



2019 HANDBOOK

ALP - Australian Levels Program





**WERRIBEE
GYMNASTICS CLUB**

ALP HANDBOOK 2019

ALP@WERRIBEEGYMNASTICS.COM.AU

MAY 2019

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Please note, all prices listed in this document are as per 2018 and are subject to change in 2019.

Contact Information

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Website: www.werribeegymnastics.com.au

Facebook page: 'Werribee Gymnastics Club'

Instagram: werribeegymnasticsclub

Club Manager

Feedback/concerns/questions regarding coaches and other staff, child protection & safety, if you are interested in becoming a judge/coach/helping out or working for the Club in any way, carpooling arrangements.

manager@werribeegymnastics.com.au

The Office / Club Administrator

Enrolment, payment, invoicing & accounts, uniform (includes placing orders), timetable, missing training sessions/holidays.

info@werribeegymnastics.com.au

ALP Coordinator

Competition information, competition selection process, feedback/concerns/questions about the program, holiday training bookings, event bookings, level assessment test (LAT).

alp@werribeegymnastics.com.au

Class Coach/es

Specific feedback/concerns/questions about gymnasts' skills/progress/performance during classes and competitions.

Please ensure communication is kept open and positive so we can address any issues promptly and find the best solution possible.

About ALP

The Australian Levels Program (ALP) is a more competitive and serious stream of Women's Artistic Gymnastics (WAG) than our Gymstar and General Gym programs. It offers gymnasts a highly structured framework that allows them to develop their gymnastics skills, confidence, understanding and passion for gymnastics in preparation for competitions, and for learning harder skills as they move up the levels. Rest assured, these classes are still made fun and enjoyable by our coaches, with a strong focus on teamwork and positive attitudes.

Selection into this program is via assessment and invitation only. Gymnasts selected for ALP demonstrate high levels of strength, flexibility, body control, posture and coordination. Gymnasts in this program respond well to feedback, are passionate about their sport, have a desire to compete and develop a growth mindset towards their gymnastics and everyday life in order to reach their potential.

Hard work is essential in the ALP program, with gymnasts understanding the demands of competitive gymnastics and why they have been selected into this stream. Each ALP class is highly structured, requiring gymnasts to have dedication, discipline, motivation, enthusiasm and an ability to persist during training. Gymnasts will develop and compete compulsory routines on Vault, Uneven Bars, Balance Beam and Floor Exercise in ALP Development (ALP 1) to ALP 6, and optional routines from ALP 7, as set by Gymnastics Australia.

Additionally, this program aims to build self-confidence and resilience in our gymnasts through challenging them during training and through experiences such as competitions. As a Club we aim to encourage not only skill development but also personal development by fostering a supportive and positive team environment.

ALP Levels & Structure

ALP Foundation Program

At Werribee Gymnastics Club, ALP Development and ALP 2 are part of the ALP Foundation Program as outlined by Gymnastics Australia. Gymnasts in these groups learn the basics required for ALP, with a strong focus placed on skill development and technique.

ALP Development (Previously ALP 1). The ALP Development class aims to develop technically sound basic gymnastics skills. Gymnasts selected into this squad will build confidence and awareness of their bodies whilst performing gymnastics specific movements. A major focus of this class is to develop a strong foundation, and as such, minimal emphasis will be placed on competitions. Gymnasts will be offered some competitions throughout the year to get an idea of what is expected of them as they progress through the levels. Gymnasts will compete in ALP 1 which is participation based.

ALP 2. In ALP 2, gymnasts will continue to develop their technically sound basic gymnastics skills, as well as their overall strength and flexibility, in an attempt to streamline their attainment of higher level skills as they move through the program. Gymnasts will be offered competitions throughout the year in order to gain confidence and valuable competition experience. Some gymnasts will also have the opportunity to compete as a part of the top 5/6 gymnasts from their level, fostering a healthy competitive environment, and rewarding gymnasts hard work.

ALP Junior Levels

The focus of the ALP Junior Levels Program is the continued development and refinement of technique, including the execution of skills. Team unity and spirit is developed in these levels in order to create a training and competition environment which is positive and supportive. Competition exposure and experience is a priority of these levels, with gymnasts learning how to confidently compete their compulsory routines. Some gymnasts may also be selected to compete as a part of the top 5/6 gymnasts from their level at particular competitions. This ensures gymnasts hard work is rewarded, creating a healthy competitive environment, as well as encouraging gymnasts to continue to achieve their best.

