



GYM STAR

INFORMATION

SQUAD INFORMATION

We are thrilled to share some exciting news with you. Your child has been identified as a potential Squad athlete, and we couldn't be more pleased to extend this invitation to them. This recognition is a testament to your child's dedication, hard work, and talent. It reflects the exceptional potential we see in them.

In this document, we will provide you with more information about the Squad program, including the schedule, training, and any further steps required for participation. We look forward to working with your child and helping them reach their full athletic potential.

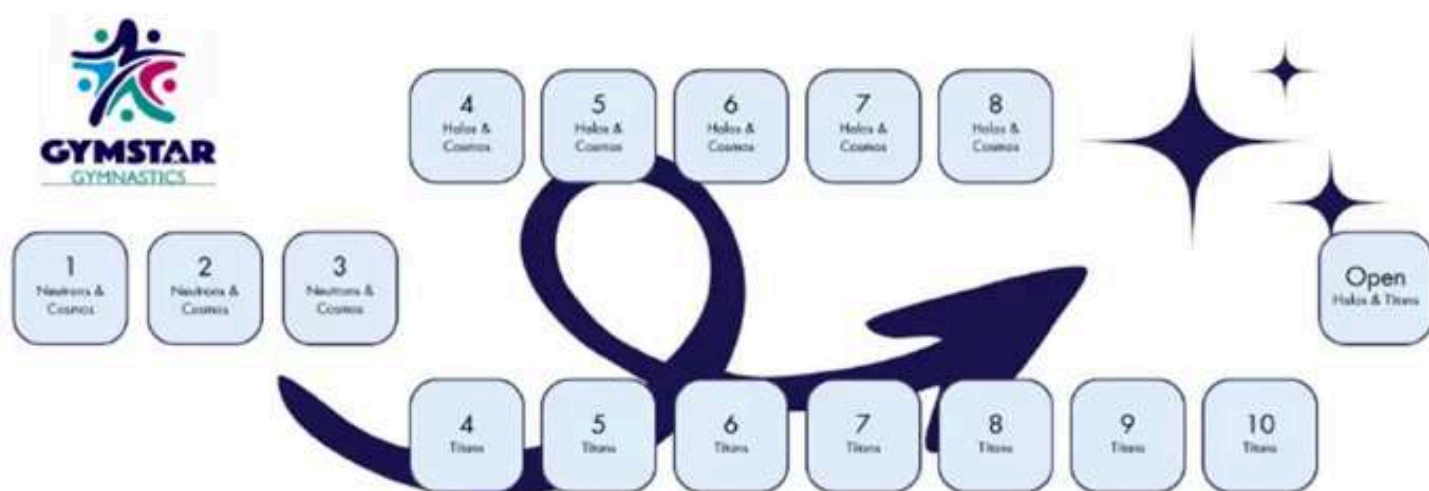
WHAT'S GymStar Program?

GymStar is an all-inclusive, recreational-based competitive program offered within the state of Victoria, allowing gymnasts of all genders to compete and train in a supportive and fun environment, whilst challenging themselves and fostering relationships between athletes.



6. Levels Guide & Information

Gymstar Levels Map



Gymnasts compete on six apparatuses: Uneven Bars, Floor, Beam, Parallel Bars, Vault, and Rings.

Five of these are then used to create each gymnast's individual overall score, which is used in Levels 1-3 to provide each gymnast with a banded medal.

Additionally, in Levels 1-3, there are top six individual overall placings as well as top six team overall placings.

Gymnasts will be split into teams of three (minimum) to five (maximum), where their top 15 scores will be combined to create their overall team score.

Routine requirements are outlined in the GymStar Manual, which is privately released to clubs each year following moderations made in response to previous feedback provided by program participants (coaches, judges, and clubs).



Registration with Gymnastics Australia and Gymnastics Victoria.

