



**BRIGHTON REC
GYMNASTICS**

COMPETITIVE PROGRAM HANDBOOK

Brighton Recreational Centre

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GENERAL INFORMATION



This handbook provides essential information about the competitive programs at Brighton Rec Gymnastics (BRG). It is designed to guide athletes and their families through the expectations, structure, and opportunities within our program. Inside, you will find details on training commitments, competition pathways, athlete development, and club policies. Our goal is to support every gymnast in reaching their full potential while fostering a positive, disciplined, and rewarding competitive experience.



The Brighton Recreational Centre (BRC) is a not-for-profit community-based organisation providing recreational, educational and sporting activities to reflect the needs of all ages and abilities in the local community. The BRC has a Board of Directors who represent stakeholders, provide strategic direction and oversees management.

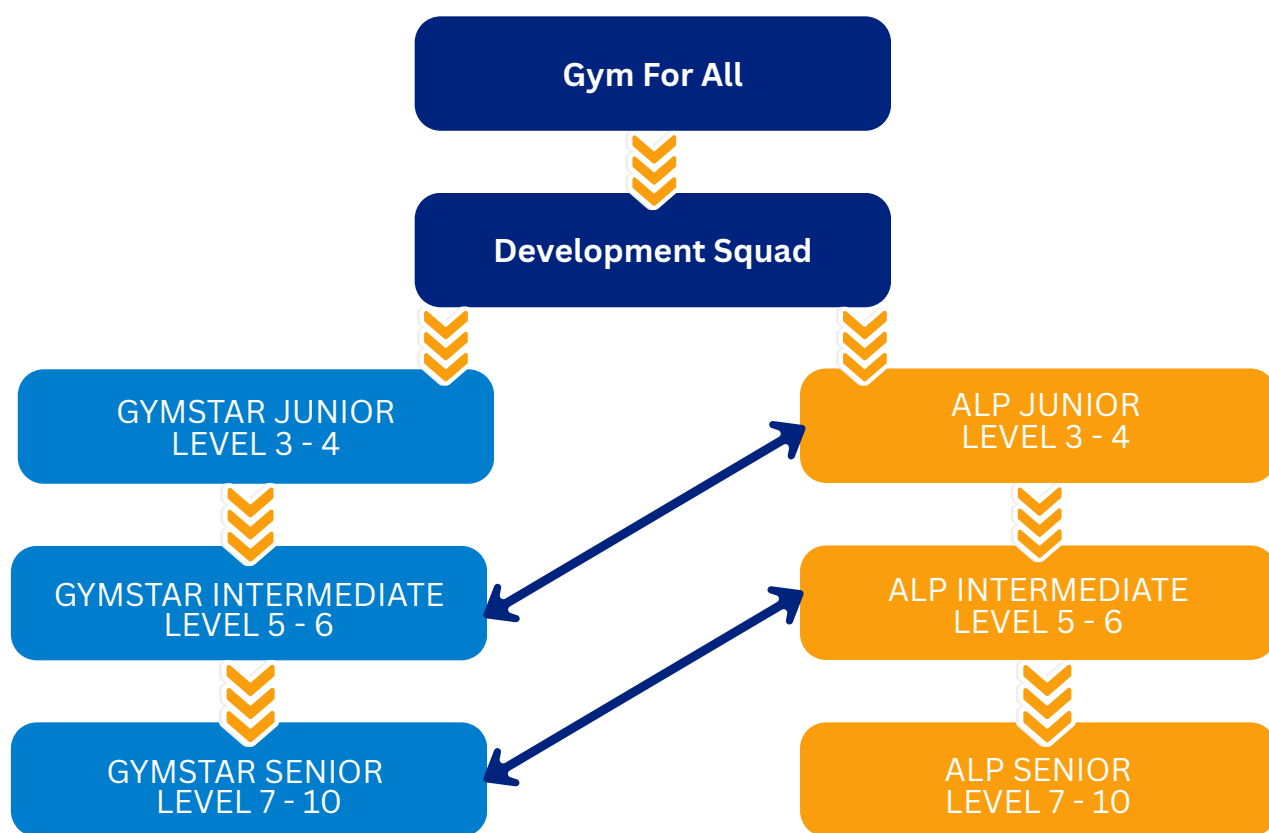
The following staff are responsible for day-to-day operations at the BRC & BRG.

| Program | Role | Name | Email |
|-------------|------------------------------------|---------------------|-------------------------------|
| Office | General/Account Enquiries | NA | enquiries@brightonrec.com.au |
| Office | General Manager | John Summers | manager@brightonrec.com.au |
| Office | Gymnastics Manager | Ally Walker | gymnastics@brightonrec.com.au |
| Competitive | Squad Coordinator ALP & GYMSTAR | Ashleigh Heldsinger | squads@brightonrec.com.au |

COMPETITIVE PATHWAYS



BRG provides two competitive pathways for gymnasts to either advance or move between. The required hours of commitment will vary based on the gymnast's developmental stage.

