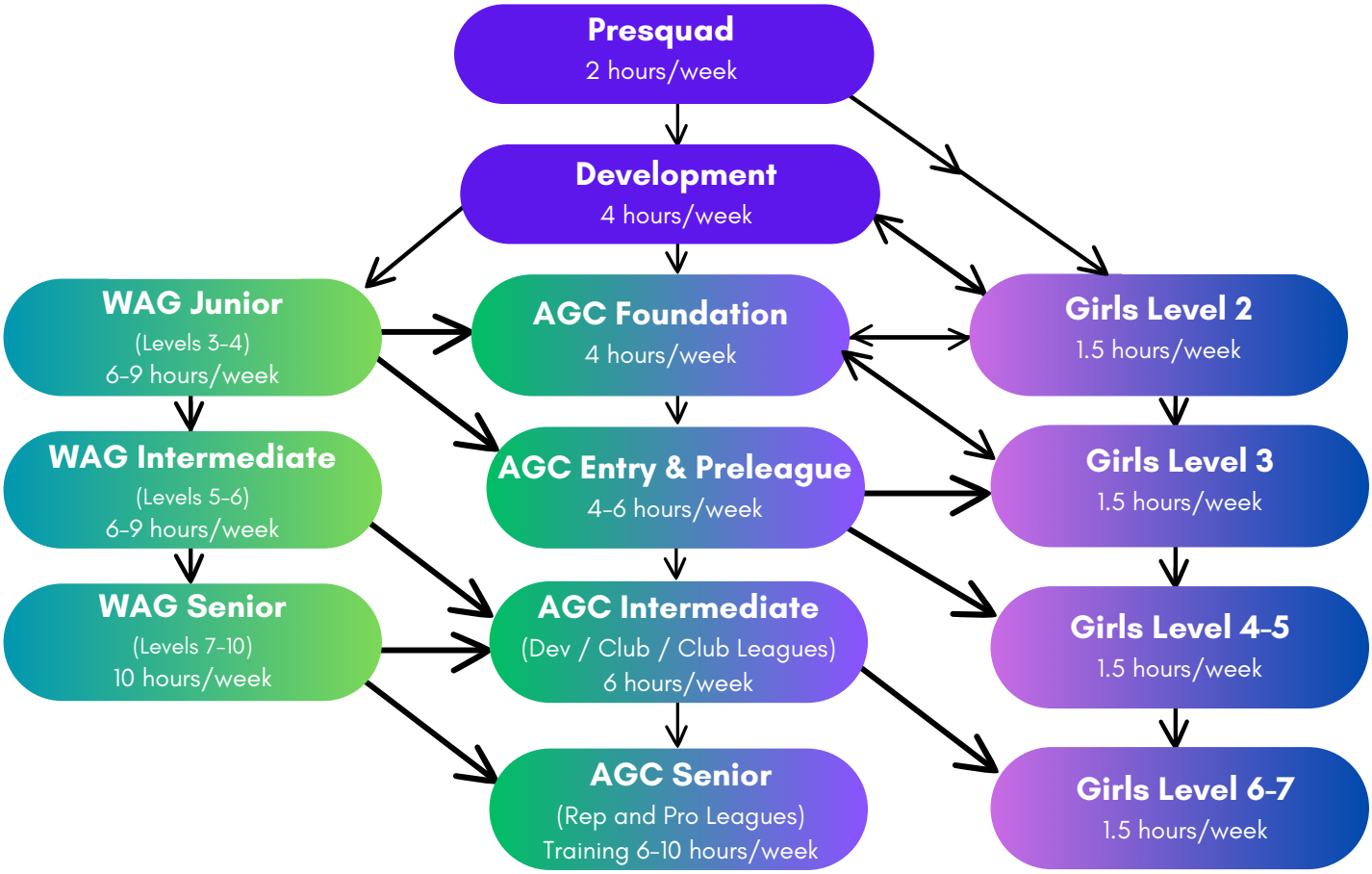
Email is our main point of contact for all Squad families. It is very important we have a correct email address to ensure that you get all important information regarding competition times, dates, addresses etc. Please also ensure that your iClass account does not have "unsubscribe to email blasts" checked,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



Pathways:

Determining whether a child will succeed as a competitive gymnast is uncertain at this early stage. Selection is based on the perceived potential for excellence at the time of selection. If it becomes evident that a gymnast lacks the necessary attributes to continue in the squad program, an alternative class placement will be offered. While this may be disappointing for both the parent and child, it is a more beneficial approach, ensuring the child doesn't struggle in a class that may be overwhelming and unsuitable for them.

Our Development Squad serves as preparation for one of our three distinct program streams, encompassing both competitive and recreational avenues, each varying in training hours and commitment levels. We consistently strive to identify the most suitable path for our gymnasts, aiming to provide them with challenges, safety, happiness, and opportunities for success.



Uniform for Training:



- EKGA "Squad" black mystique with sequin writing leotard
- 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 Events:



- EKGA Squad Leotard (same as training leotard)
- Club Tracksuit jacket (optional) with plain black leggings
- 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, scrunches, bows etc. in their hair as long as they are 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 events. Glitter hair spray may also be used.



Ordering Uniforms

The EKGA Squad leotard can be tried on and purchased from reception.
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.

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

2027 CLUB HANDBOOK - DEVELOPMENT SQUAD

Competitions for Development Squad:

Gymnasts in our Development Squad will attend in-house events to prepare them for the challenge of external competitions in future. Further information about these, including dates, session length, and pricing will be confirmed in 2027.





Routines:

In Development Squad, gymnasts are judged on individual skills performed in a sequence, know as a "routine". The focus is on skill mastery, therefore is minimal choreography and no music for Development Squad routines.

Participating at Events:

Ensuring our gymnasts are prepared and safe for events is our number one priority. If gymnasts are struggling with their skills during training the week of an event, or miss training that week, coaches may decide to scratch a skill or entire apparatus for that event. 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 in either the ALP or AGC stream, skipping up a level, transferring to our 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. For direct debit dates, please contact our office: info@gymnasticsacademy.com.au

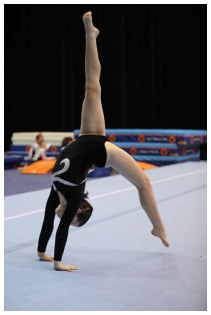






Payment details on file:

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.