

Balwyn Gymnastics Club

Gymstar Competition Season

2025

Welcome to the Gymstar Competition Season for 2025!

The following information pack provides detail on the operation of Gymstar competitions in 2025. You are strongly encouraged to read through the following information with your gymnast.

Further queries can be directed to the Team Leader via email at

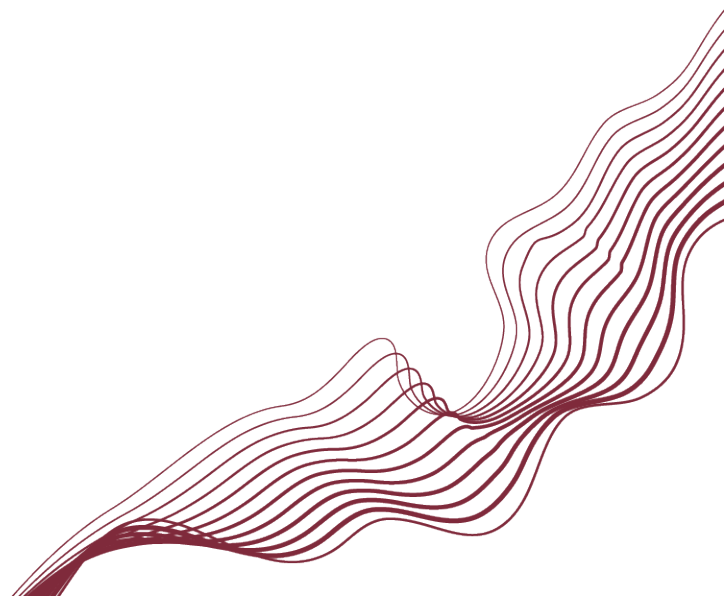
bsc.gymnastics@ymca.org.au

Competitions are a fantastic opportunity for our gymnasts to demonstrate their skills, develop confidence and create lifelong memories.

Good luck to our first-time participants and welcome back to our experienced gymnasts!

Warm regards,

Balwyn Gymnastics Club



Gymstar Information

1. How is my child's Gymstar level decided?

Your child's Gymstar level is based on their ability to meet the Gymstar skill and competition requirements, which will be comprehensively assessed by their coach over the course of their training. You will be notified of level by their coach prior to competition season.

2. How quickly will my child progress through Gymstar levels?

- **Gymstar Levels 1-3:** Typically, gymnasts will progress 1 level per year, dependent on ability and training hours.
- **Gymstar Levels 4-10:** Gymnasts may compete in each of these levels for 2-3 years. The extended time required to pass to the subsequent level is due to the increased difficulty in skill technique, quality and execution.

Coaches and judges are constantly assessing Gymstar levels and endeavour to place gymnasts in the most appropriate levels.

If you have any concerns or questions regarding your child's progress, you are encouraged to speak directly with your child's coach.

3. Will I get to see my child's scores during the competition?

At Balwyn Gymnastics Club, our focus is never on scoring or ranking our gymnasts. Rather, we endeavour to guide each child to achieve their own personal best. As such, scores are not shown to gymnasts or their families during the competition.

At the conclusion of the competition, each gymnast will receive a participation certificate which will detail their scores for each apparatus. In the spirit of sportsmanship, we encourage gymnasts to reflect upon their scores privately, and use for their own reflection and improvement.



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4. Will my child receive a medal?

There is an individual award system in place for each level:

Levels 1-3:

- All gymnasts in Level 1 receive a participant medal.
- All gymnasts in Level 2 and 3 receive a medal based on their overall individual score.
- All gymnasts will receive participation certificates.

Levels 4-10:

- 1st-6th places are awarded for each apparatus, as well as individual overall and team awards.
- All gymnasts will receive participation certificate.

Please note that level 4-10 events have an emphasis on participation. It is important to prepare your gymnast for the possibility that they may not receive a medal.

5. Who will be in my child's team?

Teams in Gymstar competitions are made up of a maximum of 5 gymnasts.

Where more than 5 gymnasts are entered in one level and multiple teams are required, teams will be selected at random.