As part of your participation in our gymnastics program, it's important to understand the registration requirements and fees associated with Gymnastics Australia and Gymnastics Victoria. This registration ensures that athletes are covered by Marsh Pty Ltd (Marsh) for personal injury during their involvement in gymnastics activities.

The registration fee is compulsory and must be paid at the time of registration.

This fee is not pro-rated and does not carry over into the new year.

To resume classes in the new year, the insurance fee must be paid annually in January.

Please note that this fee is non-refundable.

Registration Fee (Annually):

GymStar Squad Athletes: \$130

We encourage all athletes to ensure their registration is up-to-date to benefit from insurance coverage and continued participation in our gymnastics programs.

Your safety and well-being are our top priorities.

All POLICIES can be found on our website.



Insurance Coverage:

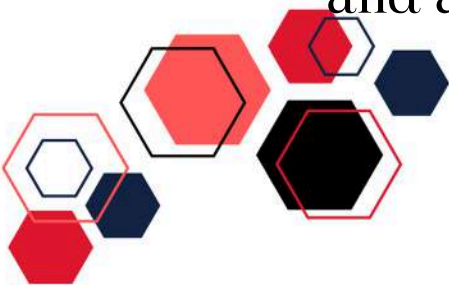
As part of your participation in our gymnastics program, it's important to understand the registration requirements and fees associated with Gymnastics Australia and Gymnastics Victoria. Policy documents and additional insurance information can be found on the Marsh Pty Ltd (Marsh) website.

In the event of an injury, claims must be lodged within 30 days to initiate the insurance process.

Competitive Program Commitment

Our competitive program demands a high level of commitment from each athlete. We emphasise that enrolling in the competitive season means committing to completing it. While we understand that circumstances may change, athletes are expected to fulfil their commitment to the competitive season, even if they decide to discontinue their enrolment.

This commitment not only ensures the team's success but also allows each athlete to continually improve their skills and achieve their personal best.



Unenrolling from the Competitive Program

For athletes participating in our competitive program, it's essential to understand the unenrolment process.

The timing for unenrolling differs based on the competitive level:

- Athletes unenrol at the end of the competitive season, which aligns with the conclusion of the calendar year.

Unenrolling from the competitive program signifies the conclusion of your participation in the current competitive program.

Enrolling in the Competitive Program

Participation in our Squad competitive program is an exclusive opportunity extended solely by invitation from our Head Coach. This program is designed for dedicated athletes who have demonstrated exceptional commitment, skill, and potential in the sport of gymnastics.

To join the competitive ranks of Squad, aspiring athletes must receive a formal invitation from our Head Coach.

This selection process ensures that our competitive program maintains the highest standards of skill, dedication, and teamwork.



Public Holiday

While Sparta Gymnastics typically observes public holidays with closure, we understand that athletes preparing for competitions may require additional training sessions. Therefore, we are committed to accommodating these needs. If athletes require extra training sessions before competitions that fall on or around public holidays, we will make every effort to plan and schedule these sessions. Our goal is to provide athletes with the necessary support and training opportunities to excel in their competitions.



At Sparta Gymnastics, we prioritise the qualifications and ongoing professional development of our coaching staff to ensure the highest standards of coaching excellence and athlete safety. Here's an overview of our coach qualification and development process:

Coach Qualification and Professional Development

> Gymnastics Australia Accreditation:

Our coaches have received accreditation through Gymnastics Australia's Coach Education Framework. This framework ensures that our coaches meet the necessary standards and qualifications for coaching in the sport.

> Continuous Professional Development:

To maintain their accreditation, each Sparta coach is required to complete a minimum of 6 hours of approved professional development annually. This commitment to ongoing learning and skill enhancement is integral to our coaching philosophy.

> Club-Based Professional Development

In addition to external accreditation, our coaches actively participate in professional development courses held by the club.


These courses cover a wide range of topics, including leadership, inclusiveness training, class management, skill advancement, and spotting techniques.

