

**CLUB DYNAMITE**

**2024**

**Performance**

**Team**

**Handbook**



We are very excited to invite your gymnast to be a member of Club Dynamite 2024 Performance Team!!

Welcome to Club Dynamite's 2024 Performance Team!

Our Performance Team are a selected group of Club Dynamite gymnasts who show a high standard of gymnastics ability, technique, commitment and great attitude.

Our Team puts together spectacular group performance routines and represent Club Dynamite in a variety of competitions and performances.

Our students develop incredible confidence, discipline and team work. They become role models for our other gymnasts and inspire many when they perform.

Being a part of the team is hard work, but a lot of fun too and our student develop wonderful bonds and camaraderie with their team mates.

We are very pleased to invite you to be a part of our 2024 Performance Team, we hope you enjoy the experience!





## **TEAMS**

In 2024 we will have 4 separate Performance Teams for gymnasts of different ages and abilities.

Mini Performance Team – Gymnasts born 2015-2017

Junior Performance Team – Gymnasts born 2013-2014

Intermediate Performance Team – Gymnasts born 2011-2012

Senior Performance Team – Gymnasts born 2010 or earlier.

Gymnasts who have had at least 1 year of experience, may be invited to be a part of 2 teams (example, a gymnast born 2015 who was in the Mini Team last year could be in both the Mini & Junior Teams this year). If you are invited to be in 2 teams and would prefer to just do 1 team, your own age group needs to take precedent over the older age group.





## **REQUIREMENTS**

To be a member of the Performance team our gymnasts are required to commit to the following.

1. Training 2 days a week – Friday plus at least one other day
2. All Performances and competitions

## **TRAINING – FRIDAYS**

We hold our Performance competition training on Friday afternoons. All team members are required to commit to Friday training. Performance gymnastics is a team activity, and gymnasts rely heavily on each other to succeed.

On Fridays we learn and perfect our group routines for competitions. It is very important that we have outstanding attendance from our gymnasts as having just one person away makes it hard to run routines, work spacing, work timing etc.

Each week we work on developing different skills and improving parts of the routines as well. If a gymnast is absent, they miss they key training which can affect everyone at a competition.

Friday - Team training times for 2024 -

Mini Performance Team – FRIDAY 3:30-5:30PM

Junior Performance Team – FRIDAY 4:00-6:00PM

Intermediate Performance Team – FRIDAY 4:30-7:00PM

Senior Performance Team – Friday 5:00-7:30PM

If gymnasts are doing 2 x teams – Mini & Junior – 3:30-6:00PM, Junior & Intermediate – 4:00-6:30PM.

### **TRAINING – SKILLS DAY**

In addition to the Friday Performance class, all gymnasts are required to attend at least 1 day of skills training per week. In these classes gymnasts will learn their skills and develop their strength and flexibility. These classes are very important, as our gymnasts are performing advanced gymnastics skills, and need to practice these skills on a regular basis to ensure success and safety.

However, as these classes work on individual skills, then there is some flexibility to do make up lessons, if a regular class is missed. A minimum of one day a week is required for the skills class, but gymnasts can choose to do more. For higher level gymnasts a minimum of 2 skills classes per week is recommended.

Options for your skills class are as follows -

Monday 4:00-7:30PM

Tuesday 4:00-7:30PM

Wednesday 4:00-7:30PM

Thursday 4:00-7:30PM

Gymnasts in the Mini Performance Team, who were on the Team last year (in 2023), are invited to be in these higher-level Performance Skills training classes in 2024, as they have mastered the core skills in their Mini skills classes last year. For Mini team gymnasts only, we can negotiate to do shorter hours for their skills class due to their age. Example 4-6PM, 4-6:30PM etc. All gymnasts born 2014 or later will need to do the full training session.



## **COMPETITIONS**

Our gymnasts compete in 5-6 eisteddfods/competitions each year, as well as in house events like the Showcase. These are so much fun and create lifelong memories.

We require all team members to commit to all Performances and Competitions, as routines are intricately choreographed, and one student missing takes many hours to relearn the routine. The dates are not yet out for 2024 but we will let you know as soon as they are.



## **COMPETITION & PERFORMANCE UNIFORM**

### **CLUB UNIFORM**

Gymnasts will be required to wear the Club Dynamite uniform too and from all competitions and performances and at anytime at a competition/performance when they are not in costume.

The uniform includes Club Dynamite jacket, pants and their Performance Team T shirt.

### **COSTUMES**

Gymnasts will have a costume for each routine they are in). We always aim to ensure our costumes are age appropriate and look good on our gymnasts!

You will need to bring your full costumes to all competitions and performances (students will not be able to perform with part of their costume missing). Gymnasts will need to bring their costumes to the competition/performance venues in a separate bag and change into and out of their costumes at the venue, not wear them underneath clothes.

Please do not wear your costume or any part of your costume anywhere except for our competitions, rehearsals and performances. Once we are no longer doing that routine (usually after 2 years, but this does vary), gymnasts are welcome to wear or sell their costumes.



## HAIR

Each routine will have specific hair style and hair piece. We will aim to keep these relatively simple. If you have any trouble doing hair there will be other parents available to help. Hair needs to be very neat and tidy, with all wispy bits gelled back as this does form a part of our score.

