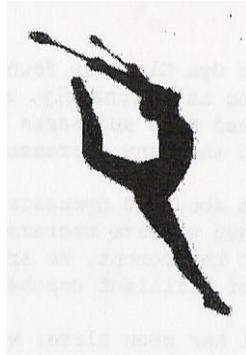
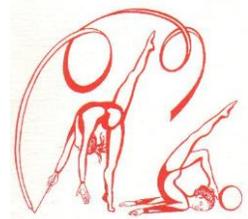


# GGIRGC



**WELCOME TO THE**  
*Greater Green Island*  
*Rhythmic Gymnastics Club*

Founded in 1980



*A guide for Parents*  
January 2016

We hope that you find this booklet contains useful information about our club, and also the beautiful sport of Rhythmic Gymnastics.

*Rhythmic Gymnastics is a sport that incorporates dance and ballet with the use of apparatus: Ribbon, Ball, Clubs, Hoop and Rope. Performed to music, this sport develops excellent hand-eye coordination, flexibility, strength and a sense of rhythm and agility.*

### **Bit about our Club**

The Greater Green Island Gym Club was founded in 1980 by Vicky Forrester (now Begg) who was significantly involved up until a few years ago when she moved to Brisbane. The club started off with about 80 gymnasts and a waiting list which was huge. Since then we have decreased in size to around 50, which is the number of the wonderful little club. We currently have 45 members and aim to keep our numbers at a maximum of 60 to ensure that quality coaching is provided. Throughout the years GGI has been alive, we have set a name for ourselves by being a very friendly, motivating, caring and cheerful bunch of people. Rather like a great big family. Our aim is to keep this name alive as this is what makes a great club.

We cater for girls from 5 years old. When gymnasts start with our club we like to teach them the basics of rhythmic gymnastics. The girls are first familiarised with each apparatus and then we move on to the more technical skills.

We hope you enjoy your time with our great club.

### **About Rhythmic Gymnastics**

There are five parts to Rhythmic Gymnastics: International Development, Groups, Levels, Secondary Schools and Incentive Awards. At our club we currently offer 3 out of the five parts but in the future we are hoping to have the other 2 available to our gymnast as well.

The three parts we offer are:

#### Levels

This is the main part used for girls to compete in. It is based on ability and there is a level for everyone. The requirements in the levels get harder as you move up also the eligibility for International Competitions becomes available once in Level 7. Once level 4 is reached the option becomes available to be selected for the Otago Team.

#### Groups

Groups is when there is one or more gymnast out on the floor competing. Groups consist of 4/5 gymnasts. This is the fun part to the sport as it includes lots of teamwork, cooperation, sportsmanship and interaction with others.

#### Pre-International Stages/International

This is a stream for gymnasts identified as promising by coaches and judges. These gymnasts must have the potential to represent New Zealand at an exceptionally high level.

### **Training Venues**

For Rhythmic Gymnastics we require a wooden floor to train on and for the senior girls a roof that is a minimum of 10 meters high. There are not many places around that are available after school for a reasonable price. 2016 will again see all the girls training in the Caledonian Gymnasium on Andersons Bay Road in Dunedin.

## **Apparatus / Levels for 2016 (NZ)**

Level 1	Free, Hoop
Level 2	Free, Rope, Ball
Level 3	Free, Hoop, Ball
Level 4	Free, Rope, Clubs
Level 5	Free, Rope, Clubs
Level 6	Hoop, Ball, Ribbon
Level 7	Rope, Hoop, Clubs, Ribbon
Level 8	Rope, Hoop, Ball, Clubs
Level 9	Rope, Hoop, Ball, Clubs
Level 10	Hoop, Ball, Clubs, Ribbon

## **Terms**

The club follows the Primary school terms, but generally continues through some of the school holidays as these fall during the busy gym time in regards to routines and competitions. If training does continue through a holiday period the girls will get another holiday where possible to make up for it.

## **Conditioning**

Conditioning is an important part of gymnastics. To avoid injury, it is important that our gymnasts are strong and to make sure that their bodies can handle the flexibility. Conditioning is included in every training session from younger girl's right through to the oldies. During the first few years the basic techniques are taught and as the girls start to get more competitive, conditioning becomes part of their warm-up!

