

**CLUB DYNAMITE**

**2024**

**Mini Performance**

**Team**

**Handbook**



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

**WHAT IS THE PERFORMANCE TEAM?**

The Performance Teams are groups of selected Club Dynamite gymnasts who show outstanding potential and a high standard of gymnastics ability, technique, effort, commitment and a great attitude!

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

Our Performance Team gymnasts receive the highest standard of gymnastics training in the club and make excellent progress in their gymnastics and are looked up to by all the gymnasts in our club!

Being a part of the team develops our gymnast's confidence, discipline and team work! We work hard but we also have heaps of fun and our Performance Team members develop a wonderful bond and camaraderie with their team mates!

We would love for your gymnasts to join our team in 2024 and we hope they have an incredible 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.

Our Mini Team will train separately to our older teams in specialist classes aimed to give them the best possible training for their age and ability.



## **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 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.

Our Mini Team trains – FRIDAYS 3:30-5:30PM

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.

### **TRAINING – SKILLS DAY**

In addition to the Friday class, gymnasts choose a 2<sup>nd</sup> day each week to attend for their skill learning. In this class they will work on their strength, flexibility, skills, apparatus etc. There is a bit more flexibility in this day as the kids don't rely on each other for training so you can choose the day that suits you, and do a make up lesson if you miss your regular classes. The options are Mon or from 3:30-5:30PM.



## **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 2023 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 (should be 2 costumes for our Mini team). 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 kids 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 \$57 weekly (charged in the usual 10 week blocks) for 4 hours of highly specialized training. This is a highly discounted rate of just \$14.25 per hour. This fee also covers competition entry, photos and videos from comps, performance shirt and a variety of other things.

### **COSTUMES & UNIFORMS**

Gymnasts will need to purchase their Club uniform and costumes, the cost varies from year to year but this should be no more than \$350 in total for all uniform and costume pieces. If the costs end up higher than this 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 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!

### **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!

