

# Gymnastics NSW

## High Performance Centre

2023 – 2024 NSW HPC

Squad Manual



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## INTRODUCTION

With this squad manual you will have a step by step reference guide to **The Gymnastics NSW High Performance Centre (NSW HPC)**, and what is expected from your child and family throughout your journey as part of the program. If at any time you would like further clarification about any information contained within this manual, please feel free to contact the HPC Program Manager, Yusuf Topari (*refer to page 20 for contact details*).

## THE START OF THE NSW HPC

The NSW HPC has been operating a Men's program since 1985. A women's program was in operation between 1985 – 2000 and was discontinued due to financial considerations at the time. It was originally formed to 'underpin' the Australian Institute of Sport program in Canberra with all senior athletes being required to relocate to Canberra. In 2004 the HPC evolved to offer programs through to international level. Since that time Prashanth Sellathurai progressed from a junior standout athlete to senior level competition where he won three medals at the World Championships, five at Commonwealth Games and named the overall World Cup Champion on Pommel Horse.

The NSW program's goal is to produce athletes that are competitive at an international standard. For this reason, the athletes are training on a different timeline than other programs, with less emphasis on results as junior athletes and more emphasis towards mastering skills and technique that will lead to an international program in the future. It is the HPC's philosophy and expectation that all athletes remain as dedicated to their academic success as well as sporting success and encourage families of the program to have open communication with regards to this.

## GYMNASTICS NSW

Gymnastics NSW is a not-for-profit incorporated association that was formed in 1948. It is the peak body in NSW for the development and regulation of:

- Men's Artistic
- Women's Artistic
- Rhythmic Gymnastics
- Aerobics Gymnastics
- Acrobatics Gymnastics
- Trampoline Sports
- Team Gym
- Gymnastics for All
- Rebound Therapy

Gymnastics NSW operates the NSW High Performance Centre, and all staff are employees of Gymnastics NSW. Gymnastics NSW prides itself on the achievements of the NSW High Performance Centre and works hard to ensure that the program is leading in their field. Gymnastics NSW comprises 70,000 participant members, 3,000 coaches and officials and 220 affiliated clubs. It employs approximately thirty-four employees and has up to 35 volunteer committees comprising up to two hundred participants.

## THE NSW HPC TEAM



**Yusuf Topari**  
High Performance Manager  
High Performance Coach

*Originally from New Zealand, Yusuf has over 10 years of experience in the High-Performance space, coaching athletes to international success at both the Junior and Senior International level. Serving as an Australian Team Coach at multiple World Cups, Yusuf was also named as an Australian Team Coach to the 2022 Commonwealth Games and the 2022 World Championships Teams. A High-Performance accredited coach, Yusuf is also a fully qualified personal trainer and has an extensive background in strength and conditioning, fitness, and business management.*



**Hongwei Du**  
High Performance Coach

*Originally starting his coaching career at the Hebei State University in China, Hongwei relocated to Malaysia where he was appointed Head Coach of the National women's team in 2000. He has coached athletes to World University Games, Commonwealth Games and World Championships level and joined the NSW HPC in 2008. Since then, he has produced multiple Australian Champions and National Team members with athletes named to World Cup and World Championship teams. Hongwei was an Australian Team Coach at the 2019 World Championships in Cottbus, Germany.*



**Mandy Mclean**  
High Performance Junior Development Coordinator  
Junior Development Coach

*Mandy got her start in gymnastics coaching Men's and Women's gymnastics at the Ingleburn RSL for the Campbelltown City Council. There she worked her way up to be head coach and ran the program for 12 years and has been head MAG coach at various other centres. Since then, Mandy has gone on to*

*work with some of the finest gymnastics talent to come out of NSW and joined the NSW HPC team in 2015 as the Junior Development Coordinator.*



**Carlo Casis**

Junior Development Coach/Intermediate Bronze Judge



**Jack Hall**

Junior Development Coach/Intermediate Bronze Judge

Admin Assistant

Senior International Athlete

## NSW HPC ATHLETE PLACEMENTS

All athletes must undergo a trial process when trailing for the NSW HPC. This is normally for a 3-month period, however, can differ depending on individual circumstances. These, along with any additional conditions must be agreed to by the program prior to the trial period beginning. At the end of the trial period athletes will have a trial review meeting and if successful, a full-time (FT) placement invitation will be offered to the athlete for the current year.

