



# Gymstar Handbook



# Gymstar Overview

This handbook will provide you with additional information about your child's enrolment in the Macleod Y Gymstar program.

Gymstar is an inclusive recreational program affiliated with Gymnastics Victoria. This program is a combination of Men's and Women's Artistic Gymnastics. It allows gymnasts to develop routines and take these to competitions throughout the year.

In the Gymstar program, competitions are compulsory. Please see the 'Competitions Page' for further information.

Gymstar allows gymnasts to be involved in a fun and supportive community whilst challenging themselves to achieve personal and team goals. We aim to foster long lasting friendships among our gymnasts, whilst they all work towards common goals of skill development and progression.

We want to not only develop gymnastics skills, but also develop resilient, confident and passionate gymnasts, who will thrive at gymnastics and be able to transfer their skills and mindsets outside the gym.



# Levels Explained

Gymstar Junior gymnasts compete in level 2 and 3 Neutrons. These levels are designed as an introduction to competitions, so all gymnasts are awarded a banded medal and certificate at the end of each competition. Level 2 and 3 gymnasts will also be awarded top teams. Level 3 gymnasts will also be awarded the top 6 gymnasts all around.

Gymstar Intermediate gymnasts compete in levels 4 and 5. These levels award the top 6 gymnasts on each apparatus, overall and top teams.

Gymstar Advanced gymnasts compete levels 6 and above. These levels award the top 6 gymnasts on each apparatus, overall and top teams.

Gymnasts will progress through levels on a skills basis. Gymnasts may complete between 1-3 years on each level. Please speak with your coach if you have any questions about your child's current level.

Class	Level	Sessions per week	Hours per week
Junior Gymstar	2 Neutrons	1 - 2.	1 - 2.
	3 Neutrons	1 - 2. (recommend 2)	1 - 2. (recommend 2)
Intermediate Gymstar	4 Halos	1 - 2.	2 - 4.
	5 Halos	1 - 2. (recommend 2)	2 - 4 (recommend 4)
Gymstar Advanced	6 Halos	1 - 2. (recommend 2)	2.5 - 5 (recommend 5)
	7 Halos	1 - 2. (recommend 2)	2.5 - 5 (recommend 5)
	8 Halos	1 - 2. (recommend 2)	2.5 - 5 (recommend 5)
	8 Titans	2	5
	9 Titans	2 - 3 (recommend 3)	5 - 7.5 (recommend 7.5)
	10 Titans	2 - 3 (recommend 3)	5 - 7.5 (recommend 7.5)
Gymstar Open (aged 17+)	Any	1 - 2.	2.5-5

# Competitions

In the Gymstar program, competitions are compulsory. Each gymnast is required to compete in one internal competition (either Senior/Junior Rec Challenge, or the Macleod Inter Y Competition) and one external competition (run by Gymnastics Victoria at another club).

## Season

The competition season will begin in June and run through until the end of October.

We will find out and release exact competition dates in April, once we have the competition calander from Gymnastics Victoria.

## Format

Competition formats will run roughly as follows:

- Warm Up
  - 15 minutes for levels 1-6
  - 20 minutes for levels 7+
- Groups will rotate around each apparatus with their classmates
  - They will compete on Floor, Vault, Parallel Bars, Beam, Uneven Bars and Rings.
  - They will get a warm up at each event (which they coach will assist them with on the day)
  - They will have one attempt at their routine on the day (the coaches are available to assist with remembering and spotting as necessary)
- Presentations
  - Individual apparatus and overall awards
  - Team awards
  - Select competitions have special awards for 'spirit', including cheering on others, unique skills, etc
- Competitions may last from 2-4 hours depending on the event.



# Competitions cont.

## How to enter competitions

We are currently attempting to transition competition entries to online payment and registration.

We will release further information as we have it available.

Please note - we have a MAXIMUM of 15 gymnasts per level so competitions may book out. To secure your child's spot, please sign them up as early as possible.

Equally, we require a MINIMUM of 3 gymnasts per level at each competition. Should we not meet this requirement, we will refund the entry fee.

Full event details will be released ~1 week out from the competition once details are confirmed

## How to withdraw from competitions

Once competition entry dates are closed, we unfortunately cannot accept refunds.

Should you need a refund for a medical circumstance, please email Sarah a medical certificate within 3 days of the competition date. For external Gymnastics Victoria competitions we are unable to issue a full refund, even with a medical certificate due to administrative fees.

