

**splitzgym**  
WOMEN'S GYMNASTICS



## **WAG COMPETITIVE PROGRAM HANDBOOK**

**2018 - 2019**



TABLE OF CONTENTS		
UNIFORM REQUIRMENTS	PAGE	3
LEVELS PROGRAM SUMMARY	PAGE	4
LEVELS PROGRAM DESCRIPTION	PAGES	5 - 7
DEVELOPMENT PROGRAM SUMMARY	PAGE	8
DEVELOPMENT PROGRAM INFORMATION	PAGES	9 -10
TEAM & TOPS PROGRAM SUMMARY	PAGE	11
TEAM & TOPS PROGRAM INFORMATION	PAGE	12 - 14
WAG GENERAL PROGRAM INFORMATION	PAGE	15
COMPETITION HAIR	PAGE	16
LEOTARD CARE INSTRUCTIONS	PAGE	17
WAG COMPETITION INFORMATION	PAGES	18 - 19
WEBSITE	PAGE	20
INJURY MANAGEMENT	PAGE	20
WAG FEES AND PAYMENT POLICIES	PAGES	21 - 23
PARENT CODE OF CONDUCT	PAGE	24
ATHLETE CODE OF CONDUCT	PAGE	25
CAR PARK - MEMBER PROTECTION POLICY	PAGE	26
PRIVACY	PAGE	26
PHOTO POLICY	PAGE	27
EMERGENCY PROCEDURES	PAGE	28
CHILD PROTECTION	PAGE	29
STAFF ROLES AND RESPONSIBILITIES	PAGE	30
COMPETITIVE RESULTS & RECORDS	PAGE	31 - 33
WAG PROGRAM CHECKLIST	PAGE	34

SUMNER PARK OFFICE HOURS		
MONDAY	9.00 AM	6.00 PM
TUESDAY	9.00 AM	6.00 PM
WEDNESDAY	9.00 AM	6.00 PM
THURSDAY	9.00 AM	6.00 PM
FRIDAY	9.00 AM	5.00 PM
SATURDAY	7.30 AM	12.30 PM

#### COMMON TERMS:

**WAG:** Womens Artistics Gymnastics

**AA:** All Around Score this the combination of the four apparatus: VT vault, UB uneven bars, BB balance beam, FX floor exercise

**GQ:** Gymnastics Queensland which is our governing body

**GA:** Gymnastics Australia which is the National Body

Training Venue - 79 Jijaws Street Sumner Park

Postal Address - 79 Jijaws Street, Sumner Park

Ph: (07) 3279 4977 Fax: (07) 3279 4933 Email: info@splitz.com.au

<p><b>LEVEL 1 - 3</b></p> <p><b>COMPETITION LEOTARD</b></p> <p>SUPPLIER: GK LEOTARDS</p> <p>COMPULSORY FOR:</p> <p>ATHLETES IN LEVEL 1 - 3</p> <p>IN ALL CLASSES FOR</p> <p>COMPETITIONS</p>		<p><b>CLUB TRACKSUIT</b></p> <p>SUPPLIER: GK—Adidas</p> <p><b>COMPULSORY FOR:</b></p> <p><b>LEVEL 3 AND ABOVE</b></p> <p><b>PANTS ONLY</b> FOR LEVEL 1 - 2</p> <p>ATHLETES IN THE LEVELS &amp; DEVELOPMENT PROGRAM</p> <p>ANYONE <b>SELECTED IN A REP LEVEL 3 &amp; ABOVE</b> TEAM FOR TEAM SEASON WILL NEED A FULL TRACKSUIT</p>	
<p><b>WAG LEVEL 4 - 6</b></p> <p><b>COMPETITION LEOTARD</b></p> <p>SUPPLIER: GK LEOTARDS</p> <p><b>COMPULSORY FOR:</b></p> <p>ATHLETES IN LEVEL 4 - 6 IN ALL CLASSES</p>			
<p><b>WAG TRAINING LEOTARD</b></p> <p><b>COMPULSORY FOR:</b></p> <p>TEAMS, TOPS &amp; DEVELOPMENT CLASSES</p> <p><b>OPTIONAL FOR:</b></p> <p>LEVELS PROGRAM</p>		<p><b>CLUB BACKPACK</b></p> <p>SUPPLIER: GMD ACTIVEWEAR</p> <p><b>COMPULSORY FOR:</b></p> <ul style="list-style-type: none"> <li>LEVELS PROGRAM</li> <li>DEVELOPMENT PROGRAM</li> <li>TEAMS PROGRAM</li> <li>TOPS PROGRAM</li> </ul>	
<p><b>GUARD BAG</b></p> <p>FOR GUARDS &amp; LOOPS</p> <p>SUPPLIER: GMD</p> <p><b>COMPULSORY</b> IF YOU HAVE GUARDS</p>		<p><b>CLUB POLO SHIRT</b></p> <p><b>COMPULSORY FOR:</b></p> <ul style="list-style-type: none"> <li>LEVELS PROGRAM</li> <li>DEVELOPMENT PROGRAM</li> <li>TEAMS PROGRAM</li> <li>TOPS PROGRAM</li> <li>WORN AT COMPS FOR LEVEL 1 &amp; 2 IN SUMMER</li> </ul>	
<p><b>CLUB RIBBONS FOR COMPETITIONS</b></p> <p>PLEASE BUY FROM RECEPTION</p>			
<p><b>LOOPS</b></p> <p>SUPPLIER: SPLITZ</p> <p><b>COMPULSORY FOR:</b></p> <p>ANYONE IN LEVEL 3 AND ABOVE</p>			

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WHERE THE SERIOUS FUN BEGINS!

WAG LEVELS PROGRAM SUMMARY						
INFORMATION	PRE LEVELS	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5+
TRAINING HOURS PER WEEK	2	4	4	6	8	10-12
TRAINING WEEKS PER YEAR	39	39	46	46	46	46
SEASON	BEGINNING OF OCTOBER TO THE END OF SEPTEMBER (TERM 4, 2018 TO END OF TERM 3, 2019)					
HOLIDAYS	ALL SCHOOL HOLIDAYS OFF		4 DAYS EASTER, 4 DAYS IN JUNE, 1 WEEK IN SEPTEMBER & 3 WEEKS OFF AT CHRISTMAS			
PUBLIC HOLIDAYS OFF	ALL	ALL	AUSTRALIA DAY, QUEENS BIRTHDAY & ANZAC DAY			
TRAINING ON PUBLIC HOLIDAYS	NONE	NONE	EKKA SHOW DAY & LABOUR DAY			
COMPETITIONS PER YEAR	NONE	3 - 4	3 - 4	4 - 6	4 - 6	4 - 6
AWARDS	ALL ATHLETES WORK THROUGH AN AWARD BOOK WITH RIBBON AWARDS					
END OF YEAR AWARDS DAY	X	✓	✓	✓	✓	✓
CHOREOGRAPHY REQUIRED	X	X	X	X	X	✓
MAKE UP LESSONS	ONLY WHEN AVAILABLE		NO MAKE UPS AVAILABLE			
MONTHLY FEE PAYMENTS	✓	✓	✓	✓	✓	✓
LOCKER BOX	X	X	X	X	✓	✓
ANKLE WEIGHTS	X	X	X	X	✓	✓
WATER BOTTLE	✓	✓	✓	✓	✓	✓
LOOPS AND GLOVES	X	X	X	✓	✓	✓
GUARDS AND BAG	X	X	X	✓	✓	✓
CLASS RATIO: 1 COACH TO	10	10	10	10	10	10
UNIFORMS						
TRACKSUIT PANTS	X	✓	✓	✓	✓	✓
TRACKSUIT TOP	X	✓	✓	✓	✓	✓
SPLITZ REPRESENTATIVE TEAMS	IF YOU ARE CHOSEN IN A REP TEAM TO COMPETE AT TEAM CHALLENGE OR QLD CLUBS YOU WILL NEED A FULL TRACKSUIT					
WAG HOODIE FOR WINTER COMPS	OPTIONAL	✓	✓	OPTIONAL	OPTIONAL	OPTIONAL
POLO SHIRT	OPTIONAL	✓	✓	✓	✓	✓
BACKPACK	X	✓	✓	✓	✓	✓
LEVEL 1 - 3 COMPETITION LEOTARD	X	✓	✓	✓	X	X
LEVEL 4 - 6 COMPETITION LEOTARD	X	X	X	X	✓	✓
WAG TRAINING LEOTARD	X	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL	✓
UNIFORM ITEM			SUPPLIER			ORDER BY
TRACKSUIT TOP & PANTS			GKD GYMNASTICS			TBA
LEVEL 4 - 6 LONG SLEEVE LEOTARD			GK LEOTARDS			TBA
LEVEL 1–3 COMPETITION LEOTARD			(order forms at reception)			TBA
BACKPACK			GMD ACTIVEWEAR (order online @ <a href="http://gmdirect.com.au">http://gmdirect.com.au</a> )			Order anytime (allow a minimum of two weeks for delivery)
POLO SHIRT						
WAG HOODIE (COMPULSORY FOR LEVEL 1 - 2)						
GUARD BAG						
WAG TRAINING LEOTARD			GK Leotards			

