

## Exciting changes to our General Gymnastics program!

### Junior GfA and Youth GfA

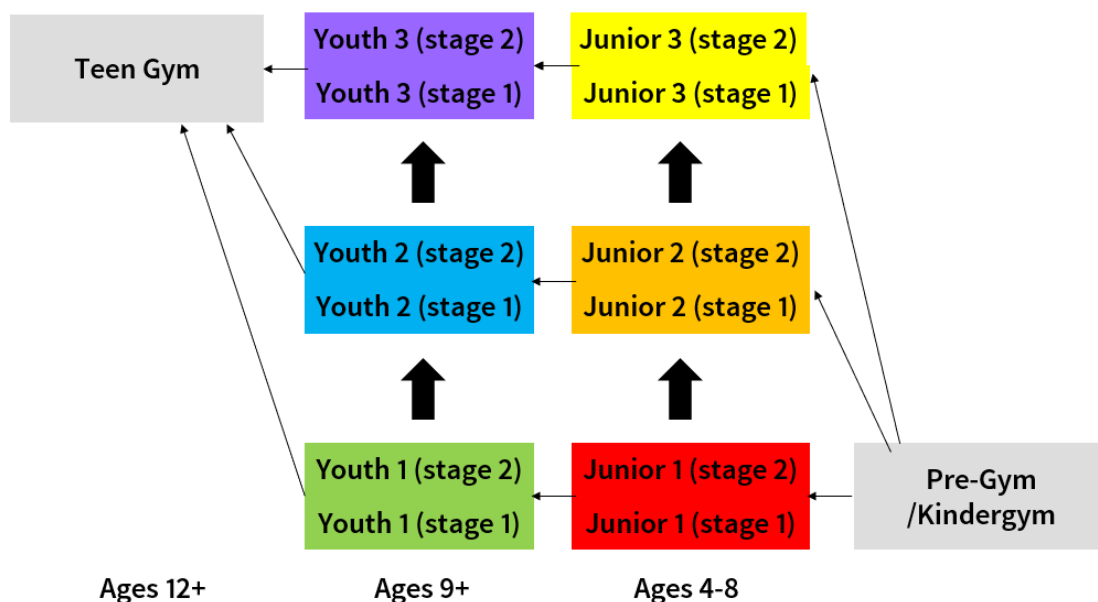
Tea Tree Gully Gymsports' recreational gymnastics program is undergoing a restructure for 2019! **Junior and Youth GfA are our two new general recreational programs and will be replacing our General Gymnastics and extended classes.** These programs will cater for athletes with all levels of experience and new gymnasts will be evaluated during their trial class in one of our intake weeks (weeks 1 & 5 of all terms).

The Junior GfA program is for our 5-8 year olds and the Youth GfA program is for athletes 9+ years old. Both programs are split in to 3 ability groups that progress from complete beginner to advanced level skills and run using the same skill progressions. Levels are split into two stages so that athletes can have shorter term goals. At the end of each term, all athletes will be evaluated, and parents notified if their child is ready to progress to the next stage. Parents will also receive via email a report of their child's results during the testing week.

<b>Junior 1</b>	1 hour class	<b>Youth 1</b>	1 hour class
<b>Junior 2</b>	1 hour class	<b>Youth 2</b>	1 hour class
<b>Junior 3</b>	2 hour class	<b>Youth 3</b>	2 hour class

1 hour classes are structured with a 10-15 minute warm up, three 15 minute structured apparatus lessons, and a 5 minute stretch to finish.

2 hour classes have a 15 minute warm up, four to six 15-30 minute structured apparatus lessons, finishing with a 5 minute stretch.



## Teen Gym

Teen Gym is a new program that provides a transition between our traditional recreational programs and our Adult Gymnastics program. Classes are structured with a 15 minute warm up and stretch, 1-2 structured apparatus rotations, and a 15 minute self-guided rotation where athletes can use all available equipment in the gym. During the self-guided time, coaches supervise all athletes and help by spotting skills and giving feedback where needed. To participate in Teen Gym, athletes must be at least 12 years old. This class is perfect for all teenagers from beginners and advanced.

## Team Gym Banksia Park (Primary School Hall)

During the restructure, **Team Gym will be replacing our General Gymnastics program at Banksia Park Primary School.** Team Gym combines the floor, tumble track, and mini tramp into a gymnastics sport that promotes and encourages individual skill progression as well as team work. Whilst traditionally the Team Gym gymsport has not involved the beam, we will be continuing to offer this apparatus at the school venue as another way of developing motor skills and athletes' abilities to push through fear. The quiet and relaxed environment allows athletes to concentrate easily on their gymnastics without the distractions of our Main Hall. Parent viewing is also much more open at this venue and there is much more seating available to watch sessions. The structure of the sessions will not change greatly but there will be more of a focus on teamwork. This program does not have a strict group structure, but groups are based on both age and ability. Group composition will be at the coaches' discretion.

## GfA Competitions

When an athlete reaches the Junior 3 or Youth 3 levels, they will have the opportunity to enrol in a 'competition class' which runs as an extra one hour a week. Athletes in competition classes will learn routines and participate in GfA competitions 2 times per year. As a part of this program, athletes will be required to purchase a leotard (girls only) and a yellow club t shirt as uniform. Along with club fees and registration, athletes entered into competitions will need to pay entry fees of approximately \$30.

## End of year TTGG Carnival

At the end of the year, all Tea Tree Gully GfA athletes (including Teen Gym and Team Gym Banksia Park) will be given the opportunity to showcase their skills at the TTGG Carnival. During Term 4, coaches will help athletes construct routines on each apparatus which will then be performed on the carnival day.

## 2019 GfA timetable

Junior 1	Junior 2	Junior 3
Monday 4:00-5:00 Tuesday 4:00-5:00 Wednesday 4:00-5:00 Wednesday 5:00-6:00 Thursday 4:00-5:00 Thursday 5:00-6:00 Friday 4:00-5:00	Monday 4:00-5:00 Tuesday 4:00-5:00 Wednesday 4:00-5:00 Wednesday 5:00-6:00 Thursday 4:00-5:00 Thursday 5:00-6:00 Thursday 6:00-7:00 Friday 4:00-5:00	Wednesday 4:00-6:00 Thursday 4:00-6:00

Youth 1	Youth 2	Youth 3
Wednesday 6:00-7:00 Wednesday 7:00-8:00 Thursday 7:00-8:00	Wednesday 5:00-6:00 Wednesday 6:00-7:00 Wednesday 7:00-8:00 Thursday 4:00-5:00 Thursday 5:00-6:00 Thursday 6:00-7:00 Thursday 7:00-8:00	Wednesday 6:00-8:00 Thursday 6:00-8:00

Teen Gym	GfA Competition Class	Team Gym Banksia Park
Wednesday 8:00-9:00 Thursday 8:00-9:00	Wednesday 6:00-7:00 Thursday 5:00-6:00 Friday 4:00-5:00	Monday 4:00-5:00 Monday 5:00-6:00 Monday 6:00-7:00 Friday 4:00-5:00 Friday 5:00-6:00 Friday 6:00-7:00 Saturday 9:00-10:00 Saturday 10:00-11:00 Saturday 11:00-12:00