



Competition Handbook. 2020

This handbook has been developed to give you some information about how we operate our competitive programme here at Tri Star. Competitive gymnastics will give your child the opportunity to develop confidence, mental and physical discipline, an appreciation for hard work, great relationships and some cool tricks!

Our values here at Tri Star are:

Belong ♦ **Respect** ♦ **Excel**

We encourage all our members; *athletes, staff* and *parents* to try and live out these values through creating a welcoming space, treating each other and our spaces well, and encouraging everyone to reach their own potential.

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. Our current GM David Phillips, MAG Coordinator Misha Koudinov and WAG Judge Dido Gotz are former Olympic athletes themselves!

Competitive Gymnastics

The competitive programme at Tri Star requires that the gymnasts have natural physical ability which is why entry into our programme is invitation only. Gymnastics is a challenging sport and we want to set athletes up to succeed. It is hard to predict a gymnast's ultimate potential when they are young but we take a *Growth Mindset* approach to developing our competitive athletes; treating mistakes as learning opportunities and helping them to be the best *they* can be.

Athletes in our programme will learn

- To train hard & extend themselves physically.
- To focus & concentrate.
- To face and work through fear (the beam is pretty skinny after all).
- To hold anxious feelings (competition) and still perform well.
- To be a great team player.
- Some pretty cool tricks!

Terminology

GNZ	Gymnastics New Zealand
MAG	Men's Artistic Gymnastics
WAG	Women's Artistic Gymnastics
TRA	Trampoline
TUM	Tumbling
T&T	Trampoline and Tumble

Selections

Gymnasts are *invited* into competition squads. Gymnastics is a very technical sport and it's very nature encourages a search for perfection.

Acceptance into a competition training group is based on:

- Physical abilities
- Competition results

- Technical readiness (skill & coordination)
- Attitude and work ethic
- Age
- Space in the programme.
- Coaches discretion.

Gymnasts don't always progress in a linear fashion due to physical and psychological development, enthusiasm, coordination, or injury. Don't worry if your child doesn't move up a level every year ... the important thing is they move when they are safe and ready to do so, and when they have the best chance for success.

We make our selections into all our competition squads in the middle of term two so parents will know any timetable changes well before Term 3 starts.

Description of Classes

Step WAG

- 1-4 *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 GNZ 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

Level MAG

- Level 1-3 *Junior levels.* Level 1-3 boys compete in local and regional competitions. There are usually 4-5 competitions per year.
- 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 GNZ 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-Open *Senior Levels.* Gymnasts are considered seniors and are also eligible to trial for International team selections. They must also qualify for the Nationals..

Age group Tramp and Tumbling

- Junior Our T&T groups are grouped according to ability and there may be mixed ages in any given group. Our Junior T&T athletes train 3-4 hours / week and work towards the GNZ programme requirements for their age group. They have both local and regional competition opportunities.

Intermediate Our intermediate T&T groups build on the technical work done in the junior group and train between 4 and 4.5 hours / week and work towards the GNZ programme requirements for their age group. They have local, regional and national competition opportunities.

Senior Our Senior Tramp and Age Group Tumble groups are our most senior groups in the T&T programme. They train between 6-7.5 hours / week. They have local, regional and national competition opportunities.

Any athlete 9 years and over who has met the requirements of their age group is eligible to compete at the Nationals Champs.

Our people / Communication

Communication

- **Questions about your child's gymnastics** – contact your Programme Coordinator or coach.
- **Questions about fees, uniform, competition entry** – contact Joanne at the office **6254354** or team@tristar.org.nz
- **Concerns about coaches performance or athlete safety** – contact the Competition Programme Manager david.phillips@tristar.org.nz
- **Any other queries or concerns** – contact the General Manager david.phillips@tristar.org.nz

Staff are not always available to take calls as they have limited administration time throughout the week, so please leave a message on either the answer phone or email and they will get back to you ASAP.

Make sure to read our, monthly **UPDATE** newsletter, check out our **social media** (facebook and Instagram) browse our **website**, and check your **email** regularly.

Remember if you have concerns we much prefer you to tell us so we can try to resolve things as soon as possible.

Operations

- **David Phillips** – david.phillips@tristar.org.nz General Manager / Competition Manager (temporary)
- **Joanne Nichols** – team@tristar.org.nz Office Administrator

Contact Joanne for fees, uniforms, competition entries, absentees and other non-technical aspects of the programme.

