



2025 TeamGym Terms of Service & Handbook



27 Mulley Street Holder ACT 2611 • 02 6287 4121 • office@wodenvalley.net • PO Box 3598 Weston ACT 2611

www.wodenvalleygymnastics.net



Wodenvally Artistic
Gymnastics



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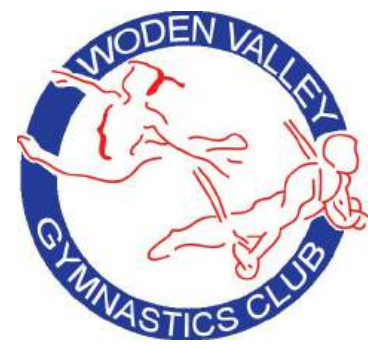
Gymnastics
for All



Trampoline
Gymnastics



Acrobatic
Gymnastics



WVGC TeamGym Program

The Australian TeamGym program has been developed for teams of gymnasts, with performances on 3 different apparatus: Floor, Tumbling and Vaulting/Mini trampoline. TeamGym is a flexible, relaxed and inclusive team activity that is fun, social and caters to a mix of ages and genders. TeamGym is growing in Australia, with strong teams of teenagers and young adults pitting their skills and teamwork against other teams in audience friendly performances. Participants get to flip, roll, jump and dance with your friends. TeamGym is extremely popular in Europe, with elite teams of teenagers and young adults putting their skills and teamwork competing against other teams.

Teams can have a minimum of six and maximum of twelve members but depending on individual strengths, not everyone needs to perform on every apparatus. In addition, members can also be interchanged or increased/decreased during performance apparatus passes (ie: 1st tumbling run 10 members may perform, 2nd tumbling run 8 members may perform or the 10 may be made up of different members).

TeamGym is broken into five divisions that teams can progress through:

- Novice
- Intermediate
- Advances
- Open
- National

Teams in the Novice to Advanced divisions do not compete in age or gender categories. They are awarded overall bandings based on their competition scores.

Teams in the Open/National divisions compete in Mixed/Female/Male teams in either Youth-Under 13 or Open age categories. They compete against each other and 1st - 3rd placing are awarded.

Selection into the WVGC TeamGym Competition Squad:

- Selection into the WVGC Junior TeamGym Competition Squad is based on observations by our senior coaches and program coordinators, who are looking for gymnasts who are self driven, work hard and demonstrate that they can work as a team.
- Entry into the program is by invitation only, on a year-by-year basis, with a limited number of positions available.
- Prior participation in the program does not guarantee re-invitation the following season.
- The safety and well-being of every member will always be our priority at WVGC. Any issues that arise will be communicated about and addressed in a timely manner. We reserve the right to remove any participant from the Program if their behaviour is unsafe or if the participant or their parent/guardians are not meeting our terms of service.

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Woden Valley Gymnastics Club

Core Values:

Club Purpose:

To enable people to challenge and improve themselves both physically and mentally so that they can gain the skills and confidence to excel in all parts of life.

Core Beliefs:

At WVGC we believe that physical literacy is fundamental to building a happy and healthy life. By challenging one's physical and mental abilities, in a safe, supportive, inclusive, and nurturing environment, we can build strong, resilient, and adaptable people of any age to be valuable members of our community.

As a member of our Club and a **representative of the TeamGym Program**, you will be expected to:

- Be a **team** member
- Be **positive**
- Be **respectful**
- Try your **best**
- Be **kind**
- **Listen** to each other
- Work **hard**
- **Encourage** each other
- Remember, we are **all** important





Expectations of Woden Valley Gymnastics Club TeamGym Gymnasts:

It is expected that all WVGC TeamGym Gymnasts, with the support of their Parents/Guardians, do their best to:

- Arrive prepared and ready to begin class on time
- Attend all training sessions scheduled by the coaching team including additional training sessions scheduled in the lead up to competitions
- Advise the Program Coordinator with as much notice as possible if your child will be absent
- Attend all competitions when offered
- Accept that training dates, times and coaches may be subject to change
- Bring a positive attitude and good work ethic to all sessions
- Strive to improve their own personal best in aspects of training, strength, and skill
- Advise the Program Coordinator and Coaches of an injuries or accommodations required

Training Commitments:

Gymnasts in the TeamGym Squad train during school term only, unless otherwise communicated to support competition preparation.

It is a requirement that gymnasts attend the session the week leading into the competition. This is to ensure the safety of the gymnast, and for commitment to the team who need to practice together to ensure they are best prepared for competitions.

Extended absences from training due to travel may result in a gymnast being deemed unprepared or unfit to compete.

Training Attire/ Equipment:

Gymnasts must bring the following items to all training sessions:

- Leotard, Gym-top or T-shirt
- Training shorts or leggings (if gymnast wishes)
- Clearly labelled water bottle
- Weather appropriate clothing and footwear to be worn before and after training.

Hair longer than the shoulders must be tied back, neatly off the face. If the hair still covers the face in a handstand, it must also be tucked under or in a bun.





