

# CLUB DYNAMITE

# Performance

# Team



# Handbook

Welcome to Club Dynamite's 2023 Performance Team!

Club Dynamite's Performance Team are a selected group of gymnasts who show a high standard of gymnastics ability, technique, commitment and a great attitude.

### **Performance Team Skills Class?**

The Performance Team skills class is our Gymnastics training program for higher level gymnasts. These classes are our top level classes, and cater for gymnasts from Intermediate level gymnasts right through to Level 10/international standard. The training programs are designed based on each gymnasts' individual needs and will help them to really accelerate as gymnasts.

Performance Team skills classes are only open to Performance Team gymnasts, upon accepting a spot in the class, gymnasts are required to join the Performance Team from the next available intake.

Our gymnasts love their classes, as they have the chance to learn so many exciting gymnastics skills, in a positive and encouraging environment.

### **What is the Performance Team?**

Our Performance Team is our competitive gymnastics Team.

Our Team puts together spectacular group performance routines and represent Club Dynamite in a variety of competitions and performances.

Our students develop incredible confidence, discipline and team work. They become role models for our other gymnasts and inspire many when they perform.

Being a part of the team is hard work, but a lot of fun too and our student develop wonderful bonds and camaraderie with their team mates.

We are very pleased to invite you to be a part of our 2023 Performance Team, we hope you enjoy the experience!



## **WHY PERFORMANCE?**

Club Dynamite is a leader in Performance gymnastics in QLD and Australia, we have experienced incredible success on the competition circuit and have developed a reputation for excellence.

We find that Performance competitions are the ideal outlet for our talented gymnasts. In traditional gymnastics competitions each gymnast is required to perform the same skills and be of the same level on each apparatus. Performance competitions allow us the flexibility to showcase our gymnasts talents and skills. This means gymnasts can truly show their best skills without being held back by any areas they may be struggling with. This also means that we do not have to pressure gymnasts into doing specific skills as they are required by the competition, thus making training a lot safer.

In traditional gymnastics, gymnasts will compete directly against their team mates, you might not applaud a team member for their improvements as it will make them harder to beat. Performance gymnastics is a team event and we can celebrate successes together, as

every improvement made by an individual gymnast will help everyone to do better. This creates a warm and friendly environment in the gym.

Performance competitions are very positive, our kids will get up on stage to perform their skills to a cheering and appreciative audience. And most important of all it is lots of fun!



## **TEAMS**

We have three separate teams, who will compete in different age group sections at the competitions.

Mini Team – Born 2014 or later – train on Fridays 3:30-5:30PM

Junior Team – Born 2010-2013 – train on Fridays 4:00-6:30PM

Senior Team – Born 2009 or later – train on Fridays 5:00-7:30PM

On occasion a Junior student may also be invited to participate in the senior team if numbers permit.



## **TRAINING TIMES**

Performance Team/Advanced WAG gymnasts are required to train a minimum of 2 days per week (6 hours). 1 x Skills class and 1 X Competition class.

Gymnasts train in at least 1 skills class per week, options include –

Monday 4:00-7:30PM\*

Tuesday 4:00-7:30PM\*

Wednesday 4:00-7:30PM\*

Thursday 4:00-7:30PM\*

\*Training starts at 4:30PM at the very latest, but the gymnasts are encouraged to start earlier (sometime between 4-4:30PM) if available to allow more time for strength/flexibility development.

Gymnasts are all required to train in Performance class each Friday

4:00-6:30PM - Junior Team

5:00-7:30PM - Senior Team

## **COMMITMENT**

Performance Team gymnasts are expected to make a high level of commitment to the team. This is rarely an issue as the kids just love to be at the gym, and students have already displayed excellent commitment prior to being invited to the team.

### **Commitment to Performance Team comp training**

Performance Team comp training is held every Friday afternoon at Club Dynamite.