ALP 3 & 4. The focus of ALP 3 and ALP 4 is on team participation and attaining valuable competition experience. Gymnasts in these levels will only compete as a team (as per Gymnastics Australia guidelines) and as such, the program places team work and unity as a high priority in both training and competition. The main objective of these lower levels is to develop sound basic gymnastics skills in order to complete

the advanced skills required from ALP 5 onwards. Gymnasts who train in these levels will have the opportunity to compete at many competitions throughout the year.

ALP 5 & 6. In ALP 5 and ALP 6, a larger focus is placed on individual performance, whilst still maintaining the important team atmosphere at training and competitions. Gymnasts in these levels will develop confidence in a range of compulsory and optional skills that will form the basis of their current and future routines. Gymnasts will have the opportunity to compete at many competitions throughout the year.

ALP Senior Levels

The focus of the ALP Senior Levels Program is the development of confidence and execution of high level gymnastics skills in both training and competition. Gymnasts in these levels will develop a growth mindset towards their gymnastics training which can be applied to their everyday life. Team culture and spirit is essential in these higher levels, with gymnasts acting as mentors to their younger peers. Gymnasts in this program will find a unique style and approach to their gymnastics, based off their physical abilities and personal goals.

ALP 7. The ALP 7 at Werribee Gymnastics Club is based on the individual gymnast. Gymnasts in these levels will develop high level gymnastics skills and routines based on their own physical capabilities and personal goals. ALP 7 gymnasts will develop confidence and act as role models to younger gymnasts through their approach and dedication to training and competition. Gymnasts will be eligible to trial to compete in the Senior Victorian Gymnastics Championships, as well as be a part of the Victorian State Gymnastics Team. Selection into these events/teams requires qualification through Gymnastics Victoria.

Training Requirements

Werribee Gymnastics Club requires our ALP gymnasts to commit to the following training hours. These are based on Gymnastics Australia's guidelines for 'Limited Hours / Division 2' in which our gymnasts compete.

- ALP Development – 2 x 1.5 hour sessions per week

(Increase to 2 x 2 hour sessions per week in term 4 in preparation for 2020. Term 4 fees to increase accordingly.)

- ALP 2 – 2 x 2 hour sessions per week

(Increase to 2 x 2.5 hour sessions per week in term 4 in preparation for 2020. Term 4 fees to increase accordingly.)

- ALP 3 – 2 x 3 hour sessions per week

- ALP 4 – 3 x 3 hour sessions per week

- ALP 5 & 6 – 2 x 3.5 hour sessions & 1 x 3 hour session per week

- ALP 7 – Up to 12 hours per week (session length/number TBC.)

- Regular attendance and commitment to training is compulsory in this program.

- Gymnasts are expected to arrive 5-10 minutes early to every session.

- Gymnasts are expected to come with a positive attitude and willingness to learn and work hard.

- Training will be kept positive. The coaches are there to encourage, build confidence and develop gymnasts into the best they can be.

- Gymnasts can lose their skills, strength, flexibility and fitness very quickly with time off. Missing training sessions can have a large impact on gymnasts' development and may cause them to fall behind. Missing classes regularly without consulting the gymnasts coach/ALP coordinator may jeopardise their spot within the program.

- Holiday training each school holidays is compulsory. Dates/times will be organised in advance. Gymnasts will be required to train similar or more hours each week as during the term (although different days and times may be scheduled). External training venues may also be organised.

Uniform Requirements

Please see the office for sizing, ordering & purchasing of the following items:

Item	Picture	Details	Price
<p>Sylvia P Short Sleeve Green Leotard</p>		<p>*NEW 2019*</p> <p>Optional training leotard: ALP Development – ALP 7</p> <p>Compulsory competition leotard: ALP Development – ALP 4</p>	<p>\$70</p>
<p>Sylvia P ¾ Sleeve Black Leotard</p>		<p>Compulsory competition leotard: ALP 5 – ALP 7</p> <p>*ONLY to be worn at competitions*</p> <p>Please follow the washing instructions on the tag. Do not wash these leotards too many times a year. Sometimes airing them out after a competition is enough. Do not hang them up using pegs or leave them outside in the sun. It is advised that you hang leotards on a coat hanger when storing them to avoid creasing and wrinkling.</p> <p>Gymnasts will need to wear CLEAR straps and high cut black/nude underwear under their leotards if necessary.</p>	<p>\$145</p>