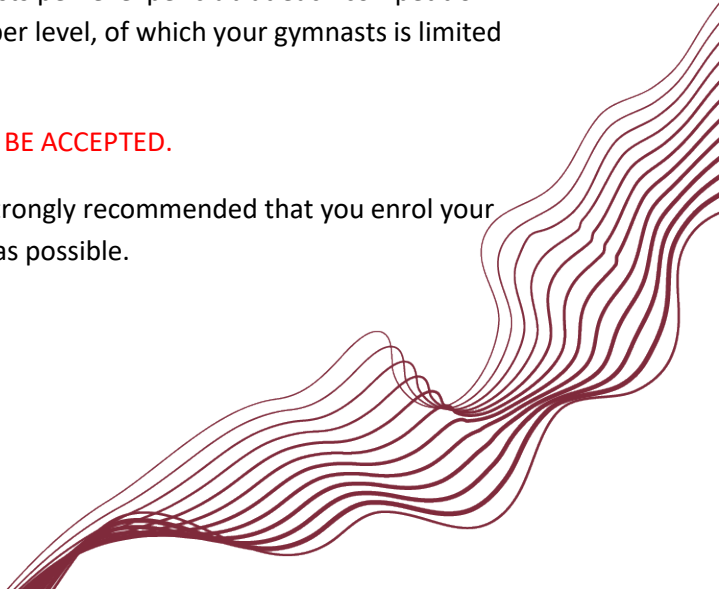
Gymnasts may be part of a team which includes gymnasts from other days'/training times/coaches.

6. How do I enter my child into competition?

To enter your child into competitions you will be sent an email with competition information closer to the start of the season. This information will prompt you to enrol your child, either via either online or in person at the Boroondara Sports Complex reception. There is a Gymnastics Victoria mandated limit of 15 gymnasts per level per club at each competition. Therefore, we will be offering 2-4 competitions per level, of which your gymnast is limited to the choice of two.

UNDER NO CIRCUMSTANCES WILL LATE ENTRIES BE ACCEPTED.

In order to avoid possible disappointment, it is strongly recommended that you enrol your gymnast into the relevant competitions as soon as possible.



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7. What happens if my child can no longer attend the competition?

Due to withdrawal fees and administration fees imposed on us by Gymstar for any withdrawals, we are only able to provide refunds or credits for Gymstar competitions in limited circumstances.

This includes medical or personal emergencies. Please note, all refunds for competitions are completed through Gymnastics Victoria and is at the discretion of the Finance Team at Gymnastics Victoria.

If you do require a refund, please contact the Team Leader to assist you with this process.

8. When will I find out the exact time of the competition?

Due to the process of coordinating gymnasts from all over the state, specific competition times are not known until 1-2 weeks before the competition. You will be notified of the specific start time as soon as possible via email.

Please ensure that the email attached to your Perfect Gym account is correct, as this is where the emails regarding competition information will be sent.

9. What is my child required to wear to a competition?

Please see the following statement from Gymnastics Victoria regarding competition attire:

Gymnastics Victoria encourages clubs to provide an appropriate range of training and competition items that enable gymnasts to make a choice on the attire that makes them most comfortable. The range should include appropriate sizes, design options for different body types and shapes, options for gymnasts to wear items that provide greater body coverage and the opportunity for gymnasts to wear head coverings as required (such as a Hijab).

The Gymnastics Victoria office supports gymnasts wanting to wear any of the following competition attire without requesting approval at Gymnastics Victoria sanctioned events; Leotards, Unitards, Bike Shorts, Leggings, Longs, Competition Shorts, Religious/Cultural Headwear.

Gymnasts are encouraged to wear attire they are most comfortable in regardless of their gender and encourage clubs, coaches and judges to ensure they understand that each individual has chosen their attire for personal reasons and to support all gymnasts through their participation journey.



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Balwyn Gymnastics Club recommend the following options for competition attire:

Competing	Warm up/ Presentations
<ul style="list-style-type: none">• Balwyn Gymnastics Club leotard (short sleeve or long sleeve)• Plain black leotard (Kmart has great options!)• Balwyn Gymnastics Club t-shirt and black shorts• Plain white or black t-shirt and black shorts	<ul style="list-style-type: none">• Black shorts• Balwyn Gymnastics Club T-shirt/white T-shirt• Balwyn Gymnastics Club jumper• Black tracksuit pants

Please note: Your child is welcome to wear what they feel most comfortable in.

