

# Icon Gymsports COMPETITIVE PROGRAM



## Parent Information booklet 2018



Icon Gymsports  
02 94824341

[info@icongymsports.com](mailto:info@icongymsports.com) [accounts@icongymsports.com](mailto:accounts@icongymsports.com)

[rosie@icongymsports.com](mailto:rosie@icongymsports.com)

19 – 21 Leighton Place Hornsby

[www.icongymsports.com](http://www.icongymsports.com)

## Competitive Gymnastics Program Overview

At Icon Gymsports we are committed to providing an opportunity for every child to participate in the sport of gymnastics, whether that be through women's artistic, men's gymnastics, tumbling, cheerleading or freestyle. Our club is also designed to cater for those talented children who have the capacity to compete in gymnastics. Our competitive program provides an opportunity for children to achieve their potential. We pride ourselves on preparing each child both physically and mentally to be the best they can be and enjoy competitive gymnastics and the life experiences and lessons it can provide.

## Squad Programs at Icon

It is very important to us at Icon that every athlete trains with a group that is appropriate for the mental and physical development. It is important to us that we do not push or hold athletes back. Every situation is unique and we will always do what we think is best for your child. All of our athletes are offered a place in a squad rather than a level. The norm is for gymnasts to move up one level per year; however, this isn't always the case. It is very common for gymnasts to repeat levels and in rarer cases skip levels. Your gymnast will be working on skills for the next level, or two up, based on what they competed in 2017. Please find an attachment with what the primary skills we are working towards for each level. We will maintain communication with you about what level they will end up competing during 2018.

The squads work very well as athletes are able to stay in their group with their friends regardless of whether they end up skipping or repeating a level.

All of our competitive gymnastics squads are by invitation only. Please find an invitation for your daughter separate to this document.

## Training Hours

The programming for each group is designed to achieve a maximum return for the hours of training assigned. You may notice that at Icon we train for a lot less hours than many other clubs in Sydney.

At Icon we would prefer our gymnasts to work hard in less hours rather than waste time training more hours to achieve no better (if not a worse) result. And we are happy for a gymnast to take a little more time developing, knowing that it leads to a longer, healthier, happier, and more successful career. We do not push our athletes up the levels quickly and do not believe big jumps in hours are beneficial.

At Icon we believe that gymnasts should do the training hours that will provide them with the best value for the time and effort they invest into gymnastics. We want to promote gymnasts to have a balanced lifestyle, which enables them to participate in school activities, have family time and maximise the training outcome.

Please see below the hours that each squad is expected to train. Unfortunately, we can not make exceptions on days depending on your outside activities. We do endeavor to create options so your child can still do the other activities he/she likes.

LEVEL	HOURS PER WEEK
Lime and Mint	2
Teal, Emerald and Aqua	5
Royal and Pearl	8
Navy	11
Indigo and Titanium	14
Platinum	15.5

## What's new for 2018?

Throughout this information booklet and in your offer letter you will notice some new things we are adding to the program for 2018;

Partnership with Dynamic Physiotherapy: screenings now included

Competitive Squad T-shirt

Social activities planned every school holidays

Slightly adjusted holiday training compared to term time training.

Support from Sports psychologist and nutritionist

NEW International full time coach

Quarterly strength and skill testing with feedback communicated to parents

Team APP

Online booking system

## Proposed 2018 Competitive Squad Schedule

This schedule is VERY close to being finalised. There are a couple of people that I need to speak to, to ensure that it works. If there are any changes they will be made BEFORE Friday 20<sup>th</sup> October and will take any preferences, you have already sent in into account.

