

Xtreme rhythmicX

2019 CLUB HANDBOOK



Aya Tanaka Probert, Senior International, at Pesaro Italy 2017 (World Championships).

2019 Club Handbook

Table of Contents

Coaching Staff	2
Training Venues	2
2019 Term Dates	3
2019 Apparatus Rotation	3
Gymnastic Programmes Offered at Xtreme	3
Apparatus Information	10
Xtreme Rhythmix Code Of Conduct.....	13
Xtreme Rhythmix policy with regard to bullying	16
Filming and photography policy	16
Discipline Policy.....	17
Communications Policy	17
Club Attendance Policy	18
Leaving The Club	18
Fees	18

Coaching Staff

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Marina Kosenko	021 146 3285 gourzom@gmail.com	Juliette Lyons (Special Olympics)	021 177 0721 juliette.lyons@gmail.com

For Rhythmix and Pre-competitive gymnasts, or other coaches not listed, please email xtremereg@gmail.com

Club Committee / Contact Details

Club President	Janet Grant	janet.grant377@gmail.com	027 437 8444
Club Treasurer	Joanne Chaplow	xtremeregtreasurer@gmail.com	
Club Secretary	Vivien Vesty	xtremereg@gmail.com	

Committee Members

Shona Jurlina, Shellie Ebert, Shellie Dunlop, Tiffany Franklin, Cathy Scott, Sue Retter

Training Venues

Auckland City	North Shore
St Johns Auckland Netball Centre, 7 Allison Ferguson Drive, St Johns	North Harbour Gymnastics North Shore Events Centre, 17 Silverfield Lane/ Argus Place, Glenfield 0627
Mount Roskill Mt Roskill Grammar, 37 Frost Road, Mt Roskill, 1041	Glenfield College Glenfield College Gymnasium, 60 Kaipatiki Rd, Glenfield, Auckland 0629

2019 Term Dates

Xtreme rhythmiX bases its terms on the primary school calendar. Exact start and finish dates will be advised closer to the beginning of each term. Any changes to training dates due to competitions, public holidays etc is at the discretion of the club committee and will be advised in the club's newsletters. In the event of venue unavailability, Xtreme rhythmiX will offer alternative training at another of our venues wherever possible.

Terms		
Term 1	Tuesday, 29 January & ends Friday, 12 April	No classes Wednesday 6 February (Waitangi Day)
Term 2	Monday 29 April & ends Friday 5 July	No classes 19 April and 22 April (Good Friday and Easter Monday) No Classes 25 April Anzac Day No classes Monday 3 June (Queen's Birthday)
Term 3	Monday 22 July & ends Friday 27 September	
Term 4	Monday 14 October & ends Friday 20 December	No Classes Monday 28 October (Labour Day)

Please note: There will still be classes on the Saturday of long weekends during term time unless specified as a non-training day

2019 Apparatus Rotation

Levels	2019
Level 1	Free, Hoop
Level 2	Free, Ball
Level 3	Free, Rope, Hoop
Level 4	Free, Rope, Ball
Level 5	Free, Hoop, Clubs
Level 6	Hoop, Ball, Ribbon
Level 7	Rope, Clubs, Ribbon
Level 8	Rope, Hoop, Ball, Ribbon
Level 9	Rope, Ball, Clubs, Ribbon
Level 10	Hoop, Ball, Clubs, Ribbon
International	
Stage 1	Free, Ball
Stage 2	Free, Rope, Ball
Stage 3	Free, Rope, Hoop, Ball
Stage 4	Free, Rope, Hoop, Ball
Junior International	Rope, Ball, Clubs, Ribbon
Senior International	Hoop, Ball, Clubs, Ribbon

Gymnastic Programmes Offered at Xtreme

Recreational Programme - Rhythmflex

Our recreational programme for beginner gymnasts is called Rhythmflex. The emphasis is on learning the basics of rhythmic gymnastics and developing a love of the sport. Gymnasts will be invited to perform at our club competitions and Prizegiving.

- Gymnasts Girls aged 5 and up.
- Training One hour per week.

Pre-Competitive Programme

For young gymnasts who wish move into the competitive program in the upcoming year. Gymnasts The emphasis is on learning the basics of rhythmic gymnastics and developing a love of the sport. Gymnasts will also learn the elements required for Level 1. Gymnasts will be invited to perform at our club competitions and Prizegiving.

- Training 1.5 hours per week.

Special Olympics Programme

We are extremely proud at Xtreme RhythmiX to run a Special Olympics Programme. We have run this programme successfully for several years now. Gymnasts in Special Olympics are invited attend domestic competitions throughout New Zealand. In the past we have had international representation at International events (including our very own World Champion-Gabrielle Salmon). Gymnasts are encouraged to attend international events. We hope to have Special Olympics included in New Zealand Nationals in the very near future.