The Balwyn Gymnastics Club T-shirt is available to purchase at the gymnastics or downstairs reception.

All hair needs to be securely and neatly tied back and pinned. Please use hair spray and gel to ensure hair stays in place throughout the competition. Buns are not recommended as they impede gymnasts on floor and balance beam when rolling.

Gymnasts must remove all jewellery before entering the competition floor. Nail polish and excessive make up are strongly discouraged.

10. What should my child bring to a competition?

- Water bottle
- Spare hair ties
- Snacks (fruit, jelly snakes etc.)
- Grips (if required)
- Smiles, enthusiasm and sportsmanship!

Gymnasts may carry a small bag on the competition floor. Shoes, socks and excess clothing must be left with parents before entering the competition floor.

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11. How will the competition run on the day?

Gymnasts must arrive at least 15 minutes prior to the scheduled start time of the competition. Coaches will be in attendance well before the start time to greet and organise all gymnasts. Parents are responsible for all transport to and from the competition venue, and for supervision of gymnasts before and after the competition session time.

There is generally a small entry fee (\$2.00-\$5.00 per spectator) and most clubs will provide a café or a BBQ on the day.

Close to start time, coaches will assemble gymnasts and prepare them for the competition.

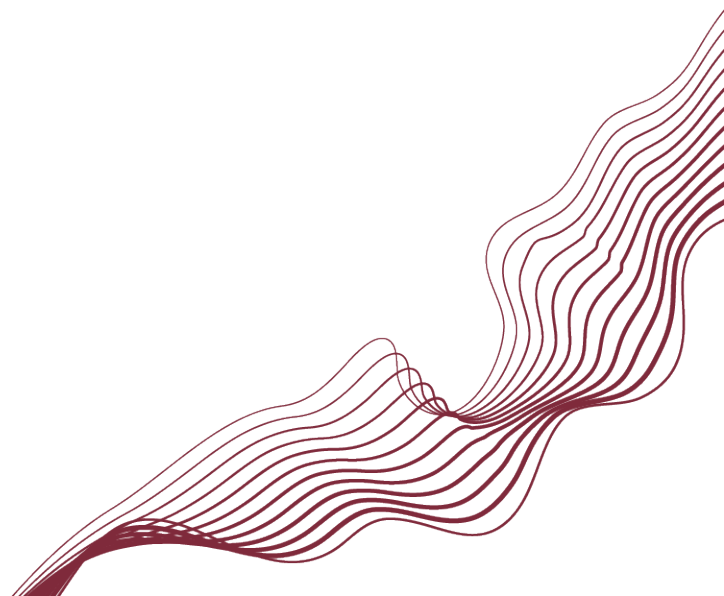
Please note that once the child is on the competition floor, they are under the direction of coaches and judges, and are unable to communicate with parents/spectators. If you wish to give your child something or if you have to leave suddenly, please contact the closest coach or competition official. Gymnasts can be disqualified for leaving the competition floor without the permission of a judge.

After the competition is finished there is usually a 15-minute wait whilst scores are calculated and then the presentations of medals will take place. This is when we require enthusiasm from our parent cheer squad!

12. What behaviour is expected of my child on the day?

As a representative of Balwyn Gymnastics Club (BGC), gymnasts are expected to adhere to BGC's **Athlete Code of Conduct** at all times while in attendance at competitions. The Code of Conduct is included on the next page.

Please note that the Code of Conduct extends to parents and spectators of gymnasts. Any examples of poor sportsmanship demonstrated by the parents or spectators of BGC gymnasts will not be tolerated and may result in the gymnasts being prohibited from future competitions or events.



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Gymnast Code of Conduct

As a gymnast of Balwyn Gymnastics Club, I will:

Respect

- Respect my fellow gymnasts and all coaches
- Respect the gymnastics space and equipment

Encourage

- Encourage all of my fellow gymnasts to do their best

Sportsmanship

- Practice good sportsmanship
- Not use disrespectful language or bully others

Persistence

- Always try to listen to and apply my coach's feedback
- Never give up, even if it's a tough skill!

