



## Artistic Gymnastics Scarlet Squad - Senior

The Scarlet Squad – Senior program is designed for students who wish to compete only at club or invitational competitions and school events and has less intensive training requirements.

Scarlet Squad – Senior is for students who have successfully completed Intermediate or Senior Gym Skills and are currently working competing at National Level 3 and above and are in Secondary School.

Students with successful skill and strength testing results will be selected to represent Pymble Ladies' College at these club, invitational or team events. Students are also eligible to be selected for the IGSSA Gymnastics Team. These students will progress through the National Levels Program, however at a slower pace.

Students are required to attend 1 session per week, with 2 sessions per week strongly recommended and may attend up to 3-4 sessions per week should they wish to attend further training.

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 – 34.5 weeks
Years	Year 7 to 12
Days/Times	Students select a minimum of one of the four sessions available per week, with additional sessions being optional.  Tuesday 3.30pm to 6.30pm Wednesday 3.30pm to 6.30pm Thursday 3.30pm to 6.30pm Saturday 12.30pm to 3.30pm
Cost	1 day per week: \$859.00 (26 weeks) 2 days per week: \$1796.00 (34.5 weeks) 3 days per week: \$2349.00 (34.5 weeks) 4 days per week: \$2707.00 (34.5 weeks)  Annual fee includes in addition to termly tuition: <ul style="list-style-type: none"><li>• Holiday gymnastics (see information below)</li><li>• Annual membership</li><li>• Registration and insurance with Gymnastics NSW and Gymnastics Australia</li><li>• Pymble Gymnastics Gala Event</li></ul>



	Additional charges are applicable for students who compete. Competition levy and events entry fees will be applicable
Program Dates (Start/End) 1 sessions per week	Registration for students participating in one session per week is for the <b>26 weeks only</b> and does not include holidays, school weeks only.  Students who would like to train during holidays, will have to pay holiday fees.
Program Dates (Start/End) 2 or more sessions per week	Student start and end dates for competitive students vary due to competition schedules. Students in <b>Scarlet Squads</b> train <b>34.5 weeks</b> 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.
Uniform/Equipment	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.  A full equipment list will be provided in the 2017 Artistic Gymnastics Handbook.  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.  Competition uniform is also required for events.
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.