## WAG LEVELS PROGRAM

<b>WAG LEVELS PROGRAM INFORMATION</b>	<p>Gymnastics is an immensely beautiful and challenging sport, requiring years of preparation to reach a competitive level. While gymnastics is inherently fun, it also deeply enriches and educates the lives of its participants in ways unreachable by most other activities and sport.</p> <p><b>Women's Artistic Gymnastics (WAG) at Splitz Gym has four levels of participation</b> from Pre Levels to our Tops Program, catering for all competitive gymnasts from beginner to advanced. The goal of our program is to cater for the participation needs and commitment level of each individual to ensure they can reach their potential and achieve their own goals.</p>
<b>PROGRESSIONS</b>	<p>Progression through the different <b>WAG Levels</b> takes place as the <b>athlete herself</b> achieves the necessary skills. Athletes can move from one class to another at their own pace and will never be held back from progressing.</p> <p>Splitz is fortunate to have <b>highly experienced competitive coaches, who know and understand if an athlete is ready for a more advanced class and will advise if progressions are necessary.</b> While we aim to progress at whole class through the levels together, this is not always in the best interest of each individual athlete and not always possible due to class sizes.</p> <p>Please be assured that our coaching team has the <b>best interest of the athlete in mind</b> when making recommendations for your daughter and has the knowledge required to assess and propose any change.</p>
<b>LETTER OF OFFER FOR THE PROGRAM</b>	<p>Once your daughter receives a letter of offer for a position in the <b>WAG Program</b>, it is important to fully assess the <b>commitment level</b> required as this is not designed to be a short-term position. Athletes must understand that positions are offered for the competition season and this is for several reasons:</p> <p><b>The WAG Program usually runs at capacity and spaces are limited</b>, so we may have girls on waiting lists to get into classes. As such, each offer is viewed as needing a minimum 12-month commitment from each athlete. Gymnastics skills are very technical and require a high level of physical conditioning to master. As such, time is needed to even master the basic foundation skills.</p>
<b>COMMITMENT</b>	<p><b>A medium level of commitment</b> is required in our <b>Levels Program</b> due to the time it takes for the children to develop the skills in each level and prepare them for competition routines.</p> <p>Commitment to each training session is required, except in the case of illness. Gymnasts also need to commit to the full competitive season that runs from October to September and to all competitions that are scheduled for them.</p>
<b>TRAINING GEAR</b>	<p><b>Sleeveless leotards, crop tops, and bike pants are the best training outfits and can be purchased from:</b> Handspring Leotards, GKD Gymnastics, Sylvia P, Snowflake (USA), which are all online. These companies often have stalls at major competitions.</p> <p><b>Tight fitting skivvies and tights when cold.</b></p> <p><b>Please ensure your daughters hair is tied up in a pony tail and secured underneath if it is below their shoulder.</b> Having their hair secured is an important safety measure as it prevents it from being caught in equipment during skills.</p> <p>Girls will be sent out of training to their parent to fix their hair if it is not done in an</p>

# WAG LEVELS PROGRAM

<p><b>PRE LEVELS</b></p>	<p><b>The Pre Levels class</b> is the introduction to our Levels Program. Girls usually start in this program when they are 4½ to 6 years old. Girls can enter this program from either the Kindergym or the Jumpstart programs.</p> <p>Our WAG coaching staff view our recreational classes on a regular basis in order to make offers for our competitive program. If they believe your child will benefit from the extra challenge, you will then then receive a letter of offer to a WAG class.</p> <p>Pre Levels girls do not take part in competitions, apart from our internal Club Championships, and they do not require any specific uniforms. The girls work through a booklet that has a series of awards and certificates for physical conditioning.</p> <p><b>The Pre Levels Program</b> teaches the basic skills of the four WAG apparatus: <b>Vault, Bars, Beam, and Floor</b>. Girls in this program work on their strength, flexibility, trampoline work, and dance as well as the basic skills included in the Level 1 program. Progression from this class is either to Level 1 or to the Development Program. Girls receive a letter of offer to these classes when they are ready to move up.</p>
<p><b>LEVELS 1 - 5</b></p>	<p><b>Level 1 is the first of the 10 National Gymnastics Program levels.</b> Entry into this program is usually via invitation or alternately, parents can put their child's name down at the front desk if their daughter wants more of a challenge. Your daughter is then assessed by a coach and a recommendation is made for a suitable class.</p> <p><b>Levels 1 - 2</b> attend 2 x 2 hour sessions for a total of 4 hours per week. Both sessions must be attended.</p> <p><b>Level 3</b> attend either 2 x 3 hour sessions or 3 x 2 hour sessions for a total of 6 hours per week.</p> <p><b>Level 4</b> attend either a 3 x 4 hours sessions or a 2 x 3 hour + 1 x 4 hour</p> <p><b>Level 5</b> attend either a 3 x 4 hours sessions or a 2 x 3 hour + 1 x 4 hour</p> <p>Gymnasts learn routines on the four apparatus: <b>Vault, Bars, Beam, and Floor</b>. As a guide, gymnasts usually <b>spend one-and-a-half to two years in each level</b>. However, because each child progresses at a different rate, this may be longer or sometimes shorter.</p> <p>Level tests are held in conjunction with our Club Championships or at external competitions when gymnasts are ready to be tested. Gymnasts in the Levels Program will <b>also concentrate on</b> strength, flexibility, dance, and trampoline work.</p> <p>This WAG program requires a <b>higher level of commitment</b> than the Jumpstart program and gymnasts are required to sign up for the full competition season to be assured a place in the program.</p>
<p><b>NOVICE DIVISION</b></p>	<p>The <b>Novice Competition division</b> is run by different clubs, who mainly use 6 hours of training per week or less as their criteria for entry. We compete in this division as it gives our gymnasts a chance to be successful without competing against girls who are doing additional hours of training.</p> <p>Gymnasts in these levels train either 3 x 2 hour sessions for a total of 6 hours per week or 2 x 3 hour sessions for a total of 6 hours per week.</p> <p>Parents in this program are <b>required to help with competitions run at Splitz gym.</b></p>

# WAG LEVELS PROGRAM

<b>OPEN DIVISION</b>	The <b>Open Levels division</b> is offered to athletes who want to achieve more in their sport and be able to pass their level tests. The athletes must understand they will be competing in the open competition division at all events. Athletes are offered a minimum of nine hours and up to 12 hours, depending on the number of athletes in a class and the demand for the class. The hours would be spread over three or four days per week.
<b>HOLIDAY TRAINING</b>	Holiday training is provided for Levels 2 to 6 and is a compulsory part of the athletes program. The holiday training schedule is published three to four prior to holiday periods. Level 1 will usually be offered optional holiday training during most school holidays and will be charged separately to their normal monthly fees.
<b>AWAY TRIPS</b>	<b>At least one away trip is planned per year</b> and is an optional part of the Level 4—6 Levels Program. Away trips are an important part of the calendar for the athletes and are aimed to complement their usual training.
<b>EVENTS ASSISTANCE</b>	Parents of WAG athletes are required to help at events run at Splitz Gym to ensure their smooth running for all gymnasts. We have over the years run many successful events due to the help offered by our great supporters.

<b>WAG LEVEL 1-3 CLUB CHAMPIONSHIPS</b>	The Level 1 - 3 Club Championships is held annually and provides our gymnasts with their first competition experience. We usually have different divisions to reflect training hours so the girls compete on an equal footing, however, this is also determined by the number of entries. We encourage all family members to join us to see what the gymnasts have achieved for the year.
<b>INTERCLUB EVENTS</b>	Level 1 - 6 gymnasts can attend the following competitions: Invitationals held at Splitz and one or two external events held in South East Queensland throughout the year. This can include Regional Championships. Restricted Levels Competitions are attended for Levels 1 to 3 and sometimes Level 4, when they are run and advertised by other clubs. The restriction usually reflects the amount of training hours undertaken per week. All Regional and State Events are by age division.
<b>AWARDS</b>	Pre Levels work on a book of awards which is based on strength, flexibility, and skill goals.
<b>AWARDS DAY OR DINNER</b>	Held in Term 4, this event is for all athletes and provides the gymnasts with a fun event for the end of the year and to hand out any ribbon awards, levels badges, or fun awards that have been achieved.
<b>END OF YEAR AWARDS</b>	<p><b>Most Improved Levels Gymnast</b> (based on the amount of skill, conditioning improvements made and commitment to training)</p> <p><b>Most Outstanding Levels Gymnast</b> (based on competition points, table below)</p>

MOST OUTSTANDING LEVELS GYMNAST						
POINT ALLOCATION SYSTEM COMPETITION	ALL AROUND			APPARATUS		
	1ST	2ND	3RD	1ST	2ND	3RD
SPLITZ INVITATIONAL	8	6	4	NA	NA	NA
B.S. REGIONALS	10	8	6	8	6	4
STATE CHAMPIONSHIPS	15	13	11	10	8	6
CLUB CHAMPIONSHIPS	6	4	2	NA	NA	NA
1 OTHER INVITATIONAL	5	3	1	NA	NA	NA
POINTS FOR THESE COMPETITIONS ARE AWARDED AS ABOVE AND TOTALLED FOR THE END OF YEAR AWARD						

# WAG DEVELOPMENT PROGRAM

WAG DEVELOPMENT PROGRAM SUMMARY						
INFORMATION	OPALS	CRYSTALS	RUBIES	EMERALDS	DIAMONDS	SAPPHIRES
TRAINING HOURS PER WEEK	6	6	9	9	14	16
TRAINING WEEKS PER YEAR	47	47	47	47	47	47
SEASON	BEGINNING OF OCTOBER TO THE END OF SEPTEMBER (TERM 4, 2018 TO END OF TERM 3, 2019)					
HOLIDAYS	4 DAYS EASTER, 4 DAYS IN JUNE, 1 WEEK SEPTEMBER & 3 WEEKS AT CHRISTMAS					
PUBLIC HOLIDAYS OFF	AUSTRALIA DAY, QUEENS BIRTHDAY & ANZAC DAY					
TRAINING ON PUBLIC HOLIDAYS	EKKA SHOW DAY & LABOUR DAY					
COMPETITIONS PER YEAR	3 - 4	3 - 4	3 - 4	3 - 4	4 - 6	4 - 6
TESTING DAY: TERM 1 & 4	X	X	✓	✓	✓	✓
AWARDS	ALL ATHLETES WORK THROUGH AN AWARD BOOK WITH RIBBON AWARDS					
END OF YEAR AWARDS DAY	✓	✓	✓	✓	✓	✓
CHOREOGRAPHY REQUIRED	X	X	X	X	X	X
MAKE UP LESSONS	ONLY WHEN AVAILABLE		NO MAKE UPS AVAILABLE			
MONTHLY FEE PAYMENTS	✓	✓	✓	✓	✓	✓
LOCKER BOX	X	X	X	X	✓	✓
ANKLE WEIGHTS	X	X	X	X	✓	✓
WATER BOTTLE	✓	✓	✓	✓	✓	✓
LOOPS AND GLOVES	X	X	✓	✓	✓	✓
GUARDS AND BAG	X	X	X	X	✓	✓
MAXIMUM CLASS SIZE	10	10	10	10	10	10
UNIFORMS						
TRACKSUIT PANTS	✓	✓	✓	✓	✓	✓
TRACKSUIT TOP	✓	✓	✓	✓	✓	✓
WAG HOODIE	✓	✓	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
SPLITZ REPRESENTATIVE TEAMS	IF YOU ARE CHOSEN IN A LEVEL 3 REP TEAM TO COMPETE AT TEAM CHALLENGE OR QLD CLUBS YOU WILL NEED A FULL TRACKSUIT					
WAG HOODIE FOR WINTER COMPS	✓	✓	OPTIONAL	OPTIONAL	OPTIONAL	OPTIONAL
POLO SHIRT	✓	✓	✓	✓	✓	✓
BACKPACK	✓	✓	✓	✓	✓	✓
LEVEL 1 - 3 COMPETITION LEOTARD	✓	✓	✓	✓	✓	✓
WAG TRAINING LEOTARD	✓	✓	✓	✓	✓	✓