We ask that you keep your gymnast's hair long enough to put it up in a pony tail to style it for competitions. It adds to our unison, to have everyone in a matching hair style.

## MAKE UP

We do wear make up for competitions, as the stage lights can wash out each child's face. This will include foundation/eye shadow/mascara/blush and lipstick. Like with hair if you have trouble with stage make up another parent can assist.

## OTHER DETAILS

All jewellery, including earrings will need to be removed for competitions. Also any coloured nail polish will need to be removed and no markings on the skin are allowed.

Please do not pierce your child's ears during competition season, as they are required to remove earrings for the competitions and newly pierced earring can not be taken out for 6 weeks. Competition run from May-November, so the best time to pierce ears is December-Early March.





### **COMMITMENT TO FRIDAY TRAINING**

As mentioned earlier a high level of commitment is required to Friday training. This is where we work our group routines, and it is very difficult to achieve with gymnasts absent.

If your gymnast has an injury, we expect they will still attend and we can modify their program (or if severe we can have them sit and watch), just let us know beforehand.

If they are feeling unwell, they can just watch or walk through the routine. Please text me to let me know before class.

Kids are learning important skills about commitment, and we ask that they don't schedule other activities for a Friday afternoon, or attend training first and then head to events after.

In those rare circumstances where an absence can't be avoided please text me or email to let me know with as much notice as possible.



## **COMMITMENT TO SKILLS CLASS**

As mentioned earlier there is more flexibility around their skills class, as it does not rely on each other. But we require the kids to attend at least 1 skills class each week. If you miss your regular class due to illness or other events the kids will need to attend a make up lesson on a different day. This does not have to be in the same week as the absence.

The gymnasts are doing high level skills and it is important for them to maintain their strength and fitness to keep it safe and progressive.

## **COSTS**

We aim to keep participation in the Performance Team as affordable as possible.

## **TRAINING**

Training is \$70 weekly (charged in the usual 10 week blocks) for around 6 hours of highly specialized training. This is a highly discounted rate of just \$11.66 per hour. This fee also covers competition entry, photos and videos from comps, performance shirt and a variety of other things.

For those wanting to do 3 days a week (Friday comp class plus 2 x skills classes) the cost is only \$77, so only an extra \$7 for an additional 3 ½ hour class.

## **COSTUMES & UNIFORMS**

Gymnasts will need to purchase their Club uniform and costumes, the cost varies from year to year but we always aim to keep it as affordable as possible. If the costs end up higher than expected, Club Dynamite will subsidize and pay the rest of the costs.

## **CLUB DYNAMITE PAYS THE REST**

Club Dynamite will pay other costs related to their participation in performances and competitions. We will pay for competition entry fees, competitor passes, props, competition photos etc and Performance Team gymnasts participate in the showcase free of charge.

### **OTHER ACTIVITIES – Gymnastics/Acrobatics**

Once your child is a member of the Performance Team, they have a very carefully planned training program, to ensure they acquire skills in a safe and progressive way with ideal technique for Performance gymnastics. Therefore a condition of being part of the Performance Team is that the gymnasts will not attend any other gymnastics type classes or groups (including no classes in gymnastics/trampoline/tumble/cheerleading/acrobatics/acro dance/diving etc) outside of Club Dynamite.

As we attend dance competitions (in the acrobatics sections), it is also a condition of being in the team that members are not permitted to be a part of a competitive dance team or eisteddfod dance group at a dance studio.



### **FUN ACTIVITIES**

Throughout the year our Performance Team gymnasts have the opportunity to participate in some fun activities. These serve both as a

reward to gymnasts for the hard work and dedication they put into their gymnastics and a team building opportunity.

Each year we hold a gym sleepover, which our kids look forward to all year. Other events we have had include movie night, team dinner and a theatre trip.

There may be some costs involved with some events, but again we always aim to keep things very affordable. These events are not compulsory, but are a lot of fun and the gymnasts love them!

## **REHEARSALS**

Each year in May we hold our annual Dress rehearsal. This will be during normal Performance Team training time. This is where gymnasts will receive their costumes and be able to try them on, and have a chance to practice the routine while wearing them.

Parents are invited to view this rehearsal and take photos and videos.

Also on one Friday in May we will have a stage rehearsal. This is very important for the kids as performing on a stage can be very different to performing in the gym and this will give the students a chance to orientate to this.



## **CHOREOGRAPHY COMPETITION**

One of the highlight events of our year is our annual Choreography competition. This is held towards the end of the year at Club Dynamite. Gymnasts have the opportunity to choreograph their own Solo, Duo, Trio and Group routines to music.



Through choreography they develop their creativity, imagination, team work, thinking skills, problem solving skills, negotiating skills and have a lot of fun.

The competition is judged with different awards in each category – ie 1<sup>st</sup> over all, best tumbling, most creative etc. All participants receive an award – trophies, medals etc.

There is a small entry fee to cover costs for participants and this event is not compulsory.



### **CONTACT**

If at any time you have any questions or concerns please don't hesitate to contact me via email – [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au) or phone number provided or see me personally out on the floor.

We hope you thoroughly enjoy your time on the team!



