



COMPETITION TEAM HANDBOOK

2015



Welcome to Tri Star Gymnastics Competition Programme for 2015. This handbook has been developed to ensure your experience with us is a pleasurable and memorable one. Competitive gymnastics will give your child the opportunity to develop confidence, individuality, mental and physical discipline, determination and an appreciation for dedicated effort and self respect. At Tri Star your child will develop healthy relationships with other team members and coaches. They will also have a lot of fun.

Terminology

MAG	Men's Artistic Gymnastics
WAG	Women's Artistic Gymnastics

Competitive History

Tri Star has a long history of both National and International athletes. Over the years Tri Star has had athletes represent New Zealand at the Olympics, World Championships and Commonwealth Games. Many of these athletes are still members of the club today either as coaches, judges or administrators. Recently our newly appointed MAG Co-ordinator David Bishop achieved a bronze medal at the 2014 Commonwealth Games!

Mission Statement

Our aim is to have 'happy, healthy, motivated' people. Tri Star is dedicated to providing excellent coaching which is affordable for families and meets the needs of its members. Our programmes teach much more than gymnastics skills. We teach motivation, self discipline, dedication, work ethic, perseverance and sportsmanship. Gymnastics demands total dedication, complete commitment, and a desire to be the best you can be. The athletic and physical fitness stays long after competitive gymnastics has ended, but it is the mental soundness that is most important and stays with the athlete for life.

The Staff

Jenny Jujnovich – CEO Jenny is employed by the board to manage the club. She is a life member of the club and is a senior qualified coach. Jenny has a degree in Physical Education and a Diploma of Teaching.

David Phillips – Programme Manager David has a degree in Sports Science and represented New Zealand at the 2000 Olympics in Sydney. He is a Level 3 Brevet coach and has been coaching the New Zealand team for the past 6 years. Davids role at the club is to oversee and support the Programme Co-ordinators to help them deliver a great programme for your kids.

Hayley Storey – WAG Co-ordinator Hayley has a back ground in primary and early childhood education and was once coached by Vladimir! Hayley has an enormous enthusiasm for gymnastics and loves to see her girls reach their potential. Hayleys function is to oversee the development of the Steps girls, and to co-ordinate all WAG activities, coaches and programmes. Hayley is the 'go to' person for any queries related to the WAG programme (STEPS or IL).

David Bishop – MAG Co-ordinator David is our Commonwealth Games medal winning gymnast, long time coach in all areas of club service delivery, and now MAG Co-ordinator. David is currently finishing his engineering degree, training towards the World Championships, and looking after the MAG boys. All questions or communication pertaining to MAG should be directed to David.

Vladimir Saraev – WAG Head Coach Vladimir has a degree in physical education majoring in gymnastics. He is also a Master of Sport in Russia and a senior qualified coach in New Zealand. Vlags primary function is to develop the IL programme within the club, but also oversees the technical development and planning of all WAG activities.

Angela Saraeva- Development Coach: Angela has had 25 years experience in coaching. She has a masters degree in Physical Education and sport, majoring in gymnastics. Worked at an international level as a choreographer.

Ashleigh Henry – WAG Coach Ashleigh is an ex gymnast and a qualified moveMprove coach.

Natasha Roy – WAG Coach Natasha is an ex senior gymnast currently coaching in step two

Kennedy Nichols – WAG Coach Kennedy is an ex senior gymnast and has graduated from GSNZ's Extend Leadership Programme

Sarah Christiansen – WAG Coach Sarah is an ex senior gymnast and is currently coaching in step one

Jodene Hogwood – WAG Coach Jodene is an ex senior gymnast currently coaching in Pre comp

Rose Boele van Hensbroek – WAG coach Rose is an ex senior gymnast currently coaching in IL2

Matt Palmer – MAG Assistant Coach Matt is a Commonwealth Games representative who is coaching in the MAG Programme with the Level 1 and 2 boys. Matt recently received his F.I.G Level 2 Coaching Certificate. Matt also functions as Tri Stars Financial administrator (so get those fees in on time)!

Sergey Sukov – MAG Assistant Coach Sergey is new to the team at Tri Star and comes with a high performance background having received his Masters of Sport from Belarus and coached a gymnast to the 2004 Olympic Games. Sergey's English is a little rusty but his technical insight is not. Sergey will work primarily with the Level 3&4 boys and the Senior Men.

Mark Jujnovich – MAG/WAG Coach Mark has been a MAG Olympic and Commonwealth coach. He is currently a member of the Tri Star board, a life member and a Level 3 judge.