Discipline Policy:

WVGC TeamGym gymnasts are role models for other members of our Club. As such, we always expect a high standard of behaviour from the gymnasts.

In the event of a gymnast not complying with expectations of behaviour the following steps will be followed:

1. Remind the gymnast of the behaviour that is expected.
2. If behaviour continues, tell the gymnast the behaviour that is not meeting the expectations and ask them to rectify this.
3. If the behaviour continues, gymnast will be asked to cease training for a short period of time to reflect on their behaviour, they will then be asked to return to training, meeting behaviour expectations.
4. If behaviour continues, Parent/Guardian will be called, and gymnast will be sent home from training. Before returning to training after not meeting behaviour expectations, a meeting will be held with the Program Coordinator to discuss behaviour expectations.

WVGC has **zero tolerance for bullying**. Any reports of bullying will be taken seriously and dealt with immediately.

Mobile Phones:

It is important that gymnasts are focused on their training whilst at training. As such, the use of mobile phones is not permitted during training. A gymnast may be contacted by a parent through the WVGC Gym Floor phone on 0413 118 908 and, if required, a gymnast may contact their parent/caregiver on this phone and parent/caregivers can text this phone to relay urgent messages such as late to pick up.

Viewing of Training Sessions:

WVGC has an open door policy on viewing training sessions. You are welcome to observe training from the seated area outside the Club Administration Office, but we do ask that contact with coaches/gymnasts directly does not happen during training time. If you need to speak to your child, please do so via the Floor Supervisor (identified by their navy-blue shirt with red paneling and SUPERVISOR on the back).

Please only enter the training area or Coach's office if invited to do so by a staff member.

Always respect the rights of all members and always remain courteous. The club will not tolerate negative behaviour towards any member, employee, or volunteer.

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Women's Artistic
Gymnastics



Men's Artistic
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Acrobatic
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Competition Requirements:

WVGC participates in a number of TeamGym Competitions both inside the ACT and interstate each year.

Participation in the following events are compulsory for team members

- ACT TeamGym State Championships (Canberra)
- Interstate TeamGym Events (NSW)
- Gymnastics NSW TeamGym State Championships (Sydney)

Participation in the following events happens on a bi-annual basis, on even years, and is optional, but highly encouraged.

- National Clubs Carnival (Gold Coast)

Additional competition opportunities may be added to the calendar if they arise and these will be communicated to families with as much notice as possible. Decisions about whether teams will attend additional competitions will be made on a case by case basis.

Club Uniform:

Competition Uniform is to be worn at all competitions and other specified events.

- Compulsory Uniform: Competition leotard, Competition Shorts & WVGC Polo Shirt
- Extra Optional Items Include Backpack, Tracksuit Jacket and Tracksuit Pants





Accounts

Our Financial Terms of Service are as follows:

All Parents/ Guardians **must have access to their iClass Pro account via the iClass Pro app.**

Please download the app (organisation name is 'Woden Valley Gymnastics Club'), select 'forgot email' option to reset password to gain access to your account.

Fees are processed via your iClass Pro account on the 5th of each month. We will send your statement advising of the amount to be deducted on the 1st of the month, please reply to the email from your monthly statement if you have any questions, or if you would like your account reviewed, or if you require a due date extension.

Fees are billed monthly in advance according to your child's allocated training times and are based on a sliding scale; the hourly rate decreases as the hours of training increase. It is the parent/ guardian's responsibility to ensure payments are up to date. All declined payments will receive a notification email and you can log into your iClass Pro App to process payment and bring your account back up to date.

All fees are processed via your iClass Pro account. We recommend storing a bank account as it attracts an 80c processing fee, a credit card will have a processing fee of 2% of total fees, which can add up quickly. Any monies processed in error will be refunded as soon as we are made aware. All refund requests must be made in writing via email, accompanied by your BSB and Account Number and will be made via bank transfer.

If fees are outstanding for more than one month without prior arrangements being made with the Club, the gymnasts place in a squad may go into review.

Please note that a gymnast's re-invitation into a squad will also depend if our Financial Terms of Service have been met.

If you are experiencing financial difficulty, please reach out before the monthly due date on the 5th and we will work towards a solution that works for all parties. We ask for communication ahead of time if you cannot meet a payment deadline.

Application for credit for medical leave must have supporting documentation from a medical professional and submitted in writing to the Program Coordinator.





Contacts:

Please note that our staff work varying hours on and off site and contact via email is the quickest way to hear back from us. Please email us to arrange a phone call if you would prefer to speak with someone.

Coaching and TeamGym Program Enquiries:

Kaitlin wag@wodenvalleymgymnastics.com.au

Accounts and Invoicing Enquiries:

Mel mel@wodenvalleymgymnastics.com.au

By having your child participate in one of our Programs implies that gymnasts and their parents/ guardians agree to abide our Terms of Service.

**** Please note that exceptions to these terms of service will be considered on a case-by-case basis.****