Lime	Thursday 3.45 – 4.45pm for Term 1	Thursday 4.45 – 5.15pm For Term 2	Thursday 4.45 – 5.45pm For Term 3
Mint	Saturday 8.30 – 9.30am for Term 1	Saturday 8 – 9.30am for Term 2	Saturday 8 -10am for Term 3 and 4

	MON	TUES	WED	THURS	FRI	SAT
Teal				4 – 6.30pm		12 – 2.30pm
Emerald		4 – 6.30pm				12 – 2.30pm
Aqua	4 – 6.30pm				4 – 6.30pm	
Royal	4 – 6.30pm				4 – 6.30pm	12 – 3pm
Pearl	6 – 8am		4 – 7pm			12 – 3pm
Navy		4 – 7.30pm		4 – 7.30pm		12 – 4pm
Titanium	6-8am	4-8pm		4-8pm		8am – 12pm
Indigo	4 – 7.30pm		4 -7pm		4 – 7.30pm	12 – 4pm
Platinum	4-8pm		4-8pm		4-7.30pm	8am – 12pm
Steel			4-6pm		4-6pm	12 – 2pm
Onyx			4-7pm		4-7pm	12 – 3pm

## Attendance

Gymnasts are expected to attend all training. Icon Gymsports understands that gymnasts' schooling and family must come as first priority, although we expect that gymnasts will organise themselves to ensure they can fulfil their training and competition obligations in gymnastics.

### Competitions

In order to be eligible to compete gymnasts are expected to attend all training sessions. Poor attendance may result in your daughter being unable to compete.

### Absences

If your daughter is going to be away, please let us know via email. The coaches put a lot of effort into planning a lesson and spreading activities out across the week. If an athlete is not in attendance consistently they may be doing too much of one activity and not enough of another. Letting us know in advance means we may be able to rearrange the schedule.

### Late Arrivals

Gymnasts are expected to arrive 5 -10minutes early in order to prepare for training, complete any injury prevention and update the coach on any issues that may affect training. If gymnasts arrive late they miss out on important body preparation activities.

If your son or daughter is going to be late please let us know in advance. If your son or daughter is late they are expected to check in with their coach first to explain the reason for the lateness. Any athletes in Level 5+ are welcome to stay back and catch up on any strength / flexibility they may have missed.

### Make ups

At Icon we realise that sometimes an absence may be unavoidable. We will be happy to organise an appropriate time for your daughter to make up if possible.

## Training Attire

Gymnasts are expected to look neat when training with appropriate gym wear. There is no set uniform however, for females a leotard or crop top must be worn. No baggy clothes are permitted. In the cooler month's gymnasts may wear a long sleeved leotard and leggings. Hair should be pulled back off face. For males clothes that are easy to move around in must be worn – no denim or buckles.

## Behaviour and Discipline

Icon competitive gymnasts are role models for Icon members and represent our club at competitions; they are expected to fulfil these roles well. Competitive gymnastics requires significant discipline in order to achieve success and safety. At Icon we have very high expectations when it comes to behaviour. In the event a gymnast does not display behaviour correctly our coaches will follow the below policies:

1. Tell the Gymnast that they are not behaving correctly and explain what is expected.
2. Remove the child from the session so they can consider their behaviour. If this happens at training you will be advised at the end of the lesson.
3. Contact the Gymnasts parents and ask that their child be picked up.

## Communication

Excellent communication is crucial to a successful gymnastics program. We will always communicate important information via email, please check regularly to ensure you do not miss anything. Any general updates will also be put on Facebook, please like us to stay up to date.

We are also currently doing research into creating a TEAM APP. You will be able to download the team app and have easy access to any information you may need. Please keep an eye out for more information regarding the team app.

Any problems with your child's gymnastics can be directed to their coach or Rosie.  
Any problems regarding accounts please speak with Sarah: [info@icongymsports.com](mailto:info@icongymsports.com)

## Squad T - shirt

Starting in 2018 all of our Level 2+ squad athletes will be given an annual team T-shirt. This design will vary every year and will be handed out once you have signed up for the monthly direct debit or paid your first bi annual installment.

## Social Activities

Given the success of the social activities we organised last school holidays we will organise a group activity once per school holidays. You will need to pay for the cost of the social activity e.g the movie ticket, however there will be no extra charges. We will provide coaches and all of the organisation. More information will be given in the lead up to each school holidays. These will range from:

Bowling  
Putt Putt  
Movies  
Laser Tag  
The beach  
Picnics  
High ropes  
Etc. etc. whatever else we can think of!