UNIFORM ITEM	SUPPLIER	ORDER BY
TRACKSUIT TOP & PANTS	GKD GYMNASTICS (Order forms at reception)	21.2, 15.7
LEVEL 1-3 COMPETITION LEOTARD	GK LEOTARDS (order forms at reception)	21.2, 15.7
BACKPACK	GMD ACTIVEWEAR (order online @ <a href="http://gmdirect.com.au">http://gmdirect.com.au</a> )	Order anytime (allow a minimum of two weeks for delivery)
POLO SHIRT		
WAG HOODIE (COMPULSORY FOR LEVEL 1 - 2)		
GUARD BAG		
WAG TRAINING LEOTARD	SUPPLIER TBC	



# WAG DEVELOPMENT PROGRAM

<b>DEVELOPMENT PROGRAM</b>	All athletes selected in the Development Program <b>require a high level of commitment</b> and must attend every training session and all competitions scheduled for them.
<b>COMPETITIONS</b>	<p>All classes will take part in competitions, but the <b>emphasis is on development</b> not on being highly competitive.</p> <p>Level 1 - 5 gymnasts can attend the following competitions: Invitationals held at Splitz and external club events held in South East Queensland throughout the year, including Regional Championships for Level 3 and above.</p> <p>Team events including Team Challenge and Queensland Club Championships for Level 3 and above.</p>
<b>TESTING DAY</b>	<p><b>A testing day is held in Term 1 and Term 4</b> for all Development Level 2 &amp; above, Teams, and TOPs programs. This testing day is a physical conditioning test to assess the gymnasts' progression with their strength and flexibility.</p> <p><b>We have strength Queen awards for five categories:</b> chin ups, straddle press, rope climb, inverted hang, and leg lifts.</p> <p>This is a <b>compulsory part of the program</b> for athletes and forms a valuable part of our records.</p>
<b>COMPETITION FOCUS</b>	<p><b>Competition is all about having fun and enjoying the experience.</b></p> <p><b>It's about</b> learning how to march from one apparatus to another and lining up in front of the judges table.</p> <p><b>It's about</b> team spirit and learning to cheer for your teammates.</p> <p><b>It is not</b> about scores and results.</p> <p><b>It is</b> about educating each athlete to ensure they have the best competition experience possible.</p> <p>Does this mean that every child will win a medal? No, of course not. There are often 140 competitors in each level and there is only one spot for first at the end.</p> <p>It is the focus of each coach to prepare their athletes to be able to compete to the best of their ability and this is done in training and on the competition floor.</p> <p>However, mistakes are to be expected and form part of a gymnast's education. Our coaches understand that all gymnasts will make mistakes and that this is often the best way to learn and gain valuable experience.</p> <p><b>Children must be free to make mistakes</b> and not feel condemned for it. Resilience is a wonderful life skill that is developed as gymnasts progress through the WAG program.</p>
<b>LESSON FOCUS</b>	<p>A big emphasis is placed on the <b>basics of strength, proper body positioning, and shaping</b>, flexibility, and basic gymnastic skills. These are all developed in a positive, rewarding, and focused atmosphere.</p> <p>Classes also develop correct <b>gymnastics etiquette</b> such as standing at attention, marching in line, presenting etc.</p>
<b>HOME PROGRAMS</b>	<p>Home programs are provided for athletes when a period of absence is unavoidable or during holidays to maintain strength and flexibility. It takes a long time to gain the necessary physical conditioning for the WAG program, so it is very important to maintain it during absence. <b>Gymnastics training relies on muscle memory</b> so that's why it is very important to be committed to the strength and flexibility programs. <b>If an athlete misses one day of training, it can be like having three days off when it comes to the loss of physical conditioning!</b></p>

# WAG DEVELOPMENT PROGRAM

EVENTS ASSISTANCE	Parents of Development athletes are required to help at events run at Splitz Gym to ensure their smooth running for all gymnasts. We have over the years run many successful events due to the help offered by our great supporters.																																																																			
TRAINING GEAR	<p>Sleeveless leotards, crop tops, and bike pants are the best training outfits <b>and these can be purchased from</b> Handspring Leotards, GKD Gymnastics, Sylvia P, Snowflake (USA), which are all online. These companies often have stalls at major competitions.</p> <p><b>Tight fitting skivvies and tights when cold.</b></p> <p><b>Please ensure your daughter’s hair is a manageable length.</b> It is very hard to manage during training if it is too long.</p> <p>All girls in the Teams and Development Programs <b>must have their hair in a pony tail</b> and plaited up if it falls below their shoulder. Girls will be sent out of training to parents for them to fix their hair if it is not done in an acceptable style.</p>																																																																			
TRAINING HOURS	<p>Parents should be aware that <b>training hours increase as the athlete progresses</b> through the Development Program from six hours a week to 12 hours per week, so if you are considering an offer for the Development Program, please factor this in to your deliberations.</p> <p>The <b>increase in hours is to prepare the athletes</b> for the start of Competitive Gymnastics, which is Level 3.</p>																																																																			
LOCKER BOXES	<p>Any athlete in the Diamonds and Sapphires classes will need to have a locker box. These can be purchased at Overflow at Jindalee: <b>Starmaid 15 litre storage box ( 27cm wide x 40cm long x 20cm deep)</b> usually around \$15. They can also be ordered. The girls can decorate them on the outside and are required to have the following contents:</p> <ul style="list-style-type: none"><li>✳ Tissues</li><li>✳ Loops, gloves, guards and wrist bands</li><li>✳ Spare water bottle</li><li>✳ Spare bike pants and crop top/leotard</li><li>✳ Spare hair bands and brush</li><li>✳ In winter, spare tights and long-sleeved top</li><li>✳ Panadol if they use it</li></ul> <p>Please remind the girls not to store food here as it will attract unwanted guests.</p>																																																																			
AWARDS	<p>Each athlete is given a booklet with a list of physical conditioning goals.</p> <p>Each ribbon has a list of tests that the girls need to achieve to attain the award.</p>																																																																			
AWARDS DAY	Held in Term 4, this event provides our gymnasts with a fun event at the end of the year so that ribbon awards can be handed out.																																																																			
END OF YEAR AWARDS	<p><b>Most Improved Development Gymnast</b> (based on skill &amp; conditioning improvement &amp; commitment to training)</p> <p><b>Most Outstanding Development Gymnast</b> (based on competition points table below)</p>																																																																			
<table><tr><th colspan="7">MOST OUTSTANDING DEVELOPMENT ATHLETE</th></tr><tr><th rowspan="2">COMPETITION</th><th colspan="3">ALL AROUND</th><th colspan="3">APPARATUS</th></tr><tr><th>1ST</th><th>2ND</th><th>3RD</th><th>1ST</th><th>2ND</th><th>3RD</th></tr><tr><td>SPLITZ INVITIATIONAL</td><td>8</td><td>6</td><td>4</td><td>NA</td><td>NA</td><td>NA</td></tr><tr><td>B.S. REGIONALS</td><td>10</td><td>8</td><td>6</td><td>8</td><td>6</td><td>4</td></tr><tr><td>CLUB CHAMPIONSHIPS</td><td>6</td><td>4</td><td>2</td><td>NA</td><td>NA</td><td>NA</td></tr><tr><td>1 OTHER INVITATIONAL</td><td>5</td><td>3</td><td>1</td><td>NA</td><td>NA</td><td>NA</td></tr><tr><td colspan="7">POINTS FOR THESE COMPETITIONS ARE AWARDED AS ABOVE AND TOTALLED FOR THE END OF YEAR AWARD</td></tr><tr><td colspan="7">IN THE CASE OF A TIE THE AWARD WILL GO TO THE ATHLETE AT THE HIGHEST LEVEL</td></tr></table>							MOST OUTSTANDING DEVELOPMENT ATHLETE							COMPETITION	ALL AROUND			APPARATUS			1ST	2ND	3RD	1ST	2ND	3RD	SPLITZ INVITIATIONAL	8	6	4	NA	NA	NA	B.S. REGIONALS	10	8	6	8	6	4	CLUB CHAMPIONSHIPS	6	4	2	NA	NA	NA	1 OTHER INVITATIONAL	5	3	1	NA	NA	NA	POINTS FOR THESE COMPETITIONS ARE AWARDED AS ABOVE AND TOTALLED FOR THE END OF YEAR AWARD							IN THE CASE OF A TIE THE AWARD WILL GO TO THE ATHLETE AT THE HIGHEST LEVEL						
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# WAG TEAMS PROGRAM