An athlete must maintain a minimum performance level, as placements are not guaranteed at any time. Athletes will be given a fair opportunity to meet program expectations and targets. Performance targets will encompass a minimum expected standard of training and competition performance, development, behavior and conduct of an athlete, as well as abiding by squad rules at all times. An athlete's overall performance is formally reviewed either once or twice per year, (mid-year review and an end of year review). After end of year reviews, successful athletes will receive an invitation for the following year.

## Mid-Year Reviews (MYR)

Athletes within the Elite Development to Senior International pathway will have a mid-year review (MYR). A MYR is to ensure athletes are tracking towards their performance targets and meeting the minimum expectations of the program. This will be communicated in either a report or in some circumstances via a meeting. If athletes are not reaching minimum targets or expectations, the outcome of a MYR may mean an athletes placement status is changed to a “TRIAL” or “REVIEW” status (please see information on placement status below) or if deemed appropriate, an athlete may be transitioned from the program.

## End of Year Reviews (EOYR)

All NSW HPC athletes will have an end of year review (EOYR). An EOYR is to ensure athletes are tracking towards their performance targets and meeting the minimum expectations of the program. This will be communicated in either a letter, report or in some circumstances via a meeting. If athletes are not reaching minimum targets or expectations, the outcome of the EOYR may be an athletes placement status being changed to a “TRIAL” or “REVIEW” status (please see information on placement status below) or there will be no placement offer for the following year and the athlete transitioned from the program.

## Loss of Placement – Special Circumstances

An athlete may have their NSW HPC placement revoked immediately and without notice based upon special circumstances that may include but not limited to:

- Continual breaches of squad rules
- Athlete and/or family conduct
- Behavioral or disciplinary concerns
- Physical violence
- A threat towards the safety and welfare of members and staff
- Conduct, and conduct online, that has the potential to bring gymnastics, Gymnastics NSW, the HPP or the program coaches into disrepute

## Athlete Placement Status

Outcomes of reviews and/or **Athletes Behavior Status** will determine an **Athletes Placement Status**. Placement statuses can be seen below:

### ATHLETE PLACEMENT STATUS - OUTCOMES

<b>CONFIRMED</b>	Based on review, athlete’s status is confirmed as a FT Athlete
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<b>REVIEW</b>	Based on review, athlete’s performance will be tracked and monitored to provide an opportunity for improvement in identified areas. Terms for each review will be individualized and documented.
<b>TRIAL</b>	Based on review, athlete’s performance is below expectation. The athlete will need to be placed back on a trial period of three months with a goal of reaching adequate improvement. Terms will be individualized and documented. A set date for trial review will be specified.

## Athlete club membership, Insurance and Registration

It is compulsory and squad policy that all NSW HPC gymnast must continue to represent the club that they were registered with prior to being selected into the program (*Home Program*). This means that all gymnasts must register with their home program each year for the duration of their time at The NSW HPC. The NSW HPC also encourages gymnasts and families to maintain a relationship with Home Programs and attend events when possible whilst also informing them of notable results.

If a gymnast is not registered in the January of each year, they may risk being unable to compete due to strict insurance policies. If the gymnast was not with an affiliated gymnastics club prior to being selected into the NSW HPC, then the gymnast may register with the **Sydney Gymnastics and Aquatics Centre** (SGAC). The NSW HPC will process a multi-club registration for all gymnasts, so they will compete as the **NSW HPC/Home Program**. It is also a requirement that all NSW HPC athletes have **Private Health Insurance** to ensure adequate cover.

