



# AEROBIC GYMNASTICS COMPETITIVE HANDBOOK

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# PROGRAM OVERVIEW

Aerobic Gymnastics fuses mainstream Aerobic exercise sequences - including its seven basic steps combined with arm movements - with Gymnastics difficulty elements, original/creative transitions, collaborations and interactions between members, and lifts. The routines are inspired by the music, performed in sync with a driving beat and phrases, and using its melody and theme as a whole.

Competitive Aerobic Gymnastics offers several platforms for showcasing the discipline's variety and creativity. Gymnasts may compete individually, in multiples of 2, 3 and 5 or in the aerodance category consisting of 8. In all categories, continuous movement covers all the competition space, including floor and aerial movements to the music.



# CLASSES

Class	Level	Minimum Hours
Recreation	1-2	1
Foundation	3-4	4
Development	5-6	6
Advanced	7+	6

# 1

## Recreation

Learning the fundamentals of the sport without the pressure of competitions! No experience doing gymnastics required and is open to all ages and abilities. Introduces athletes to the sport in a fun environment whilst learning everything required to compete one day if desired.

# 2

## Foundation (LVL 3 - 4)

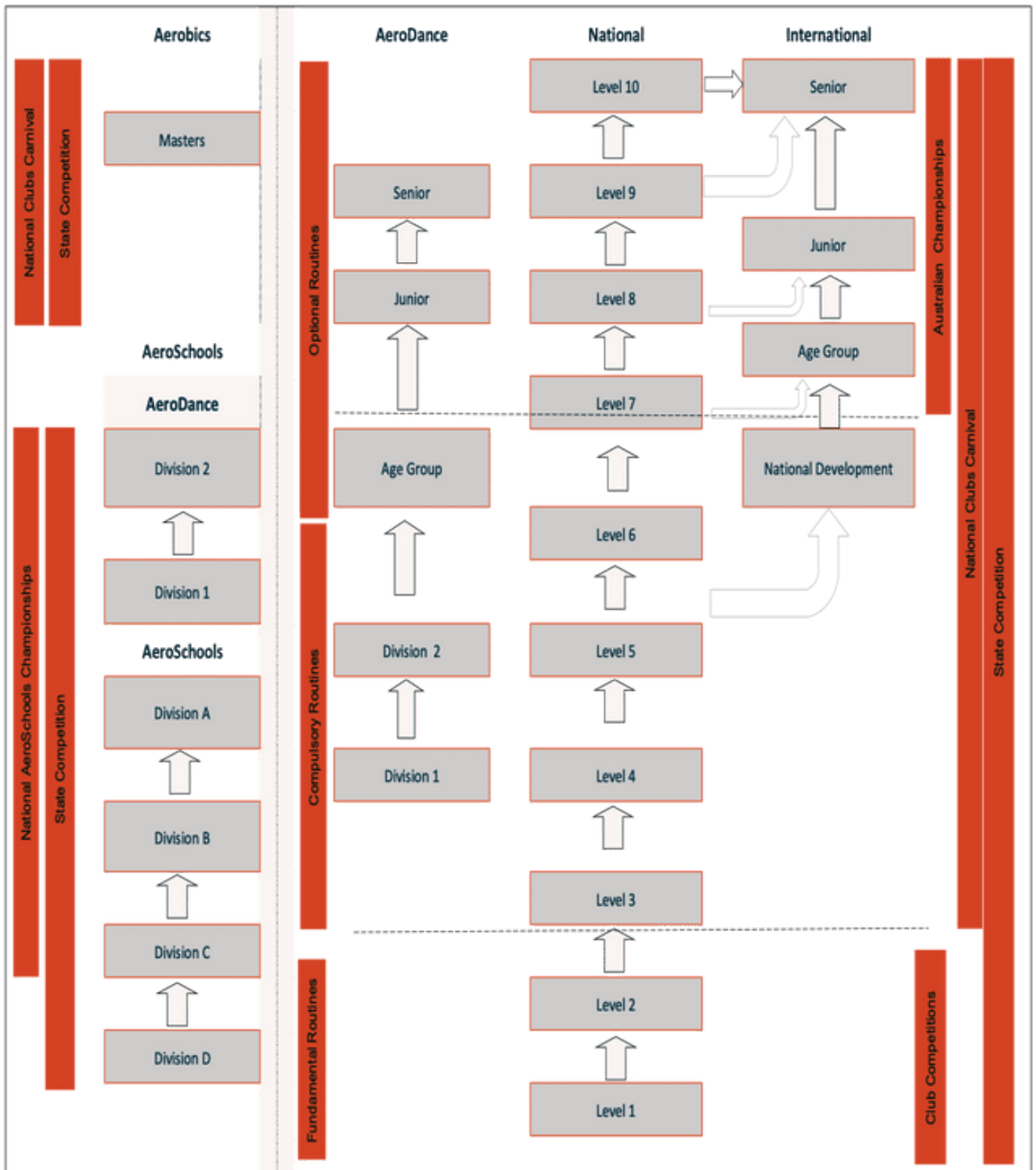
Entry level competition squad where no experience competing is required and introduces athletes to the competitive aspect of gymnastics. Gymnasts are selected onto the competitive squad after a minimum of 4 weeks of training (unless they have prior experience)