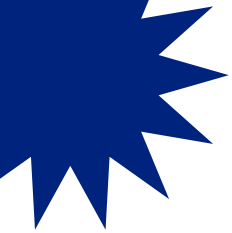


Progression & Movement Between Levels

Progression is based on:

- Skill development
- Strength and flexibility
- Confidence and readiness

Movement between groups is not automatic and may occur at different times for each gymnast.



COMPETITIVE PATHWAYS

What Is the Competitive Program?

The competitive gymnastics program is designed for gymnasts who demonstrate commitment, skill progression, and a desire to compete. It involves a higher level of training, discipline, and personal responsibility. Participation is by invitation or selection, based on readiness—not just age.

About the Women's Artistic Gymnastics (WAG) Levels Program

Our competitive program follows the Gymnastics Australia Women's Artistic Gymnastics (WAG) National Levels Program, which provides a structured pathway for athlete development across Australia.

This program progresses from level 1 through 10, where gymnasts develop skills on the (4) four apparatus:

- Vault
- Uneven Bars
- Balance Beam
- Floor

Each level has specific skill requirements, routines, and physical benchmarks. Progression through the levels is based on a gymnast's skill mastery, strength, flexibility, and readiness, rather than age alone.

The program is designed to support long-term gymnast development, ensuring gymnasts build strong foundations before advancing to more complex skills and higher-level competition.

About the GymStar Levels Program

Our GymStar competitive program offers gymnasts a structured and supportive pathway to develop their skills and experience competition in a more relaxed environment. Aligned with Gymnastics Victoria's guidelines, the program focuses on progressive skill development based on individual readiness.

Gymnasts train and compete across the following six (6) apparatus:

- Vault
- Uneven Bars
- Balance Beam
- Floor
- Rings
- Parallel Bars

COMPETITIVE PATHWAYS



WAG vs Gymstar: What's the Difference?

Both programs are delivered under Gymnastics Victoria and provide valuable competition experiences, but they differ in structure, intensity, and focus.

Quick Comparison

Women's Artistic Gymnastics (WAG)

WAG is a structured, progressive pathway where gymnasts move through national levels by achieving specific skill requirements.

Best suited for athletes who:

- Are highly committed to training
- Enjoy technical challenge and progression
- May wish to pursue higher-level or elite pathways
- Are comfortable with a more structured environment

Key features:

- Set routines and skills per level
- Higher physical and technical demands
- Clear progression pathway

Gymstar

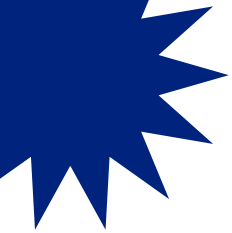
Gymstar is a flexible and inclusive competition program that allows gymnasts to participate in competitions while maintaining balance with other commitments.

Best suited for athletes who:

- Enjoy gymnastics and want to compete in a supportive environment
- Prefer a more flexible training schedule
- Are balancing other sports or activities
- Benefit from a less pressured competition pathway

Key features:

- Modified routines and requirements
- Focus on confidence, performance, and enjoyment
- Flexible progression based on individual readiness



COMPETITIVE PATHWAYS

Which Program Is Right for My Child?

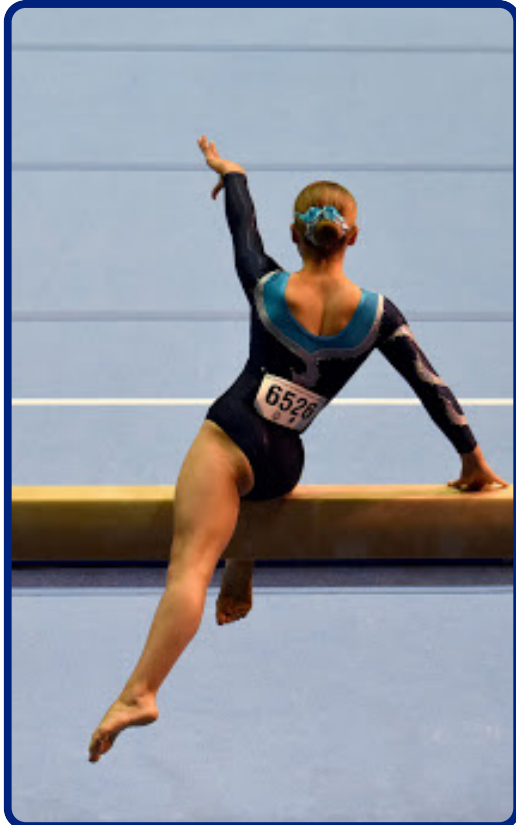
There is no “better” program—only the one that best suits your child.

Coaches consider:

- Skill level and physical readiness
- Commitment and training availability
- Confidence and personal goals
- Overall wellbeing and enjoyment



We work with families to ensure each gymnast is placed in the program where they can succeed, feel confident, and enjoy their experience.



