



# Gymnastics NSW

## Starting a FreeG Program

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## FreeG

FreeG or Freestyle Gymnastics is the fusing traditional gymnastics, free running, parkour and acrobatic tricks, with kicks and leaps made famous through martial arts and brought to worldwide attention by festival performances.

FreeG is a National Program that currently sits under the umbrella of Gymnastics for All and provides coach education through a national workshop and a participation model for clubs, regions, state and National event engagement.

## Parkour Vs FreeG

There are many common elements that FreeG and Parkour share, but they are very different in the way they are delivered and the philosophy behind the sports.

### Common elements:

Both FreeG and Parkour are about exploring spaces. FreeG focuses on a gymnastics environment while Parkour looks at an urban or constructed space.

Both FreeG and Parkour can be run as inclusive programs, with drills adapted to suit participants – however – FreeG adopts a GFA philosophy of adaptation, where Parkour usually requires athletes to develop skills and strength to progress. Parkour was created in spaces which could not be adapted.

Both FreeG and Parkour are committed to safe environments and respecting property rights.

Both FreeG and Parkour can be performed outdoors. Parkour is usually only performed indoors in specially created Parkour gyms.



## Elements of Difference:

### In Parkour...

- we use Parkour movements, vaults, jumps and rolls.
- we build on a tradition of more than three decades.
- we explore different ways to move through an urban environment.
- we use what is there – urban spaces, concrete, metal, wood; or we train in purpose-built Parkour gyms (usually with fixed apparatus).
- we develop athletes (physically and mentally) to meet the needs/requirements of the skill.
- we compete as individuals in events with strict, formal rules.
- we develop athletes for a life in Parkour.

### In FreeG...

- we use a broad range of movement including gymnastics skills, trampoline, obstacle course racing, breakdance, tricking and Parkour.
- we respond rapidly to emerging new trends, apparatus, games and skills.
- we create and build new spaces and take gymnastics to places it has never been before.
- we use gymnastics equipment, trampolines, innovative apparatus, inflatables and built obstacles.
- we create activities and environments which meet the needs of a range of athletes.
- we compete as a team in a fun environment with games and prizes.
- we are a pathway to a life in all types of gymnastics, including artistic, performance, team gym and trampoline.

## Education

The National FreeG coach education 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. Coaches will receive the FreeG coach's manual providing a program overview of the three levels of skill progression which allow the coach to extend the skill level of the participant.

A National FreeG judges workshop is also available for Advanced coaches to adjudicate and evaluate Freestyle routines and can also be accessed on the GNSW Website [Coaching Courses Calendar](#) and register through the LMS.

## Participation

FreeG 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 FreeG can be implemented in your club programs such as adding a FreeG rotation into your current classes, running a standalone program or adding it to your school program.

There is a wide variety of further benefits, such as:

Strengthened relationships with local schools. Bookings can be made with schools for daytime coaching either at the gym, or by FreeG coaches visiting the school, if sufficiently equipped.

TeamGym and tumbling squads can make use of talented FreeG participants. Coaches may wish to encourage extra conditioning and stretching by their most advanced FreeG participants to further develop them.

## Club Support Resources

FreeG has its own National website [freeg.org.au](http://freeg.org.au) that 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 Website:

- [Code of Points](#) for events and a skills library
- [Club Guide](#) that addresses club administration and marketing.

You can find the following resources on the GNSW Website:

- Case Studies
- JAM and Grand Prix Fact sheets
- Event Information in the GFA Technical Handbook
- GNSW Club Information Guide

## Club Marketing Resources

There is a National FreeG Logo to support the marketing of your program. Once a coach from your club has attended the FreeG workshop your club will be sent a drop box link from GNSW Education or Marketing to use the branding along with additional marketing collateral. The [National Club Guide](#) provides information on how to use the branding.

## Equipment Resources

GNSW in partnership with Hart sports have put together a [starter FreeG Kit](#) as well as an [Expansion Kit](#). These are available direct from [Hart sports](#) from their website.

## GNSW Events and Resources

There are currently 5 events that Clubs can be involved in and offer a range of delivery styles and support.

### 1. **GNSW State Championships**

State championships are held annually and are coordinated 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.

### 2. **GNSW Grand Prix's**

GNSW in partnership with the GFA Gymsport Committee and support club run 3 Grand Prix events across NSW. These events include both Freestyle and speed run categories and are the prerequisite events to attend to be eligible to enter State Championships. The Grand Prix fact sheet can be found on the GNSW website under [Resources](#).

### 3. **Regional Speed Run Event** 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.

### 4. **Club JAM (Jump and Move)**

The Gymnastics NSW GfA Gymsport Committee would like to support FreeG Clubs and athletes with the opportunity to run a FreeG JAM. The events focus is social with FreeG Coaches and athletes coming to together in a social setting to explore and show the spirit of FreeG.

This is a **Club run activity** for FreeG Clubs to promote a come n try opportunity and extend and invite to the community to foster friendships with other FreeG clubs.

A JAM fact sheet can be found on the GNSW website under [Resources](#)

### 5. **National Clubs Challenge**

This event is hosted by Gymnastics Australia and is considered the National Championships for FreeG. The event comprises of both FreeStyle and Speed run events, further information regarding the event can be found on the [GA website](#) in the GFA section of the National Clubs Challenge event information.