## Online Booking System

As of 2018 Icon enrolments will be going paperless! We will be using an online booking system – most likely Gym Biz. This shouldn't effect you too much as you only sign up at the beginning of each year. It will probably mean that the online payment system will change to Ezi Debit as opposed to Integrapay. We will send more information about this as we get it.

## Coaching Staff

All of Icon's coaching staff are qualified with Gymnastics Australia and have Senior First aid certificates. Training and education are very important to us; our coaches are regularly doing extra courses to ensure that we are delivering your children the best possible gymnastics program.

We have been looking for a full time competitive gymnastics coach for some time. This year we decided to expand this search internationally. We have found a great candidate; she is incredibly experienced with a lot of knowledge behind her. Her coaching style fits very well with our attitudes and beliefs at Icon. We are currently in the process of finalizing bringing her to Australia; nothing is set in stone yet. As soon as we can confirm more information we will let you know. This is a very exciting time for the competitive program at Icon.

## Reward programs

Intrinsic motivation is incredibly important in Gymnastics, athletes have to be motivated to put in 100% effort and always striving to improve. We do understand that a bit of external motivation helps too so we always have a rewards system in place. In the past we have done raffle tickets and points. We are currently doing stamps; the gymnasts keep their stamp sheet in their individual folder.

## Physical Preparation

Physical preparation refers to the necessary elements that go into developing safe and strong gymnastics skills. Physical preparation includes strength, flexibility, handstands and presses. In order for a gymnast to progress and perform their skills safely it is important that physical preparation levels are high. There are a few things we are working on at Icon to improve and maintain our athlete's physical preparation.

**Max Number Sheets** - These are sheets kept in each individual athlete's folders. They record their highest number ever achieved in one go of that particular element. They are rewarded when they achieve a new max number.

**Testing** - On average we test the gymnasts' physical preparation once per quarter, we then keep a record of what they have scored and monitor their progress. Please find the physical prep testing guidelines on the back page of this document.

## Australia National Levels Program

At Icon we follow the Australian National Levels program. It is broken down into three main components

### **WAG Foundations Program (Primarily the Mint, Lime, Teal, Emerald and Aqua squads)**

Level 1 & 2 makes up the foundations program which forms the basis of the WAG Australian Levels Program. This program offers a great variety of skills to broaden basic knowledge and movement experiences for each gymnast. The number one objective of this program is participation and all are encouraged to have fun. Gymnasts compete in 'events' rather than 'competitions'. They receive ribbons based on how well the skills are performed rather than scores and places.

Our Level 1 gymnasts will be entered in 2 events in 2018. Both will be at Icon with one being an in house and the second being an external event with outside clubs in attendance.

Our Level 2 gymnasts will be entered in 4 events in 2018. The first will be an in house at Icon, the second will be an external event at Icon, the third and fourth will be external events.

### **Levels 3-4 (Primarily the Royal, Pearl and Navy squads)**

The program follows the National Gymnastics Program and teaches complex skills and routines on the vault, bars, beam and floor. The girls have compulsory routines that they perform at invitational competitions. Our Level 3 and 4 gymnasts compete in 5 invitational events during the year. They have the opportunity to travel to major events such as the Tamworth Country Capital Cup. We choose not to enter our Level 3 and 4 gymnasts in Gym NSW events. This is for a variety of reasons but primarily the way the events are run – they do not give individual places but rather banded ribbons similar to the Level 1/2 events, they are also very expensive and quite repetitive events. We find our athletes get a lot more of a competition experience and enjoyment out of other competitions so these are the ones we choose to attend. If this changes in the future, we will speak with you and consider everyone's opinions before making a decision.

### **Levels 5-6 (Primarily the Indigo, Titanium and Platinum squads)**

The program follows the National Gymnastics Program and teaches complex skills and routines on the vault, bars, beam and floor. The girls have compulsory routines that they perform at invitational competitions with the aim of qualifying and competing at the NSW State Championships. Our Level 5 and 6 gymnasts compete in 5 invitational events during the year, they are also given the opportunity to put themselves forward for selection into a representative squad such as the National Clubs squad.