Both WAG and GymStar competitive programs have a level of commitment required by both gymnast and parent/guardian. Read on for further information.

Commitment

Competitive gymnasts are expected to:

- Attend all scheduled training sessions
- Arrive on time and ready to train
- Maintain consistency and effort

Work Ethic & Attitude

We value athletes who:

- Show respect to coaches and teammates
- Demonstrate resilience and perseverance
- Are willing to learn and accept feedback

Communication

We encourage open and respectful communication:

- Speak with coaches about concerns at appropriate times
- Avoid discussions during training sessions
- Use scheduled meetings or email where needed

Athlete Wellbeing & Safety

Our program prioritises:

- Physical safety and appropriate skill progressions
- Emotional wellbeing and confidence
- A positive, respectful training environment

Athletes are encouraged to:

- Speak up about injuries, pain, or concerns
- Communicate openly with coaches

Financial Commitment

Competitive gymnastics involves additional costs, which may include:

- Competition entry fees
- Uniforms and team apparel
- Coach Fees
- Travel (for some events)

Detailed information will be provided prior to the season.

Key Message

Competitive gymnastics is a challenging but rewarding journey that builds:

- Confidence
- Discipline
- Resilience
- Lifelong skills

Our goal is to support every gymnast to reach their potential in a positive, athlete-centred environment.

Goal Setting

Gymnasts will:

- Work with coaches to set individual goals
- Track progress throughout the season
- Focus on both performance and personal development

Training Structure

- Multiple sessions per week (varies by level)
- Focus on skill development, strength, flexibility, and routines
- Preparation for competitions throughout the year

Training programs are designed with a long-term development focus, not just short-term results.

Competitions

Gymnasts may participate in:

- Local and regional competitions
- State-level events (from Level 4 and above)

Important notes:

- Not all athletes compete at every event
- Selection is based on readiness and coach discretion
- Results are less important than effort, improvement, and experience

Role of Parents

Parents play a vital role in supporting their child by:

Providing Support

- Encourage effort, not just results
- Help maintain a positive attitude

Promoting Balance

- Ensure adequate rest, nutrition, and recovery
- Support time management (school, sport, life)

Respecting the Coaching Process

- Allow coaches to coach
- Avoid giving technical instruction at home
- Communicate respectfully with staff



CODE OF CONDUCT



To ensure a positive and respectful environment, all members of our program are expected to uphold the following:

For Gymnasts

Gymnasts agree to:

- Treat coaches, teammates, and officials with respect
- Listen, follow instructions, and try their best
- Be punctual and prepared for training
- Support and encourage teammates
- Speak up about injuries, concerns, or discomfort
- Demonstrate good sportsmanship at all times

For Parents

Parents agree to:

- Encourage effort, not just results
- Show respect to coaches, judges, and all athletes
- Avoid sideline coaching or technical instruction
- Communicate concerns respectfully and appropriately
- Support club policies and decisions
- Model positive behaviour at competitions and training

For Coaches

Coaches commit to:

- Provide a safe, positive, and inclusive environment
- Treat all athletes with respect and fairness
- Prioritise athlete wellbeing over results
- Communicate clearly with athletes and families
- Deliver quality coaching aligned with best practice

CODE OF CONDUCT

Behaviour at Competitions

All participants are expected to:

- Demonstrate respect towards judges and officials
- Represent the club positively
- Show good sportsmanship—win or lose
- Follow all competition rules and guidelines

Breaches of Conduct

Failure to meet these expectations may result in:

- A discussion with the coach or program coordinator
- A formal warning
- Suspension from training or competition (if required)

Key Message

Our program is built on respect, effort, and enjoyment. By working together, we create an environment where every gymnast can thrive.



Competition Dates & Costs

Competition season for our competitive gymnasts is typically in the second half of the year. Dates are typically on a Saturday or Sunday. The actual date of the competition is announced closer to the event, sometimes 1 week out. Costs for competition entry can vary from \$80 to \$100. Note, late entry fees and late withdrawal fees do apply.

Where do gymnasts compete?

Competitions are held in gymnastics clubs across Victoria. Our coaching team will try to choose competitions that are closer to home when possible. Gymnast schedules are typically emailed to clubs 1-2 weeks prior to the event.

Uniform

Gymnasts are required to wear Club uniform when representing Brighton Rec Gymnastics at competitions. There is different attire for different competitive streams.

GymStar Uniform

- Short Sleeve Club Leotard (with diamontes)
- Club T-shirt or Club V-neck Top
- Club Track Jacket
- Club Scrunchie (for long hair)
- Black cotton bike shorts (non-club)
- Club Backpack (optional)

WAG Uniform

- Short Sleeve Club Leotard (training leotard)
- Club Track Jacket
- Club Track Pants
- Club V-neck Top
- Club Scrunchie
- Black cotton bike shorts (non-club)
- Club Backpack

Costs for Club Uniform and information regarding ordering will be provided separately. Second hand uniform may become available to help reduce costs.

CONTACT US

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