

Welcome Pack

Competitive Tumbling

Welcome to our competitive tumbling program! Please read through our handbook to learn more about competitions & our program. If you have any questions please do not hesitate to contact us.



[@Wags - Whangarei Academy of Gymnastics](#)



[@wags_gymnastics](#)
[@coach_jodie](#)

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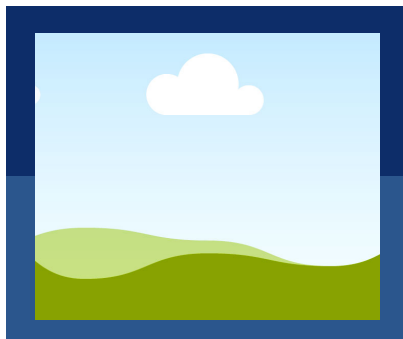
OUR TEAM

All of our coaches have undergone a police vetting check and child safeguarding training. Our lead coaches have the necessary qualifications and first aid training.



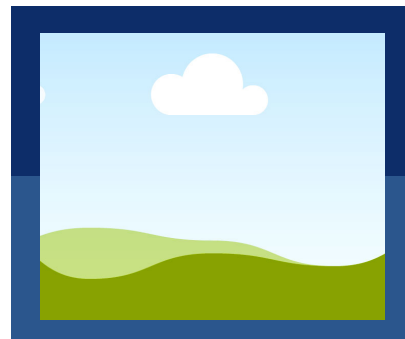
JODIE ALLELY

TUM/CHEER HEAD COACH
FIG TRA/TUM Coach
Mental Skills Coach
SNR ADV TRA/TUM Judge
BSc Exercise Science & PGDip CEP



CASAMAE SINCLAIR

COMP/REC TUM COACH
Elementary TRA/TUM Coach
Junior TRA/TUM Judge



JESSICA KALKHOVEN

JNR TUM COACH
Current FIG TUM Athlete

OUR COMPETITIVE TEAMS

Junior Tumbling

National level age group tumbling athletes. All athletes new to comp tumbling will start in this team. Athletes will be taught the set routine for their age group before developing their voluntary passes.

Senior Tumbling

Athletes currently competing or working towards the FIG international stream. This is an invite only stream for athletes with an invested interest in competition tumbling. Athletes must be able to perform the required difficulty for their age group and must have qualified for a NZ Gymnastics Championships event in the National Stream.

HEAD COACH INTRODUCTION

Hello, my name is Jodie Allely. I am the head tumbling coach at WAGS and previously an international trampoline & tumbling athlete. After 15+ years of gymnastics I retired and developed the tumbling program at North Harbour Gymnastics, before moving to Whangarei to coach the tumbling program at WAGS. During this time I studied a BSc in Exercise Science and PGDip in Clinical Exercise Physiology. My aim is to grow the tumbling program at WAGS and get NZ on the world stage for tumbling. Alongside leading the tumbling program, I also work as a mental performance coach, helping athletes develop important mental skills for gymnastics success & development in life. If you have questions or concerns please do not hesitate to contact me at tumble@wags.org.nz.

OUR PROGRAM

	MON	TUES	WEDS	THURS	FRI	SAT
Junior Comp		5pm-7pm		5pm-7pm		10am-12pm
Senior Comp	5pm-7pm		5:30pm-7:30pm		5pm-7pm	10am-12pm

ADDITIONAL CLASSES

We offer additional mental skills & fitness classes for all competitive tumbling members. These classes are not compulsory but are highly recommended.

Strength & Conditioning - Tuesday 7pm-8pm

Learn various physiological concepts & exercises include yoga, pilates, plyometrics, active mobility, prehab etc. Prevent & rehabilitate existing injuries.

Grow Your Mindset - Saturday 12:30pm-1:15pm

Mental skills coaching on various concepts & skills including goal setting, mental imagery, self-talk, concentration, growth mindset etc.

RULES & EXPECTATIONS

Athletes	Coaches	Parents
<ul style="list-style-type: none"> • Commit to all aspects of training e.g. fitness, mobility etc. • Let the coach know if they are experiencing pain or injury. • Ask the coach before using their phone on the floor. • Excuse themselves from the floor before eating during training. • Treat their coaches and teammates with respect. • Ask if they need help/don't understand something. • Perform pre-training plans. 	<ul style="list-style-type: none"> • Come prepared to training sessions in uniform. • Be fair when making decisions. • Treat athletes and other coaches with respect. • Answer questions that the athletes or parents have. • Create a safe, comfortable environment for the athletes. • Allow athletes input in their training plans. • Encourage athletes development & effort. • Provide correct feedback. 	<ul style="list-style-type: none"> • Put their childrens health & safety first. • Treat coaches, athletes , & other parents with respect. • Talk directly with the lead coach about their questions & concerns. • Leave the coaching up to the coaches. • Refrain from entering the gym floor during training. • Encourage athletes individual progress & avoid comparing athletes. • Keep athletes home if they are sick or injured.

