



# COMPETITION TEAM HANDBOOK

## 2018



Welcome to Tri Star Gymnastics Competition Programme for 2018. 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
TRA	Trampoline
TUM	Tumbling
GNZ	Gymnastics New Zealand

### **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 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. David's role at the club is to oversee and support the Programme Co-ordinators to help them deliver a great programme for your kids. David also coaches our Senior men and Development groups.

**Hayley Storey – WAG Co-ordinator** Hayley has a background in primary and early childhood education. Hayley is a Senior qualified coach. Hayley has an enormous enthusiasm for gymnastics and loves to see her girls reach their potential. Hayley's 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).

**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. All questions or communication pertaining to MAG should be directed to David. David also coaches the L2, L4-6 and L8 boys groups.

**Leo Rodrigues – T&T Co-ordinator** Leo is originally from Brazil and has a degree in PE, he's been in New Zealand over 10 years and have coached both MAG & WAG before dedicating himself to tramp and tumbling. He is a Senior coach and judge for T&T.

**Joanne Nichols – Office Administrator** Joanne has been an administrator for Tri Star for over 5 years. She is your go to person regarding fees, uniforms, competition entries and other non-technical aspects of the club.

**Josiah Geange – WAG coach** Josiah competed as a senior gymnast and is a senior qualified coach. Josiah currently coaches the intermediate and senior development groups.

**Jacey Humpherys – WAG coach** Jacey was an International Elite gymnast in the USA and was a part of the USA National Team. Jacey also competed at College competitions later in her training. Jacey is coaching within both the development and STEPs groups, as well as working with our Junior Coaches. Jacey is the person you are able to contact for all Development enquiries.

**Ashleigh Pinner – WAG coach** Ashleigh competed as a senior gymnast here at Tri Star. Ashleigh is currently coaching across STEP 2 and STEP 3.

**Rose Boele van Hensbroek – WAG coach** Rose is an ex senior gymnast from Wellington and is currently coaching in STEP 2.

**Ethan Phillips – WAG Coach** Ethan is still currently training in the MAG Programme and has started working for us full time in the WAG programme. Ethan is coaching across STEP 2, 3, 4, and 5 as well as helping out on Vault with the youth development group.

**Adele Jarraud – WAG Coach** Adele is a Senior Qualified coach, and also is a judge for WAG. Adele is currently working with us in the step 4/5 space, as well as helping out with conditioning in our Youth Development space.

**Mark Jujnovich – MAG/WAG Coach** Mark has been a MAG Olympic and Commonwealth coach. He is a life member and a Level 3 judge. Mark sometimes helps to cover coaching the senior men when David Phillip or, David Bishop are away overseas at competitions.

**Taine Muray – MAG Coach** Taine was a gymnast at Tri Star for many years and coached by David Phillips. He now coaches in many areas of the Tri Star programme and will be coaching the Level 4-6 boys. Taine may also cover for other groups on occasion.

**Byrin Henry – MAG Coach** Byrin has also been a gymnast at Tri Star for many years and was also coached by David Phillips. He will be coaching the Pre-comp/Level 1 boys group and may cover other junior groups on occasion.

**Misha Koudinov – MAG Coach** Misha is one of New Zealand's best gymnasts having competed at multiple Commonwealth Games, World Championships and most notably the **Olympic Games** in 2016. Misha brings with him a wealth of experience and will be predominantly coaching in the senior space.

**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 first ranked Brevet judge in New Zealand. Gareth has judged at Olympic Games, Commonwealth Games as well as many World Championships. 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	CEO	<a href="mailto:jenny.jujnovich@tristar.org.nz">jenny.jujnovich@tristar.org.nz</a>	6254355
Joanne Nichols	Office Admin	<a href="mailto:team@tristar.org.nz">team@tristar.org.nz</a>	6254354
David Phillips	Programme Manager	<a href="mailto:david.phillips@tristar.org.nz">david.phillips@tristar.org.nz</a>	
Hayley Storey	WAG Steps Co-ordinator	<a href="mailto:hayley.storey@tristar.org.nz">hayley.storey@tristar.org.nz</a>	
David Bishop	MAG Co-ordinator	<a href="mailto:david.bishop@tristar.org.nz">david.bishop@tristar.org.nz</a>	
Leo Rodrigues	TRA/TUM Co-ordinator	<a href="mailto:leo.rodrigues@tristar.org.nz">leo.rodrigues@tristar.org.nz</a>	
Jacey Humpherys	WAG Development communications	<a href="mailto:jacey.humpherys@tristar.org.nz">jacey.humpherys@tristar.org.nz</a>	