- Training 1.5 hours per week.

Levels Programme

The Levels programme is a competitive programme, the majority of competitive rhythmic gymnasts in New Zealand compete in Levels. It is designed to be ability, as opposed to age based, there is no age restrictions on any of the Levels grades. Ideally a gymnast begins in Level 1 and progresses through the Levels as their skills increase, however gymnasts do not have to start in Level 1.

The Gymnastics New Zealand (GNZ) Levels programme is closely aligned with the FIG Code in that the gymnasts have a choice of what difficulties they perform, thus they will be able to perform difficulties that suit them best, as well as being rewarded for performing more complex apparatus handling.

The Levels Programme goes from Level 1-10, gymnasts are required to earn a certain score before moving up to the next Level. Gymnasts in Level 9 and 10 can remain in their level for 2 years even if they have passed their Level.

Level 1-4

Gymnasts in Level 1-4 will be invited to attend competitions throughout New Zealand. Xtreme Rhythmix hosted competitions are compulsory for these gymnasts to attend. All other competitions are optional. Gymnasts in these levels perform club compulsory routines. Gymnasts in Level 1 and 2 have 2 routines, while Level 3 and 4 have 3 routines.

- Training minimum 2 sessions a week.

Level 5-7

Gymnasts in Level 5-7 will be invited to attend competitions throughout New Zealand. They are encouraged to attend competitions throughout the North and South Island. Gymnasts in Level 5-7 are eligible to qualify for New Zealand Nationals. In order to qualify they must reach a minimum score and be in the top 20 in the country (based on an average of their 3 top scoring competitions). Gymnasts in Level 5-7 may be invited to attend international competitions throughout Australia and further afield.

- Training minimum 2 sessions a week, 3 recommended.

Level 8-9

Gymnasts in Level 8-9 will be invited to attend competitions throughout New Zealand. They are encouraged to attend competitions throughout the North and South Island. Gymnasts in Level 8-9 are eligible to qualify for New Zealand Nationals. In order to qualify they must reach a minimum score and be in the top 20 in the country (based on an average of their 3 top scoring competitions). Gymnasts in Level 8-9 may be invited to attend international competitions throughout Australia and further afield.

- Training minimum 3 sessions a week, 4 recommended.

Level 10

Gymnasts in Level 10 will be invited to attend competitions throughout New Zealand. They are encouraged to attend competitions throughout the North and South Island. Gymnasts in Level 10 are eligible to qualify for New Zealand Nationals. In order to qualify they must reach a minimum score and be in the top 20 in the country (based on an average of their 3 top scoring competitions).

Gymnasts in Level 10 maybe invited to attend international competitions throughout Australia and further afield. Level 10 gymnasts are eligible to trial to represent New Zealand at Australian Nationals and are encouraged to do so. There will be a minimum score required, plus they must place in the top 6 in Level 10 at the trial.

- Training minimum 3 sessions a week, 4 recommended.

Stages And International Programme

At Xtreme Rhythmix we run a Stages and International Programme for gymnasts with the attributes and potential to compete at the very highest level (Olympics, World Championships and Commonwealth Games). Acceptance is by invitation only. The Head Coach and International Programme Director will invite gymnasts into the Stages and International Programme at the end of Term 3 each year. Gymnasts will be required to show improvement, commitment and progress each year in order to be re-accepted into programme. Once accepted it is not a given to be accepted the following year.

Required Attributes for Stages and International Programme

- Excellent general health (doctors note saying fit to participate in high level sports is required)
- Excellent flexibility, Good co-ordination
- Very good level of physical fitness
- Desire to compete at the top international level
- Commitment (and parents' commitment) to our sport and club (both financial and time wise)
- Excellent work ethic
- Positive attitude (most important)

Expectations for Stages and International Programme

- Attend the minimum amount of trainings per week as set out below,
- Come prepared with all apparatus, training diary, etc to all trainings
- Attend every training in its entirety (unless they have permission from the personal coach), attend holiday training
- To attend the competitions as prescribed by their personal coach and as set out below
- If a gymnast becomes injured the personal and Head Coach must be notified. Treatment must be made as soon as possible (doctor, physiotherapist, massage, etc).
- Understand that it is a privilege to be in the programme and demonstrate a work ethic expected of International gymnasts

Stage 1

- Gymnasts Girls aged 7 years and under.
- Training a minimum of 2 days per week.

Gymnasts are expected to attend all domestic competitions as set out by their personal coach. It is compulsory for gymnasts in the Stages Programme to be part of a competitive group

Stage 2

- Gymnasts Girls aged 7 -9 years.
- Training A minimum of 3 times per week.