## **Dance**

Ballet is compulsory for anyone competing in the international stream. It is a requirement from Gymsports New Zealand. We encourage these gymnasts to attend a Ballet class outside of the gym and for any other gymnasts if interested to attend ballet as it is a wonderful help to your daughters performance and presentation on the competition floor. Since 2013 we have been fortunate enough to have the help of our dance teacher Jacqueline O'Brien, who is trained in Classical Ballet but delivers 1 hour sessions on a Saturday concentrating on mainly on Modern/comtempory style. This is compulsory for all girls level 4 and above as it helps the girls with improving their presentation and body awareness.

## **Parents Attendance at Training**

At GGI we have a closed training policy for all competitive athletes which means that spectating is prohibited unless otherwise arranged with your daughter's coach. This is aligned with other dance institutions and has been implemented in the best interest of your child. We aim to keep distractions for them and the coaches to a minimum and it is important to keep the focus on training and listening to the coach. We will offer opportunities at the conclusion of each term and at competitions to watch the girls. Our expectations of closed training is that parents do not sit in on classes. You may enter the stands 10min before class finishing. Girls should also pack up quickly and leave the training area so the following classes can continue in a closed manner. Social discussions after class should be out the back or downstairs.

## **Committee / Parent Support**

When you join our club, your support is needed to ensure our club continues to grow and operate successfully. The club has a basic committee: President, Treasurer, Secretary, Coaching Coordinator, Fundraising Coordinator and Competitions Secretary - new members are always welcome! It is a good chance to get involved in your daughters sport and see what goes on behind the scenes. Meetings are held when required at various parents houses to make it suit. Parents support at competitions is also necessary and greatly appreciated. We do require your help at 2/3 competitions per year to make sure that they run smoothly.

## **Fundraising**

As we are such a small club fundraising is an essential part of belonging to GGI. In order to keep costs to a minimum and to support our gymnasts and coaches, parents are expected to fully participate in this aspect of our club, either by donations, time or labour. FUNDRAISERS ARE A GOOD SOCIAL TIME TO MEET AND MIX WITH OTHER PARENTS AND FAMILIES. We try to have at least one type of Fundraising Event per term. Please contact your daughters coach or a committee member if you have any new ideas for raising funds for our girls.

## **Costs**

### **Equipment**

The club has a small amount of equipment available for our gymnasts to use. Once gymnasts are competing seriously, it is expected that they begin to purchase their own equipment, so it is appropriate for their individual size. Equipment can be purchased through 'Amco Gymnastics' in Australia. Your coach can advise you on purchases and requirements. Amco supply everything in the way of equipment and toe shoes that you will need. The easiest way to order is to go onto their website [www.amco.com.au](http://www.amco.com.au) and order through them that way.

### **Leotards**

Once gymnasts are competing, they need to wear a leotard at competitions. Lycra is available from most Dunedin fabric shops if you are able to sew them yourselves. Leotard makers are also working in Dunedin and stock a variety of Lycra. Before you do get a leotard made, please discuss with your coach as the Gymnastics Association has some set requirements on leotards. If you wish to be put in contact with someone who makes leotards please ask your coach. Second-hand leotards are also available through the club.

### **Tracksuits**

The Club has a tracksuit and t-shirt that are recommended, and encouraged to be worn by all competitive gymnasts. The tracksuits will be hired out to all gymnasts at a small fee per year. Please email [ggigymclub@gmail.com](mailto:ggigymclub@gmail.com) to order tracksuits and to purchase singlets.

### **Club Uniform**

*Training:* Is **compulsory** Level 4+, those younger are welcome to purchase a singlet as it makes it easy on parents and gymnasts because you know longer have to worry about what your daughter wears to training. It also looks very formal when all our girls are wearing the same thing and therefore is compulsory at competitions.

*Competitions:* The warm uniform consists of tight singlet and black bike shorts/tights for level 1-3 gymnasts, Level 4 and above are to wear club singlets and black bike shorts/tights. All other times in

the gym (**including supporting other members**) Gymnasts are to be in full tracksuit including **black socks** and hair tied back off their face.