## NSW HPC SQUAD STRUCTURE

### MAG HIGH PERFORMANCE

Squads	Pathway focus	Coaches
<b>Squad 1</b>	<b>Levels:</b> 8 under 14 – Senior International <b>Training Hours:</b> up to 26.5 hours per week	Hongwei Du/ Yusuf Topari <b>Lead Coach</b> – Hongwei Du
<b>Squad 2</b>	<b>Levels:</b> 8 under 14 – Junior International <b>Training Hours:</b> up to 24 – 26 hours per week	Yusuf Topari/ Hongwei Du <b>Lead Coach</b> – Yusuf Topari

# NSW HIGH PERFORMANCE PROGRAM

<b>Beyond 2024 Blue Squad</b>	<b>Levels:</b> 5 under 11 – 7 under 13 <b>Training Hours:</b> up to 15 hours per week	Mandy Mclean <b>Lead Coach</b> – Mandy Mclean
<b>Beyond 2024 Teal Squad</b>	<b>Levels:</b> 3 under 9 – 5 under 11 <b>Training Hours:</b> up to 6.5 – 10 hours per week	Mandy Mclean/ Carlo Casis/ Jack Hall <b>Lead Coach</b> – Mandy Mclean
<b>Beyond 2024 Lime Squad</b>	<b>Levels:</b> 3 under – 5 under <b>Training Hours:</b> up to 6.5 per week	Mandy Mclean/ Carlo Casis/ Jack Hall <b>Lead Coach</b> – Mandy Mclean

## WAG HIGH PERFORMANCE

Squads	Pathway focus	Coaches
<b>WAG HP Squad</b>	<b>Levels:</b> Future International – Senior International <b>Training Hours:</b> up to 26.5 hours per week	Yusuf Topari <b>Lead Coach</b> – Yusuf Topari <b>Choreographer</b> – Lisa Bradley

## ATHLETE CATEGORIES

Athlete Category	Pathway
<b>Senior Athlete</b>	MAG Level 10 – Senior International WAG Senior International
<b>Emerging Athlete</b>	MAG Level 9 – Junior International WAG Future – Junior International
<b>Junior Emerging Athlete</b>	MAG Level 7 – Level 8
<b>Beyond 2024 Athlete</b>	MAG Development – Level 6 under 12



## SQUAD FEES

State and Federal Government provide limited funding to junior elite sports and thus it is necessary to charge training fees for program gymnasts in order to stay operational. It is recognized that a lot of time, commitment and money goes into developing a gymnast from the junior level through to a senior, both from the program and parent perspective. We understand this financial situation and every endeavor is made to keep the fees as low as possible. The program is financially underpinned by Gymnastics NSW who contributes close to \$200,000 per annum.

### Schedule of Fees

The program charges fees to gymnasts based on the table below and all families are invoiced monthly. All efforts are made to run training as scheduled, although on some occasions training may need to be changed to alternative days. As program coaches are active on our state and national squads, teams and committees, sometimes they may be called away from the gym to attend various engagements, competitions or meetings. We will try and give as much notice as possible to parents regarding this although some sessions may be cancelled if alternative arrangements cannot be made. In this case, make up sessions for the lost time will be scheduled within the effected month.

#### 2022 Squad Fee Structure (Reviewed Annually)

Hours Per Week	Monthly inc. GST
20 Hours Plus	\$618.00
15 - 19 Hours	\$488.50
12 - 15 Hours	\$383.50
9 - 11 Hours	\$294.00
7 - 8 Hours	\$248.50
4 - 6 Hours	\$206.00

### Payment Options

Payment must be made by **Directdebit** via **Ezidebit**.

You will need to complete a **Ezidebit DDR Form** (Annexure 1) and this will need to be returned to the NSW HPC or Gymnastics NSW Accounts

Please direct any finance or account questions to the accounts team:

Email: [Finance@gymnsw.org.au](mailto:Finance@gymnsw.org.au)

Phone: (02) 8116 4119

Please note that all athletes are allocated 2 weeks leave from the program annually. This normally occurs as a midyear break and an end of year break. An additional 2 weeks of leave is left unallocated for the use of families or the program. This totals 4 weeks of annual leave per year and has already been deducted from the total fee allocations.

### Competition Fees

Competition fees will be charged to your family account and invoiced accordingly. Rebates for competitions can be made if the gymnast produces a medical certificate stating that he was unfit for competition and should be directed to the NSW HPC Program Manager.