<p>Full Tracksuit</p>		<p>*Jacket AND pants required*</p> <p>Compulsory competition tracksuit: ALP Development – ALP 7</p> <p>Can be worn to and from training.</p> <p>*These MUST be clearly named.*</p>	<p>Jacket \$61 Pants \$38 Full \$99</p>
<p>Small Green Drawstring Bag</p>		<p>Optional training/competition/grip bag: ALP Development – ALP 7</p>	<p>\$25</p>
<p>Reisport Grips</p>		<p>Compulsory: ALP 4 – ALP 7</p> <p>Available with Velcro straps (recommended for younger gymnasts) & buckles (recommended for older gymnasts).</p> <p>*Long plain white wristbands will need to be purchased to wear under these (eg. at Rebel Sport, etc.)* A small drawstring grip bag (Club or other) is also recommended to keep the grips & wristbands in.</p> <p>We suggest gymnasts buy new grips every 1-2 years due to general wear and tear, and hardening or drying of the material. This is to ensure gymnasts' complete safety on the bars.</p>	<p>\$74</p>

Sylvia P Green Crop Top		*NEW 2019* Optional training crop top: ALP Development – ALP 7	\$45
Sylvia P “WGC” Shorts		*NEW 2019* Optional training shorts: ALP Development – ALP 7	\$35
Green Scrunchie		Optional training and competition scrunchie: ALP Development – ALP 7	\$7

**Please contact the office for information regarding your “credit” if you returned a faulty leotard in 2018.*

Grips

As gymnasts move up the levels, skills on uneven bars become more complex and as such gymnasts are required to spend additional time training this apparatus. For this reason, it is compulsory that all gymnasts in ALP 4 and above purchase grips to wear during training and competitions. This is to prevent gymnasts from experience frequent “ripping” of the skin on their hands, and to help them keep hold of the bar.

When gymnasts first begin using grips it can take a while to get used to them. Gymnasts may complain they have sore hands/wrists, or that they don’t like wearing grips at all, but this is completely normal as the body and mind adjust. Gymnasts will be taught the correct way to break in, prepare and wear their grips during class.

Gymnasts will need to keep their grips and wristbands in a small grip bag at training. Gymnasts will need to take these home on the last training session before a competition, and bring these to the competition themselves. Don’t forget to bring these back to training after the competition as well.

Training

- Gymnasts may wear training leotards, crop tops, bike shorts and/or leggings during training.
- No singlets, t-shirts, baggy shorts/pants or socks can be worn during training. No zips, buttons or buckles are permitted on the equipment.
- Gymnasts will be required to train in just leotards at times throughout the year. This is in order for gymnasts to experience skills in correct competition attire, and to build their self-confidence.

- Gymnasts must wear supportive undergarments including crop tops and sports bras.
- A high level of personal hygiene is encouraged, including the use of deodorant.
- Hair must be neatly and securely tied up and off the face. A ponytail, bun or braids are preferred.
- Earrings must be small studs.
- Drink bottles MUST be brought to every session. Only water is permitted.
- A small healthy snack may be brought to training. This includes a piece of fruit or some savoury biscuits. Please be mindful of allergies (eg. no nuts).

<p>What we recommend to include in a TRAINING 'gym bag':</p>	<ul style="list-style-type: none"> • Water bottle • Healthy snack • Deodorant & spare sanitary items • Rigid sports strapping tape • Hair ties & bobby pins/clips • Any rehab items needed (therabands, spikey ball, etc.) • Socks (for ballet & training specific skills on floor) • Warm clothes (depending on weather) • Mobile phone/iPod for filming of skills (older gymnasts) • Any medication (must be labelled)
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Competition

- Gymnasts must wear the full Club tracksuit and competition leotard during competitions.
- Gymnasts are not permitted to compete in leggings or shorts.
- Please do not bring any blankets. This is what tracksuits are for.
- Plain white socks are to be worn only. Shoes are to remain with family in the spectator area.
- Hair is to be tied up neatly and secured with hairspray/gel and clips/pins. No hair should be in the gymnast's eyes. A ponytail, braids or a tight/secure bun is preferred. Please speak to gymnasts' coaches if you require additional information/guidance.
- Please wear the green Club scrunchie if you have one OR green/white/black/silver ribbons if you would like. Gymnasts may also wear glitter in their hair (brought in hairspray like bottles).
- Gymnasts should NOT wear nail polish, makeup, or coloured undergarments. Any undergarments, nail polish or makeup that can be seen during competition incurs deductions.
- Earring must be small studs.