Everyone

- Ensure no one feels left out

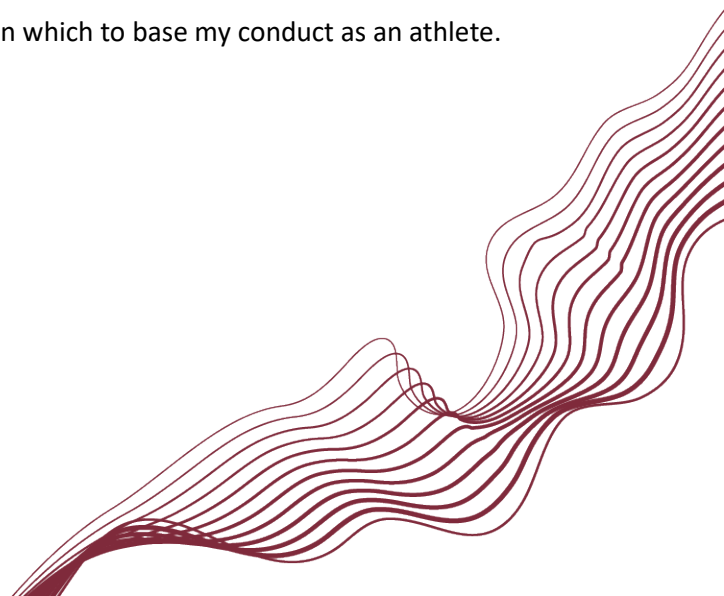
Communicate

- Ask my coach for help when I am hurt or need assistance

Team

- Always be willing to help my fellow gymnasts

As a gymnast of Balwyn Gymnastics Club, I value and adhere to the above code of conduct. It will guide my actions and provide me with a frame work on which to base my conduct as an athlete.



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LEOTARD ORDERING – SYLVIA P

SET UP YOUR TEAM SHOP

1. Navigate to <https://teamwear.sylvia.net/>

Team Wear can be accessed by clicking on the Team Wear tab on the top of the screen



2. Click 'Login' in the top right, or if you are already logged in it will say 'Account'



3. Once logged in you will see your accounts page. Click 'Join a Team' on the right and enter your Teams Name and Team Password and click Join Team.

Success! The team has been added to your account.
Please reload the page to add the team to the main menu.

4. Reload your Page.

5. Once reloaded, click on the Menu on the top left



6. Click on Team Shop and you team should be visible.

OR

FIND YOUR TEAM SHOP

1. Navigate to <https://teamwear.sylvia.net/>

Team Wear can be accessed by clicking on the Team Wear tab on the top of the screen



2. Click 'Login' in the top right, or if you are already logged in it will say 'Account'



3. Once logged in you will see your accounts page. Click on the Menu on the top left



4. Click on Team Shop and you team should be visible.

- Please do not click 'rush order' as Sylvia P cannot do that on custom orders including these.
- These Leotards have a 10-week 'turn around' from the time of ordering to delivery so it is best to order as quickly as you can.
- The club ordering window will be open until the **30th May 2025**

CLUB TEAM USERNAME: Balwyn Gymnastics Club

CLUB PORTAL PASSWORD: BalwynGC

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COMPETITION CALENDAR

Please note this is not confirmed and is subject to change

Date	Location	Levels
Sun 27/7	McLeod Leisure Centre - YMCA in-house competition series	6, 7, 8, 9, 10
Sun 10/8	Melbourne Gymnastics Club, Windsor	5, 6
Sun 17/8	Balwyn Gymnastics Club - YMCA in-house competition series	4, 5
Sun 24/8	Knox Gymnastics Club, Nunawading	1, 2
Sun 31/8	Eastern Gymnastics Club, Box Hill	7, 8, 9, 10
Sun 14/9	Mooney Valley Gymnastics Club	2, 3
Sun 21/9	BTYC, Donvale	3, 4
Mon 22/9 (school hols)	BTYC, Donvale	5, 6
Sun 12/10	Mooney Valley Gymnastics Club – YMCA in-house competition series	1, 2, 3, 4, 5

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17-20/10	Junior Victorian Championships, Parkville	Fusion FX
Sat 25/10 – Sun 26/10	Casey Endeavour Hills	7, 8, 9, 10
7-9/11	Gym For All Carnival, Parkville	7, 8, 9, 10, Fusion FX