### **Levels 7-10 Program**

The program is specifically aimed at competent and experienced gymnasts. The level of skill required is much higher and participants may compete at State, National and International level depending on their ability. The Level 7-10 program is a progressive and developmental system providing athletes with the opportunity to move through the levels at their own pace. Our Level 7-10 gymnasts compete in 6 competitions during the year they are also given the opportunity to qualify for many representative teams such as NSW state teams and the Icon National Clubs team.

## Dynamic Motion Physiotherapy and Icon Gymsports

At Icon, helping our gymnasts reach their full potential is our diving goal. However, ensuring they remain fit, healthy and injury free is number one priority.

Further adding to our leading gymnastics program, in 2018, Icon is teaming up with Dynamic Motion Physiotherapy to take our program to the next level. Dynamic Motion's Physio's and exercise Physiologists will be working closely with our coaching staff and gymnasts, towards achieving optimal physical health, and performance.

With years of experience in managing and treating sports, dance and gymnastics injuries and improving sporting performance, Icon are excited to have DMP on board to further improve the potential of our gymnasts.

In 2018 Dynamic Motion will be delivering the following exclusive services to our Program:

### Physio Gymnastics Screening Assessment:

All gymnasts from level 2+ will receive one on one gymnastics assessment by a physiotherapist. This is a screening tool specific to gymnasts, assessing each individual's physical capacity, flexibility, strength and form. Level 2-4 athletes will have 2 screenings during 2018, Level 5+ will have 4 screenings per year.

All screenings will be conducted within icon gym.

This screen is designed specifically to identify areas of weakness, and physical issues that could potentially predispose to injury.

A summary of the screening, with issues identified will be given to the coaching staff, to allow them to work on these areas. An individualised exercise program will also be given to the gymnast, addressing issues found. This may include things such as flexibility and mobility, strength, balance and core stability.

### Latest in Warm up/cool down and Mobility

Dynamic Motion Physiotherapists and exercise Physiologists will be working with Icon coaching staff to implement the latest in mobility and flexibility techniques. These will be implemented to help athletes achieve optimal function and technique, without causing overload to muscles and joints, leading to injury.

### Strength and Conditioning

Dynamic Motion Exercise Physiologists will be working with coaching staff to implement strength and conditioning programs specific to improving gymnastic performance.

We do however realise that sometimes injuries do occur, especially with the huge work load required as training hours get more demanding.

In addition to the above services, Dynamic Motion Physiotherapy are offering 10% off initial Physio and exercise Physiology assessments within the practice, specifically for our Icon members. Simply mention you are a member of Icon gym to reception.

We are really excited to have Dynamic Motion on board, and look forward to continuing to improve the health and wellbeing of our gymnasts, reducing and preventing injury rate, and seeing even more improvement in our performance as a club.

## Nutrition and Sports Psychology

Delivering a well rounded program that looks after our athletes as whole people rather than just gymnasts is incredibly important at Icon. We are working with Dynamic to create contacts with local sports nutritionists and psychologists. During the year we will be looking at options to get them in to speak with the coaches, athletes and parents. Please keep an eye out for more information.

In the meantime, there is some great gymnastics specific nutritional information available on the SDA website:

<https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/food-for-your-sport-gymnastics/>

## Training Aids

### BAR GRIPS

Once a gymnast is in Level 5+ we recommend the use of grips on the bar. This will assist with the skills and also help to protect the hands.

We recommend purchasing through GKD. Their store is in Warriewood and grips can easily be returned if they are the wrong size. Information can be found on their website below:

<http://www.gkdgymnastics.com/womens-gymnastics-grips/>

For safety reasons gymnasts MUST start with the hot shot grips. If they go straight into the full size grips the chance of slipping is high. We also found that they will be more likely to not want to use their grips as they will find it too difficult.

Please do not open or mark your daughters grips until their coach has checked their size. For safety reasons it is crucial that the size is correct and you will be unable to send them back if you have used or marked them.

We do not allow recreational or Level 1-3 gymnasts to wear grips. The metal bar is used for drills and learning new skills. Gymnasts are required to have their own gloves for metal bar from Level 2. We recommend using inner gloves for boxing; these can be purchased at places like fitness first for \$1 or \$2.