<p>What we recommend to include in a COMPETITION 'gym bag':</p> <p><i>(WGC green small drawstring bag OR small plain black bag ONLY)</i></p>	<ul style="list-style-type: none"> • Grips & wrist bands (ALP 4-7) • Water bottle • Healthy snack (please NO lollies) • Deodorant & spare sanitary items • Rigid sports strapping tape • Hair ties & bobby pins/clips • Any rehab items needed (therabands, spikey ball, etc.) • Plain white socks only • Any medication (must be labelled)
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Competitions

ALP Development (ALP 1) to ALP 6 gymnasts compete compulsory routines as set by Gymnastics Australia in the 'WAG Australian Levels Program Manual 2017 and Beyond'. ALP 7 gymnasts compete optional routines, fulfilling requirements detailed by Gymnastics Australia in the 'WAG Australian Levels Program Manual 2017 and Beyond'. ALP 3-6 routines can be found on YouTube as well. If you wish to have floor routine music available to use at home, please see the office with a USB.

Each ALP level is split into 'Limited' (Division 2) and 'Unlimited' (Division 1) training hours divisions. At Werribee Gymnastics Club, we train and compete in Division 2 at all Gymnastics Victoria events/competitions. At some external invitational events however, these divisions may be mixed at the host Club's discretion.

Competition season for our ALP Development to ALP 6 gymnasts falls over Term 3 of each year. Gymnasts in this program are expected to compete in order to show off what they have been working on in training, as well as gain valuable experience and build confidence competing in front of judges and a crowd.

- ALP Development gymnasts will be offered a maximum of 1 x internal competition & 2 x external competition (competing as ALP 1).
- ALP 2 gymnasts will be offered a maximum of 1 x internal competition & 5 x external competitions.
- ALP 3-6 gymnasts will be offered a maximum of 1 x internal competition & 7 x external competitions (8 pending qualification).
- Selected ALP 3-6 gymnasts will have the opportunity to attend State Championship events such as the Metro West Regional Championships & Junior WAG Victorian Championships (pending qualification).
- ALP 7 competition season falls over the first few months of the year. The number and types of competitions entered will be determined by coaches and families' preferences/agreement.

External Competition - Type & Number		
Level	Participation based (minimum number offered to ALL* gymnasts)	Teams selected
ALP Development	2	n/a
ALP 2	3	2
ALP 3-6	3	4 (includes Metro West. If team/individuals qualify, same gymnasts attend Junior Vics eg. 5 th selected comp)

***Please note:** Gymnasts will only be entered into external competitions if they are ready, and can competently complete their compulsory routines. If a gymnast nominates to compete in a competition but the coaches deem them not ready, both the gymnast and family will be given feedback regarding what areas need improvement and a strategy for being ready for the next competition/next competition season (2020). Gymnastics takes time to master and, particularly for gymnasts new to ALP, there is no rush to compete. However, these gymnasts are still encouraged to compete at our internal competition to enhance their development

Participation Based

- Any number of gymnasts may enter these competitions.
- We will be drawing names out of a hat (eg. randomly) to divide gymnasts into evenly numbered teams.
- For example, if 9 gymnasts enter - a team of 5 will be drawn out of the hat first, then a team of 4.
- Note that the maximum in a team is 5/6, and the minimum is 3, with the top 3 scores counting on each apparatus. If we divided 9 gymnasts into a team of 6 and a team of 3, the team of 3 would be at a disadvantage. That is, if one of gymnast fell off beam, there would be no 'back up' score to be used in calculating the team score.

Teams Selected

- The Club will be entering the top 5/6 gymnasts per level into these competitions, however any number of gymnasts may nominate that they would like to be considered.
- The team of 5/6 will be selected based on performance in training as assessed by coaches and coordinating staff, taking into account any feedback from judges or previous competition performances/scores if necessary.
- For each competition, a different team may be selected. Therefore, selection into one of these competitions does not guarantee selection into all of them.