### **Club Fees**

The club attempts to set fees at a minimum for parents, but must cover hall hire and coaches expenses. Fees are set as soon as the number of gymnasts attending classes is known. Fees are sent out quarterly, based on the four term school year. Your fees should then be sent to the Treasurer (whose address is on the bill), or can be given to your coach at training and they will then pass it on. Extra costs such as holiday training (when appropriate), music fee's and administration fees are also added onto your bill.

### **Association Fees**

There is a Registration Fee that must be paid by every gymnast. This includes both competing and recreational gymnasts. This is set by Gymsports New Zealand and is a levy which is required to cover costs such as coaching manuals, coaches training, newsletters and general NZ Gymnastics costs. This amount varies and depends on whether your daughter is:

- senior gymnast
- junior gymnast
- competing or non-competing

### **Competition Fees**

Competition fees must be paid to the club before the gymnast competes. These fees can range from \$15.00 to \$50.00 depending on whether or not it is a championship competition. Your daughter will not be able to compete in a competition if the fees have not been paid.

### **Coaches**

Our club now has 17 coaches ranging from Senior Rhythmic Qualified to trainee coaches in their first year. At GGI we have a less than 1:6 coach:gymnast ratio to ensure that there is quality coaching time given to your daughters.

In 2016 the coaches are:

<b>Head Coach</b>	<b>Kendall King</b>	<b>027 473 5444</b>
	Kassidy Wytenburg	027 374 1126
	Kate Greeve	027 311-0831
	Regan King	027 781-3444
	Dale Hurring	027 335-5940
	Rosie Hardie	027 854-7813
	Ella Hjertquist	
	Ava McFadgen	022 488-0494
	Ella Cameron	021 182-5335
	Stephanie Devereux	022 395-8937
	Mikayla Scott	027 470-0438
	Lauren Isaacs	
	Sophie Turner	
	Jacqueline O'Brien	Dance

**Kendall** graduated from Otago University with a Bachelor of Physical Education in 2014 and has been working as the Sport Activator in a group of schools in the Green Island area. She has competed at 10 New Zealand Nationals Championships and has been coaching since 2007. A highlight achievement was placing 3<sup>rd</sup> in Ball while representing New Zealand at the Australian National Championships in 2009. After retiring as an athlete in 2010 Kendall has since attended nationals as Coach of the Otago Team every year. In 2014 she was awarded Otago Coach of the year. She has completed her Senior Coaching Qualification.

**Kassidy** is working as an Architectural Draughtsperson in Dunedin. She represented Otago for the 6 years before retiring at the end of 2011. Kass has continued coaching and also attended NZ Nationals as a Coach of the Otago Team in 2012. She was awarded the 2011 GGI Coach of the Year for all her hard work and dedication to GGI. She has completed her Senior Coaching Qualification.

**Kate** is a travel agent at Flight Centre who competed as a gymnast for GGI in the past and returned in 2013 to help out with our Senior Gymnasts. She has a lot of gym experience behind her with coaching for us for many years in the past and being an ex gymnast herself.

**Dale** is studying Physical Education at Otago University. Dale was also an Otago Representative for many years and has brought home numerous medals from the NZ National Champs. She is a junior qualified coach is also very talented and dedicated at her chosen sport. She was awarded GGI coach of the year 2012.

**Regan** studying towards a Bachelor of Applied Science (health and wellness) at Otago Polytech. She has represented NZ at international competitions multiple times and gained huge experience and knowledge to pass onto our gymnasts. She has represented Otago for the past 10 years and brought home numerous medals from the NZ National Champs and was the 2013 Otago Gymnast of the year. Regan is a junior qualified coach.

**Rosie** Well begin studying to become a Teacher in 2015. She is competing in level 10 this year. Rosie is also a veteran to International and National Competitions. In 2014 she placed 3<sup>rd</sup> in hoop and ribbon while representing New Zealand at the Australian National Championships. Rosie is the current Otago Gymnast of the year and also looks to further her coaching education through attending courses later in the year.

In 2015 we have had some wonderful additions to our Coaching Team:

Ella Hjertquist, Mikayla Scott, Ava McFadgen, Ella Cameron, Stephanie Devereux, Lauren Isaacs and Sophie Turner. All of whom are currently very successful athletes working hard at school and training

## **Gymnastic Year**

The gymnastic year runs approximately like this:

### **Registration Day**

Normally held late January. Girls will receive Class List, Club Profile, and Club Booklet, will fill out appropriate forms, Order Previous years club Photo, Enrolment Forms, Training Gear orders, Fees paid up and anything else that is required.

