



# Gymnastics NSW

## Starting a TeamGym Program

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## TeamGym

Team Gym is a participation program for all ages and abilities providing performance opportunities within a team environment for fun, fitness and friendship. Routines are constructed using common skills, which can be adapted and intensified. Ranging from group sizes of 6-12 members and teams athletes perform on three apparatuses to music in a non-competitive environment.

There are 3 Apparatus in TeamGym

### 1. Floor

- Performed on a full floor area to music with emphasis on smooth transitions, formations, teamwork and an expressive presentation.
- The choice of elements must suit the level and maturity of the team as well as the music.

### 2. Tumbling

- Teams perform a tumbling series with good "streaming" i.e. consecutively and close to each other.
- The tumbling routine is performed to music.
- Each team performs two or Three different passes.
- Each pass must consist of at least two different acrobatic elements, without intermediate steps.

### 3. Single Mini Tramp

- Teams perform skills on the Single Mini Tramp (SMT) with good streaming.
- The Single Mini Tramp routine is performed to music.
- Each team performs four different passes - 2 single runs and 2 synchronised runs.
- Open and International divisions include a vaulting pass.
- All apparatus is accompanied with music with 12 members in a team.

## Summary

	Floor	Tumbling	Single Mini Tramp
<b>Skills</b>	<ul style="list-style-type: none"> <li>▪ Dance</li> <li>▪ Group Acrobatics</li> <li>▪ Balances</li> <li>▪ Single Balances</li> <li>▪ Formations</li> <li>▪ Transitions</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tumbling skills</li> </ul>	<ul style="list-style-type: none"> <li>▪ Mini-tramp skills</li> <li>▪ Vault skills</li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>▪ Large flat area.</li> <li>▪ May be matted or sprung floor</li> <li>▪ 4-5 Strip mats</li> </ul>	<ul style="list-style-type: none"> <li>▪ Matted strip / air track / rod floor / sprung floor</li> <li>▪ At least 2m wide and 10m long</li> </ul>	<ul style="list-style-type: none"> <li>▪ Crash mats</li> <li>▪ Box top vault or vault table</li> <li>▪ Single Mini tramp</li> </ul>

There are 5 divisions based on difficulty:

Division	Athlete Experience	Benchmark skills
<b>Novice</b>	Entry Level	Foundation skills, no inversion
<b>Intermediate</b>	Entry Level	Foundation Skills, inversion skills
<b>Advanced</b>	Experienced Gymnast	Team rounds introduced, Front salto and Back Handsprings
<b>Open</b>	Experienced Gymnast	Handspring from Pegasus Vault & twisting skills
<b>International</b>	Experienced Gymnast	Handspring from Pegasus Vault & twisting skills

## Division differences

### Novice – Advanced

#### Focus: Skill development or skill retention, Fun, Fitness and Friendship

- Suitable for all abilities
- Participation based program therefore no Age or Gender categories.
- Team uniform is inclusive and can be tailored to suit athletes' cultural needs, body types and age of athletes ie T-shirt, footless tights, bike pants, shorts
- Perfect for beginner athletes who train for 1-2 hrs per week or experienced athletes who want to retain skills.
- are banded awards, clubs are not ranked against each other at events