WAG

- **David Phillips** – david.phillips@tristar.org.nz WAG Coordinator (temporary)
- **Milo Johnson** – miles.johnson@tristar.org.nz WAG Lead Technical Coach
- **Alexandra Koudinov** – alexandra.koudinova@tristar.org.nz WAG Lead Artistry Coach
- **Ryan Davies** – ryan.davies@tristar.org.nz WAG Coach (and Lead Preschool Coach)
- **Dennise Hassan** – dennise.hassan@tristar.org.nz WAG Coach (and Lead Novice Comp Coach)
- **Luke Dobney** – luke.dobney@tristar.org.nz WAG Coach (and Operations and events Manager)

- **Yulia Koudinova, Ashleigh Pinner** – part time coaches (contact via WAG Coordinator).

MAG

- **Misha Koudinov** – mikhail.koudinov@tristar.org.nz MAG Coordinator
- **Byrin Henry, Zane Coffey, Gareth Brettell, Mark Jujnovich, Matthew Palmer, David Bishop** – part time coaches, judges, life members, 'great gap fillers'! (contact via MAG Coordinator).

T&T

- **Leo Rodrigues** – leo.rodrigues@tristar.org.nz T&T Coordinator
- **Byrin Henry** – byrin.henry@tristar.org.nz Lead Tumble Coach

Contact coaches directly for all technical / programme related queries regarding your child.

Uniform

Competition uniform is *compulsory*. Please contact Joanne for uniform requirements, orders, and second hand options team@tristar.org.nz

Fees

At Tri Star we endeavour to keep your training fees as low as possible. Due to the large number of training hours it is still quite an expensive sport.

Our training fees are invoiced every term and the invoices will include an affiliation fee to Gymnastics New Zealand (which enables athletes to compete in sanctioned events), tuition fee and competition membership fee (for additional cleaning).

Tuition fees are on a sliding scale; the more hours an athlete trains, the lower the hourly rate they train. The total tuition also reflects the amount of weeks / year that an athlete trains. These are ...

Precomp	10 weeks / term.
L1-2, Step 1-2, T&T Jnr	11 weeks / term.
L3+, Step 3+, T&T Int/Snr	12 weeks / term.

Holiday weeks / mini breaks are scheduled around competition events to enable athletes, staff and parents a chance to rest and relax.

The tuition we collect does not cover the cost of staffing the competition programme so we run a number of events and fundraisers at Tri Star to help make up the difference. We really appreciate the time competitive families give to these events to help us to keep your training costs as low as possible (they are also a great chance to meet others in our awesome community).

If you are having trouble keeping up with your payments, don't hide! Please contact Joanne to discuss your options.

Fundraising

The tuition we collect in the competition programme does not cover the cost of staffing the programme. We rely on a combination of a strong recreational membership and event revenue to help top up our income.

To support our commitment to keeping fees at an affordable level we would like to request your support with our **2020 Event and Fundraising Calendar**. We are hosting

- Early Bird
- Mason Gillespie
- Auckland Champs
- Novice Comp / National Secondary Schools
- School Holiday Camps
- Working Bee's.

These events and other fundraisers are good little earners for us, and require people power! Keep an eye out for communication about up and coming events this year so you can *help us to keep your costs down*. We try to create 'bite sized' opportunities for you to fit a bit of volunteering into your busy family schedules, and I'm sure we can rely on you all to lend a hand.

It really does make a difference and is a great way to feel connected to the people and purpose of Tri Star.

Training

We are very aware of the potential risks of our sport and we make every effort to achieve and maintain a safe and fun environment for our athletes. Our coaches are all trained to physically assist gymnasts until a skill has been mastered. We also use soft matting, the foam pit, and an array of drill stations to break skills down in the learning process. Athletes learn at different speeds so don't be alarmed if other children in your child's group are learning skills faster than yours ... remember we want each gymnast to be the best *they* can be and some skills just take a little longer to get!

Quick training guide

- We operate on a **1:8 coach athlete ratio** (or close to it).
- Please try to **be on time** – warm up is important in a dynamic sport like gymnastics.
- Please encourage your children to **listen closely** to the coaches direction – we are a busy gym and need to have kids on task.
- Girls are to wear leotards, or leotards and tights with hair tied up, and boys wear shorts and shirt.
- Occasionally boys may be asked to remove their shirt by a coach when they are being assisted with a skill as it is safer to grab a torso rather than a flapping shirt! The boys may also remove their shirts for training due to heat (and they often want to show off their muscles like the big boys)!
- In winter we encourage all kids to **wear a fitted thermal** for extra warmth.
- Gymnastics is a high energy sport so we encourage kids to **bring healthy snacks and water** to training (if your child has allergies please let us know).
- We offer a **private and semi-private training** service for those times when an athlete needs a little extra help. Check out <https://tristar.org.nz/private-training> for details.