WAG TEAMS PROGRAM SUMMARY							
INFORMATION	TEAM 5	TEAM 4	TEAM 3	TEAM 2	TEAM 1		
TRAINING HOURS PER WEEK	16	16	16-18	16-18	20		
TRAINING WEEKS PER YEAR	47	47	47	47	47		
SEASON	BEGINNING OF OCTOBER TO THE END OF SEPTEMBER (TERM 4, 2018 TO END OF TERM 3, 2019)						
HOLIDAYS	4 DAYS EASTER, 4 DAYS JUNE, 1 WEEK SEPTEMBER, 3 WEEKS CHRISTMAS		4 DAYS EASTER, 4 DAYS IN JUNE, 1 WEEK IN SEPTEMBER & 2 WEEKS OFF AT CHRISTMAS				
NO TRAINING ON PUBLIC HOLIDAYS	AUSTRALIA DAY, QUEENS BIRTHDAY & ANZAC DAY						
TRAINING ON PUBLIC HOLIDAYS	EKKA SHOW DAY & LABOUR DAY						
COMPETITIONS PER YEAR	6	6	9	9	9	10	10
COMPULSORY AWAY TRIPS	✓	✓	✓	✓	✓	✓	✓
AWARDS	ALL ATHLETES WORK THROUGH AN AWARD BOOK WITH RIBBON AWARDS						
TESTING DAY: TERM 1 & 4	✓	✓	✓	✓	✓	✓	✓
END OF YEAR AWARDS DAY	✓	✓	✓	✓	✓	✓	✓
CHOREOGRAPHY REQUIRED	✓	✓	✓	✓	✓	✓	✓
MAKE UP LESSONS	ONLY IF IT IS WITH THE SAME COACH, OTHERWISE NOT AVAILABLE AND ONLY IF CONFIRMED WITH THE COACH						
MONTHLY FEE PAYMENTS	✓	✓	✓	✓	✓	✓	✓
LOCKER BOX	✓	✓	✓	✓	✓	✓	✓
ANKLE WEIGHTS	✓	✓	✓	✓	✓	✓	✓
WATER BOTTLE	✓	✓	✓	✓	✓	✓	✓
LOOPS AND GLOVES	✓	✓	✓	✓	✓	✓	✓
GUARDS AND BAG	✓	✓	✓	✓	✓	✓	✓
MAXIMUM CLASS SIZE	10	10	9	9	9	8	8
UNIFORMS							
TRACKSUIT PANTS	✓	✓	✓	✓	✓	✓	✓
TRACKSUIT TOP	✓	✓	✓	✓	✓	✓	✓
WAG HOODIE	OPTIONAL						
POLO SHIRT	✓	✓	✓	✓	✓	✓	✓
BACKPACK	✓	✓	✓	✓	✓	✓	✓
LEVEL 4 - 10 COMPETITION LEOTARD	✓	✓	✓	✓	✓	✓	✓
WAG TRAINING LEOTARD	✓	✓	✓	✓	✓	✓	✓

UNIFORM ITEM	SUPPLIER	ORDER BY
TRACKSUIT TOP & PANTS	GKD GYMNASTICS (Order forms at reception)	21.2, 15.7
LEVEL 4 - 10 LONG SLEEVE LEOTARD	GK LEOTARDS (order forms at reception)	21.2, 15.7
BACKPACK	GMD ACTIVEWEAR (order online @ <a href="http://gmdirect.com.au">http://gmdirect.com.au</a> )	Order anytime (allow a minimum of two weeks for delivery)
POLO SHIRT		
WAG HOODIE		
GUARD BAG		
WAG TRAINING LEOTARD	SUPPLIER TBC	



## WAG AWAY TRIPS GOALS AND EXPECTATIONS

**At least one to two away trips are planned per year** for the Teams gymnasts. **Our away trips are a compulsory part of our program** and parents should not commit to the Teams Program unless they can also commit to any planned trips.

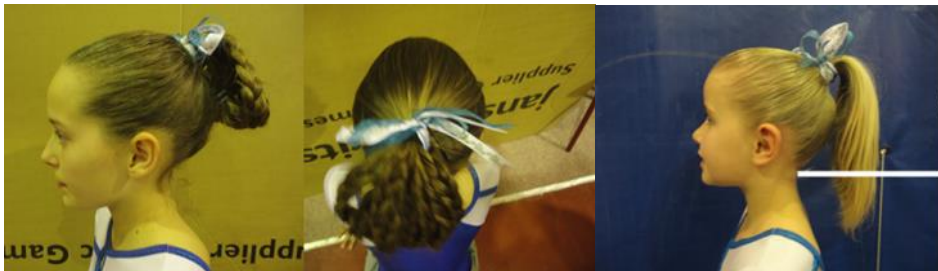
Away trips are an important part of the calendar for the athletes and achieve several goals:

- ✦ Team building
- ✦ Teaching independence and responsible time-management and behaviour
- ✦ Preparing an athlete to travel, train, and compete successfully
- ✦ **Preparing the girls to represent Queensland at National Championships**, where they are expected to be in independent accommodation and follow a schedule without a chaperone in addition to dealing with training and competition.
- ✦ **Our Commitment:** Splitz has been organising trips for over 20 years. Our commitment is to provide an enjoyable experience for the athletes as well as facilitating their training and competition requirements. We are committed to providing enough staff and chaperones to successfully manage our away team. All chaperones are carefully selected and are required to have a Blue Card. We are committed to the safety of our athletes and strive for the best outcome possible while preparing and equipping the athletes with the skills needed to deal with travel and competition.

## WAG PROGRAM INFORMATION

<b>HAND CARE GUARDS</b>	<p>We have a handout on hand care and the purchase of guards available in the office for your information. Most girls from Level 1 will be using the bars and using chalk to grip the bars, chalk dries out the hands so the girls need to wash their hands after training and apply moisturiser regularly. If calluses form, the best way to deal with them is to use a pumice stone in the shower every night and rub off the hard skin before they become hard calluses as this is what causes a rip. The best method we have found for rips is to cut away loose skin and apply methylated spirits and tape up the hand for the rest of training. Once the girls are at home, the best thing is to let the skin dry out. Prevention is always the best way to ensure no rips happen by using the pumice stone and moisturizer on a regular basis.</p>
<b>TIME MANAGEMENT</b>	<p>It is important that <b>all athletes learn good time management skills</b> when trying to fit in homework and training.</p> <p>We have a <b>standard letter</b> that we can give to you for your daughter's teacher or principal if required when balancing the demands of school and training. Most teachers that have been approached <b>are supportive of the program</b> as most schools now cater for gifted and talented students in a variety of sports and arts. In Primary school teachers <b>can give block homework</b> whereby the homework for the week is set so the girls can get it done when they are not at training.</p> <p>At some schools, <b>spares can be arranged to facilitate training and in some cases, Grade 11 &amp; 12 can be done over three years.</b></p>
<b>FEAR</b>	<p>Most <b>girls experience fear in some form during their time in gymnastics</b> especially when they are in the higher levels. This is normal, but when it is not dealt with in the early stages it can escalate into fear issues that are difficult to resolve. We do have some articles on this on the website and our coaches also have methods for dealing with this problem. The coaching staff will usually have a plan for a particular athlete, however, the full support of parents is needed if the issue is to be resolved.</p>
<b>HOME PROGRAMS</b>	<p>Home programs are provided for athletes when a period of absence is unavoidable or during holidays to maintain strength and flexibility. It takes a long time to build strength and for some girls it takes longer than others, so it is very important to maintain that strength during absence. <b>Gymnastics training relies on muscle memory</b> so that's why it is very important to be committed to the strength and flexibility programs. <b>If an athlete misses one day of training it is like having three days off.</b></p>
<b>FLEXIBILITY</b>	<p><b>All athletes in the WAG Programs need to have a good level of flexibility</b> for the skills they need to achieve. Stretching by the coaching staff and by the athletes themselves is done in every session, but if athletes want to attain a good level of flexibility they will need to stretch everyday. The most important thing an athlete can learn is to relax during stretching.</p>
<b>COLOUR DAY</b>	<p>Held 2—3 times per year, these days are a rewarding and fun day for the girls in the Teams program. On these days, all girls in the these programs are placed in a colour team for the competition. All points accrued by them on that day flow to that particular colour. These events provide the opportunity for the development of leadership skills through participation in teams settings.</p>

# WAG PROGRAM INFORMATION

<b>LOCKER BOXES</b>	<p>Any gymnast training for 14 hours or more will need to have a locker box. These can be purchased at Overflow at Jindalee: <b>Starmaid 15 litre storage box ( 27cm wide x 40cm long x 20cm deep)</b> and are usually around \$15. These can also be ordered.</p> <p>The girls can decorate them on the outside and have the following contents inside:</p> <ul style="list-style-type: none"> <li>✳ Tissues</li> <li>✳ Loops, gloves, guards and wrist bands</li> <li>✳ Spare water bottle</li> <li>✳ Spare bike pants and crop top/leotard</li> <li>✳ Spare hair bands, clips and a brush</li> <li>✳ In winter, spare tights and long-sleeved top</li> <li>✳ Panadol if they use it</li> </ul> <p>Please remind the girls not to store food in these boxes as it will attract unwanted guests.</p>
<b>BACKPACKS</b>	<p>All backpacks must have a <b>Splitz name tag</b> (one printed in the office, not hand written) in the holder on the bag so it makes the girls' bags easily identifiable to staff at competitions. Please see the reception staff to order your name tag and keep it in their bags.</p>
<b>COMP HAIR</b>	<p><b>Splitz requires all girls to have their hair the same for competitions</b> to ensure a consistent team appearance.</p> <p>Hair needs to be very secure as the coaches will not have time to redo it.</p> <p>Our competition hairstyle is a pony tail with six plaits (or four plaits if the hair is thin) turned under and secured with Splitz ribbons, as per the photo below.</p> <p>It is best to do hair when wet that way it will stay in longer.</p> <p>Use a lot of gel or hairspray.</p> <p>If you tie the ribbons around the band at the bottom of the plaits then tie it up to the pony tail, it will be more secure.</p> <p>Anything higher than the line in the photo on the right doesn't need to be plaited.</p>
	
