

# Artistry AGG – General Information

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## 1. Uniform & Apparatus – What to Wear & Bring

For Weekly Training:

Black leotards (singlet or crop top are allowed to be worn exceptionally during hot weather)

Fitted black t-shirt (optional)

Black leggings or tights or tight fitting shorts during hot weather

Toe shoes. Younger gymnast may wear clean white socks during training. Older gymnasts and those competing must have the correct toe shoes.

*Purchase at the gym.*

Competing gymnastics (8+ Years) must have their own training rope and weights, stretch bands. The coach will advise on suitable styles and where to purchase.

Artistry AGG Club Members receive discounts from Bloch Dance Wear.

Bring a water bottle and a snack for longer training sessions.

## 2. Parents Attendance at Training

Parents are not allowed to be present during the training. Parents sitting in the gym are a distraction. There are no exceptions to this rule unless you are invited into the gym by the Head Coach. The Club will be offering open days for the parents to view training.

Due to Covid 19, parents are not permitted inside the gym hall. We do online zoom sessions.

### 3. AGG Competitions

Gymnasts are invited to compete by the Coach when they have achieved a certain level of skill expertise. Not all gymnasts will compete in competitions...it is strictly invite only. Artistry AGG will hold internal competitions. AAGGF will host national and international competitions. TBA. Strict competition etiquette and rules apply to competing. The Competition specific rules and etiquette document is provided prior to competition season commencing.

### 4. Travelling for Competitions

Some competitive gymnasts are invited to compete interstate and overseas. A Travel Levy will apply to cover all staff/coach travel costs associated with these competitions. This amount is divided by the number of gymnasts on the competing team. Travelling for competitions is not compulsory however if a gymnast is chosen and agrees to compete nationally or internationally, the commitment is by way of a firm agreement and once agreed gymnast cannot withdraw. After agreeing to being a part of the competition, families must commit and follow through with all preparations and costs associated with competing locally, nationally and/or internationally, whether the gymnast attends the competition or not. There may be some ability for a refund in the case of severe illness or injury. Artistry AGG has strict guidelines for gymnasts competing interstate or overseas which will be provided closer to the competition and all rules must be strictly adhered to.

### 5. Holiday Training

Whilst we understand holidays are generally taken during school holidays but in order to maintain a level of fitness and agility, especially leading up to competition time, it is important that gymnasts attend some holiday training.

Holiday training is offered to all gymnasts and the general community.

Specific times of holiday training will be advised closer to the dates. Holiday training may be held during the day during the holidays and on different days than regular training. The fee for the holiday training will be billed through a "trybooking" link.

Holiday training fees are different to normal training fees.

## 6. Heat Policy

Should the temperature reach 36 degrees Celsius, as reported at 1pm on the Bureau of Meteorology website for the Melbourne Metropolitan area (any afternoon training will be cancelled for health & safety reasons.

A notification about cancelled training will be sent ASAP on the Facebook page of the club. Replacement sessions are to be taken before the end of the term within our existing class schedule. No refund will be provided for missed class due to high temperature.

## 7. Photography Policy

From time to time, the Club takes photos of its gymnasts during training, at competitions or at special events. These images are used for the Club website and social media (Facebook & Instagram). The Club will exclude images that may be deemed offensive or unflattering. Any professional film or photographic staff hold Working With Children Checks. Should you wish your child **not** to appear on our images, please notify us in writing via email.

## 8. Dance Competition Opportunities

As well as AGG Competitions, Artistry AGG encourages and offers for the gymnasts to prepare and compete in local and regional dance competitions. These competitions give the gymnast an opportunity to perform on stage and develop performance skills as an individual. Gymnasts/dancers wishing to include this in their training, can request private lessons in order to develop dance competition routines and choreography. The routines could be in the styles of lyrical, contemporary, jazz, song and dance, acrobatics, ballet or hip hop. There are many, many dance competitions available each year. The Head Coach will guide families through the process of registration, costume resources, performance and expectations. Additional fees include the cost of the costume, private lessons, some personal travel expenses, music editing fee \$25, hair/makeup costs or fees. Routines are choreographed outside of regular training hours and only in private lessons. The actual number of private classes required to complete a routine will largely depend on the complexity of the routine and the gymnast's retention. All individually choreographed dance routines that are made at Artistry AGG or Artistry 5678 are

considered property of the club. Any routines in full or in parts can only be performed or reused with permission from the Head Coach. Gymnasts cannot perform any *Artistry* routines after they leave the Club.

## 9. COVID 19 Safety Plan of Action

Covid 19 measures are in place for the Safety and Wellbeing of all staff, gymnasts, families and Coaches. Our Covid 19 Safety Plan and Protocols are also downloadable from our website.