### Rips

Unfortunately rips are a part of life in Gymnastics, even with grips! The best way to deal with them is to dry them out, do NOT moisturise your child's hands this will just make them softer!

# Competitions

## Eligibility for Competition

Eligibility – Competitive performance is the outcome of successful training. Gymnasts will be entered in all available competitions for which they have qualified. Qualification is gained by:

- Being at the appropriate level or age for the competition.
- Having attended all training sessions, and shown gradual improvement in all training variables.
- Having reached a minimum standard for the skills and routines in that level.
- Demonstrating support of team mates in training and competition.
- Having all Icon Fees up to date.
- Completing and delivering any nomination form and appropriate fee by the due date.

Note: In competition if a gymnast cries (from disappointment etc.) or otherwise shows poor sportsmanship or a lack of support for his/her teammates, he or she will be removed from the floor and will not be permitted to **complete the competition**.

## Competition Fees

All competition fees including entry, coaches and judge's costs are included in your monthly fees.

## Competition Etiquette & Team Support

Gymnasts must check-in with their coach/es 15 - 20 minutes before the start of warm-up (and leave time for your daughter to get into her leotard prior to meeting the coach). Once they have checked in with their coach, they must stay on the competition floor for the remainder of the competition. (Rules regulate that gymnasts may not leave the floor without permission of the Jury, nor have any contact with persons outside the Competition Arena.)

Gymnasts are expected to be polite, respectful, and supportive to all participants and officials. As a club we want to provide our Icon athletes at competition with all the support possible. We ask that all girls attend other sessions and support their teammates at competition where possible.

Audience members are encouraged to cheer loudly and support their gymnasts. (Spectators are expected to behave in accordance with the positive Icon spirit and set a positive example for our children.)



For safety reasons, audience members may not use any flash photography or attempt to attract the attention of a gymnast for any reason during the competition. Even if your gymnast is not competing at the moment, another gymnast's safety may be jeopardized.

## Competition Uniform

**What to wear to the competition** – Icon tracksuit, white socks and sneakers. If you would like a bag it must be the icon club bag. All Gymnasts that wear grips are expected to bring these.

### **LEVEL 4- 10 COMPETITION LEOTARD**

Gymnasts in level 4-10 will need to purchase the Girls Level 4- 10 Competition Leotard. Please ask to try on a sample size a minimum of 8 weeks before their first competition.

COST: \$165

### **LEVEL 1 – 3 COMPETITION LEOTARD**

Gymnasts in level 1 - 3 will need to purchase the Girls Level 1 - 3 Competition Leotard. We are currently organising a new leotard for 2018. It will be very simple and costs will be kept to a minimum. Please ask to try on a sample size a minimum of 8 weeks before their first competition.

COST: TBC

### **MAG COMPETITION SHIRT, SHORTS AND PANTS**

These can all be purchased of the GKD website.

### **LEVEL 7-10 PODIUM / SQUAD TRAINING LEOTARD**

Girls who are in our level 7-10 Program will need to purchase the Girls Podium Sleeveless Leotard. This leotard will be worn at all competition warm-ups, podium trainings, tours and training camps. It is to be worn with plain navy bike pants or no bike pants, depending on the head coach's instructions.

If any girls in lower levels are selected into any representative squads such as National Clubs they will also be required to purchase the training leotard.

COST: \$70

### **TRACKSUIT**

All competitive gymnasts must wear the club tracksuit to competition. This is in stock and available for purchase.

COST: \$100

### **SCRUNCHIES**

All female competitive athletes must wear the lime club scrunchie in their hair to competition.

COST: \$5

### **CLUB BACK PACK**

The club back pack is optional for all gymnasts at Icon. It is compulsory for all athletes who travel to a competition.

COST: \$55

## Competition Hair

It is important that the girls have neat hair for competition. In Gymnastics marks are deducted for being messy or floppy, it creates a good first impression if hair is tight.