> Safety and Child Welfare:

Ensuring athlete safety is paramount. All our staff members have a current Working With Children Check and undergo annual child safety training.

They are also certified in First Aid and CPR to address any medical needs that may arise during training sessions. working with children check and undergo annual child safety training. They are also certified in first aid and CPR to address any medical needs that may arise during training sessions.





WE BELIEVE THAT OUR COACHES' QUALIFICATIONS, DEDICATION TO ONGOING LEARNING, AND COMMITMENT TO ATHLETE SAFETY ARE FUNDAMENTAL TO OUR SUCCESS AS A GYMNASTICS CLUB.

OUR AIM IS TO PROVIDE ATHLETES WITH THE BEST COACHING EXPERIENCE POSSIBLE.



Athlete Code of Conduct

At Sparta Gymnastics, we uphold a strong commitment to maintaining a positive and respectful environment for all athletes.

Our Athlete Code of Conduct outlines the principles and behaviours we expect from every athlete:





Compliance with Codes and Rules:

Athletes must abide by all Sparta Gymnastics, Gymnastics Victoria, and Gymnastics Australia codes of conduct, codes of ethics, rules, policies, and procedures.

Child Safety and Respect:

Actively support our efforts to create a child-safe culture and eliminate verbal and physical abuse from sporting activities.

Non-Discrimination:

Refrain from any form of discrimination, harassment, bullying, abuse, intimidation, victimisation, or vilification of others, including on the basis of age, race, gender, disability, sexuality, gender identity, or religion.

Respectful Treatment:

Treat everyone in our sport with consideration, respect, objectivity, and courtesy, recognising their rights, dignity, and worth.

Positive Role Model:

Be a positive role model by demonstrating discipline, respect, care, and diligence towards teammates, coaches, Sparta Gymnastics staff, and all individuals involved in our sport.

Protecting Reputation:

Never engage in behaviour that could harm the reputation of Sparta Gymnastics or the sport of gymnastics.

Sportsmanship:

Ensure good sportsmanship is consistently displayed in all situations and towards all individuals.



Respect for Decisions:

Respect decisions made by management, coaches, officials, and judges, both within Sparta Gymnastics and at external events.

Do not criticise judges or officials; express all concerns to your coach in a respectful manner.

Trust in Coaching:

Trust and respect the knowledge and direction of the coaching team.

Conflict Resolution:

Report any form of misconduct or inappropriate behaviour or treatment to a Sparta Gymnastics staff member.

Acceptance of Scores:

Accept all scores and decisions with grace and good sportsmanship.

Respect for Property:

Do not touch or use other individuals' property at Sparta Gymnastics or at gymnastics events without permission.

Respect for Property:


Report any form of misconduct or inappropriate behaviour or treatment to a Sparta Gymnastics staff member.

We believe that adhering to these principles helps create a supportive and inclusive gymnastics community, ensuring that all athletes can thrive in a safe and respectful environment.

Parents Code of Conduct:

We appreciate your support and involvement in our gymnastics community.

To maintain a positive and safe environment for all, we kindly request that you adhere to our Parents Code of Conduct:

-  Abide by all Sparta Gymnastics, Gymnastics Victoria, and Gymnastics Australia codes of conduct, ethics, rules, policies, and procedures.
- Actively support our efforts to create a child-safe culture, free from verbal and physical abuse in sporting activities.
- Refrain from any form of discrimination, harassment, bullying, abuse, or intimidation, respecting all individuals regardless of age, race, gender, disability, sexuality, gender identity, or religion.
- Treat everyone involved with respect, courtesy, and consideration, recognising their rights and dignity.
- Set a positive example for your child and all gymnasts by demonstrating appropriate behaviour and conduct.
- Be a role model by displaying discipline, respect, care, and diligence towards your child's teammates, coaches, staff, and others in our sport.
- Report any misconduct or inappropriate behaviour to a Sparta Gymnastics staff member or to management.
- Avoid behaviour that could harm Sparta Gymnastics' reputation or the sport of gymnastics.
- Promote good sportsmanship in all situations and towards all individuals.
- Respect decisions made by management, coaches, officials, and judges, both within and outside Sparta Gymnastics.
- Trust and respect the process, knowledge, and direction of the coaching team.
- Provide constructive criticism in a private setting, avoiding public criticism of any gymnast.