Gareth Brettell – Gareth has been a member of the club since the three clubs merged in 1988. Gareth has been a gymnast, a coach and is currently the second ranked Brevet judge in New Zealand. Gareth judged at the 2010 Commonwealth Games. Gareth works closely with the MAG coaches with routine composition

Contact Details

The contact person for information regarding all non technical aspects of the club is **Joanne Nichols on 6254354**.

Staff are not always available to take calls, so please leave a message on either the answer phone or email and they will get back to you.

Jenny Jujnovich	jenny.jujnovich@tristar.org.nz	6254355
Joanne Nichols	office@tristar.org.nz	6254354
David Phillips	david@elevatepilates.com	6254354 (email soon to be Tri Starified)!
Hayley Storey	hayley.storey@tristar.org.nz	6254354
David Bishop	david.bishop@tristar.org.nz	6254354 (email not yet active)
Matthew Palmer	matthew.palmer@tristar.org.nz	6254354

Due to coaching session overlaps it is often best to email or call coaches /co-ordinators rather than trying to grab them for a chat before or after coaching.

Competitive Gymnastics

The competitive stream of the club requires that the gymnasts have natural physical and mental ability. It is hard to predict a gymnast's ultimate potential as a junior due to their young age and physical development.

Competition is part of every day life as we all strive to be the best we can be. However as with anything, competition needs to be learnt and developed. At Tri Star we are committed to fostering a healthy spirit of competition among our young athletes.

Coaches at Tri Star believe that it is important for every gymnast to get as much out of this sport as they possibly can, while at the same time having an incredibly positive experience. We ask that parents recognise the processes and help keep undue pressure off the gymnast.

We believe success is "to be the best **you** can be".

Selections

Gymnasts are invited into competition squads. Gymnasts will be selected by their coaches to enter competitions when they are physically ready to do so. Gymnastics is a very technical sport whose very nature encourages a search for perfection. Success in the sport requires mastery of basic skills.

Acceptance into the competition programme is based on a number of attributes, such as:

- Current physical ability and perceived potential
- Attitude and demeanour
- Work ethic
- Age
- Dedication or willingness to meet the demands of the programme
- Parental support

Competition Uniform

Level 1-6 boys wear the red Tri Star leotard and white shorts. Senior men wear the blue GK leotard and shorts. Jnr Girls (WAG) Steps 1-4 and IL 2-3 wear a red Tri Star leotard. Step 5 and 6 wear Blue White Red GK leotard. All other WAG athletes wear a pink GK leotard.

All gymnasts wear a Tri Star tracksuit and have a Tri Star Bag. Gymnasts will be sized by coaches at the beginning of the year. It is vital that you order uniforms when you receive the forms in Term One as we do not hold any stock of competition uniforms. Uniform must look neat and tidy at all times. Tracksuits can be worn to training but competition leotards should not. WAG athletes must wear a training leotard to all training sessions.

Competition Fees

GymSports New Zealand (GSNZ) charges an affiliation fee for gymnast's which enables them to compete in the sanctioned events provided. This fee will be added to the gymnast's account at the start of each term. The fees are as follows:

Junior Competitor	\$19.00 per term
Senior Competitor	\$31.00 per term
High Performance	\$48.30 per term

Competition Numbers

Once an athlete is registered with GymSports NZ they will be issued with a competition number. This number remains the same for the gymnast's whole career, so it is important to keep it safe at all times. MAG gymnast's wear this number pinned (small gold safety pins are best) to the back of the leotard. It is best to pin the number on while the gymnast is wearing the leotard and it MUST be done before you arrive at the competitions.

Training

Safety

We are very aware of the 'potential danger' of our sport and we make every effort to achieve and maintain a safe environment for our athletes. Coaches are all trained to spot effectively and will spot gymnasts until a skill has been mastered. We believe in using padding, matting and any training devices designed to make learning and gymnastics as safe as possible.

- Gymnasts must be on time for class, as warm up is an important part of keeping the gymnasts safe.
- Gymnasts must stay until the end unless they have been excused for good reason.
- Gymnasts must stay off the equipment until the class begins.

- All squads will have a squad line up at the start of the session after which the equipment can be used as instructed by the coach.

Respect Yourself

Gymnasts must respect their bodies and fuel them accordingly. Good nutrition will help gymnasts get through their training and competitions. Coaches can advise parents on good nutritional practices. All gymnasts should bring a drink bottle to training filled with water. Where snack breaks are offered, please reinforce bringing healthy options. Gymnastics can be a demanding and difficult sport. There may be some setbacks, frustration and defeat. There will also be the highs of achievement.

Expect these things, learn from them, face them and overcome them.

Gymnast/Coach – Coaching Ratio

The running of the competition programme is subsidised by the Gym for All programmes. The exact ratio will depend on the level of the gymnast but will generally be close to 1:8. The hourly tuition rate for competitive squad gymnasts usually does not always cover the hourly rate of the squad coach.