Junior Team – 4:00-6:30PM

Senior Team – 5:00-7:30PM

We require a very high standard of commitment to Friday training, as it is extremely difficult to choreograph, space and rehearse group routines with any student absent.

If students are sick or injured they are still required to attend training, either to watch or participate in a modified capacity. Please let Kristel know before class if there are any issues to be aware of.

If the rare circumstance where an absence can't be avoided (ie overseas holidays), you need to let us know beforehand, either via email – [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au) or SMS – 0410758864.

### **Commitment to skills classes.**

Performance Team students are required to attend at least one skills class each week in addition to Performance Team comp training. The skills that our gymnasts are doing are very advanced so it is essential for our gymnasts to train consistently to ensure their strength, flexibility and aerial awareness is maintained to keep their skills safe and consistent.

As we are a competitive team we need the kids to meet high technical standards for their skills, which we also work on through these classes,



and of course this is where we are learning new skills to add to our students repertoire.

If students miss their regular gymnastics class, it is a Performance Team requirement that they do a make up session (it does not need to be in the same week). For students who train 3 days a week or more (ie comp class plus 2 x skills classes), this is not required, but of course you are welcome to do this.

To help make this work for families we don't limit the number of make ups they can do per block as we do with the rest of our gymnasts.

### **Commitment to performances and competitions.**

Our Gymnasts participate in 5-05 competitions per year for each team they are in, as well as 1-2 in club performances (Club Comp, showcase etc).

We aim to give you dates as early as possible, we can give you a rough idea of when each competition will be from the start of the year, exact days and times will not be available until after entries for each competition close.

We do not compete every weekend like in some sports, therefore we do require gymnasts to participate in ALL performances and competitions.

Most group competitions are on weekends during the school term, but we do have competitions on the September School holidays. This will include the weekend leading into the holidays (Sep 16<sup>th</sup>-17<sup>th</sup>).



## **COMPETITIONS & PERFORMANCES**

Our students participate in around 5 competitions per year.

### What happens at a competition?

Gymnasts will usually organise their own transport to and from competitions. Arrival time will be well before the competition starts to ensure sufficient time to dress, do make up and hair, warm up fully and rehearse routines before we hit the stage.

Female family members/friends may enter the dressing room if they wish to assist with costumes, hair and make up.

You can purchase tickets to watch the event, out the front of each competition venue, these are usually quite reasonably priced. We encourage family and friends to come along and watch, and of course cheer for our performers.

All groups in the division will perform and then placings will be announced straight after the final group performs.





# **COSTUMES & PERFORMANCE UNIFORM**

## **CLUB UNIFORM**

Gymnasts will be required to wear the Club Dynamite uniform to and from all competitions and performances and at anytime at performances/comps when they are not in costume. This includes in club events (like Club comp and showcase)

This includes the Club Dynamite Jacket, Black pants (can be tracksuit pants or leggings) and their Performance Team shirt.

## **COSTUMES**

Gymnasts will have a costume for each routine they are in. We always aim to ensure our costumes are age appropriate and look good on our gymnasts. Gymnasts will receive their costumes at the dress rehearsal and will then be responsible for their care.

You will need to bring your full costumes to all competitions and performances (students will not be able to perform with part of their costume missing). Gymnasts will need to bring their costumes to the competition/performance venues in a separate bag and change into and out of their costumes at the venue, not wear them underneath clothes.

Please do not wear your costume or any part of your costume anywhere except for our competitions, rehearsals and performances. Once we are no longer doing that routine (usually after 2 years, but this does vary), gymnasts are welcome to wear or sell their costumes.

## **HAIR**

Each routine will have specific hair style and hair piece. We will aim to keep these relatively simple. If you have any trouble doing hair there will be other parents available to help. Hair needs to be very neat and tidy, with all wispy bits gelled back as this does form a part of our score.

## **MAKE UP**

We do wear make up for competitions, as the stage lights can wash out each child's face. This will include foundation/eye

shadow/mascara/blush and lipstick. Like with hair if you have trouble with stage make up another parent can assist.

