



**RECREATIONAL GYMNASTICS  
PROGRAM HANDBOOK  
2025**

***Blackwood Community Recreation Association Inc.  
Blackwood GymSports***

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Blackwood Gymsports is affiliated through the  
Blackwood Community Recreation Association Inc. with  
Gymnastics South Australia (GSA)  
Gymnastics Australia (GA)

All coaches are accredited with Gymnastics Australia



## ***Welcome!***

Welcome to Blackwood Gymsports! Blackwood Gymsports commenced in 1903 as the Blackwood & Belair Boys Club. It has evolved over the years to become Blackwood Gymsports. Blackwood Gymsports operates out of the Blackwood Community Recreation Centre in Eden Hills.

At Blackwood Gymsports we strive to provide a nurturing environment that is conducive to the development and enjoyment of athletes young and old. At our core we value supporting our wider community to promote fundamental development of children of all ages.

Our culture of participation, enjoyment and hard work has helped develop a club that we are extremely proud of. We know you will enjoy and take pride in being part of Blackwood Gymsports.

## ***System of Governance***

Blackwood Gymsports is a program operated by the Blackwood Community Recreation Association Inc. (BCRAI). BCRAI is run by a volunteer Board of Management. BCRAI Board of Management consists of a President, Vice-President, Secretary, Treasurer, Blackwood Lions Club Representative, Blackwood Rotary Club Representative, and general committee members.

Blackwood Gymsports - Gymnastics Program and Trampolining Program are administered by the Gymsports Coordinator in Consultation with Lead Coaches and BCRC Management.

## ***Policies and Additional Information***

These documents can be found on our website under policies.

Please read the appropriate document for the sport you are involved in as it includes more detailed information about:-

- Privacy Policy
- Member Protection Policy
- Codes of Behaviour
- Emergency Procedures
- Hot Weather Policy



## ***Expectations at Blackwood Gymsports***

### ***What are the expectations of a gymnast & parent when joining a class?***

- The gymnasts will be expected to arrive on time, follow instructions, and apply themselves to the program.
- Parents are expected to be supportive and ensure that their child arrives at the appropriate time and is picked up on time directly from the Gymsports Hall
- All athletes are expected to attend a majority of each terms sessions – if athletes are consistently absent without notice to BCRC, BCRC reserves the right to not offer competitions to these athletes or suggest an alternative program.
- Both children and parents are expected to abide by their respective rules as outlined in this handbook.

### ***What can gymnasts and parents expect from Blackwood Gymsports - Gymnastics Program?***

- The gymnast can expect the dedication of their coaches to the task of developing their gymnastic ability to the athletes personal best. Additionally they can expect that the coaching staff will abide by professional and ethical standards of the highest degree.
- No guarantees can be made regarding the outcomes of competitions or the level of competence to which a gymnast will rise. We can only assure you that the programs we put in place will give your child the best chance to maximize their own potential if correctly followed with effort, persistence and determination.

## ***Sports Vouchers***

Blackwood Gymsports is very happy to accept the government issued Sports Vouchers. As of 2025, families are able to claim two \$100 vouchers which can be used to reduce term fees. To access the Sports Voucher form, please scan the QR code.



Once the Sports Voucher has been completed, please bring the form to the front desk. We will then submit the form on your behalf and once we receive the rebate we will add a credit onto your Wellness account. If you are wanting to pay term fees in full please submit the voucher well in advance of the term commencing as it can take a while for the rebate to be received. Please note that the Sports Vouchers can only be used for term fees - no equipment or one off 'come and try sessions' can be claimed.

## ***Gymsports Hall Safety Rules***

The following rules must be followed by gymnasts, parents and siblings

- Athletes must be dropped off and picked up from the gymsports hall. There are to be no athletes walking through the car park unattended. Any athlete asked by their parent to meet them in the car park will remain under the supervision of the coach until the parent collects them from the gymsports hall.
- Equipment may only be used by gymnasts under the supervision of a coach.
- During class, the gymnast is to walk between pieces of equipment and run on the floor only when asked by the coach.
- Gymnasts are to seek permission to leave the class at all times. If going to the bathroom advise your coach and take a "Bathroom Buddy". If the gymnast is leaving early, please ensure the coach is aware of this.
- Food or drinks are not permitted in the Gymsports Hall except for drink bottles containing water. Any snacks must remain in the locker room and any and all rubbish should be placed in the bins.
- No photography or videoing during training for any reason.
- All bags and personal effects are to be neatly stored in the cubby holes and not present a trip hazard to other gymnasts and visitors to the club.
- Please keep the Gymsports Hall free of clutter and rubbish. Put rubbish in bins provided.
- If a gymnast is feeling unwell or is injured, please report this immediately to the coach. First aid equipment is available onsite.
- In an emergency, coaches will try to contact parents but if necessary, the most appropriate medical assistance will be called upon including an ambulance (at the gymnast's expense), if required.
- Blackwood Recreation Centre is a smoke, vape and alcohol free zone.
- Athletes are to wear a leotard and or T-shirt at all times when within the centre. No bare chests or crop tops.
- No jewellery is to be worn during training and long hair must be neatly tied back in a bun or pony tail.
- No parents and caregivers are to stay and watch in the gymsports hall. There is a viewing room for parents who wish to stay during class time and any parents or caregivers who are watching in the gymsports hall will be asked to move to the viewing room.

