

# CLUB DYNAMITE MAG



# HANDBOOK

# MEN'S ARTISTIC GYMNASTICS

## **MAG:**

MAG is the major Olympic Gymsport for Boys and Men. Boys train and compete on 6 apparatus – Floor exercise, Pommel Horse, Rings Vault, Parallel Bars and High Bar.

At Club Dynamite we offer a competitive MAG program for selected boys from 5 years of age and up competing in the Australia MAG Levels program from Level 1-3. Our boys participate in a variety of external MAG competitions each year at a local, regional and State level.

Men's Artistic Gymnastics is an incredible sport for developing strength, flexibility, balance, coordination, agility, perseverance, focus, confidence, control and courage.

## **CLASS TIMES:**

MAG classes are 2 hours at the lower levels. MAG gymnasts in level 1 and 2 are only required to train one day a week, but a 2<sup>nd</sup> day is encouraged. Boys in level 3 and above are required to train a minimum of 2 days per week.

Monday – 4:30-6:30PM

Tuesday – 4:30-6:30PM

Wednesday – 4:30-6:30PM

Saturday – 10:00-12:00PM

MAG extension class

The MAG extension class is held on Fridays from 4:00-6:30PM. This class is open to boys in level 2 and 3 only. They must be training at least 1 of the above days in addition to this class. Boys in Level 3 are required to attend the extension class as their 2<sup>nd</sup> day.



### **WHO CAN JOIN MAG:**

Club Dynamite's MAG program is an invitation only program. Boys are selected from our Junior boys program if they have the right aptitude to train in competitive Men's Artistic Gymnastics. Boys are generally selected between 5-8 years of age. Gymnasts with previous MAG experience may also be considered for the program.

### **WHAT WILL THE BOYS BE LEARNING IN THEIR CLASSES:**

Our Boys follow the Gymnastics Australia Men's Artistic Gymnastics Levels program. Learning age appropriate skills on the following apparatus.

- Floor – tumbling, handstands, balance
- Pommel horse & Mushroom
- Rings

- Vault, Trampoline & Tumble track
- Parallel bars
- Horizontal bars
- Supplementary strength and flexibility work

Club Dynamite has a full complement of Men's Artistic Gymnastics competitive equipment as well as supplementary equipment for safe training drills.



### **COMPETITION UNIFORM**

All boys will require a full competition uniform as follows.

Level 1 – Red Club Dynamite singlet or Club Dynamite boys leotard,  
Black SylviaP men's gymnastics shorts

Level 2 – Red Club Dynamite singlet or Club Dynamite boys leotard, Black SylviaP Men’s gymnastics shorts, Red Longs, plain white socks & a Club Dynamite competition bag.

Level 3 and above – Club Dynamite Men’s leotard, Black SylviaP shorts, Red longs, white socks, Club Dynamite bag & a Club Dynamite jacket.

### **CLASS WEAR**

Boys can wear the Club Dynamite singlet with black shorts for training, boys in level 2 and above will also be required to wear their red longs.

No watches, fitness bands or jewellery of any kind are permitted for safety reasons.



## **IN CLUB EVENTS**

Our MAG boys participate in a variety on In club events each year.

- Club competition – Performing their individual competition routines. All participants receive a medal.
- Showcase – Performing a group routine. All participants receive a trophy.
- Team challenge – June/July
- Monthly strength challenges
- Gym wide strength challenge
- Splits month
- In house testing

## **EXTERNAL COMPETITIONS**

Boys participate in a variety of external MAG competitions each year at a local, regional and state level.

At the lower levels these competition are designed to build the boys confidence and help them consolidate their skills and they are a lot of fun too! As boys progress they will have the chance to compete in higher level competitions such as regional and state championships.



### **ARE COMPETITIONS COMPULSORY**

Yes, all boys in our MAG program will be required to participate in competitions. However, boys are not required to go in all competitions.

### **STATE SQUAD**

Boys in level 3 have the opportunity to participate in the State Squad development program each year. In State squad the boys complete clinics at the QLD High Performance Gymnastics Centre with other boys from Clubs all around South East QLD. The boys are coached by some of QLD's top senior international gymnasts and coaches.



### **COACH:GYMNAST RATIO:**

We have a maximum of 12 boys per class.

## **HOW DO BOYS MOVE UP THROUGH THE LEVELS:**

Boys will be evaluated for the next level both at competitions and in class. Requirements to move up to the next level are as follows.

- Score a minimum of 8.0 or above in an external MAG competition.
- Pass an in class test that shows they can safely and confidently complete the skills required for the next level.
- Commit to the training hours required for the next level.

Boys in level 2 and above are also required to pass a levels test, this can be done at any sanctioned gymnastics competition. They are required to score a minimum All around score of 42.00, and at least 5.5 on each apparatus.



## **ARE THE CLASSES TAUGHT BY QUALIFIED COACHES?**

Yes, all coaches are qualified and registered with Gymnastics QLD and Gymnastics Australia.

### **IS MY CHILD INSURED:**

Yes! All gymnasts become members of Gymnastics Australia and are fully covered by insurance while participating in all classes, competitions and events.



### **WHERE DO BOYS GO FROM HERE?**

The Australian MAG program is designed to take boys from a foundation level right through to an international competitive level. Boys can advance through the levels as far as their own aspirations will take them.

In the past boys have gone onto train in both MAG and Diving at a high performance/international level through close collaboration with the QLD High Performance Centre in Chandler.



**COMMUNICATION:**

If you have any questions or queries, email is the fastest and best form of communication – [admin@clubdynamite.com.au](mailto:admin@clubdynamite.com.au)