



Artistic Gymnastics Foundation Squad - Prep

Students commencing in the Competitive Artistic Gymnastics Program will follow the progression from the Gym Skills program to the Foundation Squad Program. The Foundation Squad Program is a competency based program to further develop the skills required for competitive gymnastics and experiencing the performance side of gymnastics without scored outcomes.

Foundation Squads (Level 1 and Level 2) are the first step into competitive gymnastics.

Students will be training to attend invitational and state based events. Events for Foundation Squads are competency based rather than scored competitions providing a positive transition into competitive gymnastics. Students are required to attend two sessions per week, with a third session being optional.

Program Contact	Artistic Gymnastics Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Mrs Catherine Howitt
Term/s	Terms 2 to 4
Years	Year 1 and 2
Days/Times	Tuesday 3.30pm to 6.30pm Thursday 3.30pm to 6.30pm Saturday 12.30pm to 3.30pm Students select two of the three sessions available per week, with a third session being optional.
Cost	2 days per week: \$2066.00 3 days per week: \$2616.00 Annual fee includes in addition to termly tuition: <ul style="list-style-type: none"> • Holiday gymnastics • Annual membership • Registration and insurance with Gymnastics NSW and Gymnastics Australia • Pymble Gymnastics Gala Event • Competition Levy Additional charges are applicable for competitions and events entry fees.
Program Dates (Start/End)	Student start and end dates for competitive students vary due to competition schedules. Students in Foundation Squads train 46 weeks of the year, which includes all term dates. Holiday gymnastics is included within the annual fee, however there will be allocated weeks off e.g. Christmas / New Year period, in addition to a number of other weeks.



	<p>This information will be available 2017 Artistic Gymnastics Handbook.</p>
Uniform/Equipment	<p>All students training in the Competitive Artistic Gymnastics Program must wear a leotard and/or crop top and bike pants to training. This is required for safety reasons so that the coach can help your daughter correctly when teaching her new skills and shapes.</p> <p>A full equipment list will be provided in the 2017 Artistic Gymnastics Handbook.</p> <p>Please also note that all gymnasts are expected to tie up their hair neatly and tightly for gymnastics. If your daughter has long hair, please ensure that is it tied up for safety reasons. Please pack spare elastics and clips in your daughter's gymnastics bag and the coaches can fix hair at the beginning of training if required.</p> <p>Competition uniform is also required for events.</p>
Venues	Artistic Gymnasium – Lower level of PE Centre
Further Information	Registration is for the full year and inclusive of holiday gymnastics, annual membership and registration and insurance with Gymnastics NSW and Gymnastics Australia.