## What to bring to competitions

- Club bag, or suitable alternative
- Shoes and socks (to be left with guardian)
- Drink bottle
- Snack (nut free)
- Any medication (ventolin, epipen, etc)
- Hair ties, bobby pin
- Deoderant/sanitary items
- Grips (if you have them)
- Uniform (inc. leotard, jacket, pants, bike shorts for over their leotard if they wish, scrunchie, etc)



# Uniform

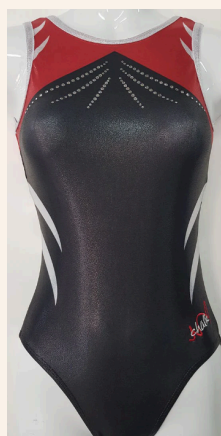
## 1 Leotard

Please note the club leotard is compulsory for all Macleod Gymnasts, regardless of level. It needs to be worn to competitions, and is optional for training sessions.

We have second hand leotards (subject to availability) - please contact Sarah for information.



\$165.00



\$85.00



\$82.00

## 2 Tracksuit

The tracksuit set is compulsory for all Gymstar Advanced gymnasts.

The tracksuit jacket is compulsory for all Gymstar Intermediate gymnasts. The pants are optional.

The tracksuit set is optional for Gymstar Junior gymnasts.



\$120.00



\$100.00

\$199.00 for tracksuit set

## 3 Additional items (optional)

### Grips

Recommended for Gymstar 7+, encouraged from Gymstar 6. Please speak with your child's coach for information

Polo top - \$60



Backpack - \$70



Socks - \$15



Scrunchie - \$10



# Code Of Conduct

This Code of Conduct ensures that our Gymstar program remains a positive, safe, inclusive, and enjoyable environment where gymnasts can develop skills, confidence, and a love of the sport.

All personelle are expected to uphold these standards at training , competitions, and events.

## 1. Our Values

We are committed to:

- Participation and enjoyment
- Personal progress over perfection
- Respect and sportsmanship
- Safety and wellbeing
- Inclusion and fairness

## 2. Expectations of Gymnasts

All gymnasts are expected to:

- Treat coaches, teammates, judges, and competitors with respect
- Encourage teammates and celebrate effort and improvement
- Represent the club positively at competitions and in the community
- Attend regular training sessions (minimum 80% attendance)
- Arrive ~5 minutes ahead of class, and ~20 minutes ahead of competition start times to ensure they are prepared for warm up
- Come to training, competitions, and events with a positive, team orientated attitude
- Frequent communication with their coach regarding injuries, or anything additional that may affect their training
- Bring socks, a jumper, a drink bottle, and runners to training sessions



# Code Of Conduct

## 3. Expectations of Guardians

Guardians play a vital role in creating a positive experience. Please:

- Support all gymnasts, not just your own child
- Encourage effort, improvement, and enjoyment
- Communicate concerns respectfully and through appropriate channels
- Promote good sportsmanship and positive attitudes

## 4. Social Media and Online Conduct

- Coaches will take photos for marketing/social media use at training and competitions, ONLY with permission from parents/guardians.

All members and families must:

- Adhere to our no photos at training sessions policy - if you would like images/videos of your child, please speak with your child's coach
- Endeavour to only capture images of your own child at competitions
- Not share images of other children online

## 5. Safety and Welfare

Our club has zero tolerance for:

- Bullying or harassment
- Discrimination of any kind
- Abuse (verbal, physical, or emotional)
- Unsafe behaviour

Please report any concerns regarding safety or welfare to staff immediately

## 6. Breaches of the Code

Failure to comply with this Code of Conduct may result in:

- Verbal warning
- 1 on 1 meetings with gymnast, family and coaches
- Removal from the program (in serious cases)

## 7. Agreement

By participating in our GymStar program, gymnasts and parents/guardians agree to uphold this Code of Conduct and contribute to a positive and supportive club culture.



# Contact



## Macleod Reception

Macleod@ymca.org.au

03 9459 9022

For general enquiries, make up classes, signing out of classes. Please CC reception into any urgent emails.



## Sarah Scott

Gymnastics Team Leader

sarah.scott@ymca.org.au

\*Please note Sarah works part time hours and so may take a few business days to reply to emails.

For any Gymstar specific questions



## Robert Lewis

Gymnastics Co-ordinator

Please contact through

macleod@ymca.org.au.

## Gymstar Coaching Team

### Junior Coaches

- Samantha Hore
- Charlotte Daffey
- Elena Quilty
- Caiden Stephensblock
- Macey Davies

### Intermediate Coaches

- Samantha Hore
- Charlotte Daffey
- Steph Wight
- Luella Smedley
- Richard Marshall

### Advanced Coaches

- Sarah Scott
- Samantha Hore
- Elena Quilty

### Open Coach

- Jayden Boddy