

# CLUB DYNAMITE WAG



# HANDBOOK

# WOMEN'S ARTISTIC GYMNASTICS

## **WAG:**

Welcome to WAG at Club Dynamite! WAG stands for Women's Artistic Gymnastics and is the most well known Olympic Gymsport for girls and women! Girls train on 4 apparatus – Vault, Uneven Bars, Balance Beam and Floor Exercise, as well as doing supplementary work on trampoline and strength/flexibility.

At Club Dynamite we offer WAG for selected girls from 5 years of age from Level 1-10 and elite, catering for gymnasts developing foundation skills to those working national/international standard skills.

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

## **CLASS TIMES:**

Students start out in our WAG classes, training 2 hours per week. These classes cater for gymnasts from level 1-5.

Within each class there are 4 groups working on different apparatus to cater for different ability levels. As your child progresses, she will work in higher level groups on more advanced skills within the same class time.

Class times are as follows.

Monday – 4:30-6:30PM

Tuesday – 4:30-6:30PM

Wednesday – 4:30-6:30PM

Thursday – 4:30-6:30PM

Friday – 4:30-6:30PM

Saturday – 10:00-12:00PM

Girls showing the appropriate level of skill, technique, commitment and effort to train in the higher WAG levels will be selected for our Performance Team program. This program caters for level 4-10 and elite, and is designed to accelerate gymnasts through high level gymnastics skill work. Individual training hours are negotiated with each family depending on the gymnasts' aspirations and goals.

Girls selected for the Performance Team program are supported in their transition through our specialist future stars clinics.

### **WHO CAN JOIN WAG:**



Club Dynamite's WAG program is a selection only program. Girls are selected from our Gymstar and shooting stars program, once they receive either their Gymstar or their Shooting stars medal. Gymnasts with previous WAG experience may also be considered for the program.

### **WHAT WILL THE GIRLS BE LEARNING IN THEIR CLASSES:**

Girls learn skills on the following apparatus –

- Floor exercise – tumbling

- Balance Beam
- Uneven Bars
- Vault
- Supplementary work on strength, flexibility, plyometrics
- Trampoline, trampoline and Mini Tramps



### **CLASS WEAR**

Correct gymnastics attire is essential for our WAG and Advanced WAG programs. The correct attire allows coaches to see body shaping on all skills in order to prevent any bad habits from developing. (Note leotard is preferred, crop tops are discouraged)

Girls may wear either

1. A leotard with or without bike pants

OR

2. A crop top (no longer than the sternum, must have at least a 1 inch tight elastic around the sternum) with bike pants. Please not leotards are preferred and crop tops are discouraged.

Please no skirts or skorts, dresses, T shirts, singlets, loose or baggy clothing, school uniforms etc.

Gymnasts will need hair pulled up and bare feet.

No jewellery or watches are to be worn except a small pair of stud or sleeper earrings in the lower lobe of each ear.



### **LEVELS TESTING:**

Gymnasts are tested on the 4 WAG apparatus (Floor, Beam, Bars & Vault), four times per year. All gymnasts will start out on level 1 on each apparatus and can test in class to move up the levels.

Club Dynamite offers a unique system which allows gymnasts to be on a different level for different apparatus. This means if a student is struggling on a particular apparatus, they don't need to be held back on other apparatus, or if they have an apparatus, they are particularly strong on, they can accelerate and learn more advanced skills in that area.

Gymnasts are tested on a set of skills for each apparatus and once all skills are mastered, they are rewarded with the appropriate

ribbons/tag/medal/trophy and they move up to the next level on that apparatus.



### **IN CLUB EVENTS**

Our WAG girls participate in a variety of In club events each year. Some are conducted in their classes and others on weekends.

- Team challenge – June/July
- Monthly strength challenges
- Gym wide strength challenge
- Splits month
- In house testing
- Showcase

### **EXTERNAL COMPETITIONS**

Once gymnasts reach the higher levels level, and master the required skills, they can be selected for our Performance Team. The Performance team is a highly competitive display gymnastics team.





**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.



**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)