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 everyday 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

At times gymnasts may also be invited to take a term trial at a junior level. At the end of the term the MAG/WAG/TRA/TUM Coordinator will make a decision on whether the MAG/WAG/TRA/TUM programme is the correct best fit for the gymnast. At the point of time that gymnasts are selected a phone call, email or discussion will be made with that gymnast's family to invite them into the squad or training session.

### **Competition Uniform**

Level 1-6 boys wear the red Tri Star leotard and white shorts. Senior men wear the blue GK leotard and shorts. Junior Leotard STEP 1-3 will be a new leotard for 2018. All Steps girls will have a new leotard for 2018. All Trampoline and tumbling boys wear the red Tri Star leotard with white shorts (long whites optional) and white ankle socks. All Trampoline & Tumbling girls will have a new leotard for 2018.

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

Gymnastics New Zealand (GNZ) 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	\$20.14 per term
Senior Competitor	\$32.96 per term
High Performance	\$48.30 per term

## 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.

### Growth Mindset Approach

In the competitive programme we promote a growth mindset approach (as opposed to a fixed mindset approach). Fixed mindset: Believing that abilities are fixed traits. In this view, talents are gifts – you either have them or you don't.

Growth Mindset: Believing that people can cultivate their abilities by means of hard work and dedication. The idea that everyone can get better over time. This leads to a focus on the learning process rather than a focus on results.

*Book - Mindset: Changing the way you think to fulfil your potential, by Carol Dweck*

## 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 after trainings and competitions, **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.
- It is important that there are clear boundaries between the role of the coach and the role of the parent. It is the coaches' role is to give **technical feedback**, run the training programme and manage the children while they are at the gym. Parents can best support their child by ensuring that they come to each training well rested, fueled with the correct nutrition, and encouraged to try their best.

If a parent does have an issue with how a gymnast is being coached they can contact the MAG/WAG coordinator via email or a phone call. Please try to discuss issues with the coordinator/coach first as it is important that the gymnasts respect and trust their coach and that issues are discussed away from the gymnasts.

- If you want to help you child outside of the gym feel free to email or call the MAG/WAG coordinator asking for any advice. This also goes for any questions you may have about the best nutritional advice for your child.
- 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.
- All parent/ caregivers' viewing is upstairs on the mezzanine floor.
- 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.

Sick 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. If your child requires Physio we recommend

Aquasports Physio (Arnold Fawcett and) located currently at Cameron Pools Ph 6255744. Our advice is to, if required, obtain a referral to see a sports doctor at UniSports Medical Centre, 71 Merton Road, St Johns, Auckland, Ph 521 9811.

### **Lockers**

Lockers are provided for all personal gear. Please keep these tidy at all times. All communication will be provided via email. Due to some competitive athletes having serious 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 emails**.

Tri Star Update 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](http://www.tristar.org.nz)

### **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**

<b>Step</b>	<b>WAG</b>
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 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 Level 1-3 boys compete in local novice competitions around Auckland. Level 2 and 3 boys compete in local and regional competitions. There are usually 3-5 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 7-9 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.

**Age Group: T&T**

8Unders 8unders tumblers compete in local novice competitions around Auckland. 8Unders trampolinist compete in local novice competitions around Auckland and also Age group competitions.

9-10 All age groups for both trampoline and tumble compete at local and regional competitions.

11-12 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

13-14 Note: A gymnast must be turning 9 in the year of competition in order to compete at Nationals

15-16 There are usually 3-5 competitions per year.

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 2018 fees policy. These can be paid as a quarterly fee or a monthly direct debit 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.

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.