Supporting your child

Parents play a crucial supporting role for the gymnasts. Without this it is difficult for the gymnast to maintain the interest and dedication to be successful.

Areas parents can help are:

- Provide positive support during training and competition, **irrespective of performance on the day**. If it doesn't go well and parents criticize, the gymnast will not be motivated. Remember no one goes out there intentionally to do poorly.
- Please provide a training free haven at home
- You are encouraged to support and enjoy your child's progress in training occasionally, come and see a new skill or routine. Often gymnasts do however work better when parents are not present.
- Your child will gain independence by bringing themselves onto the gym floor, ready to start training. From June 2015 all parents viewing will be upstairs on the mezzanine floor, parents will no longer have access to the gymnasium.
- Parents can sometimes take a gymnasts' focus away from a task and may undermine the relationship between the coach and gymnast.

Injured Gymnasts/Illness/Absences

Injured gymnasts are expected to be at training for a portion of the scheduled time. When a gymnast is injured it is our goal to concentrate on the areas of the body or the areas of training that the gymnast can improve while they recover. It is important gymnasts remain in contact with team mates and that they continue to condition. Training fees can only be adjusted according to the current fee's policy.

Ill gymnasts are not expected to attend training at all. If a gymnast is slightly off colour it is imperative that the coach is informed so that leeway can be given and the gymnast monitored especially in the performance of challenging skills.

Gymnasts with infectious diseases (chicken pox, measles etc) must not come to the gym while they are contagious. Open wounds, sores and verucas must be securely covered at all times.

It is essential that the office is notified about absences from training.

Sports Medicine

It is important that gymnasts attend sports specific medical doctors for sports related injuries. These practitioners are trained to deal with the type of injuries that can occur to athletes. Our advice is to use the Adidas Medical Centre, 71 Merton Road, St Johns, Auckland, Ph 521 9811. If your child requires Physio we recommend Aquasports Physio (Arnold Fawcett and Patrick Peng) located at Cameron Pool Ph 6255744

Lockers

Lockers are provided for all personal gear. Please keep these tidy at all times. All communication will be provided via email and on the competition notice board. Due to some competitive athletes having serious nut allergies there is no food to be consumed in the gym.

Discipline

Rules and regulations which govern gymnasts and parents have been outlined here and in our policy manual and constitution. In the event that there is an ongoing pattern of disruption it may become necessary to impose some disciplinary action in an attempt to improve the situation. Bullying of any description will not be tolerated from parents or gymnasts, and immediate action will be imposed if bullying occurs.

Communication

Tri Star has a comprehensive communication policy. We aim to inform you the best we can. Please do your bit by **checking notice board and emails.**

Tri Star newsletters will be emailed to you directly. We encourage parents to let us know about your child's successes outside the gym for inclusion in newsletters.

Other interesting information can be found on our website www.tristar.org.nz

Liaison Parents

For 2015 junior competitive squads (**WAG Step Pre Comp - Four MAG Level 0 – Three**) will have a liaison parent. Tri Star's liaison parents are a communication link between coaches/staff and parents. This is a great way to get information out quickly to everyone and also is a way for parents to get to know each other.

Publicity & Promotion

Members are expected to consent to the release of information and pictures of themselves to the media. We also expect to be able to publish photos or information on our website for promotional purposes. If any parents do not wish to have their child's photo published please let Jenny know.

Competitions

Entering Competitions

The coaches will decide if your child is ready to compete and they will be sent home with a permission slip. Children will be entered when the slip is returned with full payment. If your child is sick or injured please provide us with a **medical certificate** and in most cases this will be refunded by the club involved. Each gymnast will have a competition card that will be kept by the coach for the duration of the competition season. This will then be signed off by GSNZ and given to the gymnast as a record of their achievements over the year.

Team Selections

A team consists of three or four gymnasts. The three highest scores on each apparatus is added together to get the final team score. The coaches will select teams prior to competition. The first competition of the year teams will be

selected from a 'mock competition' held in house. Teams are then selected from the latest available competitions results. It is important to remember that entries go into clubs several weeks before the competition therefore the competition used for team selection may not be the most recent competition.

Description of Classes

Step	WAG
1-4	These are the junior competitive steps. The gymnasts compete in local and regional competitions.
5-6	Intermediate steps. The best gymnasts are eligible for selection to the Auckland team to Nationals. They must reach the qualification mark set by GSNZ to be considered for selection. Auckland is restricted to 1 team of 4. Note: A gymnast must be turning 9 in the year of competition in order to compete at Nationals.
7-10	Senior Steps. Gymnasts are considered seniors and can compete in all competitions and are also eligible to trial for International team selections. They must also qualify to compete at Nationals.
IL 2 Above	International Levels Junior. Gymnasts working towards the International stream will train and compete the IL 2-Sub junior elite routines.