# 3

## Development (LVL 5 +)

Higher level program for those with competitive experience that have been selected by coach. Full commitment to this squad for the entirety of the years is required with an understanding that ALL competitions will be undertaken. This is the higher level class.

# AUSTRALIAN LEVEL PROGRAM



# NATIONAL LEVELS

Level	Individual	Multiple(2-3)	Team(4-8)
<i>LEVEL 10</i>	15+ years	15+ years	9+ years
<i>LEVEL 9</i>	15+ years		
<i>LEVEL 8</i>	15+ years		
<i>LEVEL 7</i>	Senior 15+ years Junior 9-14 years	9+ years	
<i>LEVEL 6</i>	Senior 12+ years	Senior 12+ years	9+ years
	Junior 9-11 years	Junior 9-11 years	
<i>LEVEL 5</i>	Senior 12+ years	Senior 12+ years	8+ years
	Junior 8-11 years	Junior 8-11 years	
<i>LEVEL 4</i>	Senior 12+ years	Senior 12+ years	6+ years
	Junior 7 -11 year	Junior 6 -11 years	
<i>LEVEL 3</i>	Senior 10-14 years	6-14 years	6-14 years
	Junior 6 -9 years		
<i>LEVEL 2</i>	Fundamental		
<i>LEVEL 1</i>	Fundamental		





# COMPETITIONS

## Attire

Gymnasts will be required to purchase the compulsory competition items. These include:

1. Competition Leotard (\$175)
2. Club Tracksuit (\$120)
3. Aerobic Shoes
  - Level 1-4 (\$78)
  - Level 5+ (\$165)
4. Shimmer Stockings (females only, \$20)
5. White Crew Socks (\$1 per pair)

Gymnasts will also be required to have appropriate hair accessories including bun pins, hair net + scrunchie



# DRAFT SCHEDULE

<b>Competition</b>	<b>Date</b>	<b>Venue</b>
<b>State Trial 1</b>	<b>17th/18th June</b>	<b>TBC</b>
<b>State Trial 2</b>	<b>29th/20th July</b>	<b>TBC</b>
<b>NSW State Championships</b>	<b>12th - 13th August</b>	<b>TBC</b>
<b>National Clubs Carnival</b>	<b>15th - 18th September</b>	<b>Gold Coast Sport and Leisure Centre</b>
<b>PCYC End of Year Display</b>	<b>TBC - December</b>	<b>PCYC Glebe Leichhardt</b>



# TERM FEES + CLASS PAYMENT

Hours Trained	Cost per Term	Cost per Hour
1	\$205.00	\$20.50
2	\$307.60	\$15.38
3	\$418.20	\$13.94
4	\$492.00	\$12.30
5	\$599.50	\$11.99
6	\$676.80	\$11.28

## **Please Note**

Additional costs will be incurred regarding competitions. Each competition will have an entry fee that is subject to the number of routines entered.

# TRAINING GUIDELINES



## COMMUNICATION

**01.**

All communication regarding competitions, changes to training or special events will be done via email. This will include all dates and costs for competitions, news, etc.

If you need to speak to your child's coach to ask a question, relay information or gain feedback about your child's performance we ask that this is done outside of training hours. This can be during the day or before or after the training session.

If there is an emergency, the child's parents will be contacted directly by the club so please ensure that the correct phone number is given.

Our aerobics coaching team is always happy to assist with any questions you may have and we encourage open communication.

## ATTENDANCE AND PUNCTUALITY

**02.**

It is expected that athletes attend all training sessions for their squad. We understand and agree that family and education should be a priority, however time management is a huge part of competitive gymnastics. We expect that athletes should organise themselves to be able to fulfil all training and competition requirements as well as any other commitments they may have (including homework and assignments).