### OTHER DETAILS

All jewellery, including earrings will need to be removed for competitions. Also any coloured nail polish will need to be removed and no markings on the skin are allowed.



### COSTS

Fees for Advanced WAG/Performance Team gymnasts are charged in 10 week blocks, the same as for the rest of the gym. However, as these classes are charged at a much lower rate per hour than the rest of the gym, we do not offer the option of taking school holidays off the invoice).

Weekly fees are \$64 per week for the minimum training package – 1 x skills class, and 1 x comp class. As this program is 6 hours per week, it works out to be much cheaper than our regular classes.

It is only an additional \$6 per week, to do a 2<sup>nd</sup> skills class each week.

### Other costs

We aim to keep participation in our Performance Team as affordable as possible for families.

### Entry fees

Club Dynamite will pay all competition entry fees and fees for competitor passes. This is our thank you to our families for the commitment they make to represent our Club. Our Performance Team gymnasts also participate in our in Club competition and Showcase free of charge.

### Costumes

Families will be required to purchase a costume for each routine your gymnast is in (each team will do 2 routines). These range from \$100-\$150 each. We work very hard to ensure our costumes are affordable, while still being of an excellent standard. Costumes are well used, and in most cases will be used for 2 years.

If a gymnast outgrows their costumes before we finish using them, we will replace it at no charge on an exchange basis.

### Uniform

Performance Team gymnasts will require the Club Dynamite competition uniform to wear to and from competitions and performances. This includes the Club Tracksuit, Performance Team shirt and Club Dynamite bag.

### **OTHER ACTIVITIES – Gymnastics/Acrobatics**

Once your child is a member of the Performance Team, they have a very carefully planned training program, to ensure they acquire skills in a safe and progressive way with ideal technique for Performance gymnastics. Therefore, a condition of being part of the Performance Team is that the gymnasts will not attend any other gymnastics type classes or groups (including no classes in gymnastics/trampoline/tumble/cheerleading/acrobatics/acro dance etc) outside of Club Dynamite.

As we attend dance competitions (in the acrobatics sections), it is also a condition of being in the team that members are not permitted to be a part of a competitive dance team or eisteddfod dance group at a dance studio.



## **REHEARSALS**

Each year in May we hold our annual Dress rehearsal. This will be during normal Performance Team training time. This is where gymnasts will receive their costumes and be able to try them on, and have a chance to practice the routine while wearing them.

Parents are invited to view this rehearsal and take photos and videos.

Also on one Friday in May we will have a stage rehearsal. This is very important for the kids as performing on a stage can be very different to performing in the gym and this will give the students a chance to orientate to this.



## **FUN ACTIVITIES**

Throughout the year our Performance Team gymnasts have the opportunity to participate in some fun activities. These serve both as a reward to gymnasts for the hard work and dedication they put into their gymnastics and a team building opportunity.

We hold events like Team sleepovers, movies night, team building days and theatre trips.

There may be some costs involved with some events, but again we always aim to keep things very affordable. These events are not compulsory, but are a lot of fun and the gymnasts love them!



## **CHOREOGRAPHY COMPETITION**

One of the highlight events of our year is our annual Choreography competition. This is held towards the end of the year at Club Dynamite. Gymnasts have the opportunity to choreograph their own Solo, Duo, Trio and Group routines to music.

Through choreography they develop their creativity, imagination, team work, thinking skills, problem solving skills, negotiating skills and have a lot of fun.

The competition is judged with different awards in each category – ie 1<sup>st</sup> over all, best tumbling, most creative etc. All participants receive an award – trophies, medals etc.



There is a small entry fee to cover costs for participants and this event is not compulsory.



## **PHOTOGRAPHY & VIDEOS**

As members of the Performance Team students will be photographed and videoed at competitions and performances, and from time to time in classes and rehearsals.