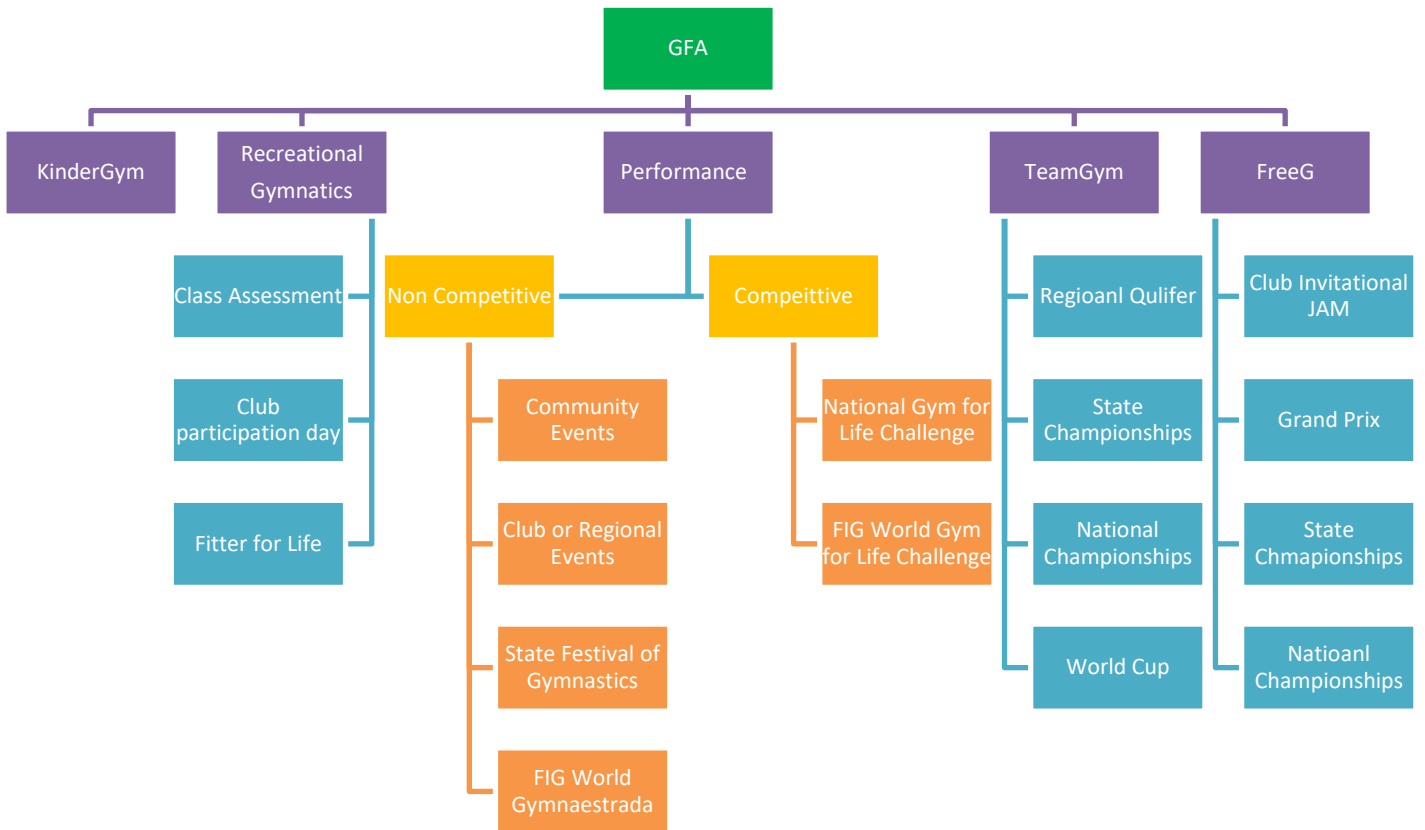
### Open and International

#### Focus: Experienced Gymnastic skills

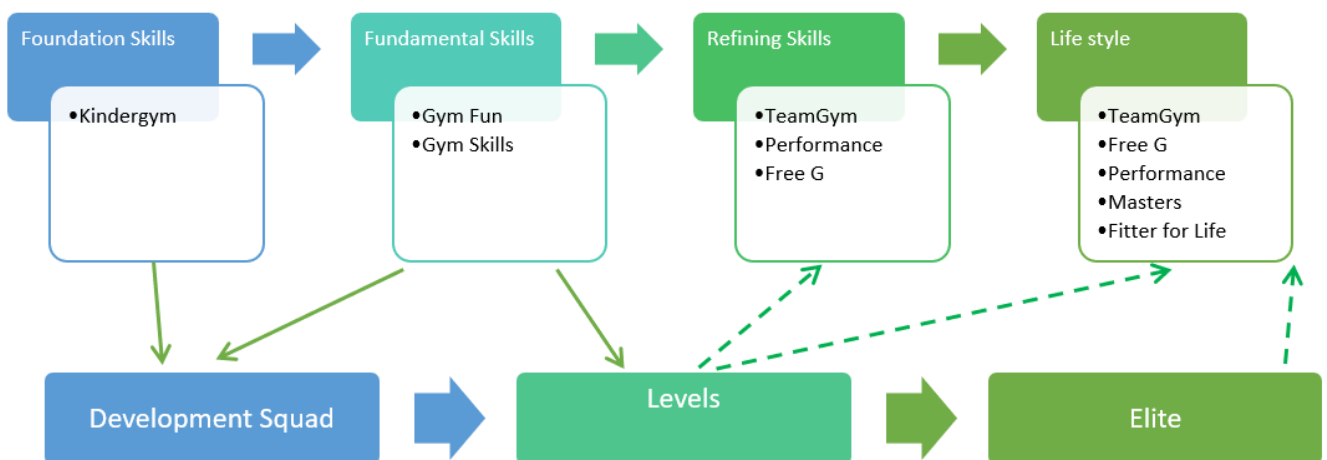
- are pathways for competitive athletes to transition into.
- This section offers gender teams – female, male and mixed
- This section offers Age divisions
- Teams are ranked against each other and awarded 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> overall placings.
- Teams in this section would be looking at progressing to the [European Gymnastics TeamGym World Cup](#) events



## Where the Program fits into GFA



## Life Cycle of a Gymnast



## Why TeamGym and not a Rec Gym program?

- TeamGym provides **STRUCTURE** and encourages short- and long-term goal setting.
- TeamGym recognises the **SOCIAL NEEDS** of your people in training, developing, and performing routines.
- TeamGym provides **REGULAR EVENTS** which give participants the chance to celebrate learning and demonstrate their skills.
- Participants can **DEVELOP AT THEIR OWN PACE** without the risk of being dropped from the team or promoted above their friends.