<b>HOLIDAYS</b>	<p>Each program has set holiday periods throughout the year., as outlined in the summary section of the programs earlier in this handbook and in the WAG calendar for those with access to the members' area. If your family chooses to take holidays outside these times, there will be no refunds or discount on tuition fees as your daughter is reserving a position in her class. <b>Please speak to the accounts administrator if you are going away for more than a month.</b></p> <p>We understand due to family reasons you may have periods of absence at other times. We appreciate you advising us of these. It is important to understand if your child is in a competitive program that absence can be detrimental to their training and competition preparation.</p>

# WAG PROGRAM INFORMATION

<b>LEOTARDS</b>	<p>It is very important to care for competition leotards carefully. The following recommendations should be followed:</p> <ul style="list-style-type: none"> <li>✳ For Level 4—10 - change into the competition leo when you get to the competition and change out of it as soon as you finish competing.</li> <li>✳ Wash only on gentle cycle or handwash in wool wash.</li> <li>✳ <b>Never wash in warm or hot water only COLD WATER.</b></li> <li>✳ Hang indoors to dry on a hanger, not in the sun.</li> <li>✳ Do not wear competition leotards to training.</li> <li>✳ If you follow these instructions, you should get many years out of your leotard.</li> </ul>
<b>RESOURCES</b>	<p>Articles for the competitive athlete are available on the Splitz website and include:</p> <ul style="list-style-type: none"> <li>✳ Competition Procedure</li> <li>✳ Nutritional Information for the female athlete</li> <li>✳ Athlete Warrior - a workbook for the athlete wanting to be more successful in training and competition</li> <li>✳ Controlling nerves at competition</li> <li>✳ Links to videos on youtube on technique and competitions</li> </ul>
<b>SUPPORT</b>	<p>It is <b>vital for each athlete</b> in reaching their goals to have the support of their parents, their teachers, and the coaching team.</p> <p>If parents want to discuss their child's training, the process is to <b>let your child's coach</b> know you need to speak to them so they can find a time that suits both parties. (Please remember that some coaches go straight to another class, or need to have a break, so there may not always be time after class)</p> <p>If you feel that the matter is not resolved, then send an email to the Head Coach to request an appointment to discuss it further.</p>
<b>CHOREOGRAPHY</b>	<p>For <b>WAG Level 4 onwards</b>, individually choreographed Floor routines are required to ensure their routine best suits the music and the requirements for their level. It is always preferable this routine is choreographed and prepared prior to the gymnasts receiving it, allowing the gymnast to better learn and perfect the routine during normal training.</p> <p>In most cases the piece of music must also be adjusted to suit the routine's duration as stipulated under the category rules. This manipulation is performed using specific software systems and skilled operators. The costs for the above are over and above tuition and registration and are paid in cash when required.</p>
<b>VIEWING TRAINING</b>	<p>We would encourage all parents to take an interest in their child's classes and support them where needed, but during training the athletes need to be focused on their coach's instructions. As such, we have a limited viewing policy so athletes are free to train and focus on what they need to get done without having to look over at their parents for approval or support.</p> <p>For <b>all WAG Programs</b> viewing is restricted to the <b>last week of each term</b>. If you have a reason you need to stay, please seek permission from the WAG Head Coach.</p>
<b>EXIT POLICY</b>	<p>To be a part of the <b>WAG Program usually takes years of commitment</b> to training and there are many factors that affect the athlete's commitment while in the program. The Program manager requires that <b>one month's notice</b> with full payment of fees be given if intending to finish in the program. In that month, the athlete is encouraged to talk through the issues that have arisen to cause them to doubt their ability to continue. It also allows a more positive transition if the athlete wants to take up coaching or judging in the future and finish their time in a positive manner.</p>



# WAG COMPETITION INFORMATION

<b>COMPETITION</b>	<p>The beginning of <b>competitive gymnastics is Level 4</b>, and this is the first level of Individual <b>State Championships</b>. Level 1 – 3 competitions are designed to provide our gymnasts with competition experience and give them exposure to competition rules.</p> <p>Girls in Level 1 – 3 are not expected to be highly competitive or be pressured to achieve results. This will only set them up to fail later in the competitive levels. <b>Athletes must be free to make mistakes and learn from them each time they attend a competition.</b></p>
<b>COMPETITION PROCEDURE</b>	<p>Athletes must abide by <b>the WAG Code of Points code of conduct</b> for all competitions, these rules can be accessed on the Gymnastics Australia website, under Women's Gymnastics &gt; Technical information or on the Splitz website in WAG.</p> <p>Once an athlete is on the competition floor, <b>they cannot have any contact with parents or spectators</b>. If they do, they will risk disqualification.</p> <p><b>Parents must not communicate with a judge</b> about their daughter's performance or scores. Athletes must be in <b>correct uniform</b> for all events or they will receive a judging deduction.</p>
<b>COMP SCHEDULES</b>	<p>Athletes are required <b>to attend all scheduled competitions</b>.</p> <p><b>Individual season</b> is from April to June and includes all Invitationals, Regional Championships, State Championships, and National Championships.</p> <p><b>Team Season</b> is from August to the end of November and includes Team Challenge, Queensland Club Championships, and National Club Championships.</p> <p>Athletes are <b>required to attend and fulfill their team obligations in team season</b>. This means being available for selection in all team events.</p>
<b>COMP ENTRIES</b>	<p><b>Parents are responsible for entering their daughters into competitions by the due date</b>. This is very important in busy competition seasons as the admin staff will only enter the athletes that have registered on the website for each competition.</p> <p>Competition entries are all done <b>online via the website</b>.</p> <p>A calendar with the due date for each competition will be published on the Splitz website at the beginning of the year.</p> <p><b>You will require a log in for the Members' Area</b>. Once you are logged in, go to the events calendar, search for the event, register, and pay your entry fees. Make sure you click on add attendee to add your <b>child's details</b>. This information is necessary so that we can trace who the payment is from. Please remember <b>the events calendar changes often for various reasons</b>, so make sure you check the website on a regular basis.</p>
<b>TEAM SELECTIONS</b>	<p><b>Team season is generally around August / September</b>, but is reliant on the Gymnastics Queensland. Teams, Levels, and Development athletes from Level 3 and up are required to be available for all team selections that are scheduled in the calendar. Our coaching staff are responsible for the selection of team members. Selection is based on Individual season scores, attendance at training, and ability to contribute to the team score.</p> <p>The goal of selecting teams is to finalise teams that will produce the <b>best result for Splitz</b>. Decisions are never made on a personal basis. The final team lists are given to the competition organisers and parents should respect the decision of the coaching team.</p>

# WAG COMPETITION INFORMATION

<div>WITHDRAWALS DUE TO INJURY OR SICKNESS</div>	<div>Gymnastics Queensland State Run Events:</div> <div>A refund (less 20 %) will be made upon receipt of a medical certificate up to two weeks after the event.</div> <div>NO REFUND will be given for any withdrawals without a medical certificate (make sure the certificate includes the date of the competition).</div> <div>NO EXEMPTIONS to this policy will be considered. Please send your certificate to the accounts manager.</div> <div>Invitationals: Refunds are at the discretion of each individual host club.</div>														
<div>STATE CHAMPIONSHIPS</div>	<div>Once gymnasts enter Level 4, they are eligible for selection into State Championships and into Brisbane South Regional Teams. To qualify for States, athletes must obtain the following qualification score prior to States:</div> <table><tr><td>LEVEL 4</td><td>34.00</td><td>LEVEL 5</td><td>34.00</td><td>LEVEL 6</td><td>33.50</td></tr></table> <div><div><div>Athletes must also attend Regional Championships to be eligible to attend State Championships</div><div>If a gymnast is sick or injured at the time of Regionals their club must write a letter of exemption request.</div></div><div>At State Championships if an athlete reaches the following scores they will receive a compulsory upgrade to the next level.</div><table><tr><td>LEVEL 4</td><td>37.00</td><td>LEVEL 5</td><td>37.00</td><td>LEVEL 6</td><td>36.50</td></tr></table></div>	LEVEL 4	34.00	LEVEL 5	34.00	LEVEL 6	33.50	LEVEL 4	37.00	LEVEL 5	37.00	LEVEL 6	36.50		
LEVEL 4	34.00	LEVEL 5	34.00	LEVEL 6	33.50										
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<div>LEVELS TEST</div>	<div>All level testing will take place the following way:</div> <div>Level 1 - 3 will normally test at Level 1 – 3 Club Championships or an Invitational.</div> <div>Level 4 - 10 will test at a Gymnastics Queensland-sanctioned event.</div> <div>Athletes will generally pay for a badge with entries or we can submit the testing sheet after the competition. When an athlete passes a level, they are then eligible to compete in that level.</div> <div>Following are the scores needed to pass a level:</div> <table><tr><td>LEVEL 3 - 6 SPLITZ LEVELS PROGRAM</td><td>28.00</td></tr><tr><td>LEVEL 3 - 4 SPLITZ DEVELOPMENT PROGRAM</td><td>28.00</td></tr><tr><td>LEVELS 4 - 6 GYM QLD sanctioned event</td><td>28.00 (Minimum apparatus pass mark of 7.00)</td></tr><tr><td>LEVEL 7</td><td>38.00</td></tr><tr><td>LEVEL 8</td><td>39.00</td></tr><tr><td>LEVEL 9</td><td>40.00</td></tr><tr><td>LEVEL 10</td><td>41.00</td></tr></table>	LEVEL 3 - 6 SPLITZ LEVELS PROGRAM	28.00	LEVEL 3 - 4 SPLITZ DEVELOPMENT PROGRAM	28.00	LEVELS 4 - 6 GYM QLD sanctioned event	28.00 (Minimum apparatus pass mark of 7.00)	LEVEL 7	38.00	LEVEL 8	39.00	LEVEL 9	40.00	LEVEL 10	41.00
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<div>REGIONAL, STATE &amp; NATIONAL TEAMS</div>	<div>Athletes in the program are eligible for selection into the following Teams:</div> <div>Level 4, 5 and 6 Brisbane South Regional Teams to compete at State Championships (Top 6 per team)</div> <div>Level 6, 7 &amp; 8 State Team for Border Challenge Competition at QLD Club Championships (Top 6 at States)</div> <div>Level 7, 8, 9 &amp; 10 State Team to compete at National Championships (usually top 6 at Trials)</div> <div>Level 9 and 10 Australian Team to compete overseas every 2<sup>nd</sup> year. (Top 4 at Nationals)<sup>18</sup></div>														

