



Artistic Gymnastics White Squad - Senior

White Squad is designed for students who show a significant natural aptitude for gymnastics. This program has been established by Gymnastics Australia to guide and develop students along a structured pathway towards an international level of gymnastics in the future, combining competitive levels alongside skills testing to monitor progress.

White Squad – Senior is for students who wish to compete at club, invitational, State and National based events, striving towards competing at the elite level and gaining selection on the NSW State Squads for International Levels or undertaking an accelerated pathway for the National Levels program.

Students with successful skill and strength testing results will be selected to represent Pymble Ladies' College at club, invitational, State and National based events, competing in the National or International Levels Program and will also have the opportunity to gain selection onto the NSW State Squads.

Students training schedule will be developed in consultation with the Artistic Gymnastics Head Coach. Students in this program will also participate in one ballet session per week and two strength and conditioning sessions per week.

Program Contact	Artistic Gymnastics Administration Team ag@pymblelc.nsw.edu.au
Head Coach	Mrs Catherine Howitt
Term/s	Terms 2 to 4 – 37.5 weeks
Years	Year 5 to 12
Days/Times	Training sessions for White Squad – Senior will be held as follows Monday 3.15pm to 7.45pm Tuesday 3.15pm to 7.45pm Wednesday 3.15pm to 7.45pm Thursday 3.15pm to 7.45pm Friday 3.15pm to 7.45pm Saturday 8.00am to 1.00pm Ballet – 1 session per week Strength and Conditioning – 2 sessions per week
Cost	\$4684.00 Annual fee includes in addition to termly tuition: <ul style="list-style-type: none"> • Holiday gymnastics • Annual membership

Pymble Ladies' College | Avon Road Pymble NSW 2073 | PO Box 136 North Ryde BC NSW 1670

Phone: +61 2 9855 7799 **Fax:** +61 2 9855 7766 www.pymblelc.nsw.edu.au





	<ul style="list-style-type: none"> • Registration and insurance with Gymnastics NSW and Gymnastics Australia • Pymble Gymnastics Gala Event • Competition Levy <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 White Squads - Senior train 37.5 weeks 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.