Leaving early, arriving late or missing sessions does not entitle you to any discount on fees. You are paying for your child's position in the squad and the cost to the club remains the same regardless of their attendance.

It is expected that all gymnasts arrive at least 5 minutes prior to their training time and they should be dressed, ready to train and waiting in the viewing area to be called by their coach.

We understand that occasionally appointments or school events will cause unavoidable lateness, and in this case this should be communicated to the coach prior to the day. In the event of unexpected lateness, the gymnast should present themselves to their coach to explain their lateness and receive instructions on their warm up and training.

Repeated tardiness without prior arrangement with the coach will result in removal from the squad.

# TRAINING GUIDELINES CONT.

## INJURIES

## 03.

Even when all precautions and injury prevention strategies are used, all sports have a degree of risk and occasionally injuries can occur. We manage and minimise these risks with the supervision and instruction from qualified and experienced coaches.

### *Injuries at training*

If a minor Injury occurs during your child's training, you will be informed by the coach at the conclusion of training how it happened and what first aid was provided. In the event of an injury which prevents the athlete from taking part in any further training for the session, a parent or guardian will be contacted. In the case of a serious injury, 000 will be contacted first, then the child's emergency contact. If pain or swelling from an injury persists for more than a few days, we recommend you seek medical assistance. Please keep your child's coach updated on any injuries at all times.

### *Injuries outside of training*

Please keep our coaches informed about any serious injuries that have occurred outside of gymnastics so we can adapt training to avoid causing further irritation. For any injuries requiring significant modification to training, a note from the medical professional treating the injury (GP, physiotherapist) is required detailing the exact nature of the injury, any movements to be avoided and what rehabilitation needs to occur.



## PHYSICAL + SKILL TESTING

## 03.

All Competitive athletes will take part in physical abilities testing. The athletes will receive feedback on this testing from coaches as which includes key areas for improvement and areas of excellence. The main aim of this testing is to see if improvements are being made and identify any areas of weakness that may need extra attention as well as allow athletes to see their individual strengths.

Testing will be conducted in two categories:

STRENGTH and SKILL. Strength testing will occur twice per term - this will happen towards the start and end of the term however may vary depending on competition season. Skill testing will happen twice per YEAR, again, depending on competition season. The athletes will be informed of the process prior to testing happening.



## ATTIRE

## 02.

We require all competitive athletes to be dressed neatly and appropriately for training, including hair being neat and pulled back. Athletes must wear a leotard, crop top or singlet with shorts or tights. T-shirts may be worn provided they are not too loose. In colder months, athletes may wear a long sleeved top and may warm up with a jumper and track pants on. Jumpers should not have hoods or zippers and cannot be worn during the main part of training. We do not have a set training uniform, however there is an optional one available.

Competition attire is compulsory and is to be worn for competitions ONLY to ensure it does not get ruined. This consists of:

- Competition Leotard
- Club Tracksuit
- Aerobics Shoes
- Shimmer Stockings (for females)
- White Crew Socks

The purchasing of these items will be communicated with you by the coach as only the competition leotard and club tracksuit are to be bought directly from the club, the rest is sourced externally.



# MEET OUR COACHES



## GRACE KLEPPICH

Grace has been competing in gymnastics since the age of 8 and transitioned to aerobic gymnastics at 16. Since then she has become an 8 time national champion and has been a member of the Australian Gymnastics team since 2019. She won a bronze medal in the Senior International Trio category at the Plovdiv Cup in 2019 and was a member of the 2020 and 2022 World Championships Team.

Grace has been coaching for over 10 years and started the aerobic gymnastics program at PCYC Glebe in 2020. She currently holds her intermediate coaching and advanced judging qualifications



## MERCEDES MCINTYRE

Originally from Queensland, Mercedes has been involved with aerobic gymnastics for more than 10 years. She has represented Australia since 2013 and won gold at ANAC in 2013. Mercedes is currently one of Australia's top ranked aerobic athletes and was a member of the 2020 and 2022 World Championships Team.

Mercedes joined the PCYC Glebe team in 2022 and has brought an extensive level of knowledge to the aerobic gymnastics program. She currently holds her advanced coaching and judging qualifications. With years of experience in both artistic and aerobic gymnastics, Mercedes loves helping gymnasts of all ages achieve their goals







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**CONTACT  
INFORMATION**