Gymnasts are expected to attend all domestic competitions as set out by their personal coach. They may be invited to international competitions in Asia or Australia, but attendance in not compulsory. It is compulsory for gymnasts in the Stages Programme to be part of a competitive group.

Stage 3

- Gymnasts Girls aged 9-11 years.
- Training A minimum of 4 times per week.

Gymnasts are expected to attend all domestic competitions as set out by their personal coach. They may be invited to international competitions (club tour), it is recommended that they attend but it is not compulsory. They are eligible for NZ Nationals shall they qualify. They are eligible to trial for Australian Nationals (GNZ Tour), this is highly recommended, but not compulsory. It is compulsory for gymnasts in the Stages Programme to be part of a competitive group.

Stage 4

- Gymnasts Girls aged 10-12 years.

- Training A minimum of 4 times per week.

Gymnasts are expected to attend all domestic competitions as set out by their personal coach. They may be invited to international competitions (club tour), it is highly recommended that they attend but it is not compulsory. They are eligible for NZ Nationals shall they qualify. They are eligible to trial for Australian Nationals (GNZ Tour), this is highly recommended, but not compulsory. It is compulsory for gymnasts in the Stages Programme to be part of a competitive group.

Junior International

- Gymnasts Girls aged 13-15 years.
- Training A minimum of 5 times per week.

We recommend that they also attend the smaller morning trainings for more individual attention. Gymnasts are expected to attend all domestic competitions as set out by their personal coach. They may be invited to international competitions (club tour), it is highly recommended that they attend but it is not compulsory. They are eligible for NZ Nationals shall they qualify. They are eligible to trial for Australian Nationals (GNZ Tour), this is highly recommended, but not compulsory. It is compulsory for gymnasts in Junior International to attend a minimum of one international competition per year (including Australia).

Gymnasts on the RG Junior Squad will be invited to attend GNZ tours (excluding Australian Nationals). It is compulsory that they attend at least one of these per year.

Senior International

- Gymnasts Girls aged 16 years and over.
- Training A minimum of 6 times per week.

We highly recommend that they also attend the smaller morning trainings for more individual attention. Gymnasts are expected to attend all domestic competitions as set out by their personal coach. They may be invited to international competitions (club tour), it is highly recommended that they attend but it is not compulsory. They are eligible for NZ Nationals shall they qualify. They are eligible to trial for Australian Nationals (GNZ Tour), this is recommended, but not compulsory. It is compulsory for gymnasts in Senior International to attend a minimum of one international competition per year (including Australia).

Gymnasts on the RG Senior Squad will be invited to attend GNZ tours (excluding Australian Nationals). It is compulsory that they attend at least one of these per year.

Group Programme

We are very proud at Xtreme RhythmiX to run a very successful group programme. Group is when 4 or 5 gymnasts compete at the same time. Routines are full of collaborations and exchanges. Gymnasts involved in the group programme will be required to purchase apparatus and a leotard.

Grade 1 Group

- For gymnasts in Level 1-4 (under 10 years of age) and Stages 1-2.
- They will generally train during their other training. Their group routine will be a freehand routine, so they will not need to purchase any apparatus. They will be invited to compete at domestic competitions throughout New Zealand.
- Gymnasts will require a group leotard.

Grade 2 Group

- Grade 2 group is for gymnasts in Level 1-4 (under 10 years of age) and Stages 1-2.
- They will generally train during their other training. They will be invited to compete at domestic competitions throughout New Zealand.
- Their group routine will be a ball or hoop routine, so they will need to purchase apparatus. They will require both apparatus and a leotard.

Grade 3 Group

- Grade 3 group is for gymnasts in Stage 3 and 4. A maximum of 2 Levels gymnasts are permitted in this group. This group is effectively a Pre-International group.
- They will be invited to attend domestic competitions throughout New Zealand. They are eligible to qualify for New Zealand Nationals. They are eligible to trial for Australian Nationals.
- Apparatus will be set out by GNZ. They will require both apparatus and a leotard.

Grade 4 Group

- Grade 4 group is for gymnasts in Levels 3-7. A maximum of 2 Stage 3 and 4 gymnasts are permitted in this group.

- Apparatus will be set out by the coach. They will require both apparatus and a leotard.
- They will be invited to attend domestic competitions throughout New Zealand. They are eligible to qualify for New Zealand Nationals.

Grade 5 Group

- Grade 5 group is for gymnasts in Levels 5-10. A maximum of 2 International gymnasts are permitted in this group.
- Apparatus will be set out by the coach. They will require both apparatus and a leotard.
- They will be invited to attend domestic competitions throughout New Zealand. They are eligible to qualify for New Zealand Nationals. They may be invited to international competitions.