- We have **open gym** sessions at Tri Star but in the interests of safety, and to avoid overtraining we do not allow competitive programme kids to train at these sessions.

Athlete Wellbeing

At Tri Star we aim to ensure that our training culture is a supportive and inclusive one, thus providing a safe and enjoyable environment for all our members. Our club values of **Belong**, **Respect** and **Excel** guide the behavioural expectations of our training environments. If we are made aware of any behaviour that does not align with these values we investigate all claims following the protocols that we have in place, and take appropriate action.

We would encourage any athletes who may have concerns about specific incidents or behaviours while training at Tri Star to reach out to our General Manager , Board Chair, the confidential safe sport email at Gymnastics New Zealand or to access the independent complaints processes of Sport NZ.

In the interests of athlete welfare all of our coaches are police vetted, have or are working towards appropriate GNZ (or equivalent) training, and time to time receive internal training on how to best support your child towards a positive gymnastics experience.

The team at Tri Star are passionate about our sport and understand the huge influence that gymnastics has on many of our members lives. We will continue to do our best to develop a culture where our members can realise their athletic potential in an environment that empowers and supports them to speak openly about their experiences.

Physio

We have a two great Physio's that have gymnastics experience and are currently working with many of our team members both onsite at the club and at their respective clinics. Their details are:

- **Patrick Peng** – Patrick is a former international level gymnast of Tri Star and has an excellent understanding of the demands of our sport, and how to get your child up and running again.
 - <https://physioimpact.co.nz/>
 - 0212226168
- **Hayley Glasgow** – Hayley was also a former international level gymnast and has travelled internationally with New Zealand teams.
 - Hayley.sligo@hotmail.com
 - 021934486

Patrick and Hayley will be able to recommend any additional specialist care your child may need.

Supporting your child

Parents play a crucial supporting role for young gymnasts. Here are a few tips we have found work well for parents in the competitive programme at Tri Star:

- **Let coaches coach**, and parents *parent* – leave the technical stuff to us and keep home a safe place to decompress, recharge and create balance.
- Make sure you have something for the kids to eat pretty quickly after training – it's important for recovery and helps to **avoid a 'hangry' car ride home**.
- **'Check in'** briefly with your kids after training, and let them lead the conversation – sometimes they will want to debrief and other times they will prefer to keep it to themselves (this is o.k so don't force it)! They just need to know *you* are interested in what *they* are interested in.
- On competition days **arrive a little early** so your child has time to adjust to the atmosphere. Gymnastics competitions are pretty structured affairs and take a bit of getting use to (also competition organisers often reserve the right to bring an event forward by 30 minutes).
- Encourage your kids to **focus on the things they can control** like their effort, focus, team spirit, fun. They can't control the judging or results (probably a good reminder for parents some times too eh)!
- It's easy as a parent to get caught up in the excitement (or even drama) of training and competition. Sometimes you'll hear things from other parents about coaching, judging, management that may be of concern to you. **Don't dwell or stress** – just give us a call and get some clarification.
- While you may not always agree with or understand our decisions remember **we're all on the same team** and want the best for your child too! Remember it's in our interests also to have your child succeed.
- We love having parents as a part of our training environment and encourage you all to come and support your kids from the mezzanine area upstairs. We have found that some kids eventually reach an age where the drop off/pick up level of involvement is a better approach when gymnastics becomes the 'thing' they do away from home. We encourage you to check in with your kids and see what they want.
- Our values are **Belong, Respect and Excel** and we encourage our parents to embody these values in the way they behave toward staff, other parents and gymnasts.

Missing Training?

Holidays

Our coaches are very passionate about what they do, often putting in more time that they are paid for. If you are planning an extended family holiday, out of courtesy please give coaches 3-4 weeks notice. If you have smaller commitments that come up we prefer 24-48 hours notice so we can prioritise your child's training activity accordingly.