## Holding Deposit

Upon a full-time placement offer being accepted, and on the next scheduled squad fee payment, an additional holding deposit payment equivalent to one month's squad fees will be taken and held on the family account for the athlete's time within the program. Upon Athletes transitioning out of the program this amount will be full refunded to families pending the account is up to date.

*Example: A trial athlete with squad fees of \$206.00 per month has accepted a full-time placement in the month of February. On March 1, the athlete will be charged \$206.00 (squad fees) + \$206.00 (holding deposit) for a total: \$412.00. From April 1, payment will revert to the current squad fee amount.*

## Refunds (fees)

Refunds for lost training sessions through injury, missed training sessions and/or holidays are not given. In an extreme case, some rebates can be given if applied for in writing to the program, such situations include serious injury or illness. All applications for refunds should be made by contacting the High-Performance Program Manager via email outlining your request.

## Fees – General Information

- Fees are issued on a monthly basis in advance throughout a probationary or trial period.
- Upon a full-time placement within the program, the initial invoice will be the equivalent of **2 months squad fees**. This will be **1-month** squad fees in advance and the amount equal to another month will be held as a bond. This will need to be paid in full prior to an athlete commencing their full-time placement. The bond amount will be held as security on the family account and will be applied to the final month's fee when your child concludes with the NSW HPC. Any remaining amount will need to be paid in full at this time.
- Parents must agree in writing to abide by the fee policy.
- If a gymnast increases the amount of hours he trains, then a new fee will be charged commencing on the first day of the next calendar month.
- No rebates will be given for missed training sessions or sickness. (Extreme circumstances can be considered by applying to the program in writing).
- All fees will need to be paid for in full by the start of the next calendar month. If a gymnast is asked to leave the program, the family account must be settled to a nil balance.
- There is a sibling discount for families with more than one child within The NSW HPC Program. For the second child there will be a 10% discount applied to the families overall monthly squad fee. For every child thereafter there will be an additional 5% discount.
- If a gymnast withdraws from the program, notice in writing must be given **ONE MONTH** in advance. Fees will be charged up to the conclusion of the one-month notice.

## PROGRAM SERVICES

### Physiotherapy

Athletes that require physiotherapy treatment or consultations are encouraged to utilise SWSM. All NSW HPC Athletes receive a 10% discount on all treatment and consultations. If parents or athletes seek treatment with other physiotherapists outside of SWSM then it is a requirement they ensure the physiotherapists, contact The NSW HPC immediately regarding the gymnast's injury status.

### Sports Psychology/Nutrition and other support

Athletes are encouraged to use SWSM for all sports psychology and dietary requirements. Ongoing dialogue between the squad coaches and the SWSM team will ensure a connected and comprehensive program.

### Shuttle Bus

The **NSW HPC** utilizes a shuttle bus service provided by Gymnastics NSW for the ongoing support of athletes within in the NSW HPC. The starting pick-up point before training and drop off point after training is at Sydney Olympic Park, (Gym NSW office) on weekdays. There is a Shuttle Bus Registration Form for those interested, this can be found in the member portal ([click here](#)). Weekly registration for this service is required. There is currently limited capacity available for this service due to COVID restrictions.

### Pool Recovery Sessions

The NSW HPC in partnership with the Aquatics department at SGAC provides pool usage for recovery sessions to applicable NSW HPC Athletes.

## GNSW HIGH PERFORMANCE SCHOLARSHIP

Understanding the importance of supporting athletes both on and off the competition floor, Gymnastics NSW has joined forces with the NSW Institute of Sport to provide world class athlete wellbeing & engagement (AW&E), and nutrition services.

The partnership will provide 40 of GNSW's High Performance Program athletes with the opportunity to receive training and support from NSWIS experts across numerous disciplines including career and education, personal development, community engagement, and performance nutrition.

The program will support targeted high-performance athletes to make informed decisions that impact their performance in both sport and life. By providing guidance, support, resources and education we aim to develop athletes who display the high-performance behaviours required to successfully progress through the high performance pathway.

## The Scholarship

GNSW is committed to ensuring the health, safety and wellbeing of members. This scholarship is one of the ways that GNSW is providing services and support that will assist high performance athletes to access services that will assist them both in and out of the gym.