Level	MAG
Level 1-3	Level 1-3 boys compete in local novice competitions around Auckland. Level 2 and 3 boys compete in local and regional competitions.
Level 4-6	Intermediate levels. The best gymnasts are eligible for selection to the Auckland team to Nationals. They must reach the qualification mark set by GSNZ to be considered for selection. Auckland is restricted to 1 team of 4. If the standard is high, a second team is requested. Note: A gymnast must be turning 9 in the year of competition in order to compete at Nationals.
Level 7-9	Senior Gymnasts. Gymnasts are considered seniors and can compete in all competitions and also eligible to trial for International team selections. They must also qualify for the Nationals
International	Gymnasts will be selected as juniors to enter our MAG performance programme. These boys compete regionally, nationally and internationally.

AWAY COMPETITIONS : Tri Star has an equalisation policy where gymnasts share the cost of coaches and judges accommodation when travelling to an out of town competition.

GYMNASTS SELECTED TO REPRESENT AUCKLAND AT NATIONALS WILL BE REQUIRED TO PURCHASE AN AUCKLAND LEOTARD AND TRACKSUIT.

Judging

For those sitting and watching this sport for the first time, the way it is judged may seem very confusing. Anyone interested in becoming a judge please contact Hayley. Further information will be available closer to the competition season.

Ribbon System

When competing in the first competition at any level, a gymnast will be awarded a ribbon for each apparatus they compete. The marks for these ribbons are on the back of their competition card. After the first competition the gymnast will be awarded additional ribbons if their score on an apparatus improves to a higher score group e.g. Level 6 gymnast scored an 11.00 at their first competition they will be awarded a green ribbon; to gain a further ribbon on that apparatus at a subsequent competition, they must score a 12.00.

Fees

At this stage Tri Star does not charge a membership fee as most clubs do.

Gymnasts are charged for 10 weeks per term. These fees go a part way to cover the overheads and coaches costs. Competitive team tuition does not cover all costs, the costs are heavily subsidised by other club programmes. Competition tuition fees will be sent out as per the 2015 fees policy. These can be paid as an annual fee, quarterly fee or a monthly automatic payment plan.

The overheads incurred in running such a large gym sport club includes lease, utilities, power, insurance, maintenance, cleaning, compliance etc in addition to wages and equipment. Travelling to and from, and attending competitions is also another cost to the club. These costs will be equalized over the gymnasts attending the competition.

Coaches spend an enormous amount of time outside the gymnasts training hours – planning, attending meetings, and professional development – please respect this.

Retention

If your child is not returning for a new term then written notice must be given to Tri Star Gymnastics 2 weeks before the end of the current term. If notification is not received, the fees for the following term will be expected to be paid. If your child is injured then they are still expected to be conditioning in the gym. Coaching staff are employed dependant on class numbers and the gymnast: coach ratio needs to be maintained throughout the year.

Parent Involvement

Fundraising

Our fundraising group works hard to raise funds for both capital and operational expenses. We require all parents to participate in fundraising. The extent of the involvement expected gets higher as gymnast's progress through the levels from junior to senior.

Regular fundraisers are our sausage sizzles, raffle, chocolate sales and club events. Events take a lot of man power and there are jobs for everyone – no experience needed.

Competitions 2015

	DATE	STEPS 1-6	STEPS 7+	IL2	IDP 3+	MAG 1-3	MAG 4-6	MAG Senior
Waitakere								
Tri Star Early Bird	24th May	✓		✓	TBC ✓	✓		
Kerrin Bishop Memorial	30-31 st May	✓		✓	TBC ✓	✓		
Argos	20-21 June	✓	✓				✓	✓
Hamilton City	27-28 th June	step 5+ ✓	✓					
CSG Classic	4-6 th July	Step3* ✓	✓		TBC		*	✓
North Harbour	11-12th July	✓		✓	TBC	✓		
Midlands	18-19 th July				TBC			
Mason Gillespie Memorial	25-26th July	✓	✓	✓	✓	✓	✓	✓
Pukekohe	8-9th August	✓		✓				
Auck/Man	15-16 th August	5+ ✓	✓		TBC		✓	✓
North Island champs	TBC	5+ ✓	✓		TBC		✓	✓
National Champs	TBC	5+ ✓	✓		✓		✓	✓

- Competitions are subject to being altered in the event of changes occurring in our programmes
- * Not compulsory to attend

WAG Nationals selection away Comps: Hamilton City and Argos at this stage