### **Term 1**

Gym begins in February with competition gymnasts learning new routines and recreational classes become familiar with equipment and begin learning skills. Senior gymnasts finishing off all routines and the first competition just before the school holidays. Gymnasts who wish to be considered for selection for the New Zealand Team will have trials in March.

### **Term 2**

Competition season begins in term 2 with most of the local competitions occurring. Senior Girls (level 4 and above) are working towards achieving good results in hope of being selected for the 2015 Otago Team.

### **Term 3**

Competition season is in full swing with ChCh Club Competitions, Dunedin and Canterbury Championship Competitions. Otago Team is also announced and the New Zealand National Champs are held at the end of Term Three.

### **Term 4**

Competition season comes to an end and girls start relaxing and working on Christmas break up displays. Or if you are in level 4 or up you begin on the following years routines. Also a display is prepared for the Gymnastics Otago Prize giving.

### **Closing Day**

This is our Christmas break up held in December at the conclusion of term 4. It is a fun day in which all classes perform a display and awards for the year are presented. This marks the cessation of junior training while seniors may continue with holiday sessions in preparation for the coming year.

### **Competitions**

The competition calendar is available on the Gymsports NZ website:

[http://www.gymsportsnz.com/files/2016\\_RG\\_Qualifying\\_Calendar2.pdf](http://www.gymsportsnz.com/files/2016_RG_Qualifying_Calendar2.pdf)

Please keep in mind that travel, accommodation and other expenses related to travel both within and outside of NZ will be at gymnasts/parents expense. From time to time we do our best to apply for funding to assist our traveling gymnasts but do not count on it. Christchurch competitions are heaps of fun and a great experience for the girls. They are not compulsory but we strongly suggest one ChCh trip a year would be nothing but beneficial to your daughters. The Canterbury Champs is just one of the main competitions in ChCh. We like to make this competition a club trip and take as many girls as possible up. Auckland trips are also a great experience and we would like to take a team away to the Shore Champs if possible this year so please keep that in the back of your mind.

## **Otago Team Selection 2016**

Girls must be Level 4 -10 or Stage 3+ to be eligible for selection for the 2016 Otago Team.

Gymnasts must achieve a qualifying mark at one sanctioned competition throughout the year to be considered for selection. Once the qualifying mark is achieved they then will be considered by the selection panels to travel to Nationals. Selection is determined through GymSports NZ who ranks all gymnasts in a level throughout the country. The top 20 and then invited to compete. Qualifying Marks will be available to your coach.

## **Code of Conduct in the Gym**

- Gymnasts must be ready to train at the time stated on their timetable.
- Long hair should be tied back off the face; headbands are not acceptable as they continue to fall off.
- Gymnasts should wear clothes that allow easy movement; layers are the best so they can be taken off as they get warmer. Leotards, bike shorts, tights and tight t-shirts are ideal. Polypro are best for the winter. No jeans or skirts please.
- The training gym is a closed space, parents may not observe classes unless prior agreement with coach is arranged.
- Competition gymnasts must remember to bring their equipment to each class to ensure effective training.
- Each gymnast must **bring a drink bottle** to training. It is extremely important that when we are exercising that we keep up our fluid intake.
- Should your child not be attending class for any reason, it is important and also courteous to ring and inform their coach. Phone numbers are available in this book, please text them during class time on their cell phone or contact Kendall and she will pass the message on. If a coach is sick, we will endeavour to find a replacement however if class is cancelled an extra session will be offered later in the term make up for it.
- We ask all our gymnasts to *respect* their team mates and also their coach. If your daughter does misbehave, you as her parents will be rung to come and collect her.

**If you as the parents or your daughters have any questions, please don't hesitate to ask one of the coaches or committee members. We are here to help you understand Rhythmic Gymnastics. We as a club ensure that all decisions are made in the best interest of our gymnasts. We are a family club and need everyone to help us keep it this way. We are proud of our girls and we like to make sure that they are happy! ☺**

**Enjoy 2016**