Parents Code of Conduct:

- Address issues or concerns privately and appropriately with the relevant Sparta Gymnastics coach or staff member.
- Leave performance-based criticism to your child's coach.
- Follow appropriate channels, as outlined in the Sparta Gymnastics communications procedure, for questions, concerns, or complaints.
- Ensure that all communication, whether written or verbal, reflects respect, care, and positive intent.
- Emphasise and ensure your child's enjoyment in the sport, valuing their personal growth over results.
- Encourage your child's participation in gymnastics for their personal enjoyment rather than external expectations.
- Teach your child the value of an honest effort, emphasising that it is as important as victory.
- Respect our club's policy of an independent training environment to support your child's independence and success.
- When filming or photographing at training or competitions, seek permission from other parents/guardians if their children are visible in the footage.
- Maintain a smoke-free environment at all Sparta Gymnastics facilities and activities, and respect a 10-metre radius if smoking.
- Do not bring or consume alcohol during Sparta Gymnastics programming.



Concerns & Issues:

At Sparta Gymnastics, we value transparency and effective communication. If any member has a concern or issue, we encourage you to follow our grievance procedure:

1. Written Complaint:

Members should articulate their grievance in writing.

2. Delivery to the Manager:

Please deliver the written complaint to the gym's manager, either in person or via email.

3. Manager Examination:

The manager will carefully review the complaint to understand its nature and implications.

4. Meeting for Resolution:

Following the review, a meeting will be scheduled to discuss and address the matter.

Our commitment is to handle all issues in a fair and reasonable manner. We aim to find resolutions that align with our principles and values while maintaining a positive gym environment for all.

Billing Update:

We are continuing monthly direct debit payments for class fees through our Customer Portal, managed by “Sparta Gymnastics” software.

To ensure payment guarantee, all families must establish an account on our Customer Portal.

We will invoice accounts on the 25th of each month for the following month’s fees.

Here’s how it works:

Direct Debit:

To facilitate this process, please provide your bank account or credit/debit card details via the Customer Portal. On the due date, we will automatically debit your designated account.



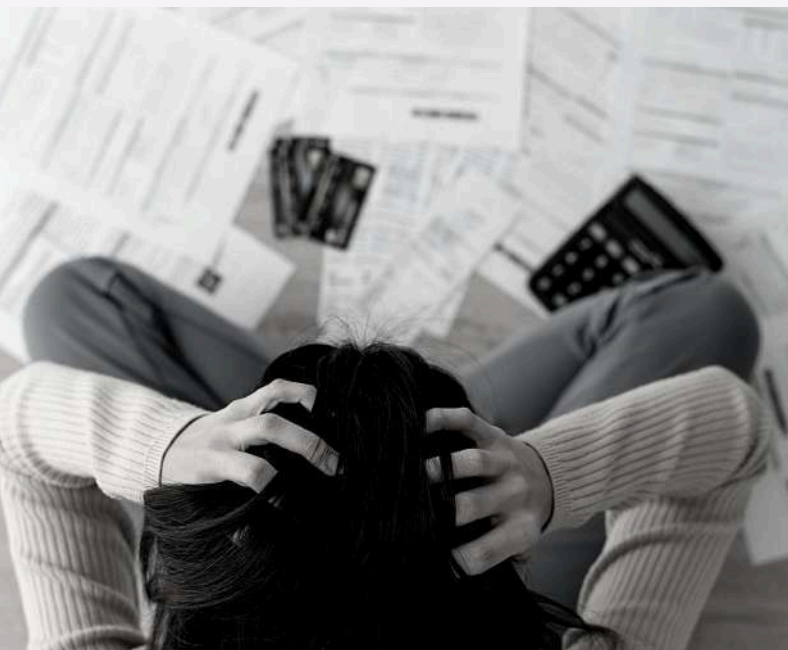
- **Statements:**
Monthly statements are sent via email to the primary account guardian.
- **Payment Due Date:**
Each month’s payment is due on the 1st and will be processed through direct debit.