## SQUAD INFORMATION

### Athlete Squad Rules

It is expected that all athletes invited into the NSW HPC, will abide by the **Athlete Squad Rules** at all times. Athletes are expected to:

- Do their utmost to arrive on time for training. If for any reason an athlete cannot meet this expectation, this needs to be communicated to the program at all times
- Make themselves known upon arrival for their scheduled training. If an athlete is to leave the training session at any time other than their scheduled finish time, they must notify their coach/es
- Always show respect to all NSW HPC team members
- Always follow the coach's instructions and to trust in the coach's knowledge and experience
- Abide by a zero-tolerance policy against bullying, physical violence, verbal abuse or fighting at any time
- Adhere to no swearing or profanity at any time
- Not purposefully damage any equipment. By doing so may not only result in disciplinary measures being taken, but also families required to pay repair costs
- Notify the program prior to training if injured. If an athlete cannot do this, it is expected this will be communicated via a parent
- Not handle other people's personal belongings without their consent
- Display proper respect and honesty towards coaches, officials, administrators, parents and fellow competitors.
- Not distract other athletes
- Bring to the attention of their personal coach and/or the NSW HPC Program Manager if they have a concern about a fellow athlete or staff member

- Be cautious when participating in other activities outside of gymnastics training and this must be communicated with the program
- Maintain a lifestyle that will allow proper sleep, rest and nutrition for maximum performance
- Attend all training sessions and meetings unless excused by the program
- Understand that athletes are expected to maintain a minimum of a **90%** attendance rate. Attendance lower than this can result in a review of an athlete's position within the NSW HPC
- Must finish all daily training programs as set out by their personal coach/es
- Ensure that they wear appropriate clothing to and from the gym and abide by the uniform policy set out by the program. Athletes are also not to wear any Gymnastics NSW uniform items, NSW HPC or Gymnastics Australia uniform during social outings
- Prohibited from using the gym outside of their training times unless agreed to by the program. Any damage to equipment or injury caused to an athlete will not be the responsibility of the program
- Maintain an acceptable academic level
- Must represent the program in a positive and professional manner
- The gymnast must always train to the best of their ability
- No use electronic devices through the duration of a training session. If an athlete needs to contact parents for any reason, they must do this through either their personal coach, or the program manager
- Assist in setting and/or resetting equipment at any given training session
- Participate in all required internal events, seminars and community events
- Comply with the **Gymnastics Australia Anti-Doping Policy**
- Refrain from inappropriate or unacceptable behavior such as:
  - Smoking
  - Drinking any alcoholic beverages
  - Use of any drugs unless medically prescribed
  - Violation of curfew established by their coach
  - Any illegal activities

## Parent/Guardian Rules

It is expected that all parents and/or guardians of athletes invited into the NSW HPC, will abide by the **Parent/Guardian Rules** at all times. It is expected Parents/Guardians will:

- Ensure their child is briefed, understands and will abide by all **Athlete Squad Rules**
- Ensure their child is briefed and understands the **Discipline Policy**
- Ensure understanding of the **NSW HPC Athlete Placement Policy**
- Provide athletes a healthy lifestyle to ensure optimal rest, recovery and nutrition
- Register their child with their home program at the start of each year
- Attend in all required seminars
- Notify the program of any absence, lateness, injury or illness to their child. Any leave from the program longer than **2** consecutive days that is due to illness or injury, will require a medical certificate
- Apply to the program for any holiday leave that falls outside of the programs allocated leave. This needs to be communicated with the Program Manager directly
- Do not attempt to coach athletes from the “sidelines” in both training and competition
- To respect all other NSW HPC and Gymnastics NSW members
- Abide by a zero-tolerance policy against bullying, physical violence, verbal abuse or fighting at any time
- To always conduct themselves with respect and professionalism
- Will ensure all squad fees and/or invoices are paid on time and in full
- Ensure athletes have the correct attire in-line with the **Uniform Policy**
- Ensure their athlete complies with the **Gymnastics Australia Anti-Doping Policy**
- To not have inappropriate conduct, and inappropriate conduct online, that has the potential to bring gymnastics, Gymnastics NSW, the HPP or the program coaches into disrepute
- To communicate any queries or concerns with the program. If a meeting is needing to be organized, this needs to be done outside of regular training hours

## DISCIPLINE POLICY

A gymnastics training environment can be loud, busy and fast paced with squads having anywhere between 4 – 10 athletes within them. To ensure a safe and productive training environment for all, athletes are expected to understand and abide by the rules set out in the **Athletes Squad Rules**, and to listen to their coaches at all times.

