

# CLUB DYNAMITE MAG



# HANDBOOK

# MEN'S ARTISTIC GYMNASTICS

## **MAG:**

MAG is the major Olympic Gymsport 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 and up competing in the Australia MAG Levels program. 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 1 and 2 are only required to train one day a week, but a 2<sup>nd</sup> day is encouraged. Boys in level 3 and above are required to train a minimum of 2 days per week.

Monday – 4:30-6:30PM

Tuesday – 4:30-6:30PM

Wednesday – 4:30-6:30PM

Thursday 4:30-6:30PM

Saturday – 10:00-12:00PM



### **WHO CAN JOIN MAG:**

Club Dynamite's MAG program is an invitation only program. Boys are selected from our Rockets program if they have the right 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 1 – Club Dynamite boys leotard, Black SylviaP men's gymnastics shorts

Level 2 – Club Dynamite boys leotard, 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 SylviaP shorts, Red longs, white socks, Club Dynamite bag & a Club Dynamite jacket.



### **IN CLUB EVENTS**

Our MAG boys participate in a variety on 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.



### **ARE COMPETITIONS COMPULSORY**

Yes, all boys in our MAG program will be required to participate in competitions. However, boys are not required to go in all competitions.



### **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.



**COMMUNICATION:**

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