Injuries

When a gymnast is injured our coaches are often able to modify training and concentrate on other areas that don't affect the injury. It is important gymnasts remain in contact with team mates, and that they continue to stay strong and flexible for their return to full training. Training fees can only

be adjusted according to the current fee's policy. If your child sustains a more serious injury e.g. a break, spinal or head injury, medical clearance will be required before resuming full training.

Illness

If your child is sick please keep them away from training. A day off won't hurt, and is a great way to show concern and care for team mates. Just give the office a call **6254354**, team@tristar.org.nz and Joanne will let the coaches know.

Behaviour Management

Rules and regulations which govern gymnasts and parents have been outlined here and in our policy manual and constitution. Essentially we operate on the following guidelines for any low level behaviour which is unhelpful or unsafe in our environment:

1. **Verbal warning** – clearly communicating reason for warning (1-2 warnings depending on severity of behaviour).
2. **Time out** – sitting next to and facing the training group for 1-2 minutes, but not participating in activity.
3. **Time out + talk to parents** – if poor behaviour continues we will contact a child's adult to try and resolve the unhelpful behaviour.
4. **Suggest alternatives** – if there is repeated poor behaviour an athlete may be invited into another, more suitable programme, or if serious enough cease their membership.

Bullying or serious misconduct of any description will not be tolerated from parents, coaches or gymnasts, and if substantiated may result in a suspension, or even termination of club membership.

Competitions

There are usually between 4-6 competitive opportunities for in a season which runs between February and July. We aim to choose competitions for our athletes that give them a balance of good quality competition, out of town options (which are great for family trips) and which are spaced out well (this is a little out of our control as GNZ set the calendar).

Competition attendance is **compulsory** so that our athletes have the opportunity to build their performances throughout the season, contribute to teams, and gain qualification scores for nationals (for those eligible).

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.

Competition entries

You will have already received the list of competitions we are attending from your coordinators so pop them in your calendars! When entries open for each competition we will send you a link which you can just click on to accept, and we will notify you of costs to be paid to the club (generally the cost is \$55-\$65 / competition).

If your child is sick or injured please provide us with a **medical certificate** and in most cases the entry fee 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 so you can track progress. This will then be signed off by GNZ 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 are 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.

Away competitions

Once or twice in a season we will travel out of the Auckland Region and this is an additional cost to competition programme members. The costs of coach and judge travel, food and accommodation are spread amongst all the travelling athletes equally. Where possible we try to align our various codes to travel to the same events to help keep costs down.

Judging

For those sitting and watching this sport for the first time, the way gymnastics is judged may seem very confusing. Try not to get too hung up on scores, and if you need clarification on your child's performance / progress the best thing to do is talk to your coach or programme coordinator. We will be able to provide you with feedback specific to your child's performance that will often help to provide context.

Anyone interested in becoming a judge please contact Joanne at the office and Tri Star will support you with training.

National Championships.

For those athletes who are eligible to compete at nationals (see below) it is a really amazing opportunity! All of the gymnastics codes are represented under one roof and it is an exciting event for a young gymnast to be a part of.

Selection to Nationals and for Auckland teams is based firstly on attaining qualification scores, then on an athlete's ranking in the Auckland region amongst their peers. This is calculated taking into account the best scores of the athletes over a number of predetermined events.

If an athlete doesn't make a team, there is the chance they could still attend as an individual but only if there are available spaces.

Nationals selection process

- All athletes must be 9 years and over.
- For MAG, Tramp and Tumble, generally there are no restrictions on the amount of athletes that attend nationals due to lower membership numbers. As long as they have reached the performance criteria (which is communicated via GNZ) they can attend. There are pathways for both all around gymnasts and apparatus specialist (MAG).
- In the case of WAG, the top 3 athletes are selected based on their four highest competition scores from selected competitions.
- The fourth ranked gymnast will be placed into the team except in the circumstance of injury or illness.
- Apparatus specialists (e.g. able to contribute a high score on one or more apparatus to the benefit the team more so than the fourth ranked gymnast) may be included.
- If a gymnast will benefit the team score for any of these reasons they can be placed into the team as the fourth gymnast.
- If a decision cannot be agreed upon by all three Auckland region clubs, the fourth ranked gymnast is automatically given the fourth place on the team.

Publicity & Promotion

As a part of your membership enrolment we request permission to use photo and video footage of your child for promotional purposes. Our athletes are our best advertisement and we want to celebrate their successes. If you have any objection to this practise please let us know.