- **Fee for Declined Bank Account Transactions:**
Please note that there is a \$10 fee for declined transactions each time.



- Your stored payment method ensures a smooth billing process.



Non-Payment or Card Rejection:

In case we are unable to collect payment on the processing date (due to a payment bounce or card decline), we will notify you.

If we do not receive a response within three days, we will attempt to process the payment once more.

If this payment also declines, we will reach out to you again.

Please be aware that if payment is not received within 7 days, your enrolment will be revoked and your spot in your class will be forfeited.



Our Sparta Gymnastics Squad Program demands dedicated training hours per week.

As the training commitment increases, the hourly tuition rate decreases.

Here are important details regarding discounts and tuition:

Squad Program Discounts:

- While no discounts are available for our Squad Program, we offer a 10% tuition reduction for siblings enrolled in our Recreational Program.
- Full Tuition Commitment:
- Once an athlete joins the squad, you are charged for all scheduled training hours.
- There are no discounts or reductions for missed sessions, late arrivals, or early departures.
- Public Holidays and Closures:
- Public holidays and closures are deducted from tuition.

Discounts:





Alternative Payment Method:

You have the option to pay tuition in advance through our Customer Portal, EFTPOS (with a 2% surcharge), or cash at the front desk. It's crucial to maintain your account in credit unless you've made an advance payment.

Monthly tuition fees must be paid via Direct Debit through our Customer Portal.

When you make an advance payment, your account will have a credit balance, which will be utilised to offset future fees as they are applied each month.

Billing Errors and Adjustments:

In the event of a billing error, we are committed to addressing it promptly and in good faith.

Adjustments to tuition costs will be made as soon as reasonably possible upon the discovery of the error.

If you encounter any billing-related issues or discrepancies, please don't hesitate to contact our admin team at:

admin@spartagymnastics.com.au

They will assist you in making any necessary changes or corrections.

Your satisfaction and confidence in our billing processes are important to us, and we appreciate your cooperation in resolving any concerns.





Absences:

If an athlete is unable to attend a session, please notify us promptly through one of the following methods:

- Customer Portal
- Slack

In the case of planned family holidays, we kindly request that you coordinate with your athlete's coach. This helps maintain athlete preparation, as varying absences can impact the entire team.

We appreciate your proactive communication and collaboration in ensuring a smooth training experience for all athletes.

Please note - no holidays allowed 6 weeks before 1st competition.



Make-Up Classes Policy:



Please note that we do not offer make-up classes for the Squad Program.

At Sparta Gymnastics, the safety and well-being of our athletes are paramount. Here are important arrival and pick-up instructions:

Arrival Time:

Please ensure your child arrives at least five minutes before the start of their lesson. While waiting, children must be supervised by a parent or another responsible adult. Never leave your child unattended in the lobby or waiting room.



Children must be picked up promptly at the scheduled end of their session. For the safety of all athletes, we require a parent or guardian to be present to collect them. Children will not be allowed to leave the facility without proper supervision and permission.



Our parking lot can get congested during busy hours. We kindly request that you drive slowly and carefully, considering that some of our athletes may be young children. Please avoid allowing your child to sprint to and from your vehicle.



A coach will remain with your child until they are safely picked up. If you are more than 10 minutes late for pick-up, we will contact you.

Arrival and Pick-Up Guidelines:



Your adherence to these guidelines helps ensure a secure and organised environment for all participants. We appreciate your cooperation.

