

CLUB DYNAMITE MAG



HANDBOOK

MEN'S ARTISTIC GYMNASTICS

MAG:

MAG is the main Olympic Gymstar for Boys and Men. Boys train and compete on 6 apparatus – Floor exercise, Pommel Horse, Rings Vault, Parallel Bars and High Bar.

At Club Dynamite we offer a competitive MAG program for selected boys from 5 years of age to teens competing in the Australia MAG Levels program from Level 0-10. Our boys participate in a variety of external MAG competitions each year at a local, regional and State level.

Men's Artistic Gymnastics is an incredible sport for developing strength, flexibility, balance, coordination, agility, perseverance, focus, confidence, control and courage.

CLASS TIMES:

MAG classes are 2 hours at the lower levels. MAG gymnasts in level 0 and 1 are encouraged to train once a week, while boys in levels 2 and above are encouraged to train twice per week. Class times are as follows.

Monday – 4:30-6:30PM

Tuesday – 4:30-6:30PM

Thursday – 4:30-6:30PM

Boys in level 4 and above who show an aptitude to train and compete through the higher levels are selected for our Advanced MAG program. Training days and hours will be set based on each individual students level and training aspirations.



WHO CAN JOIN MAG:

Club Dynamite's MAG program is a selection only program. Boys are selected from our Gymstar program if they have the right body type and aptitude to train in competitive Men's Artistic Gymnastics. Boys are generally selected between 5-8 years of age. Gymnasts with previous MAG experience may also be considered for the program.

WHAT WILL THE BOYS BE LEARNING IN THEIR CLASSES:

Our Boys follow the Gymnastics Australia Men's Artistic Gymnastics Levels program. Learning age appropriate skills on the following apparatus.

- Floor – tumbling, handstands, balance
- Pommel horse & Mushroom
- Rings
- Vault, Trampoline & Tumble track

- Parallel bars
- Horizontal bars
- Supplementary strength and flexibility work

Club Dynamite has a full complement of Men's Artistic Gymnastics competitive equipment as well as supplementary equipment for safe training drills.



COMPETITION UNIFORM

All boys will require a full competition uniform as follows.

Level 0 & 1 – Red Club Dynamite singlet, Black SylviaP men's gymnastics shorts

Level 2 – Red Club Dynamite singlet, Black SylviaP Men's gymnastics shorts, Red Longs, plain white socks & a Club Dynamite competition bag.

Level 3 and above – Club Dynamite Men’s leotard, Black SylvioaP shorts, Red longs, white socks, Club Dynamite bag & a Club Dynamite jacket.

CLASS WEAR

Boys can wear the Club Dynamite singlet with black shorts for training, boys in level 2 and above will also be required to wear their red longs.

No watches or jewellery of any kind are permitted for safety reasons.



IN CLUB EVENTS

Our MAG boys participate in a variety of in club events each year.

- Club competition – Performing their individual competition routines. All participants receive a medal.
- Showcase – Performing a group routine. All participants receive a trophy.
- Team challenge – June/July
- Monthly strength challenges
- Gym wide strength challenge
- Splits month
- In house testing

EXTERNAL COMPETITIONS

Boys participate in a variety of external MAG competitions each year at a local, regional and state level.

At the lower levels these competitions are designed to build the boys confidence and help them consolidate their skills and they are a lot of fun too! As boys progress they will have the chance to compete in higher level competitions such as regional and state championships.



STATE SQUAD

Boys in level 3 and above have the opportunity to participate in the State Squad development program each year. In State squad the boys complete clinics at the QLD High Performance Gymnastics Centre with other boys from Clubs all around South East QLD. The boys are coached by some of QLD's top senior international gymnasts and coaches.



COACH:GYMNAST RATIO:

We have a maximum of 12 boys per class, but our Coach:Gymnast ratio averages 6-8 boys per coach.

HOW DO BOYS MOVE UP THROUGH THE LEVELS:

When boys enter the MAG program they start of in Level 0 (although they may compete as level 1's). From here they work towards earning their 6 level 1 ribbons (one for each apparatus). Once all 6 are achieved they can move into level 1, and they then start working towards their 6 level 2 ribbons and so on.

To pass each apparatus ribbon they need to complete the following.

- Score a minimum of 8.0 or above in an external MAG competition.
- Pass an in class test that shows they can safely and confidently complete the skills required for the next level.

Boys in level 2 and above are also required to pass a levels test, this can be done at any sanctioned gymnastics competition. They are required to score a minimum All around score of 42.00, and at least 5.5 on each apparatus.



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, competitions and events.



WHERE DO BOYS GO FROM HERE?

The Australian MAG program is designed to take boys from a foundation level right through to an international competitive level. Boys can advance through the levels as far as their own aspirations will take them.

In the past boys have gone onto train in both MAG and Diving at a high performance/international level through close collaboration with the QLD High Performance Centre in Chandler.

Advanced MAG boys may also be selected for our award winning Performance Team. Older boys who show a high standard of commitment, effort and attitude can also be selected for our STORM Team and work towards a part time job in coaching!



COMMUNICATION:

If you have any questions or queries, email is the fastest and best form of communication – admin@clubdynamite.com.au