At Icon in 2018 our gymnasts will all be wearing high buns with a lime green scrunchie. Please use plenty of gel, bobby pins and hairspray, they all wash out easily or can be taken out. We recommend doing a few test sessions at training before the first competition of the year. Please find photos below, we also recommend using a hair net.



## LEOTARD CARE INSTRUCTIONS

It is important to be aware that for competition leotards must be tight fitting, unfortunately this may mean gymnasts grow out of their leotards quite quickly. If you look after your leotard it may last you a long time, however chances are you will grow out of it, if it is in good condition you will also be able to sell it second hand.

With girls outgrowing their leotards and the cost being so high, we have created an Icon Gymsports Buy, Swap, Sell Facebook page. Please like and follow this page in order to buy and sell your old Icon Gymsports uniforms.

Leotards cannot be sold (for use at competition) if they have lost their colour or the majority of their diamantes. They cost \$165 so we suggest that you treat them as if they cost \$165

We suggest:

Girls do not eat or drink in their leotard

Girls do not travel to or from Competition in their leotard.

(Bring it in on a coat hanger and take it home on a coat hanger)

Wash it as soon as possible after wearing it

(Sweat will eat away at the foil and it will lose its shine/colour)

Follow All Washing Instructions – Keep your instructions

(Only Use Washing Liquid, NO POWDER)

Recommended – Make sure the leotard is turned inside out.

- A small amount of wool wash on a gentle cycle
- Or hand wash with Baby shampoo

## 2018 Competition Calendar – with 2017 Dates

We have not received any 2018 competition dates as yet. We have created a draft calendar based on what competitions we did this year and we plan to do in 2018. This may change in the future, as soon as we have more updates we will send out updated calendars.

<b>Date</b>	<b>Level</b>	<b>Competition</b>	<b>Venue</b>
12 <sup>th</sup> February	Level 7-10	Warm up comp	BGA
4 <sup>th</sup> / 5 <sup>th</sup> March	Level 7-10	Qualifier 1	SGAC
18 <sup>th</sup> /19 <sup>th</sup> March	Level 7-10	Qualifier 2	SGAC
8 <sup>th</sup> /9 <sup>th</sup> April	Level 7-10	State Championships	SGAC
13 <sup>th</sup> / 14 <sup>th</sup> May	Level 3 -6	Invitational	BGA
22 <sup>nd</sup> May – 4 <sup>th</sup> June	Level 7-10	National Championships	Melbourne
17 <sup>th</sup> / 18 <sup>th</sup> June	Level 3-10	Country Capital Cup	Tamworth
1 <sup>st</sup> / 2 <sup>nd</sup> July	Level 5/6	State Qualifier	SGAC
29 <sup>th</sup> / 30 <sup>th</sup> July	BOYS Level 3-4	Grand Prix 2	SGAC
5 <sup>th</sup> / 6 <sup>th</sup> August	Level 5 & 6	State Championships	SGAC
12 <sup>th</sup> / 13 <sup>th</sup> August	Level 3-10	Winter Wonderland	Manly Warringah Gymnastics
19 <sup>th</sup> /20 <sup>th</sup> August	Level 1 – 4	Icon Friendly Comp	Icon Gymsports
26 <sup>th</sup> / 27 <sup>th</sup> August	BOYS Level 1 - 4	State Clubs (team event)	SGAC
2 <sup>nd</sup> / 3 <sup>rd</sup> September	Level 3 and 4	Invitational Competition	Sydney Academy – Seven Hills
9 <sup>th</sup> /10 <sup>th</sup> September	Boys Level 1-4	Grand Prix 3	Manly Warringah Gymnastics
16 <sup>th</sup> – 29 <sup>th</sup> September	Level 5-10	National Clubs	Bendigo
16 <sup>th</sup> / 17 <sup>th</sup> September	Level 1 and 2	Friendly Competition	Blackert Gymnastics – Gateshead
21 <sup>st</sup> / 22 <sup>nd</sup> October	Boys Level 1-4	Junior State Championships	SGAC
5 <sup>th</sup> November	Level 1 and 2	Friendly Competition	Sydney Academy – Seven Hills
3 <sup>rd</sup> December	All	END OF YEAR DISPLAY	Icon