To maintain a professional and consistent training environment in our Squad Program, please adhere to the following attire and guidelines:

Uniform Requirement: All participants in our Squad Program must wear Sparta Gymnastics uniforms for events, including:

- Tracksuit
- Training leotards
- Competition leotards
- T-shirt
- Backpack

Please refer to the Squad Agreement document for the list of required uniforms.

Training Attire and Guidelines:

Training Attire for Squad: Training leotard, Sparta T-Shirt

Bring a Water Bottle: We encourage all athletes to bring a water bottle to class for proper hydration during training.

Hair Bun Requirement: Hair must be secured in a bun for safety and to ensure a distraction-free training experience.

Valuables: We advise against bringing expensive or valuable items to the gym.

Sparta Gymnastics cannot be held responsible for lost, stolen, or missing property.

Personal items found at the gym will be placed in the lost property area and may be disposed of or donated monthly.

If you forget something, please email us at admin@spartagymnastics.com.au, and we will do our best to set it aside for you.



These guidelines help create a safe, focused, and organised training environment for all athletes.
Thank you for your cooperation.

Competitions Information:

Participation in the Squad

competitive program involves several important aspects related to competitions. Please review the following details:

Commitment to Compete: Squad is a competitive program, and athletes should be willing to compete. If an athlete is not prepared to participate in competitions, this program may not be suitable for them.


Importance of Competitions: Events and competitions are integral to an athlete's development, providing them with the opportunity to show off their hard work and dedication.

Curriculum Component: Competitions are a mandatory component of the curriculum. A draft competition schedule will be shared with families as soon as it becomes available. Please mark the event dates on your calendar to ensure your athlete's availability. Attendance at training sessions in the month leading up to an event is crucial, barring illness or school camp.

Registration and Payment: Athletes must be registered for competitions and payment must be made through the customer portal by the specified closing date. External competitions often have strict entry deadlines, and late entries may incur a 50% penalty fee. Timely payment of entry fees is essential to avoid these additional costs.

Competition Scheduling: Competitions in Victoria are typically scheduled over one or two full days. Session timings are determined after entries are received and the work order is established. Athletes may be required for one session (2-4 hours). Detailed session timings will be communicated once available. Athletes are encouraged to stay and support their teammates competing in other sessions.

We appreciate your understanding of these competition-related requirements, and we look forward to a successful season.



Social Media and Photography Policy:



Staff Photography:

Unless otherwise specified in writing, our staff may take pictures and videos of athletes for coaching, training, and promotional purposes.

If you do not wish for your athlete's pictures to be recorded or used, please update this information in the Customer Portal accordingly.

*We appreciate your cooperation in
safeguarding athlete privacy.*



Heat Policy:

To ensure the safety and comfort of our athletes, Sparta Gymnastics has implemented a Heat Policy:

Temperature Threshold: If the gym temperature reaches 38 degrees Celsius at 2 p.m., families will be promptly notified via email or text message.

Class Cancellation: In such cases, classes will be cancelled and credited to ensure the well-being of our athletes.

However, if a cool change is forecasted, this policy may be adjusted accordingly.



The safety of our athletes is our top priority, and we appreciate your understanding of this policy.

GYMSTAR SQUAD Expected Fee:

Pre-Squad

- Cost per week: \$26
- Hours per week: 1 hour
- Training Uniform: T-shirt only

Level 2

- Cost per week: \$55
- Hours per week: 3 hours
- Training Uniform: Club T-Shirt

Level 3

- Cost per week: \$55
- Hours per week: 3 hours
- Training Uniform: Club T-Shirt

Leotard Mockup

Front

Back



Squad Competition Leotard - \$100

Shirts Order

Front

Back



Squad T-shirt - \$35

tracksuit Mockup

Front

Back



Club tracksuit - \$110

Backpack - \$70

Expected Uniform Fees

Level 4

- Cost per week: \$63.20
- Hours per week: 4 hours
- Training Uniform: Club T-Shirt

