



REC ALLEY  
WAG PARTICIPANT GUIDE  
2022



REC ALLEY



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# Introduction

Rec Alley's levels program is designed to be safe, fun, and progressive, while ensuring skill acquisition is achieved. Our lessons are structured to deliver an attainable gymnastics program in a supportive and inclusive environment.

Gymnasts are supported through the levels program without mandatory competition entry, body composition testing, or excessive weekly training hours.

Competitions are not compulsory for Rec Alley levels

participants; however, we do encourage all members to consider competing. Some of the benefits to competing include building self-confidence, experiencing performance in front of spectators and being part of a team.

Overall, we are confident you will be happy with Rec Alley's levels program and look forward to launching some of the new program developments throughout 2022 and beyond.

# Rec Alley Values Character

Rec Alley's charter was developed by Rec Alley coaches and is the essence of our culture.

## REC ALLEY CHARTER



### SAFETY

We create a safe space for our coaches, gymnasts & their families. This includes physical & emotional safety.



### TEAMWORK

We value teamwork & the overwhelming benefits working as a team brings to coaches, gymnasts & families.



### HAPPINESS

We create happy moments for coaches, gymnasts & their families. We strive to make every interaction a happy one.



### SUPPORTIVE

We coach & participate in a supportive way. We openly look for opportunities to support others.



### DIVERSITY

We place value on & understand the benefits a diverse club brings to Rec Alley & the local community.



### GROWTH

We commit to the growth of our gymnasts' abilities, our coaching team, the club & the local community.

# Rec Alley's WAG Level Structure

## **Foundation 1**

This is a non-competitive program focusing on understanding and the performance of skills at a basic level. Rec Alley follows the Gymnastics Australia guidelines for this level.

Competitions are non-competitive and invitational open to all Foundation 1 gymnasts.

Competitions including mandatory skills but no formal routine. Scoring is based on a colour-banding system as there are no scores.

The minimum commitment for Foundation 1 is a 1x2 hour class per week.

## **Foundation 2**

This too is a non-competitive program focusing on refining performance of skills at a basic level consisting of primarily skill-based circuits. Rec Alley follows the Gymnastics Australia guidelines for this level, but also includes preparation for level 3 skills.

Competitions are non-competitive and invitational open to all Foundation 2 gymnasts. Competitions include mandatory skills but no formal routine. Scoring is based on a colour-banding system as there are no scores.

The minimum commitment for Foundation 2 is 2x2 hour classes per week.

## **Level 3+**

Competitions include mandatory skills and routine. Opportunity to qualify for region and state-level competitions. Compulsory uniform requirements.

Commitment for Level 3 is 3x2hr class per week

Commitment for Level 4 is 3x3hr class per week

	<b>Class duration</b>	<b>Classes per week</b>	<b>Competitions</b>	<b>Av time in level**</b>
<b>ALLEY REC</b>	60 mins	1	No	6 – 12 months
<b>FOUNDATION 1</b>	2 hours	1	Optional, friendly	6 – 12 months
<b>FOUNDATION 2</b>	2 hours	2	Optional, friendly	6 – 12 months
<b>LEVEL 3</b>	2 hours	3	Optional, competitive	1 – 2 years
<b>LEVEL 4</b>	3 hours	3	Optional, competitive	1 – 2 years

Registration for all foundation and levels programs is \$118. When progressing from Alley Rec to Foundation 1 where recreational registration (\$79) has already been paid, you simply pay the difference (ie \$39).

*\*\* average time, depends on individual*



# Progression

## **Foundation 1 & 2**

Rec Alley conducts in-club testing at various times throughout the year. This is an opportunity for both gymnasts and their parents/carers to review their progress and identify areas for improvement. When moving from Foundation 2 to Level 3 during competition season, it is with the understanding that gymnasts' new to level 3 will not be competing at state-level at that time.

Gymnasts may progress to the next level at any time at their coach's discretion. If a coach has observed a gymnast regularly performing required skills correctly and safely, the coach may offer the opportunity to progress to the next level.

When progressing to the next level it is always on a trial basis for the first week. This allows the gymnast to determine their own readiness, if they do not feel comfortable, they can choose to delay the move and return to previous class until ready (space permitting).

Unfortunately, Rec Alley does not offer make up testing for participants who miss testing. Classes post testing week move straight into the scheduled lesson plans and testing would interrupt the scheduled class. For anyone who misses testing a private lesson with a coach may be organised if there is availability, or the participant will need to wait until the next test.

## **Level 3+**

Level 3 and above will not be formally tested during the year and will progress when the coaching group observes they are ready.

Coach feedback will be provided to individuals throughout the year. An open discussion between coaches and gymnasts on readiness to progress for the following year will occur towards the end of the year.

Parents/carers are welcome to seek feedback on gymnast's progress from coaches at any time.