# WAG PROGRAM INFORMATION

<b>WEBSITE</b>	<p>The website (<a href="http://splitzgym.com.au">splitzgym.com.au</a>) is where you can find the following information:</p> <ul style="list-style-type: none"> <li>★ Competition Information (times, venues and list of competitors)</li> <li>★ Changes to Training Times</li> <li>★ Holiday Training Programs</li> <li>★ Competition Results</li> <li>★ Articles for athletes</li> <li>★ Competitive information, including strength programs, helpful video links, Requirements and more</li> <li>★ Where you can pay and register for competitions, events and pay your tuition fees</li> </ul>
<b>INJURY MANAGMENT</b>	<p>Injuries occur from time to time despite the coaching staff's efforts to do everything they can to avoid them. It is important to have all injuries assessed and treated in a timely fashion with the physios and doctors who are familiar with the sport of Gymnastics.</p> <p><b>Athletes are expected to attend and modify their training</b> when they are injured. They will be given a modified program to strengthen other areas, while recovering from their injury. This program is done in consultation with the gymnast's physio or doctor. There is also information in the WAG section of the website regarding injuries.</p> <p>At the beginning of each year, we also do a physio assessment to keep an eye on any areas that require extra attention and will aid in injury prevention.</p> <p>Please talk to your coach regarding physio and doctor recommendations for gymnastics' injuries.</p>



# WAG FEE & PAYMENT POLICIES

<b>FINANCIAL COMMITMENT</b>	Parents should be aware of the total financial cost of being involved in any of the programs we offer before committing to the competition season.																													
<table><tr><th colspan="3">ANNUAL APPROXIMATE WAG FINANCIAL OUTLAYS (Best estimate at time of printing)</th></tr><tr><th>ITEM</th><th>RANGING FROM</th><th>RANGING TO</th></tr><tr><td>TUITION FEES</td><td>\$1,044</td><td>\$5484</td></tr><tr><td>COMPETITION FEES</td><td>\$230</td><td>\$690</td></tr><tr><td>AWAY TRIPS</td><td>\$1000</td><td>\$3000</td></tr><tr><td>UNIFORMS</td><td>\$305</td><td>\$390</td></tr><tr><td>HAND GUARDS</td><td>\$75</td><td>\$200</td></tr><tr><td>CHOREOGRAPHY</td><td>\$75</td><td>\$250</td></tr><tr><td>QUEENSLAND TEAM REPRESENTATION</td><td>\$1500</td><td>\$3000</td></tr></table>				ANNUAL APPROXIMATE WAG FINANCIAL OUTLAYS (Best estimate at time of printing)			ITEM	RANGING FROM	RANGING TO	TUITION FEES	\$1,044	\$5484	COMPETITION FEES	\$230	\$690	AWAY TRIPS	\$1000	\$3000	UNIFORMS	\$305	\$390	HAND GUARDS	\$75	\$200	CHOREOGRAPHY	\$75	\$250	QUEENSLAND TEAM REPRESENTATION	\$1500	\$3000
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QUEENSLAND TEAM REPRESENTATION	\$1500	\$3000																												
<b>ENROLMENT &amp; MEMBERSHIP</b>	<p>Gymnasts must be registered with Gymnastics Queensland prior to training and will not be allowed to enter the gym floor without registration.</p> <p>The Membership Fee is non-refundable and includes the following components:</p> <ul style="list-style-type: none"><li>✳ Membership gift (while stocks and sizes last)</li><li>✳ Queensland Gymnastics registration (which includes Gymnastics Australia registration)</li><li>✳ Australian Gymnastics Sports Cover Insurance</li><li>✳ Splitz Gym Enrolment Fee</li></ul> <p>All Gymnasts must register for the Competition Season from October to the end of September.</p> <p>Splitz Gym reserves the right to decline enrolment applications. All enrolments are at the discretion of the directors.</p>																													
<table><tr><th>Program</th><th colspan="2">Registration Including GST</th><th>Gift</th></tr><tr><td>Pre Levels, Levels 1 &amp; 2</td><td>1 Year (October to September)</td><td>\$130.00</td><td rowspan="2">While stocks &amp; sizes last</td></tr><tr><td>Levels 3 - 10</td><td>1 Year (October to September)</td><td>\$140.00</td></tr></table>				Program	Registration Including GST		Gift	Pre Levels, Levels 1 & 2	1 Year (October to September)	\$130.00	While stocks & sizes last	Levels 3 - 10	1 Year (October to September)	\$140.00																
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<b>MONTHLY FEE SYSTEM</b>	<p>Pre Levels, Levels 1 – 6, Development, Teams Programs.</p> <ul style="list-style-type: none"><li>✳ Invoices are put on the website on the <b>17th of every month.</b></li><li>✳ Payment of the tuition fees must be made <b>prior to the start of each month.</b></li><li>✳ Should there be gymnasts on the waiting list for the same class, the place will be lost to those on the list on first come first served basis.</li><li>✳ Unless prior arrangement has been made with reception, Splitz Gym reserves the right for a late payment fee to be applied to all overdue accounts.</li><li>✳ Under this system it is important to remember there are <b>12 invoices per year including</b> December and January.</li><li>✳ Wherever possible changes in squads occur at the month end, however, for those that change classes during the month the account is calculated accordingly for that month.</li></ul>																													
<b>PAYMENT METHODS</b>	All payments for Tuition Fees, Competition entries etc, are to be done <b>through the Splitz Gym website</b> unless there has been a prior arrangements made for a regular direct debit payment using Ezidebit.																													

## WAG FEE & PAYMENT POLICIES

<b>EXTRA FEES &amp; LEVIES</b>	<p>Extra fees and levies are applied to accounts for various costs over and above normal tuition.</p> <p>These include:</p> <ul style="list-style-type: none"> <li>✱ Competition entry fees</li> <li>✱ Travel and accommodation as a team</li> <li>✱ Contribution to chaperone expenses, as required</li> <li>✱ Levy for coaching expenses if not part of normal training hours when at competitions</li> <li>✱ Levy for Judges expenses at competitions</li> <li>✱ Music and Choreography</li> </ul>
<b>FAMILY DISCOUNTS</b>	<p>For those with more than one gymnast in the family, <b>ONLY</b> the most expensive tuition is required in full – <u>all</u> other tuition fees are discounted by 10%. Please email <a href="mailto:amanda@splitz.com.au">amanda@splitz.com.au</a> <b>to claim your family discount as this will not be automatically applied.</b></p> <p><b>Conditions apply.</b></p> <ul style="list-style-type: none"> <li>✱ Discount only applies to immediate family members</li> <li>✱ Discount only applies when paying tuition fees at the same time</li> <li>✱ Discounts only apply to fees when paid by the due date under terms and conditions</li> <li>✱ Family discounts do not apply to families of gymnasts awarded Scholarship</li> </ul>
<b>COMPENSATION FOR COACH ABSENCE</b>	<p>It is inevitable during the competitive season that those gymnasts who have not qualified for State Championships and State Clubs may lose a small amount of training time with their usual coach as that coach may be assigned to train with those team members who have qualified.</p> <p>To compensate for this situation, each and every WAG gymnast is provided with a half week's training at no charge. This is factored into the calculation of the total annual fee for WAG gymnasts.</p>
<b>TRAVEL EXPENSES</b>	<p>Competition entries are set by Gymnastics QLD, Gymnastics Australia, or the host organisation. <b>These fees must be collected approx. seven WEEKS prior to the event and paid before the closing date for each event via the Splitz website.</b></p> <p>Team travel and accommodation, as well as a levy for the Coaches and Judges travelling to competitions, is included in the costs for participating in the event. This also applies to regional and interstate competitions requiring long distance travel and accommodation.</p> <p>The rate of subsidy is dependent on the number of gymnasts who qualify. Our programs provide good opportunity for all to qualify for these events, but qualification depends on individual results.</p> <p>As indicated above, the team must also contribute to chaperone expenses for travel and accommodation. These chaperones are normally parents of team members or other Splitz staff and are expected to work long hours to ensure the gymnasts' needs are met and they are presented appropriately. The subsidy normally provided to chaperones is between 50 and 100% of the value of their travel and accommodation expenses.</p>

- ✧ Respect the rights, dignity and worth of others.
- ✧ Remember that your child participates in sport for their enjoyment, not yours.
- ✧ Focus on your child's efforts and performance rather than winning or losing.
- ✧ Never ridicule or yell at your child and other children for making a mistake or losing a competition.
- ✧ Show appreciation for good performance and skill improvements by all athletes.
- ✧ Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
- ✧ Respect officials' decisions and teach children to do likewise.
- ✧ Do not physically or verbally abuse or harass anyone associated with the sport (athlete, coach, judge, administrator, and so on).
- ✧ Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.
- ✧ Be a positive role model.
- ✧ Conduct yourself in a manner that does not result in actions that could be dangerous to yourself or others.
- ✧ Support all efforts of your club to remove negative and/or destructive behaviour.
- ✧ Support your club personnel by offering support as they are always striving to do their best to support the interests of gymnasts and all who enter the Gym.
- ✧ If you have issues or concerns with any aspect of the operation of Splitz Gym, please present those issues to the appropriate person in an open and considerate manner, seeking first to understand and then to be understood. In some instances, we may ask that you put your concerns in writing to allow us to effectively address them.
- ✧ **Understand the repercussions if you breach, or are aware of any breaches of, this code of conduct:**
  - ✧ A warning will be given.
  - ✧ If the incident or behaviour is repeated, you will be required to meet with the Management Team or Business Owner to resolve the issue.
  - ✧ If the incident or behaviour is not resolved the business owner reserves the right to cancel your child's registration.
- ✧ ***Please take care of your children when they are not inside the gym area.***