Level 5

- Cost per week: \$63.20
- Hours per week: 4 hours
- Training Uniform: Club T-Shirt

Club Uniform Required:

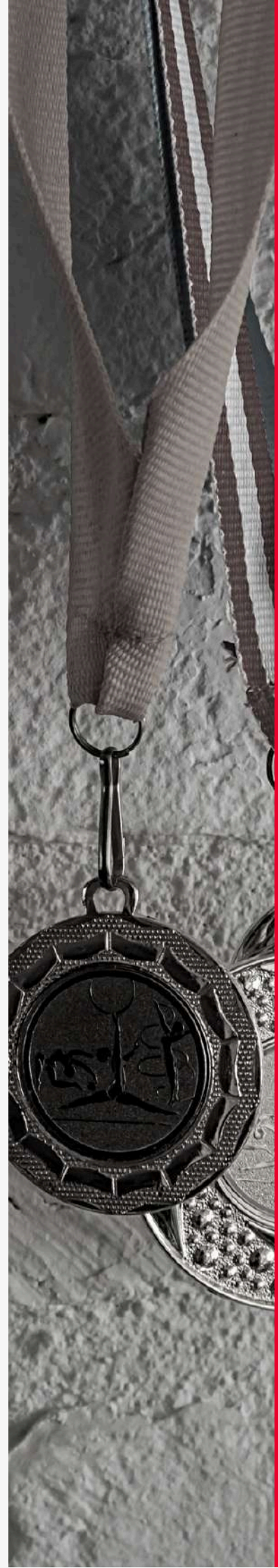
- Tracksuit - \$110
- T-shirt - \$35
- Shorts - \$30
- Leotard - \$100
- Backpack - \$70

Competition Entry Fee - approx. \$150- per athlete per event.

Competition travel and travel costs for officials

As part of being in the competitive squad, athletes will compete within Victoria, which will involve additional travel costs, accommodation, etc., that will be covered by families.

Costs for the travelling officials (coaches and judges) will be split between all athletes equally.





Timetable 2025

GymStar Pre-Squad

Monday: 4:10 PM – 5:10 PM
Hours per week: 1
Cost per week: \$26

GymStar Level 2

Monday: 5:20 PM – 6:20 PM
Thursday: 4:10 PM – 6:10 PM
Hours per week: = 3 hours
Cost per week: \$55

GymStar Level 3

Monday: 5:20 PM – 6:20 PM
Thursday: 6:20 PM – 8:20 PM
Hours per week: = 3 hours
Cost per week: \$55

GymStar Level 4

Monday: 6:30 PM – 8:30 PM
Friday: 6:15 PM – 8:15 PM
Hours per week: = 4 hours
Cost per week: \$63.20

GymStar Level 5

Monday: 6:30 PM – 8:30 PM
Wednesday: 6:30 PM – 8:30 PM
Hours per week: = 4 hours
Cost per week: \$63.20

First Point of contact :

Kendra Bressan - GYMSTAR Head Coach

Email: admin@spartagymnastics.com.au

Phone: 03 9012 2113

A Passionate Gymnastics Mentor and Lifelong Learner

Kendra brings over a decade of experience within the GymStar Program, including 8 years as a competitive gymnast and 3 years as a coach and judge. In addition to her expertise in the GymStar Program, Kendra has experience working with low-level MAG (Men's Artistic Gymnastics) and WAG (Women's Artistic Gymnastics) athletes and holds a Certificate III in Fitness.

Her passion for learning extends beyond gymnastics—Kendra is currently pursuing studies in Economics and Archaeology at university. Despite her diverse academic interests, her love for gymnastics remains unwavering. She is committed to fostering the growth of each athlete and creating a supportive, team-oriented environment at Sparta Gymnastics.





Thank You

WWW.SPARTAGYMNASTICS.COM.AU