OUR CLUB

ADMINISTRATION

For all enquiries regarding fees, club information, and other programs please contact Wendy White at office@wags.org.nz.

For all enquiries regarding the tumbling and cheerleading programs please contact Jodie Allely at tumble@wags.org.nz.

FACILITIES

Toilets & Changing Rooms

- We have separate toilets & changing rooms past our main office. Please do not use the toilets to get changed. There is also a toilet located upstairs in the viewing area.

Water Fountain

- Athletes can fill up their water bottle at the station next to our main office. If you do not have a water bottle, please ask at our front desk for a bottle of water.

First Aid & Medication

- We have a first aid kit & various trained first aid staff on site. If you would like any personal medication stored at the club, please talk to our front desk.

VIEWING AREA

Our upstairs viewing area is for all athletes, families, and friends to use. Any family wanting to stay and watch classes can access the viewing area via the stairs to the right of the entrance. We ask that observers refrain from using the benches next to the trampolines for health & safety reasons.

ARRIVING FOR CLASS

When you/your athletes arrives for class, please make sure you follow the below:

- Get changed into appropriate gym attire, tie up long hair, and remove all jewellery (earring studs are permitted).
- Fill up your water bottle and have an afternoon snack if needed.
- Place all bags & gear upstairs or in the bag area next to the tumbling track.
- Athletes can begin their pre-training routines before the official start time of class.

If you are late to class or it is your first session with us, please let us know at the front office!

OUR COMPETITIONS

COMPETITION STREAMS

National Stream	FIG Stream
<p>This stream is for all age level competitive athletes. Athletes will compete in the age group determined by their age at the END of the year. Most athletes will qualify in this stream before moving onto the FIG stream. Athletes will compete one set pass and one voluntary pass.</p>	<p>This stream is for all international level competitive athletes. When an athlete is ready for the FIG stream, the coach will talk directly to them and their parents. Athletes in this stream compete two voluntary passes with a minimum required difficulty.</p>

COMPETITIONS STRUCTURE

	FIG Stream
General Warm Up	Athletes are given time & space to run and stretch to warm up.
Track Warm Up	After the general warm up, athletes will get a set amount of time to warm up on the competition track. This time will vary depending on the amount of athletes competing.
Touch Warm Up	Each flight in a session will be given a 'touch' warm up. This is the last chance for athletes to practice their pass before competing. The amount can vary per competition but is usually two.
Preliminary Round	In the prelim round, all athletes in an age group will compete their set and then their voluntary routine. Athletes may then need to wait for the scores to be updated before finals are announced.
Final Round	The preliminary round, the top 8 athletes with the highest combined set and voluntary score will proceed to finals. In National stream, athletes will compete one final voluntary pass. In FIG stream, athletes will repeat their two preliminary passes.
Prizegiving	If an athlete places in the top 3, they will receive an award at prizegiving. Athletes must attend prizegiving in their leotard or tracksuit.

COMPETITION CALENDAR

Date	Competition	Club	Location	Qualify
8-12 Oct	NZ Gymnastics Championships	Central Energy Trust Arena	Palmerston North	Qualify @ Regional

COMPETITION UNIFORM

Males	Females
<ul style="list-style-type: none"> • WAGS Unitard • Black or Navy Blue Shorts - plain, no branding • WAGS Tracksuit • No underwear or jewellery showing. • Long hair tied back into bun. 	<ul style="list-style-type: none"> • WAGS Leotard • Black or Navy Blue Shorts (optional) - skin-tight, plain, no branding • WAGS Tracksuit • No underwear or jewellery showing. • Long hair tied back into bun.

CHAMPIONSHIP EVENTS

New Zealand Gymnastics Championships

The NZ Gymnastics Championships is the pinnacle tumbling event in New Zealand. Athletes can qualify by achieving the qualification score for their age group at ONE qualifying competition. Athletes who qualified will be told by their coach once results have been released. Qualifying events are located in Auckland, Rotorua, Gisborne, and occasionally Christchurch.

The 2024 New Zealand Gymnastics Championships will be held at the Central Energy Trust Arena in Palmerston North on Tuesday 8 - Saturday 12 October.

Australia & Worlds Championships

FIG Tumblers are given the opportunity to qualify and attend Australia and World Championships. Athletes must achieve a certain score over their two prelim or two final passes at TWO qualifying competition. Athletes must also achieve a top 75% finish. If an athlete is interested in international competitions, they should discuss with their coach about what steps they should take.

All championships come with entry fees, travel cost, NZ uniform, etc. Please be aware that costs can add up.

