CLUB DYNAMITE

Shooting Stars



Handbook

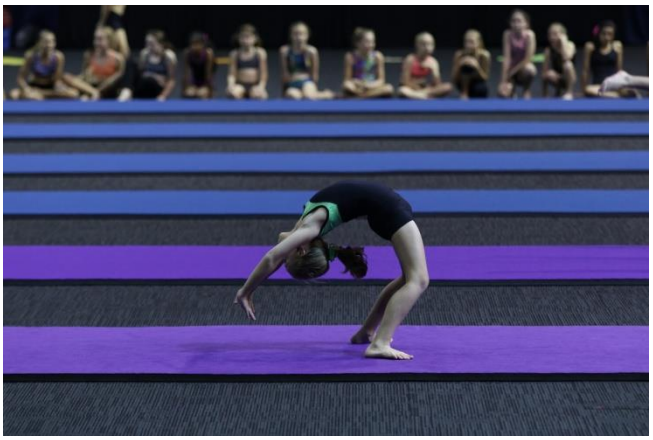
Welcome to the Shooting Stars Program at Club Dynamite!

SHOOTING STARS:

Shooting Stars in a fun and exciting gymnastics program for girls in Year 3 at school.

Our Shooting Stars gymnasts work towards earning their 12 gym skills ribbons in class as they master key skills on floor, tumbling, beam, bars, vault and trampoline!

The program will aid in developing each child's strength, flexibility, balance, coordination, agility, confidence, spacial awareness, perseverance, determination and courage while learning exciting skills on all gymnastics apparatus.



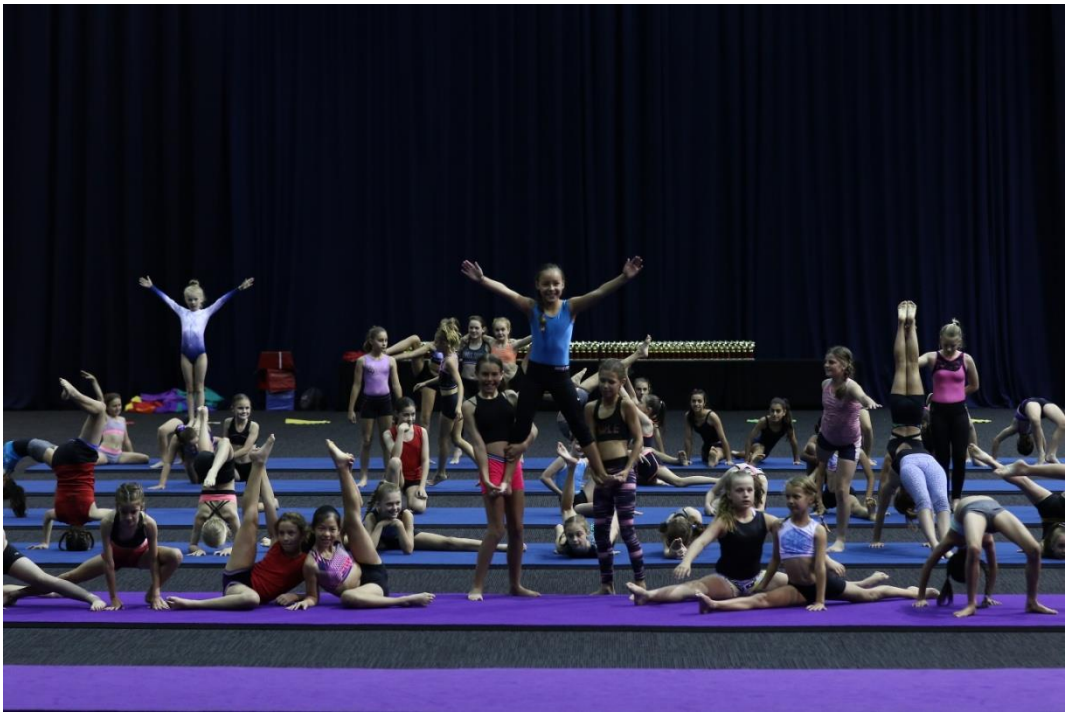
CLASS TIMES:

Students generally attend one class per week. Each class is designed to be fast paced and visit a variety of apparatus and skills every lesson, while developing strength and flexibility.

Shooting Stars students attend a 1 hour class each week
Monday – 5:00-6:00PM
Tuesday – 5:00-6:00PM
Wednesday – 5:00-6:00PM
Thursday – 5:00-6:00PM
Friday - 5:00-6:00PM
Saturday – 10:30-11:30PM

CLASS COSTS:

Classes are $29.60 per lesson for the 1 hour Shooting Stars class and we offer a two class trial for new gymnasts, for this you pay for your first class and your second class is free. If after the first two classes your child is enjoying the class and wants to continue, we charge fees in 10 week blocks (or what is left of the block at the time) and the annual registration fee, which is $98 per child.



WHO CAN JOIN:

This class is open to girls in Year 3 at school. The class caters for

those with previous gymnastics experience, moving up from our Gymstar program as well as gymnasts brand new to the sport.

HOW CAN I JOIN:

Click on the "how to join" option in the membership menu on our website and fill out the form or send us an email to admin@clubdynamite.com.au with your child's name, DOB and which day/days suit you the best and we will book you in for a trial.

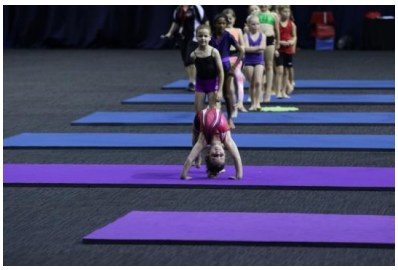
We do cap our classes at a maximum coach:gymnast ratio, so classes may have a waiting list. Spots will become available on a regular basis as our gymnasts are moved up to higher levels, which happens frequently throughout the terms.