# Competitions for 2022

Participation in competitions is encouraged but not compulsory. Below are the confirmed competitions Rec Alley will be attending in 2022:

5 June @ Gymtastic Picton (Rainbow Festival)

◆ Foundation 1 & 2

**30/31 July @ Rec Alley Minto** (warm-up event prior to trials)

◆ WAG Level 3 & 4

7 August @ Campbelltown PCYC

◆ Foundation 1 & 2

13/14 August @ D'Vine Gymsports (Regional Trial 1\*)

◆ WAG Level 3 & 4

3/4 September @ D'Vine Gymsports (Regional Trial 2\*)

◆ WAG Level 3 & 4

**16 October @ Rec Alley Minto**

◆ Foundation 1 & 2

28-30 October @ SGAC (Jnr State Championships)

◆ WAG Level 3 & 4: only those qualified from regional trials\*

19/20 November @ D'Vine (Southern Region Championships) – tbc

◆ WAG Level 3 & 4

26/27 November @ SGAC (WAG Challenge Championships)

◆ Team Gym

◆ Level 3 & 4: only those who participated in BOTH regional trials\*

# Competition Preparation

We understand there can be nervousness around competitions, especially for first-time competitors. As a club Rec Alley participates in competitions not for titles and glory, but to give gymnasts the experience of participation.

Rec Alley's approach is values driven, we aim to be competitive, while ensuring each child is nurtured through the competition process making the experience as positive and memorable as possible.

Importantly, competitions are not compulsory for Rec Alley levels participants. Although all participants are encouraged to attend competitions, at no time will participants be required to attend a competition if they do not wish to.

It is important to attend class regularly, particularly in the 4 – 6 weeks prior to competition. Regular repetition of skills and routines is the best way to build confidence prior to competing and helps ensure the best individual performance on the day.

## **Competition communication**

Rec Alley's process for communicating information to parents, relies heavily

on the information provided by Gymnastics NSW, or the hosting club. As soon as details are provided, Rec Alley will generally distribute information via text message to parents and link the information to a page on the website. It is important for parents to maintain current personal details with Rec Alley such as contact number and email to ensure you do not miss important competition correspondence.

## **Competition registration and cost**

Rec Alley will provide details for competition entry as they become available. We rely on Gymnastics NSW, or the hosting club to provide this information to us.

Competition fees vary depending on location and type of competition, and typically range from \$50 - \$140. Fees are usually non-refundable or incur a cancellation fee. This is up to the event organisers, not Rec Alley.

In the event you miss the cut-off date to register for a competition a late entry fee will be charged by the event organisers and these can be quite high (for example a state comp late fee is typically \$150). Late entries are not always accepted.

## **What to expect on the day**

Competitions include 4 rotations: Floor, Bars, Beam and Vault.

Gymnasts will be assigned a group and travel around the rotations in that group. They will be always accompanied by a coach. The group may be made up of all Rec Alley gymnasts or mixed with gymnasts from other clubs. The group allocations may not be made until the day and clubs do not have input into the group assignments.

The event will begin with group warm-up (usually together as a club) before being split into groups and moving to the first rotation. All gymnasts will remain seated as each individual performs on the apparatus. An additional warm-up on each apparatus is generally given prior to performance.

Two judges will confer then score each performance and award a ribbon/score. Once each member of the group has performed the whole group will move together to the next apparatus.

For Foundation 1 and 2 - Gymnasts may be asked to perform their full routines, or just a selection of skills. This is often not communicated to us until quite late, so we always prepare for full routines.

Once all groups have completed all rotations, ribbons are handed out and there is an opportunity for photos.

*\*Please note: this is a guide only, structure may vary slightly from event to event.*

# What to Take

- Water bottle
- Snack
- Handguards/grips, sports tape (Level 3+ if needed),
- Bobby pins/clips, extra hair elastics, hairspray, brush

# Competition Uniform

For some of the competitive programs, there are specific uniform requirements you need to be aware of. For WAG 1 and 2, there is no compulsory uniform requirements. However, we recommend wearing the Rec Alley training (short sleeve) leotard.

It is important to note it can take up to six weeks to order the uniform, and you should provide your uniform requests earlier than this to avoid disappointment. Please see below the required uniform and optional dress code requirements for competitions.

## **Foundation 1 & 2:**

- Leotard or other close fitting athletic clothing
- Short-sleeved Rec Alley leotard preferred
- Gymnastic shorts or tights permitted
- Hair tied back or braided

## **Level 3:**

- Rec Alley short-sleeved leotard
- Plain black gymnastic shorts or tights permitted
- Rec Alley polo shirt
- Hair tied back or braided, hair-sprayed slick
- OPTIONAL: Rec Alley

competition jacket or hoodie

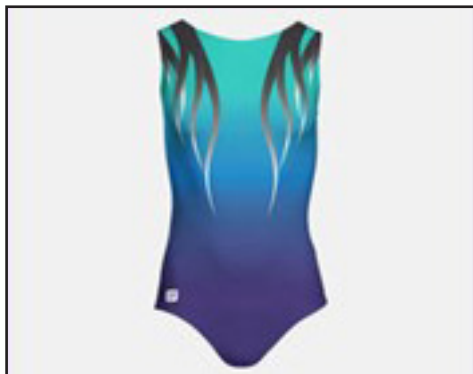
- OPTIONAL: plain black, or Rec Alley branded tracksuit pants