Annual Internal ALP Practice Competition

- This is a great opportunity for gymnasts to compete their routines in a slightly more relaxed environment before the season starts (date TBC), perfect for those who are a little or nervous or have never competed before. It is also a good way to see how each gymnast is progressing, and to receive some extra feedback.
- The fee for this competition (TBC) will go directly towards paying our judges who give up their weekends to judge for the Club. Without supplying judges at competitions the Club incurs hefty fines, or more severely, we are not allowed to enter competitions.

Logistics

- A competition calendar will be distributed at the beginning of the year (once set by Gymnastics Victoria).
- A competition commitment sheet will need to be completed, signed and returned to the office by a set date. This will detail how competitions are to be paid (lump sum or payment plan) and by what date. Without payment, gymnasts will not be entered into competitions and will miss out.
- The cost of each competition is approximately \$70-\$100 (TBC).
- This cost is calculated by considering the base rate of the event, plus the cost of supplying coaches and judges. If the Club does not supply coaches and judges, gymnasts are simply unable to compete, as dictated by Gymnastics Victoria's rules and regulations.
- Once a gymnast has been entered into a competition, we cannot refund any payments without a medical certificate, so please carefully plan your holidays.
- Competitions are held around the state. The furthest suburb you may have to travel to is Ringwood or Mount Waverley. Unfortunately, most Clubs that hold ALP competitions are roughly an hour away from Werribee. There are not many Clubs close to us that hold ALP competitions.
- Gymnasts will be competing on only 1 day of the scheduled competition weekend, and for a single session.
- Sessions may run up to approximately 2-3 hours. We will not know what the session start time will be until approximately 2 weeks before the competition.
- More comprehensive information will be distributed regarding the times, dates and locations of each competition, as well as reminders of what to bring/wear closer to the event.

Format

Gymnasts compete on four apparatus; vault, bars, beam and floor. Gymnasts start with a General Warm-Up of 20 minutes before lining up to be presented to the audience. All gymnast will march to their first apparatus, once all gymnasts have competed, all groups will march simultaneously to their next apparatus.

Gymnasts will warm-up their skills on each apparatus before individually competing their routine for the judges. Gymnasts are expected to memorise their routines. Coaches are not permitted to prompt gymnasts if they forget, however their teammates can. In ALP 1 and 2, there is no floor music. In ALP 3 to ALP 6 there is compulsory music. In ALP 7 gymnasts compete optional routines on all apparatus, to optional music on floor.

- Once competition begins gymnasts are to remain with their coach at all times, and are not to make contact with those in the audience, including parents. Communication between spectators and gymnasts/coaches may lead to disqualification.
- Gymnasts should not need to leave the competition floor except to use the bathroom.
- Spectators are not permitted on the competition floor or to communicate with the competition floor manager or judges before, during or after the competition. This can lead to disqualification.
- Flash photography is not permitted. Please make sure the flash on your camera/phone is turned off.
- A small cash fee/donation may be asked upon spectator entry into the competition.

Scoring

- In ALP 1, each skill is given a score of 1-5 (whole numbers) based on how well it is performed. Gymnasts will receive individual certificates with corresponding coloured stickers/ribbons indicating how they went. No scores are calculated.
- In ALP 2, each skill is given a score of 1-5 (whole numbers) based on how well it is performed. The skill scores are then averaged, and multiplied to produce a routine score out of 10.
- In ALP 3 to ALP 7, each score is made up of a D score (Difficulty) and an E score (Execution).
- The D score relates to what skills the gymnast performs. In levels 3-6 the D score is out of 10.0. If a gymnast misses a requirement/skill, it will be deducted from the D score.
- The E score relates to how well the gymnast performs each skill. Judges will total their amount of deductions, average, halve, then minus them from the D score.
- In ALP 7, the D score is made by adding the individual value of elements performed as per the Code of Points. This becomes the 'start value'. The E score is out of 10. These are then added. For

example, a handspring on vault is worth 2.5, plus an E score of 10, therefore a gymnast would have their vault calculated out of 12.5.