## Participation

TeamGym is a fantastic way to retain gymnasts and attract new members and is an easy and fun activity to run in a Gymnastics Club and involves minimal equipment. There are many ways that TeamGym can be implemented in your club programs such as adding an apparatus rotation into your current classes, running a standalone program or adding it to your school program.

## Delivering a TeamGym Program

A GA/GNSW affiliated Club can offer the TeamGym program provided the program is delivered by a Current Technical member who has completed the TeamGym Coach Workshop and holds a minimum GA Intermediate Coaching Accreditation in:

- Acrobatic Gymnastics
- Gymnastics for All
- Men's Artistic Gymnastics
- Tumbling
- Women's Artistic Gymnastics

The TeamGym Workshop is not an accreditation but an extension module of 'on going' coach development.

## Education

### Coaching

The GFA Intermediate Accreditation Course is recommended for coaches who are /intend on delivering TeamGym as there are modules to support program criteria.

It is also highly recommended that coaches attend the appropriate National TeamGym coach education workshop. The workshop is an 'add on' module to support existing gymnastics coaches to deliver the program.

Coaches can enroll through the GNSW Website [Coaching Courses Calendar](#) and register through the

LMS. The program manual can be downloaded from the GA resource portal along with Tariff sheets.

### Judges

A National TeamGym judges workshop is also available and can also be accessed on the GNSW Website [Coaching Courses Calendar](#) and register through the LMS. This is not an Accreditation Course and is only open to those applicants that are already Intermediate judges in any GymSport.

Pre requisites to attend the Judges workshops are available on the GNSW website Education section or in the GFA Technical Manual.

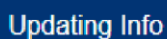

## Registering for a Workshop

Coaches are to register via the Learning Management System (LMS).

### To register via the LMS:

- Head to the Gymnastics Australia website <http://gymnastics.org.au>
- In the top right hand corner, click **Sign In**
- To sign in, use your Technical Member ID as your username, and your password. If you have forgotten your password, please contact [support@gymnastics.org.au](mailto:support@gymnastics.org.au).
- Upon signing in, click the top right hand corner on the **Hi, 'Your Name'** link • On the right side of the page, under **Handy Links** click **Go to the LMS**

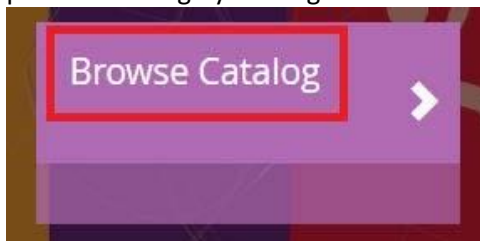
## Handy Links



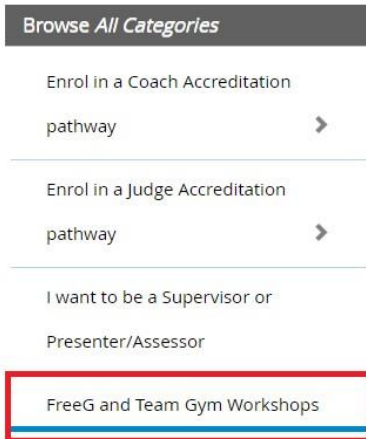
- You will then be taken to your LMS account, no further sign in will be required.

### *Enrol in a TeamGym Workshop*

- Open the catalog by clicking the **Browse Catalog** button on the LMS dashboard.



- In the catalog, under **Browse All Categories**, click on **TeamGym Workshops**.



- Select the NSW TeamGym Workshop in the search results and click the blue Choose Session button, a list of available sessions for this course will display.
- Click on the date of a session to add it to your shopping cart
- The course will be added to your cart.
- Click the cart icon at the top right of the screen, and then click Secure Checkout.
- Upon completing the payment process you will be enrolled in the course and presented with the purchase confirmation.

## How to start a Program in your club

1. Introduce a TeamGym apparatus rotation within your club's recreation and/or competitive programs to scope interest from the athletes.
2. Notify your members of your clubs interest in starting a program by email, newsletter or come n try and use the GNSW website [TeamGym page](#) to assist with your messaging.
3. Check your equipment stock to see if you have the required equipment or need to purchase or fundraise.
4. Upskill your coaches who will be responsible for delivering the program by gaining a GFA Intermediate Coaching Accreditation and attend the TeamGym workshop.
5. Plan your clubs event calendar
  - check the Events and Regional events to scope out events that your club would like to attend.
  - Each region should host 1-2 regional events per year.
  - Clubs need to attend a min of 1 regional event in their region to qualify to attend state.
  - Clubs can also attend events outside of their region.
6. Add program to the clubs training schedule
7. Advertise your clubs TeamGym program to your members.
8. Start your TeamGym Program.