- ✱ Every athlete has the right to learn without distraction.
- ✱ You must show respect and cooperate with coaches, staff, fellow athletes, and officials.
- ✱ Participate in gymnastics for your own enjoyment, not to please parents and coaches.
- ✱ Don't do anything that is dangerous for you or anyone else.
- ✱ Be considerate, have a good attitude to training, working hard for yourself and your teammates on an equal basis.
- ✱ Be a good sport and respect the talent, potential, and development of fellow athletes and competitors.
- ✱ Treat all of your teammates the same regardless of how they look, sound, or what they believe.
- ✱ Care for, and respect, the equipment provided for you as part of your program.
- ✱ Be honest with your coach concerning illness, injury, and your ability to train fully in your program.
- ✱ You should not go out alone with a coach unless you over 18.
- ✱ Conduct yourself in a mature and respectful manner when speaking. Temper is not welcome in the gym.
- ✱ Always aim high for your best behaviour at all times.
- ✱ Don't get involved in gossip or the spreading of gossip. Strive to always view everyone in the best way possible.
- ✱ Represent Splitz Gym with pride and dignity.
- ✱ Show your thanks for the Coaches, Judges, Volunteers, Officials, and Administrators of the Club. Without them, there would be no club.
- ✱ Understand the repercussions if you breach, or are aware of any breaches, of this code of conduct.

## YOU HAVE THE RIGHT TO:

- ✱ not be subjected to abuse or harassment while competing or training. Report this straight away.
- ✱ speak up about inappropriate and unlawful behaviours. Any complaints of this nature will be taken seriously and acted upon promptly.
- ✱ a fair process and should not be bullied or belittled if you make a complaint or are complained about.

## SOCIAL NETWORKING AND WEBSITES POLICY

Splitz acknowledges the widespread use of social media and emerging communication mediums and appreciates the benefit it can bring to the sport. However, parents and gymnasts need to be very mindful of the correct use of these mediums. The following conditions apply to all those who train at, work at, or visit Splitz Gym, particularly when in Splitz uniform.

- ✱ **Do not include personal information**, photos or videos of others in social media channels unless you have their permission.
- ✱ Do not use offensive, provocative, or hateful language.
- ✱ **Use your best judgment** – do not publish anything that makes you feel even the slightest bit uncomfortable.
- ✱ Never **write or publish** if you are feeling emotional, upset, or are intoxicated.
- ✱ Never comment on, deny, or confirm rumour.
- ✱ Always use social network forums to **add value and promote** your teammates at Splitz and the sport in a positive way.

## BREACHES OF CODE OF CONDUCT

Any breaches of the code of conduct will be dealt with through the following process:

## ATHLETE DISCIPLINARY MEASURES

For any breaches of the code of conduct, one or more of the following forms of discipline will be imposed:

- ✱ A warning will be given by the coach present at the time.
- ✱ If the incident or behaviour is repeated, a final warning will be given.
- ✱ The incident will be reported to the Program Manager and if further action is needed, the Program Manager will speak to you personally.
- ✱ If the incident or behaviour has still not been resolved, parents will be informed and a meeting requested.
- ✱ If no resolution is reached, the gymnast may be suspended for a set period of time.
- ✱ If no change to the behavior is evident upon return to the gym, the gymnast will be asked to leave the program.
- ✱ If there is an incident or issue between two or more athletes, a warning will be given. If the issue is still not resolved then the parents will be asked to come in for a meeting in an attempt to resolve the issue and find a resolution. If no resolution is reached, the above measures will apply.

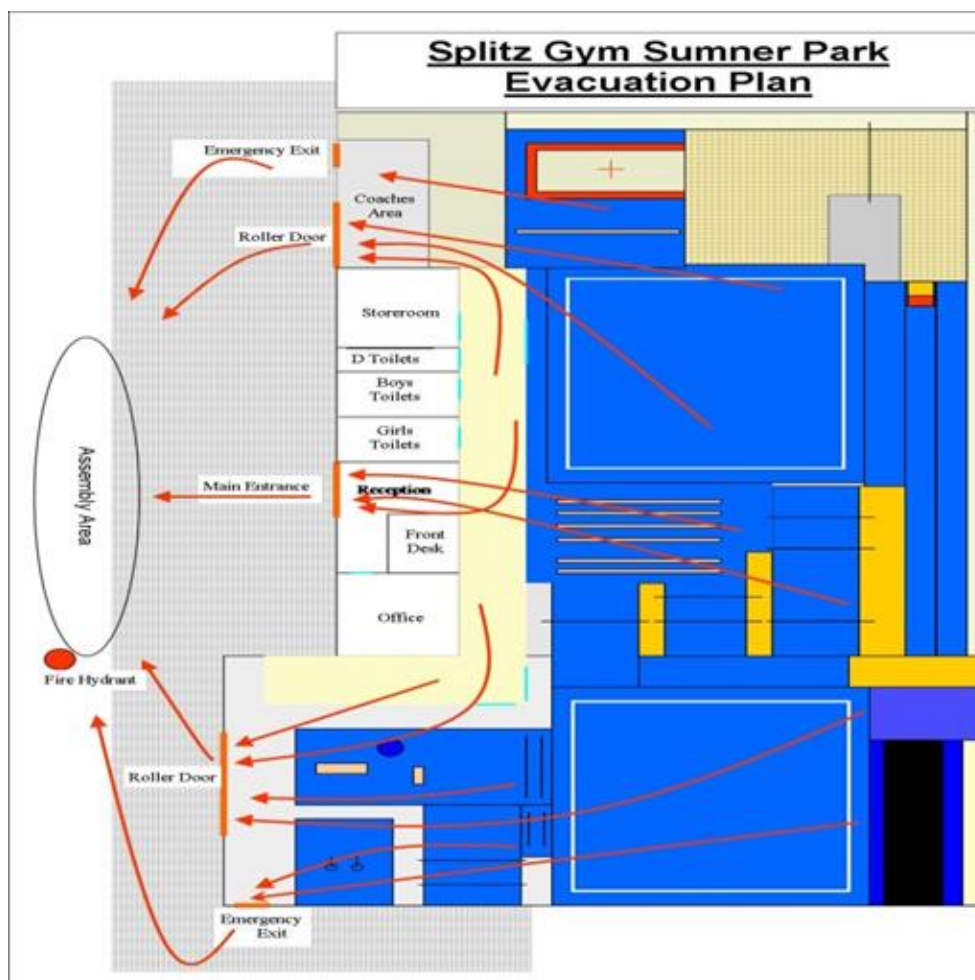
<b>CAR PARK RULES</b>	<p>For safety reasons, it is vital there is <b><u>no parking on the driveway</u></b>. If there are no available car parks when dropping your child at the gym, please drop your child at the '<i>drop and go zone</i>' at the gym entrance then park on the street. There is also no parking in the car park near the bottom of the driveway.</p> <p>WAG Program Parents (greater than 1½ hours) – <b><u>Parents wanting to view our competition classes are restricted to viewing in the last week of each term only</u></b>. Special consideration may be sought for viewing at other times from the WAG Head Coach.</p> <p>Parents of competitive gymnasts who live at distance are encouraged to carpool and drop &amp; go. Car pooling for all our programs is an option we encourage you to consider. If you need assistance with this, please post a sign on our noticeboard in reception with your requirements and contact details.</p>
<b>MEMBER PROTECTION POLICY</b>	<p>Splitz Gym is committed to providing you with the highest level of membership service in line with the Privacy Statement that can be found on the Gymnastics Australia website.</p> <p>A copy of this statement can also be found in the reception area and on the Splitz Gym Website – <a href="http://www.splitz.com.au">www.splitz.com.au</a></p> <ul style="list-style-type: none"> <li>✳ Splitz Gym does not on sell or supply lists containing customer information to any individuals or companies unless we have your permission to do so.</li> <li>✳ Our customers must, however, be aware the enrolment / registration process includes the recording of gymnast information with Gymnastics Australia.</li> <li>✳ Splitz Gym will not disclose the contact phone numbers and details of any of the gymnasts or gymnasts' parents / guardians unless permitted to do so by those gymnasts' parents / guardians.</li> <li>✳ Splitz Gym will, from time to time, take candid and posed photographs and videos that will include gymnasts in the gym and surrounds. Some of this material may be used in various newsletters, videos, brochures, and social media (Facebook, Instagram, and youtube). If you do not want photographs to be taken that include you or your children, Splitz Gym must be advised using the Registration and Enrolment Form at time of enrolment or any later time in writing.</li> </ul>
<b>PRIVACY</b>	<p>Splitz Gym adheres to the Gymnastics Australia Member Protection Policy, which aims to ensure core values and attitudes are maintained. It assists in ensuring that every person involved with Splitz Gym is treated with respect and dignity and is safe and protected from abuse. This policy also ensures that everyone involved with Splitz Gym is aware of his or her legal and ethical rights and responsibilities.</p> <p>The Gymnastics Australia Member Protection Policy attachments provide the procedures that support a commitment to eliminating discrimination, harassment, child abuse, and other forms of inappropriate behaviour from the sport of gymnastics. As part of this commitment, Splitz Gym will take disciplinary action against any person or organisation in breach of this policy.</p> <p>A copy of the Gymnastics Australia Member Protection Policy is available at the front desk, and also in the Members' Area of the Splitz Gym Website – <a href="http://www.splitz.com.au">www.splitz.com.au</a>.</p>



