



## Artistic Gymnastics Navy Squad – Intermediate

Navy Squad – Intermediate is for students who have successfully completed National Level 3 or 4 and wish to compete at club, invitational, State and National based events, working towards National Level 4 or 5 in 2017.

Navy Squad is for students who wish to trial and compete at State and National events. Students will progress through the National Levels Program with the goal of achieving National Level 7 – 10 in the future.

Students may have the opportunity to represent Pymble Ladies' College or NSW at National based events. Students with successful skill and strength testing results will be selected to represent Pymble Ladies' College at club, invitational, State and National based events. Students will also have the opportunity to represent Pymble Ladies' College at the annual IPSHA or IGSSA Gymnastics Carnival.

These students will progress through the National Levels Program and will compete in compulsory routines set by Gymnastics Australia.

Students are required to attend a minimum of three sessions per week for Navy Squad – Intermediate with a fourth session strongly recommended.

Program Contact	Artistic Gymnastics Administration Team <a href="mailto:ag@pymblelc.nsw.edu.au">ag@pymblelc.nsw.edu.au</a>
Head Coach	Mrs Catherine Howitt
Term/s	Terms 2 to 4 – 36 weeks
Years	Year 3 to 8
Days/Times	Students select a minimum of three of the four sessions available per week, with the fourth session being optional. Students in the Junior school have the option to finish at 7.00pm.  Monday 3.30pm to 7.30pm Wednesday 3.30pm to 7.30pm Friday 3.30pm to 7.30pm Saturday 12.30pm to 4.30pm  Students may also select to attend one GymSkills Select – Advanced class to complement their tumbling and trampoline work.
Cost	3 days per week: \$3091.00 4 days per week: \$3526.00  Annual fee includes in addition to termly tuition: <ul style="list-style-type: none"><li>• Holiday gymnastics</li></ul>



	<ul style="list-style-type: none"><li>• Annual membership</li><li>• Registration and insurance with Gymnastics NSW and Gymnastics Australia</li><li>• Pymble Gymnastics Gala Event</li><li>• Competition Levy</li></ul> <p>Additional charges are applicable for competitions and events entry fees.</p>
Program Dates (Start/End)	<p>Student start and end dates for competitive students vary due to competition schedules. Students in <b>Navy Squads - Intermediate</b> train <b>36 weeks</b> of the year, which includes all term dates.</p> <p>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>
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 it is 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.