## ***Assumption of risk***

Like any sport or physical activity, participation in gymnastics carries an inherent risk of injury. As many gymnastics skills require inversion (turning upside down) of the body, the sport by its nature carries a risk of injury. This risk is controlled in a supervised class with a Gymnastics Australia qualified instructor. Parents and caregivers should be aware of this risk and explain to their child how important it is to be listen and follow instruction of the coach on duty.

## ***Entry Routine***

- Coach enters the foyer and announces that GFA athletes need to line up (with their parents) in front of the coach. They should have socks and a drink bottle.
- Coach marks the entire roll for the class.
- Once roll is marked, all athletes enter the locker area and remove shoes, storing their belongings in a locker.
- Once completed, athletes then wait in front of the coach next to the TV.
- Coach delivers specific instructions to begin warm-up.
- Late arrivals follow the steps above then report to their coach.

## ***Athlete Expectations***

### **We have a positive attitude to training:**

- Try our best and give everything a go
- Speak and act kindly to each other

### **We listen to our coaches:**

- Look at them when they are speaking
- Follow their instructions
- Only use equipment they have told us to touch

### **We use the gym safely:**

- Be aware of other people in the gym
- Walk between apparatus or to locker area
- Keep our hands to ourselves

## ***Consequences***

There are consequences if an athlete chooses not to meet the expectations of training.

**First consequence:** The coach verbally reminds the athlete of the expectation. They ask the athlete how they will change their behaviour.

**Second consequence:** The coach reiterates the expectation and explains the next consequence.

**Third consequence:** The athlete is removed from one turn on the apparatus. After a conversation with the coach, they return to training.

**Fourth consequence:** The athlete is removed temporarily from the training group to their parents, or a designated place in the gym. After a conversation with the coach, they return to training.

**Fifth consequence:** The athlete is removed from training. The coach communicates to Rec Centre staff if the parent is not already in the foyer.

If any consequences have been issued, a conversation with parents at the conclusion of training is required to explain the behaviours, reinforce expectations and explain the consequences delivered.

### ***Gymnastics Programs Available***

At Blackwood Gymsports we offer a variety of both recreational and competitive gymnastics programs. These include; KinderGym, GymFun, GymSkills, Inspire, Rhythmic Gymnastics, Trampoline Gymnastics, Men's Artistic Gymnastics and Women's Artistic Gymnastics.

#### ***GymFun and GymSkills***

GymFun and GymSkills are our recreational based programs that help athletes learn basic gymnastics skills in a fun, low pressure environment. GymFun and GymSkills are aged based programs with GymFun for children aged 5-8 years old and GymSkills for children aged 9-11 year olds. This program is all about enjoying gymnastics and learning the basics of developmental movement patterns.



#### ***Inspire Program***

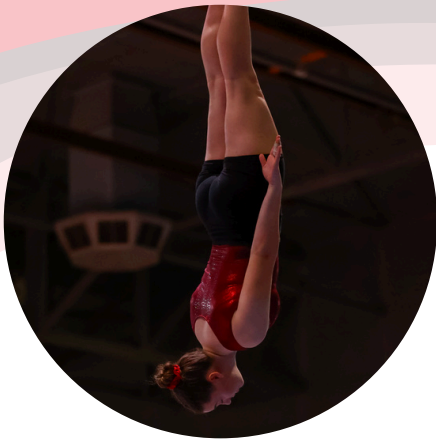
Our Inspire program is a step up from GymFun or GymSkills, offering more structured progression through four stages. Each stage has set skills for the athletes to learn and master which increase in difficulty as the athletes move through the stages. Athletes have the opportunity to upgrade their stage at the Display Days. Display Days are held twice a year and are a non-competitive performance opportunity for athletes to show confidence and competency in their skills.



#### ***Rhythmic Sparkles***

Rhythmic Gymnastics combines gymnastics movements with apparatus work and dance. Rhythmic Gymnasts use six apparatus; rope, hoop, ball, clubs, ribbon and freehand, to create fun and expressive routines to music. In Rhythmic Sparkles athletes will learn the basics of all apparatus, body elements and skills as well as routines with all apparatus. Rhythmic Sparkles is the perfect program to nurture your child's love of gymnastics, dance and performance.





### ***Trampoline Gymnastics***

Trampoline Sports is an action-packed experience! Learn to fly through the air with style and grace. Catering for all abilities we offer coaching in individual trampoline, double mini trampoline, synchronised trampoline and tumbling. It is an ideal platform for other sports, as well as offering a competitive pathway in itself. Trampoline is offered at both recreationally and competitively across all of our classes.

### ***MAG and WAG Competition Programs***

We offer competitive programs in both Men's and Women's Artistic Gymnastics. Our competitive athletes demonstrate commitment to the program as well as to achieving their personal best. We support athletes who compete at all levels - starting at foundation (levels 1-2) and all the way to higher performance levels. Athletes can apply or be selected from other programs to be a part of the competition program. Spots in these programs are only offered after a trial and are at discretion of the coaches and Gymsports Coordinator. If you would like your child to trial in one of these programs please contact the Gymsports Coordinator.



### ***KinderGym***

KinderGym is a program for children aged 6 months to 5 years aimed at helping them develop holistically through play! At KinderGym we focus not only on helping a child develop their physical skills but also their social and emotional skills to best prepare them for their future adventures!

KinderGym provides opportunities for children, regardless of physical ability or impairment, to explore and develop their physical skills at their own rate in a safe and supportive atmosphere.

With termly themes, movement to music and group activities, there is never a dull moment at KinderGym!