## Equipment

The following equipment is required to run a TeamGym program in your venue.

### Floor:

- The preferred TeamGym floor is non sprung.
- You will need a min of 3 strip mats and a max of 5 strip mats to choregraph your floor routine.



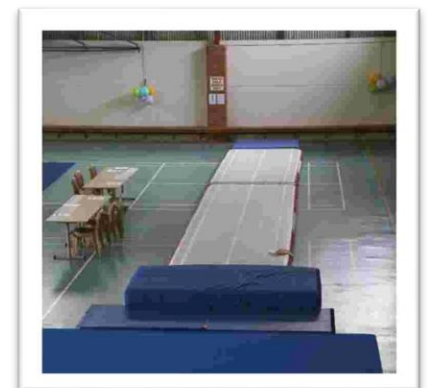
### Single Mini Tramp:

- For Novice to Advanced you will need 2 Single Mini Tramps (SMT) and 2 crash mats
- For Open to International you will need 1 SMT, 1 Vault, 1 Crashmat.



### Tumbling

- Depending on skills - 1 strip mat, 2 strip mats one on top of the other, air track or rod floor.
- Most events use an air floor for tumbling, your club may need to fundraise for this piece.



*For further specifics see the TeamGym Program Manual.*

## Registering an Athlete Membership

- TeamGym Members are bound by the same policies and procedures as all other gymnastic club members. Therefore all participant members must be registered in the national membership database within 30 days of commencing programs or activities with the club. Failure to do so will result in the participant not being covered for insurance purposes and any claims made during this time will be declined.
- Participants in casual/trial classes are categorised as prospective members\* and are therefore only covered for a 30 day window. That is, after 30 days from initial

attendance ongoing participants must be registered in the national membership database or insurance cover will cease.

- As part of the risk management process, clubs are required to maintain a register/sign in process for prospective members either electronically or manually to verify participation in the event that an injury occurs.
- If any participants are new to gymnastics they are to be registered in the database as a GfA athlete at level TG. Any athletes that are currently registered in the database can be registered as a GfA Level TG athlete, along with the current gymsport they are participating in.

*\*Prospective Members are defined as unregistered gymnastics participants who are involved in a 'Come and Try' or trial class, all under the proviso that they are participating in a controlled environment including under the instruction of a technical member in an affiliated GA club.*

## Club Support Resources

TeamGym resources can be found through the GA resource portal or on the [GNSW website](#) has the following resources to support Clubs administer the program and provide coach support for coaches.

You can find the following resources at the National portal:

- Program Manual
- Tariff Sheets
- Execution judges' sheets
- TeamGym Logos
- TeamGym Event easy guide
- Excel score program.

You can find the following resources on the GNSW Website:

- Regional event pack including equipment set up layouts, certificate templates and scoring program
- Event Information in the [GFA Technical Handbook](#)

*For further information contact the GFA Events and Development Officer on [gfa@gymnsw.org.au](mailto:gfa@gymnsw.org.au) or the GFA Gymsport Committee Member (contact details can be found in the GFA Technical Handbook)*

## Club Marketing Resources

There is a National TeamGym Logo to support the marketing of your program. Gymnastics Australia is the sole owner of all intellectual property rights, TeamGym brand and logo.

Clubs are able to use the TeamGym brand to promote their Club and program if they are an affiliated club who has confirmed during the time of affiliation that they are offering TeamGym and have a TeamGym coach.



To access the logo access the clubs GA resource portal or contact [marketing@gymnsw.org.au](mailto:marketing@gymnsw.org.au)

## Events

There are currently 3 events that Clubs can be involved in and offer a range of delivery styles and support.

1. **Regional TeamGym Qualifier**  
This event is run by the GFA coordinator in your region and provides an opportunity for clubs and participants to come together and compete in a fun environment. There are 11 regions in NSW in which your club will be allocated to the appropriate one based on venue location. These events are qualifiers for your club to be eligible for State Championships
2. **GNSW State Championships**  
State championships are held annually and are coordinator through the GNSW office. Event specific information can be found on the GNSW website in the [GFA Technical Handbook](#) – Event information Tab. Here you will find age divisions, event categories and required skill elements.
3. **National Clubs Challenge**  
This event is hosted by Gymnastics Australia and is considered the National Championships for TeamGym. Further information regarding the event can be found on the [GA website](#) in the GFA section of the National Clubs Challenge event information.