## **Level 4+:**

- Rec Alley long-sleeved leotard
- Plain black gymnastic shorts or tights permitted
- Rec Alley polo shirt
- Hair tied back or braided, hair-sprayed slick
- Rec Alley competition jacket or hoodie
- OPTIONAL: plain black, or Rec Alley branded tracksuit pants

Additional Gymnastics New South Wales competition attire requirements for Level 3 and above competitions:

1. Leotard must be identical for all members in the same team
2. Hand guards, body bandages, and wrists wraps are permitted; they must be securely fastened, in good repair & should not detract from the aesthetics of the performance. Bandages should be skin-coloured
3. Refrain from wearing jewelry except small stud type pierced earring/s
4. Refrain from wearing hip or other padding
5. Refrain from wearing compression sleeves/socks
6. Refrain from using face painting; any make up must be modest and not portray a theatrical character



# Competition Scoring

## Foundation 1 & 2

Gymnasts receive a ribbon for each individual apparatus. See below colour rankings descriptions.

Color	Description
Blue	Excellent or near perfect execution. May have small imperfections in posture or landings.
Red	Very good execution. May have a few small errors.
Green	Good execution and satisfactory performance. May have major errors or lots of small errors.
White	Satisfactory execution with skill completed but with many errors in execution and poor posture, wobbles, uncontrolled landings etc.
Pink	Needs improvement, many major errors and / or skills with spot.



### Level 3+

In level 3 the colour banding is similar, however it is based on scores:

Color	Score	Description
Blue	9.50 & above	Excellent or near perfect execution. May have small imperfections in posture or landings.
Red	9.0 – 9.49	Very good execution. May have a few small errors.
Green	8.50 – 8.99	Good execution and satisfactory performance. May have major errors or lots of small errors.
White	8.0 – 8.49	Satisfactory execution with skill completed but with many errors in execution and poor posture, wobbles, uncontrolled landings etc.
Pink	7.99 & below	Needs improvement, many major errors and / or skills with spot.

*Please note: the actual colour of ribbons may vary event to event and gymnasts will be advised of these changes on the day.*



# Responsibilities and Event Etiquette for Gymnasts

We all represent Rec Alley when participating in competitions. Our values are at the forefront of everything we do and is the essence of the club's culture. By representing Rec Alley, we ask that the following is a guide to conduct;

## Safety

- Provide care to fellow participants, coaches, judges, and others
- Respect the facility and equipment to ensure you remain safe
- Arrive in time for warmup and ensure you attend training prior to the competition date
- Be transparent with coaches in relation to any illness or injury

## Teamwork

- Although gymnastics is an individual sport, we are representing as a team, always respect the performance of the team overall
- Team culture will make us stronger together. Look out for your team, coaches, parents, and other Rec Alley representatives

## Happiness

- Competition should be a happy place, at no times should there be acts of aggression
- Create opportunities for others to be happy. Happiness is contagious

## Supportive

- Be supportive to Rec Alley's team, and other gyms. Cheer, clap, and encourage other gymnasts to do their best
- Be honest with your attitude and representation of yourself, and your club

## Diversity

- Respect all gymnasts' diverse backgrounds, capabilities, experience, and confidence at competitions

Further to the previous values and expectations, please refer to other specific responsibilities during competition;

- Arrive 10 – 15 minutes prior to start time to complete registration and settle into the event environment
- Acknowledge judges at each station prior to performance, and again on completion
- Know the Levels rules and conduct themselves accordingly
- Begin performance within 30 secs of signal from judge
- Remount within 30 sec after a fall from bars, or 10 sec after a fall from beam. In this time the gymnast can recuperate, re-chalk and confer with their coach (level 3+ only)
- Refrain from speaking with active judges during the competition
- Refrain from changing the height of any apparatus, unless permission has been granted
- Remain still and quiet during performances by other gymnasts
- Support and encourage your teammates
- If you need to leave the competition area at any time, you must inform your coach first
- Do not interfere with other gymnasts' performances



# Responsibilities and Event

## Etiquette for Parents/Carers &

### Spectators

Parents can help create a positive sporting environment by being good role models for the kids and club. Rec Alley values are imperative for all representatives (parents, coaches, and participants) during any competition.

- Spectators must remain the designated viewing areas throughout the competition
- Spectators should refrain from coaching gymnasts from the sidelines and allow them to focus and be guided by their coach
- Focus on gymnasts doing their best and being proud of their performance, rather than results
- Inform coach of any illness or injury concern prior to competition
- Support all competitors, demonstrate good sportsmanship
- At no time should Judges or other event officials be harassed, bullied, or intimidated. Please respect the judges' decisions and take on any feedback given.

All gymnasts have the right to compete at competitions, regardless of their backgrounds, ethnicity, body type, physical impairment or neurodiversity. Bullying, harassment or intimidation from gymnasts or spectators will not be tolerated

# Feedback

Rec Alley values your feedback and recommendations. Any feedback, support, recommendations, or coach acknowledgments would be greatly appreciated related to the levels program, coaches, or competition. It is Rec Alley's desire to provide a leading levels program and service in Sydney, and any open communication may assist our ongoing development of the program.