## WAG PROGRAM INFORMATION

<b>PHOTOGRAPHY POLICY</b>	<p>Every person, including gymnasts, may be photographed and or videoed while at Splitz Gym due to the proliferation of photographic/video devices carried and used by those visiting our facility.</p> <p>As a result, Splitz Gym cannot reasonably control all who take photographs/videos at Splitz Gym and is therefore powerless to guarantee 100% that photos/video will not be taken inclusive of those who may not want their or their child's photo/video taken.</p> <p>Splitz Gym recognises that parents/guardians or authorised relative/s may wish to photograph/video their child or relative participating in gymnastics. In doing so, we request that you limit your photography/videoing, where possible, to your child and make available the photos/video to anyone who asks and then be prepared to delete if requested by these parents and guardians of the other children also captured in the images.</p>
<b>EMERGENCY DRILLS &amp; PROCEDURES</b>	<p>We request that you take the time to review the following information and diagrams so as to prepare yourself and your children for emergencies and/or the drills in the following procedures.</p>
<b>EMERGENCY FIRE EVACUATION</b>	<p><b><u>After FIRE becomes evident or after hearing continuous bell ringing</u></b></p> <ul style="list-style-type: none"> <li>☒ All gymnasts under the control of a coach must follow the directions of their coach.</li> <li>☒ Children and parents not in a class and therefore not under the control of a coach must follow the directions on the diagram as well as the gym directors or their delegates as soon as a fire is evident or after the signal to evacuate is heard.</li> <li>☒ The signal to evacuate will be continuous bell ringing.</li> </ul> <p><b><i>Please ensure that you are prepared for this procedure <u>at any time.</u></i></b></p>
<b>EMERGENCY LOSS OF LIGHT AND POWER</b>	<p><b><u>When lighting fails due to lack of electrical supply:</u></b></p> <ul style="list-style-type: none"> <li>☒ Students must gather with their coach into a single group with their classmates.</li> <li>☒ Coach accounts for all students in their class.</li> <li>☒ Coaches ensure group is in a safe area free from obstacles such as the pit &amp; support cables or equipment that cannot be seen in lower light.</li> <li>☒ Coach remains with students and awaits further instruction.</li> </ul>
<b>EMERGENCY LOCKDOWN PROCEDURE</b>	<ul style="list-style-type: none"> <li>☒ For an imminent storm that may cause loss of power &amp; lighting</li> <li>☒ For an aggressive or violent intruder or a civil disobedience incident</li> </ul>

# WAG PROGRAM INFORMATION



Main Action	By Who	Secondary Action
Identify Threat	Directors, Reception Assistant or Head Coaches (or Authorised Coaches in the absence of a Head Coach)	Raise Alarm by Ringing Bell in Bursts of 4 – 5 rings each with a gap in between rings.
Gather Gymnasts	<b>Coaches</b> – for those in a class <b>Parents</b> – for those not in a lesson	<b>Coaches</b> - Ensure gymnasts under your care are gathered together a safe area free from obstacles such as pit & support cables or equipment that cannot be seen in lower light and remain calm. <b>Parents</b> – Gather children under your care & remain in the public seating areas and remain calm.
Close Doors	<b>Available Staff</b> - not required elsewhere	Pull down roller doors and secure. Ensure emergency exit doors are pulled shut. Close and secure doors near reception.
If Needed, Contact External Emergency Services for aid/advice	Directors, Receptionist or Head Coaches (or Authorised Coaches in the absence of a Head Coach)	<b>Police / Ambulance / Fire</b> Call 000 <b>Loss of Electrical Supply</b> Call – 13 62 62 <b>State Emergency Service</b> Call - 132 500
Remain Under Lock Down	All	Remain Calm.
Determine when threat is over	Directors, Reception Assistant or Head Coaches (or Authorised Coaches in the absence of a Head Coach)	Depending on situation that triggered lockdown, determine when threat is over and it is safe to return to normal operation.
Open doors	Available Staff	Return facility to normal operation by opening doors.
Resume normal operations	All Staff	Operations returned to normal.

# CHILD PROTECTION AND SAFETY

<b>MISSION</b>	Our mission is to impact and inspire our members positively for life. We will do everything possible to protect the rights and safety of the children in our care.
<b>CULTURE</b>	Our business is to foster a culture of respect for all who work and train here. We aim to provide a child friendly environment that is safe, free of bullying, negative behavior, and shows respect for each individual regardless of gender, age, culture and beliefs.
<b>TRANSPORT</b>	Splitz Coaches <b>are not allowed to offer any athlete transport</b> to an event or to training on a regular basis or for a one-off event. Please do not ask the coaches or other staff to take your child somewhere in their car or to stay overnight. While we have full trust in our staff, we are protecting our staff and your child by having this policy in place.
<b>SOCIAL MEDIA</b>	Athletes should not contact Splitz staff through social media, not should gymnasts invite coaches to follow their own social media accounts. Our staff should expect their personal lives to remain private. This is for the protection of all parties.
<b>AWAY TRIPS</b>	Coaches attending trips away with athletes: <ul style="list-style-type: none"> <li>☛ Where possible coaches will not be put in an apartment with athletes and never in the same room with an athlete.</li> <li>☛ Male coaches will never be put in rooms or apartments with girls.</li> <li>☛ Chaperones are carefully chosen and must abide by all Codes of Conduct for staff while on trips with athletes.</li> <li>☛ All chaperones are required to have a Blue Card and follow all the guidelines set down for the trip as outlined by the Team Manager.</li> </ul>
<b>BLUE CARD COMMITMENT</b>	All staff members must ensure their Blue Card remains valid and ensure that renewal is submitted to the Commission for Children and Young People and Child Guardian at least 30 days prior to it expiring.  As a business, we are committed to our staff being registered with all the correct accreditations and necessary requirements to work with children.
<b>VOLUNTEERS AND STAFF</b>	All volunteers or staff required to assist with activities, services, or special events will be assessed for their suitability to work with children. They will also be made aware of their obligations under our child and youth risk management strategy.
<b>INAPPROPRIATE COMMUNICATION</b>	<ul style="list-style-type: none"> <li>☛ Please <b>report any inappropriate communication</b> between athletes and staff to the relevant Program Manager.</li> <li>☛ These means anything that involves inappropriate language, sexual innuendo, bullying or other negative comments etc.</li> <li>☛ Splitz is committed to the protection of the young people in our care, so would ask for any inappropriate situation to be reported immediately to the Program Manager so the matter can be dealt with through the correct channels.</li> </ul>

# STAFF ROLES & RESPONSIBILITIES

<b>STAFF LISTING &amp; CONTACT LIST:</b>	<b>WAG Program Coordinator</b> - Laura Lancaster <i>laura@splitz.com.au</i>  <b>Accounts</b> - Amanda Zhang <i>amanda@splitz.com.au</i>  <b>Manager</b> - Amanda Zhang <i>info@splitz.com.au</i>	
<b>STAFF ROLES &amp; RESPONSIBILITIES</b>		
<b>UNIFORMS</b>	<b>ADMINISTRATION</b>	ORDER FORMS ARE KEPT IN RECEPTION & AVAILABLE ON THE SPLITZ WEBSITE
<b>ACCOUNTS</b>	<b>AMANDA ZHANG</b>	FOR ALL ACCOUNT ENQUIRES
<b>IF YOU HAVE A QUESTION ABOUT YOUR DAUGHTER’S TRAINING</b>	FIRSTLY, ARRANGE AN APPOINTMENT WITH YOUR DAUGHTER’S COACH OUTSIDE OF CLASS TIMES	IF YOU NEED FURTHER CLARIFICATION, MAKE AN APPOINTMENT WITH THE WAG COORDINATOR VIA EMAIL
<b>IF YOU ANY QUERIES ABOUT THE PROGRAM COMMITMENT OR INJURY MANAGEMENT</b>	MAKE AN APPOINTMENT WITH THE WAG PROGRAM COORDINATOR BY EMAIL	
<b>EVENT ENTRIES and EVENT ROSTERS</b>	<b>JANE ROWAN</b>	VIA EMAIL OR PHONE
<b>INJURY REPORTS</b>	TO RECEPTION STAFF	VIA EMAIL OR PHONE
<b>DOCUMENT DISCLAIMER</b>	<p>The information contained in this document is the intellectual property of Splitz Gym. Any copying, distribution, or publication of information contained herein can only occur after permission has been granted by the Director of Splitz Gym.</p> <p>Splitz Gym is a privately owned and operated business and we are aware that customer service is key to our success. We hope that our service provides you and your family with the high quality service that you expect. In the event that our service does not meet your expectations, we ask that you bring your concerns directly to us.</p>	



# WAG PROGRAM CHECKLIST

## WAG PROGRAM CHECKLIST

HAVE YOU READ THE WAG HANDBOOK?		HAVE YOU JOINED THE SPLITZ FUNDRAISING COMMITTEE?	
HAVE YOU COMPLETED & RETURNED YOUR ENROLMENT FORM?		HAVE YOU ORDERED A COMPETITION LEOTARD?	
HAVE YOU COMPLETED & RETURNED YOUR TEAMS COMMITMENT FORM (LEVEL 3 & ABOVE)?		DO YOU NEED A TRACKSUIT AND HAVE YOU ORDERED ONE?	
HAVE YOU GOT YOUR LOG IN FOR THE WEBSITE?		HAVE YOU ORDERED A SPLITZ POLO SHIRT?	
HAVE YOU EXPLORED THE MEMBERS' SECTION OF THE WEBSITE TO FAMILIARISE YOURSELF WITH ITS CONTENTS?		DOES YOUR DAUGHTER NEED TO BE REGISTERED FOR A COMPETITION?	
IS YOUR DAUGHTERS REGISTRATION & INSURANCE FEE PAID?		HAVE YOUR CONTACT DETAILS CHANGED? PLEASE EMAIL RECEPTION <a href="mailto:info@splitz.com.au">info@splitz.com.au</a>	
HAVE YOU COMPLETED & RETURNED THE DIRECT DEBIT REQUEST FORM TO PAY YOUR TUITION FEES?			
HAVE YOU READ THE FEE AND PAYMENT POLICY DOCUMENT (ONLINE)?			