- Deductions can be for various things including, but not limited to; falls (1.0), wobbles, bent legs (0.1, 0.3 or 0.5 each time), hesitations, flexed feet (0.1 each time), legs apart, lack of split (0.3), failure to hold skills for the required time (0.3), loose core, lack of height, lack of control, off direction, and steps on landings (0.1, 0.3, 0.5 or 0.8).

From a spectator’s perspective for example, a good routine is one where the skills flow smoothly in sequence, the gymnast seems confident (with chin lifted and shoulders back), maintains a tight body shape (including core, legs, feet, arms and fingers), performs skills with maximum height, power and flexibility, and sticks landings without wobbling or stepping.

By contrast, a poor routine is one where the skills look disjointed from one another, the gymnast seems hesitant and unsure, does not maintain a tight body shape (including chin down, shoulders hunched over, loose core, bent knees, flexed feet, bent arms and flopping fingers), displays a lack of height, power and flexibility in skills, and wobbles, steps or falls on landings.

Range of scores for routines	
9.5 and above	Exceptional routine – Minimal minor faults
9.0-9.5	Excellent routine – No major faults, only a few minor faults
8.5-9.0	Great routine – No major faults, some minor faults
8.0-8.5	Good routine – Some major and minor faults
7.5-8.0	Okay routine – Major and minor faults
Below 7.5	Routine needs work – Many major and minor faults

- To determine individual all around scores, each of a gymnast’s apparatus scores are simply added together.
- To determine team scores in ALP 2 to ALP 6, the top 3 scores from each apparatus are added together. Therefore, the minimum number in a team is 3. The maximum number of gymnasts in a team is 6.
- As per the Victorian Team Championship rules, ALP 7 teams can be made up of a maximum of 8 gymnasts, with 4 to compete on each apparatus, and the top 3 scores to count towards the team total.

Competition Feedback

Scores in ALP 2 to ALP 4 are not shown during competition. It is Gymnastics Victoria's policy that scores are only made available to clubs and coaches, and to release to parents and gymnasts *at the Club's discretion*. This is to promote team spirit and foster a positive environment where the focus is not on results but personal development.

In 2019, all ALP gymnasts (with the exception of ALP Development) will receive a 'report card' from coaches following each competition detailing their individual scores on each apparatus, as well as some written feedback. This will be done away from the competition venue. Please do not share these with anyone else (eg. other parents or gymnasts). These details are NOT to be published on social media.

No individual placings will be revealed to gymnasts or parents in ALP 2 to ALP 4, so please do not ask. If you would like more/specific feedback, please directly ask the coaches. If we find that this information is being misused (posted online, or shared between parents/gymnasts in a negative way), we may refuse the release of future results at any stage during the year.

At ALP 5 to ALP 7 competitions scores may be shown on a screen or scoreboard for all to see shortly after they compete on an apparatus. Gymnasts and spectators thus receive immediate feedback and will need to be prepared to handle disappointment as well as success graciously, for themselves as well as their teammates.

Awards

- ALP 1 gymnasts will receive individual certificates and participation medals only.
- Competitions for ALP 2 to ALP 4 are team-based only, and awards are given using team scores.
- Competitions in ALP 5 to ALP 7 (and some Level 4 competitions. These will be advised in advance) have both team and individual awards.
- All competitions will be run slightly different. Some host clubs will only award 1st to 3rd medals, while other will award ribbons up to 6th or 8th place.
- Awards will be presented for each apparatus, as well as overall placings.
- Most competition sessions/awards are split into hours trained, that is Limited or Unlimited hours. Some may also split by age groups. The idea is that more gymnasts get the chance to go home with something, but there are no clear cut rules and as such we cannot guarantee how each competition will be awarded.
- Some competitions may include a small gift from the host club for each gymnast.
- Not every gymnast may go home with a medal at every comp. The competition is tough. We are there to do our best and learn from all of our experiences, positive or negative.

Level Assessment Test (LAT)

Gymnasts are required by Gymnastics Victoria to 'pass' their current level in order to move up to the next level. This assessment is based on one of their competition performances. If gymnasts have passed, ALP 3 to ALP 7 families will be invoiced \$35 to cover the cost of this. ALP Development and ALP 2 families will be invoiced \$12.50. At the end of the year, 'level badges' will be presented to gymnasts who have passed.