For breaches of minor rules, athletes are given **two** verbal warnings. If a third occurrence of the same or similar behavior is demonstrated in the session, an athlete will be given a “*time out*” for between 5 – 15 minutes to reflect on their behavior. If the breach is of a minor nature but has a severe impact on the session, coaches may immediately apply a “*time out*” for between 5 – 15 minutes. In either of these circumstances, parents may be contacted if deemed necessary. If behavior continues, then a review of an **Athletes Behavior Status** will be conducted, and this could also affect an **Athletes Placement Status** within the program.

For major breaches of rules an athlete may be removed from a training session immediately and without warning or could receive instant dismissal from the program.

### Athlete Behavior Status

The program uses a color-coded system to monitor athletes conduct and behavior. If an athlete commits a breach of the **Athletes Squad Rules**, they can be allocated a Yellow, Red or Black **Athlete Behavior Status**. If Red or Yellow status is allocated, it cannot be removed for a probationary period of **3 Months** and an **Athletes Placement Status** is automatically reverted to “**Review Status**”. Black status results in instant dismissal from the program without notice or warning.

- **Yellow Status** Athletes who break minor rules such as swearing, not following instructions, unnecessary comments etc. or any minor breaches of the **Athlete Squad Rules**.
- **Red Status** Athletes who break major rules such as fighting, disrespect, questionable conduct ect. or any major breaches of the **Athlete Squad Rules**.
- **Black Status** If an athlete continually breaches major rules, or if an athlete’s behavior is deemed severe enough to warrant instant dismissal from the program.

## PUNCTUALITY, ABSENTEEISM AND HOLIDAYS

### Punctuality

Gymnasts should arrive to training no later than 5 minutes prior to the commencement of their training session. All athletes are to wait outside of the training hall until the start of their session.

Gymnasts must present themselves at line up at the start of the days training. It is very important that athletes are not late for this line up as this is the time when any important information for the athletes is distributed and the days program is outlined.

## School Related Absences

We understand that some schools require students to attend events from time to time and that this may impact on an athlete's ability to attend a training session. We ask that for any absences due to school requirements, that parents and/or athletes notify the program at least the day prior to the session that will be missed. This can be done via email, phone or SMS.

## Illness

As part of the implementation of COVID safe restrictions, the NSW HPC now requires any athlete who are showing general signs of illness or any flu like symptoms not attend training and for this to be communicated with the program immediately. If an athlete's absence extends longer than 2 consecutive days, the program requests a medical certificate certifying that it is safe for the athlete to attend training.

## Allocated Leave (Holiday Leave)

The NSW HPC provides a total of **4** weeks allocated leave to all squads each year. This leave is already worked into squad fees, so there will be no squad fee adjustments due to allocated leave.

Each year two weeks leave will be nominated by the program. These are normally a 1 week break during the year (normally a mid-year break) and at Christmas/New Year break. At times, individual dates may be used for allocated leave if the program needs to cancel training and cannot reschedule a suitable session. The remaining leave is to be used by families and needs to be requested directly to the Program Manager.

## Holiday Training Schedule

During school holidays the NSW HPC will release a training schedule normally 2 weeks in advance. Holiday training schedules normally change from the term time schedule with training sessions taking place in the morning or early afternoon.

# NSW HPC UNIFORM POLICY

## Training Uniform Requirements

Please see below your child's training uniform requirements as per each NSW HPC squad. Please visit the member hub here [ADD LINK] for **NSW HPC Uniform and Ordering Information**.



**Squads:**        **Beyond 2024 Development – Teal Squad**  
                      **Beyond 2024 Development – Blue Squad**

All other Beyond 2020 Development Squad members are required to adhere to the following uniform requirements for every training session.