## Program Setup and Implementation

GNSW has developed three (3) case studies to assist clubs to determine which model of delivery would be best suited.

### Case Study #1 - Shared FreeG Space

#### Overview

GNSW will look at how Central West Gymnastics have developed a successful program when sharing the facility space with other Gymsport programs.

#### Background



Central West Gymnastics (CWG) is a medium sized Gymnastics Club situated in the Central West of NSW in Orange. The Club provides participation programs, competitive programs and School programs as part of the Sport Australia's sporting schools.

The club was established in 1999 and currently has 4 permanent staff members and 13 casual staff members as part of the junior coaching team and has a customer target range between 1 and 60 years old.

Before the Gymnastics Australia FreeG program was adopted by the club its focus was on competitive Gymnastics and was tailored toward female participation.

One of the key objectives was to increase membership for males. The club had been running a very small all boys tricking and tumbling class but needed a program and promotion opportunities to work with.

#### Approach

##### Program

GNSW announced a new non-traditional program within the GFA umbrella that focused on Freestyle Gymnastics and adopted the FreeG program. With the success of Chanel 9 Ninja TV program the club leveraged off the promotion opportunity as there was now interest from the community for a club in the area for these enthused athletes to join.

##### Education

Space, Equipment and Coaches were the main concern for the club to deliver the program but after attending the FreeG workshop the Club discovered how easy it was to adapt their facility to include a space to run the FreeG program and using the equipment they already had within the facility.

### Facility Structure

CWG have a designated FreeG team of coaches and classes are based around space required to run the program effectively. The Coaches found FreeG is very adaptable and can change as required based on class size and space required when running multiple Gymsport programs at the same time within the venue.

### Added Extras

- FreeG provided a structure and added in extras like vaulting, precision jumps that they never had. The branding of FreeG has given it a place and people are starting to recognise it.
- athletes have the option to participate as a recreational member learning skills and drills or a competitive member putting your skills to the test. Added Extras

### Results



increasing male participation by approximately 15%



Retention:  
Increase of 85% Male membership  
increase of 15% Female membership

### Conclusion

By embracing the program and including both males and females into the classes CWG has found that the FreeG program impacted their club's success by increasing Gymnastics for All members, creating a new pathway for their members to enjoy and participate in and is inclusive of age, gender and ability.

FreeG has brought more kids into the gym that would not have signed up for a traditional gymnastics class.



*“Freestyle is fun and cool; the kids have control of their outcome on the floor based on tricks they love to do.*

*We don't feel it's a phase, we feel it's growing and will continue we just need to keep up”.*

**Reynee Ward, Central West FreeG Coach**



## Case Study #2 - Mobile Provider

### Overview

GNSW will look at how Gym Man has developed a successful program as a mobile Provider.

### Background



Gym Man is a Mobile School Provider situated in the Southwest Region of Sydney. Gym Man provides School programs as part of the Sport Australia's sporting schools project delivering Gym fun, Aero and FreeG schools programs.

Michael Bastion has been the Owner/ Manager and Head Coach at Gym Man for the past 5 years. Gym Man currently has 1 permanent and 7 casual staff members as part of the Gym Man coaching team with a customer target range between 6 and 12 years old (Kindergarten to year 6 students).

Michael also coaches at a club in the afternoons where he is part of an established MG program.

One of the key objectives for Gym Man was to increase School bookings by offering a mobile FreeG program.

### Approach

#### Program

FreeG became a new program under the sporting school's initiative and was a good way for Gym Man to stand out from other providers by offering the program and by having coaches who could deliver it.

#### Education

After attending the FreeG workshop for school providers offered by GNSW, Gym Man found that the coaches had the competencies to deliver the Speed run program with equipment they already had and amending parts of their school programming to suit. FreeG offers 2 styles of delivery

Speed Run – circuit based on spring, balance, swing, landings and vaulting

Freestyle – Floor routine

#### Facility Structure

As a mobile provider, the speed run set up as a circuit provided flexibly to be delivered in many different school environments i.e., School Hall, Classroom or outdoors depending on

the weather and the schools schedule during the day. It doesn't matter what the space is like, there are skills and equipment that can be used to suit.

### Added Extras

- FreeG provided a structure that met the Syllabus Outcomes in 'Movement skill and performance'
- Classes could also be delivered with a high ratio of 1:15 with 2 coaches present throughout the class
- The equipment required can be easily stored or unpacked from a van.
- The same equipment can be used in both the Gym Fun and FreeG Schools programs.
- Set up can be down at Fetes and promotional days

### Results



GymMan School program bookings increased by 18%



Retention:  
Retention of school bookings increased by 23%

### Conclusion

When marketing the mobile FreeG school program to potential customers, Michael explains the program as "it's like a floor is lava race with checkpoints followed by a freestyle session with elements of gymnastics, Parkour, tricking with a hip hop and breakdance vibe"

By taking on the FreeG Schools program as a mobile provider, Gym Man has now set



*"We have quite a few new sporting schools request that I have booked since adopting the FreeG program. We also started with the FreeG resource*

*from Gymnastics Australia to get us up and running, it really freshened up the program and made it exciting to coach".*

**Michael Bastion – Gym Man Owner**