Students photos will appear on our website and social media pages. It is a requirement to being on our Performance Team that parents except our photo policy, we will always aim to ensure photos are appropriate and positive and students under 18 have 1<sup>st</sup> names and initials only put with their photos to protect their privacy.

### **Can we take our own photos and videos?**

You are welcome to photograph and video your gymnasts at in club

events – Club comp, Showcase, Choreography competition, Dress rehearsal etc.

You will not be able to take photos or videos at competitions, any device with a screen will be banned from the auditoriums.

We will purchase professional photos and videos from some of the competitions the kids participate in, which will be distributed to you at no cost.

### Can we post photos and videos?

You are welcome to post your Performance team photos on your own social media, but we ask that videos of any of our routines, or of any parts of our routines are not posted, even on a private account, due to copyrights.



## **SOLOS/DUOS/TRIOS**

Experienced performers can extend themselves further by participating in a solo, duo or trio routine. This is an exciting opportunity but also a lot of work, filling a full routine with skills and being in the spotlight the whole time.

To perform a solo gymnasts need to be –

1. A goof range of competitive skills on floor – to ensure they have enough skills to fill the routine

2. Have a good level of technique and presentation
3. Show a high standard of stage presence and performance quality on stage
4. Have shown full commitment to the group routines

Gymnasts will need to attend a few private lessons to learn their routine, and will need to do some practice at home to ensure they remember it. From there time will be allowed in class to rehearse.

Solo competitions are usually on a different day to group competitions, however, unlike group competitions it is not compulsory to attend if a time does not work for you as it does not let down other members of the group.

Costs involved include – Private lessons to learn solos (usually 2 lessons), competition entry fees and purchase of a solo costume.

To perform a duo or trio gymnasts need to –

1. Have enough skills to fill the routine
2. Have a partner who matches their skill set well
3. Have a high standard of technique and presentation
4. Have a high standard of stage presence and performance
5. Have shown full commitment to group routines

From here the commitments for a duo or trio are similar to that of a solo.

If your student is interested in solos, duos or trios please let Kristel know.



## **INJURIES**

We have a very low injury rate in our classes, and a great deal of care is taken to ensure that our gymnasts are fully physically prepared, and have mastered pre requisites before attempting new skills.

But through the normal course of childhood and adolescence injuries do occur from time to time, which may also be caused by growth or other sports and activities.

Please let Kristel know beforehand if your gymnast is carrying any kind of injury and their training program will be modified to accommodate this.

Gymnasts are still expected to attend full training sessions if they have an injury. Gymnastics is a very versatile sport and can be adjusted to allow kids to continue to develop their strength, flexibility and skills without using the injured limb at all. This aids recovery as the muscles stay working and toned, and reduces the likelihood of further injuries. Kids who are usually very physically active who suddenly stop their training, and then start again after a break are more prone to injury.

We are very mindful of providing the very best possible physical development to our students, they are valuable members of the team and we will do all we can to ensure the best support through any injuries.

If your gymnast needs physio, we can pass on the details of our gymnastics specialist physio to you. Students have found this useful to have a physio who understands the types of movements that they are doing, and the physio will give the gym instructions on what skills that we should/should not allow gymnasts to perform in the recovery process.

## **EXPECTATIONS**

Our Performance Team kids become a role model for the other gymnasts in our gym. They are often quite revered by our other gymnasts! This is an exciting and special feeling for our team members but does carry with it a little responsibility. Also our team gymnasts are doing high standard skills, which will require their full concentration.

Due to this we do expect our Performance kids to display a high standard of behaviour, dress, effort and attitude to maintain their spot on the team. 99% of the time this is not a problem, as the selected gymnasts already show these wonderful attributes when they are chosen for the team.

## **CONTACT**

If at any time you have any questions or concerns please don't hesitate to contact me via email – [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au) or phone – 0410758864. Or see me personally out on the floor.

We hope you thoroughly enjoy your time on the team!