QUALIFICATION SCORES

	10& Under	11-12 Years	13-14 Years	15-16 Years	17+ Years	Senior
National	34.6 (1.0)	35.0 (1.0)	35.7 (1.3)	36.1 (1.3)	36.5 (1.3)	-
FIG	---	34.6 (2.6)	35.0 (2.6)	35.5 (3.5)	35.9 (3.5)	37.2 (6.0)
Australia	---	---	37.5 (2.6)	38.5 (3.5)	38.5 (3.5)	40.0
Worlds	---	---	---	---	---	---

OUR JUNIOR TEAM

FIRST WEEK

In an athlete first week of training they will perform an initial assessment. The assessment includes a mental skills questionnaire, tumbling skills scoring, movement screening test, and basic shapes test. These assessments will be used to make sure the program is tailored to the needs of the athletes. Each athlete will be given a notebook and plan a term goal.

LESSON PLAN

Pre-Training Routine	When athletes arrive at training they will perform a notebook check-in, muscle rolling, and mental skills activity. Each week athletes will write a progress goal for the week.
Fitness Training	Athletes will complete a warm up/mobility routine followed by a strength & conditioning routine.
Drills Training	Athletes will complete a drills circuit focusing on various techniques or skills. Athletes may also be given individual drills to help with
Routine Building	After completing their warm up and drills, athletes will have time on the track to practice new skills, refine current skills, and build their tumbling passes. Athletes will have a certain amount of skills/combo they need to complete each week.
Post-Training Routine	An athletes post-training routine involves a notebook review and a relaxation routine.

Timetable subject to change depending on athletes ability, missed classes, coach availability etc.

TERM PLAN

The term plan will be posted on the wall in the tumbling area so all athletes know what to expect at trainings. Please remember that a strong foundation and build up drills means faster skill development & safer performances. If you have a skill or pass you want to work on please look at the term plan so you know when you will have the opportunity. Also note that an athlete is never done developing their existing skills! Even elite athletes still practice & refine their skills. If you think something in the term plan needs to be added, removed, or changed, please talk to the coach.

OUR SENIOR TEAM

FIRST WEEK

In an athlete first week of training they will perform an initial assessment. The assessment includes a mental skills questionnaire, tumbling skills scoring, movement screening test, and basic shapes test. Our senior athletes all receive personal training programs based on the results of the assessment. The personal program includes a pre- & post-training plan, fitness plan, and goal ladder. Athletes will be guided through the program by the coach & taught various drills & exercises to further their tumbling abilities.

LESSON PLAN

Pre-Training Routine	An athletes pre-training routine involves a notebook check-in, muscle rolling, & mental skills activity.
Fitness Training	Athletes will be given time to perform their personal fitness plan. This will include a mobility/prehab warm up and a strength & conditioning weekly routine. These routines will be updated each term or as needed (e.g injuries).
Drills Training	Athletes will be given various drills to help them develop the skills & techniques needed to achieve their goals. Athletes will need to complete a certain amount of drills & build ups before attempting new skills.
Routine Building	After completing their warm up and drills, athletes will have time on the track to practice new skills, refine current skills, and build their tumbling passes. Athletes will have a certain amount of skills/combo's they need to complete each week.
Post-Training Routine	An athletes post-training routine involves a notebook review and a relaxation routine.

Leading up to competitions, athletes will focus more on routines and less on drill work.

PROGRAM REASSESSMENT

Athlete training programs will be reassessed by the coach each term based on the progress of the previous term. A copy of the plan will be emailed to each athlete/parent and kept in a folder at the club. If an athlete believes that something in their training plan needs to be added, removed, or changed, they can ask their coach for a reassessment. Athletes will perform a reassessment after each competition cycle.

OUR VALUES

GROWTH MINDSET

It is very likely that skills will not be perfect on the first attempt. We encourage athletes to think of challenges as a chance to learn something new, rather than a change of failure. We aim to encourage hard work and effort before praising skill development. Athletes are encouraged to follow the below guidelines when making decisions in class:

- See challenges as opportunities of growth not failure.
- Don't give up when things aren't working.
- Put full effort into training.
- Listen & apply constructive criticism from coaches.
- Be inspired by others success.

ATHLETE WELLBEING

Our core values are what we live by at WAGS. A gymnasts' well-being is paramount and our dedicated coaches will ensure your childs' involvement at WAGS is as positive as possible. We also aim to provide athletes with useful mental skills like self-talk & goal setting.

If you/your child want to learn more about mental skills training, please contact our Mental Performance Coach, Jodie Allely at athleteforlifenz@gmail.com. If you have any questions or concerns, please don't hesitate to contact our tumbling lead or main office. We are all here to make the gymnasts the best that they can be while enjoying this wonderful and challenging sport.



Enjoyment



Confidence



Achievement



Safety



Challenge



Teamwork