WHAT SHOULD MY CHILD WEAR:

Class wear for girls is a leotard on its own or with skin tight bike pants or leggings, bare feet and long hair pulled up.

Please avoid the following
- shoes, socks or anything that covers the feet
- Gloves or anything that covers the hands
- clothes with buttons or zippers
- skirts or dresses
- No street clothes – shorts, T shirts etc
- Baggy clothes or school uniforms
- Jewellery, watches and sports watches – a small pair of earring is fine.

- No crop tops at this level, must wear a full leotard



WHAT WILL THE GYMNASTS BE LEARNING IN THE SHOOTING STARS PROGRAM?

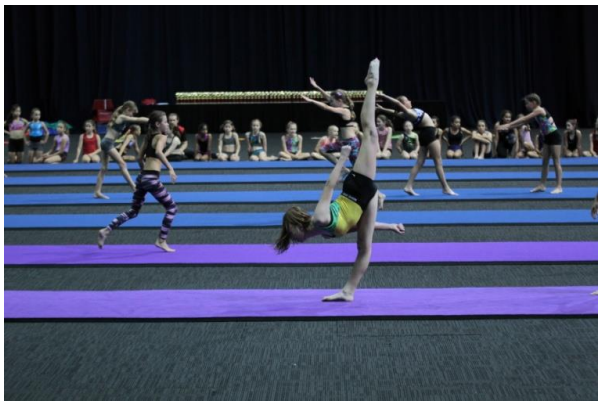
Gymnasts will focus on perfecting tumbling skills like handstand, cartwheels, forward rolls, backward rolls, bridges, gymnastics shapes and skill on Bars, Beam, vault and trampoline.



HOW DO GYMNASTS MOVE UP A LEVEL:

Gymnasts work towards achieving their 12 skill ribbons. If all 12 are achieved they will receive their star medal and will be invited to move up to the GOALS/WAG program.

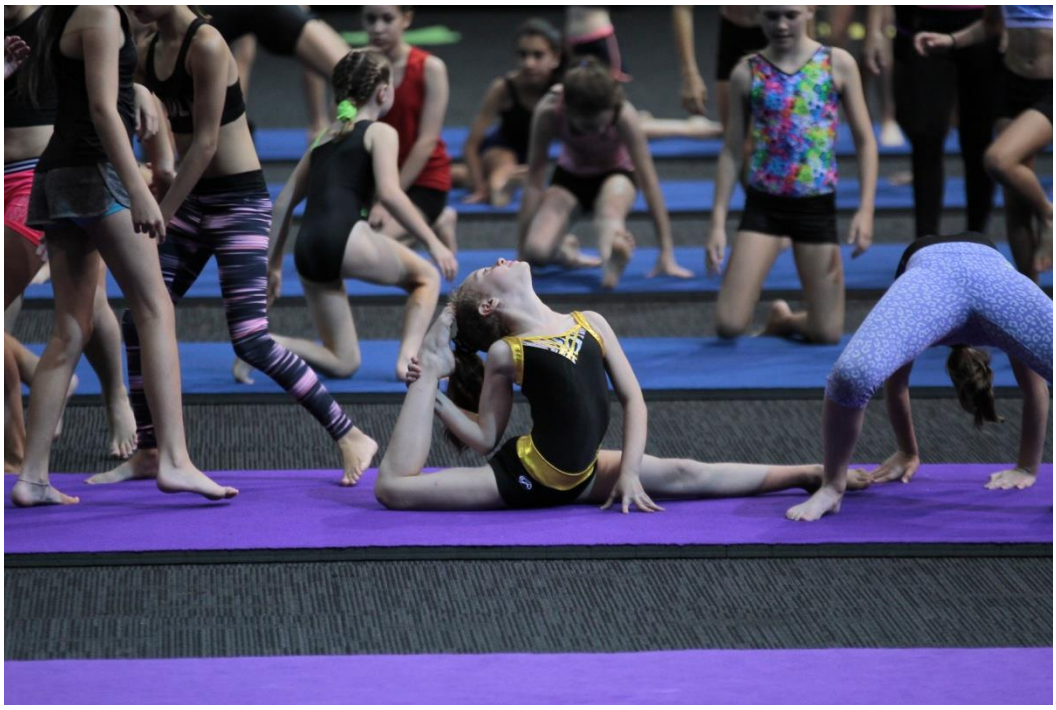
When gymnasts finish the year, if their full 12 ribbons have not been achieved, they move up to our comets program, where they can continue to work towards achieving their skill ribbons. If their 7 floor based skill ribbons have been achieved, they may also be invited to skip comets and move straight to our FLIPS program.



COMPETITIONS & EVENTS:

All Shooting Stars gymnasts are invited to participate in a variety of events each year including our testing days, showcase and Display days. Students perform routines showcasing skills they have been learning and earn a variety of awards.

There are also a number of exciting in class events held each year including our annual Team Challenge, Gym wide strength challenge, Splits Month and Monthly strength challenges for our students to test their skills and earn rewards.



ARE THE CLASSES TAUGHT BY QUALIFIED COACHES?

Yes, all coaches are qualified and registered with Gymnastics QLD and Gymnastics Australia.

IS MY CHILD INSURED:

Yes! All gymnasts become members of Gymnastics Australia and are fully covered by insurance while participating in all classes and events.



COMMUNICATION:

The best and fastest form of communication is always email. Please feel free to contact us if you have any questions, queries or concerns – admin@clubdynamite.com.au