- NSW HPC Squad singlet or
- NSW HPC Squad T Shirt
- Navy blue or black gym shorts or NSW HPC Shorts
- Training Longs
- Loops
- Gloves
- Running Shoes
- Wristbands
- Handguards (will be advised when these are needed)
- NSW HPC/NSW State Team or Gymnastics Australia backpack

**Athlete Categories:**    **Junior Emerging Squad**  
                                      **Emerging Squad**  
                                      **Senior Squad**

All other NSW HPC Squad members are required to adhere to the following uniform requirements for every training session.

**MAG**

- NSW HPC Squad singlet or
- NSW HPC Squad T Shirt
- Navy blue or black gym shorts or NSW HPC Shorts
- Training Longs

**WAG**

- SGAC or NSW Training Leotard
- Appropriate bike shorts and crop top

**All**

- Running Shoes
- Loops
- Gloves
- Wristbands
- Handguards (will be advised when these are needed)
- NSW HPC/NSW State Team or Gymnastics Australia backpack

## Competition Attire

Gymnasts must wear the correct competition clothing, as set out below, at all competitions. Parents should ensure that they leave enough time before competitions when ordering new competition clothing from their home clubs. Clubs may not have stock or will need one or two weeks to get new stock. Parents should contact their child's home club for more information on club clothing.

For the competitions listed below, the following clothing applies:

## NSW State Trials, Invitational events and Grand Prix events

- HPC tracksuit top and bottoms
- HPC T shirt
- HPC polo\*\*
- Home Club leotard
- Home Club shorts
- Home Club - long pants
- NSW HPC bag (backpack or kit bag)

\*\* Only for NSW State Championships

**National Championships and Selective International Competitions** – Uniforms to be purchased upon selection onto the State team

- NSW State leotard, shorts and longs
- NSW State and Program tracksuit
- NSW State bag and compulsory accessories

## COMPETITION INFORMATION

Junior Elite and Senior Elite gymnasts compete under the Australian Levels Program and FIG Code of Points. Gymnasts compete at both State and National events and selected gymnasts can compete internationally, if named on the Junior or Senior National Squads.

## COMMUNICATION

### High Performance Centre Contacts

<p><b>General Enquiries</b>  <b>Assessments/Placements</b>  <b>Squad Fees</b>  <b>Program Information</b></p>	<p>HP Manager  <b>Yusuf Topari</b></p>	<p>mghcp@gymnsw.org.au  (02) 9851 5870  0432572806</p>
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<b>Beyond 2024</b> <b>School/Club Partnerships</b> <b>TID Initiatives</b> <b>Program Events</b>	JD Coordinator <b>Mandy Mclean</b>	jdhpc@gymnsw.org.au (02) 9851 5870
<b>Athlete HP Registrations</b> <b>Updating Member Details</b> <b>SGAC Registrations</b>	Admin Assistant <b>Jack Hall</b>	adminhpc@gymnsw.org.au (02) 9851 5870
<b>Accounts/Finance</b>	Finance Officer <b>Lyn Mercieca</b>	Finance@gymnsw.org.au (02) 8116 4119
<b>Athlete/Squad Management</b> <ul style="list-style-type: none"> <li>• Squads</li> <li>• Athlete Reviews</li> <li>• Training Timetable</li> </ul>	HP Manager <b>Yusuf Topari</b> Junior Emerging Emerging Senior  JD Coordinator <b>Mandy Mclean</b> B2024 Squads	By appointment only
<b>GNSW Events</b>	MAG or WAG Events and Development Officer	mg@gymnsw.org.au wg@gymnsw.org.au (02) 8116 4115
<b>MPIO</b> (Member Protection)	Please make a request to be contacted via the below link <a href="#">MPIO Request</a>	

## Newsletter

The NSW HPC will disseminate a monthly squad newsletter. The purpose of this newsletter is to keep the parents in touch with the program, to advise on any upcoming events, to highlight any achievements by our athletes and program and to welcome any new athletes into the program.

## End of Year Presentation

A Christmas party is held at the conclusion of every year for squad members and guests to celebrate and acknowledge the program's success. During the Christmas party, the program will award gymnasts that obtain successful results either at competition or in training. The Christmas party is a compulsory event.