Please note that gymnasts can achieve their pass score at any competition that is a sanctioned LAT event. Some gymnasts pass their level at the first competition, while others have the opportunity to pass their level at the remaining competitions. The pass mark for ALP Development and ALP 2 is determined by the Club. The pass mark for ALP 3 to ALP 6 is an all around score of 30.00. The pass mark for ALP 7 is an all-around score of 38.00.

As a guide, gymnasts will move up one level per year, although some gymnasts may take more or less time to achieve the compulsory skills. Coaches will informally communicate with parents on an ongoing basis if a gymnast looks like they may not pass the LAT by the end of the year, and form a suitable plan for the future. Gymnasts can repeat or skip levels. Each gymnast may progress through the levels at their own pace.

Photo Policy - UPDATED

During competitions and various training sessions, coaches may take photos/videos of gymnasts on the "*Club device*" ONLY. These photos/videos will then be accessible only by the Club's program coordinators and administration staff.

The Club may then use these photos/videos in marketing and promotional material such as on the Club's Facebook and Instagram pages, posters, flyers handed out within the local community, etc. A gymnast's first name may be used in certain circumstances, but no last names will be used.

Please contact the office ASAP if you would NOT like photos/videos of your child to be used in the public domain.

If you are taking photos/videos of your child at competitions or training, please try to get ONLY your child in the frame (eg. no one else in the background). When taking photos/videos of other children (eg. group photos), please ask for PERMISSION from parents/guardians to do so.

Class Enrolment

Although a gymnast's position in the ALP Program will be held if they are deemed suitable to continue in the program, the Club cannot reserve training days and times in advance. Enrolment into your preferred training days and times will be done on a 'first in, best dressed' basis.

ALP Summary of Considerations

Please print these last two pages (single sided) for your reference, and cut off and return the slip below to reserve your spot in our ALP program in 2019. Please note that enrolment into ALP classes must be done SEPARATELY to this form by contacting the office.

- Commitment & regular attendance
- Training requirements
- Uniform requirements
- Costs
- Positive attitude, motivation, willingness to learn/develop
- Team work/spirit
- Open communication with coaches, coordinators & administrators
- Competitions

*Gymnasts will only be entered into external competitions if they are ready, and can competently complete their compulsory routines. If a gymnast nominates to compete in a competition but the coaches deem them not ready, both the gymnast and family will be given feedback regarding what areas need improvement and a strategy for being ready for the next competition/next competition season (2020).

Participation Based

- Any number of gymnasts may enter these competitions.
- We will be drawing names out of a hat (e.g. randomly) to divide gymnasts into evenly numbered teams.
- For example, if 9 gymnasts enter - a team of 5 will be drawn out of the hat first, then a team of 4.
- Note that the maximum in a team is 6, and the minimum is 3, with the top 3 scores counting on each apparatus. If we divided 9 gymnasts into a team of 6 and a team of 3, the team of 3 would be at a disadvantage. That is, if one of gymnast fell off beam, there would be no 'back up' score to be used in calculating the team score.

Teams Selected

- The Club will be entering the top 6 gymnasts per level into these competitions, however any number of gymnasts may nominate that they would like to be considered.
- The team of 6 will be selected based on performance in training as assessed by coaches and coordinating staff, taking into account any feedback from judges or previous competition performances/scores if necessary.
- For each competition, a different team may be selected. Therefore, selection into one of these competitions does not guarantee selection into all of them.

Please contact us if you require additional flexibility for any reason, e.g. Regarding payments or carpooling to training/competitions. We are happy to make alternate arrangements if they remain compatible with this program. Furthermore, please note that coaches may review a gymnast's spot in this program at any time if these expectations and commitments are not being met, or if the gymnast is struggling with the work load. We cannot guarantee that every gymnast will be successful in ALP. Gymnasts may move back into the recreational competition stream of Gymstar at any time. Our main aim is for gymnasts to enjoy coming to training and developing their gymnastics and personal skills.

If you have any further questions, please do not hesitate to contact us.

Thank you,
Werribee Gymnastics Club

ALP Commitment Form 2019

- I have read the Club's ALP Handbook for 2019 & understand what is required from both gymnasts and parents/guardians participating in this program, and commit to the expectations detailed.
- I would like to secure my child's position in the ALP program for the full duration of 2019.

Parent/Guardian name: _____ Signature: _____

Email: _____ Date: ____/____/____

Gymnast name: _____ ALP Level 2019: _____