Grade 6 Group

- Grade 6 Group (Junior International Group) is for gymnasts aged 13-15.
- Apparatus will be set out by the International Gymnastics Federation. They will require both apparatus and a leotard.
- They will be invited to attend domestic competitions throughout New Zealand. They are eligible to qualify for New Zealand Nationals. They are encouraged to trial for Australian Nationals. They may be invited to international competitions and are expected to attend.

Grade 7 Group

- Grade 7 Group (Senior International Group) is for gymnasts aged 16 and older.
- Apparatus will be set out by the International Gymnastics Federation. They will require both apparatus and a leotard.
- They will be invited to attend domestic competitions throughout New Zealand. They are eligible to qualify for New Zealand Nationals. They are expected to trial for Australian Nationals. They will be invited to international competitions and are expected to attend. Gymnasts should expect a significant of overseas travel to Europe for international competitions.



Senior Group Minsk World Cup 2018

Competition Dates 2019

Xtreme rhythmiX is unable to support every competition run in NZ throughout the year. We focus on those competitions that will provide the best environment for your daughters' development.

Competitions we will run and attend in 2019 are listed below.

Date	Event Name	Location	Event	Grades Attending
5 May	Xtreme Baby Cup	Auckland	Opportunity to build experience	Levels 1- 4, stage 1-2, grade 1 and 2 group
18 -19 May	Auckland Champs	Auckland	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, special O, Grade 3-7 Groups
Wed 5 th June	Primary Schools Champs	Auckland	Opportunity to build experience	All primary and intermediate age students. Apply via your club but represent your school.
8 June	Wellington Junior Opens	Wellington	Opportunity to achieve set scores for passing your level	Levels 1- 4, stage 1-2, grade 1 and 2 group
8-9 June	Wellington Opens	Wellington	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, Grade 3-7 Groups
16 June	Counties Manukau Gymnastics Junior Invitational	Papakura	Opportunity to achieve set scores for passing your level	Levels 1- 4, stage 1-2, grade 1 and 2 group, special O
22-23 June	Counties Manukau Gymnastics Senior Invitational	Papakura	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, special O, Grade 3-7 Groups
30 June	Xtreme Junior Competition	Auckland	Opportunity to achieve set scores for passing your level	Level 1-4, Stage 1-2 Groups Grade 1&2
6-7 July	Spiralz Senior Annual Competition	Te Awamutu	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, Grade 3-7 Groups
23-14 July	RG Canterbury Champs	Lincoln, Canterbury	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, Grade 3-7 Groups
19 July	Midlands RG Junior Championships	Tauranga	Opportunity to achieve set scores for passing your level	Level 1-4, Stage 1-2 Groups Grade 1&2
20-21 July	Midlands RG Championships	Tauranga	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, Grade 3-7 Groups
3-4 August	South Island Champs	Dunedin	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, Grade 3-7 Groups
10-11 August	Xtreme International	Auckland	Qualifying opportunity for NZ Gymnastics Championships	Levels 5-10, Stage 3&4 Junior/Senior Int, special O, Grade 3-7 Groups
25 August	Counties Manukau Gymnastics Junior Competition	Papakura	Opportunity to achieve set scores for passing your level	Levels 1- 4, stage 1-2, grade 1 and 2 group, special O
1 September	Miss Xtreme	Auckland	Opportunity to build experience	Levels 1- 4, stage 1-2, grade 1 and 2 group
8 September	Shore Junior Festival	Auckland	Opportunity to achieve set scores for passing your level	Levels 1- 4, stage 1-2
14-15 September	Xtreme Invitational	Auckland	Opportunity to achieve set scores for passing your level	All Levels, Stages 1-4, Groups, All grades
21-22 September	Level 3 and 4 National Clubs Festival	Christchurch	Peak event for level 3 and 4	Level 3 and 4
1-5 October	NZ Gymnastics Championships	Auckland	Peak event for Level 5+, stage 3+	Qualified Gymnasts in Levels 5-10, Stage 3&4 Junior/Senior Int Groups, Grade 3-7

- All Xtreme rhythmiX gymnasts are expected to compete at all Xtreme competitions for which they are eligible.
- **IMPORTANT:** For Xtreme competitions, if you are not intending to compete, you will need to OPT out of entering as we will assume all gymnasts will compete at our competitions.
- Competitions listed outside of Auckland. Xtreme will attend if a minimum of six Xtreme gymnasts commit to compete
- The list may change during the year - as details of each competition are notified by the organising club.
- The Xtreme Competition Secretary will ask for interested gymnast's entries for competition's not run by Xtreme.

Competition Fees

- In addition to the competition entry fee for each gymnast, levies will be charged to all competing gymnasts.
- Out-of-town competitions, the levy covers the cost of travel including airfares, if required, and accommodation, travel costs and wages for the attending coaches.
- The costs of sending judges are also levied - all clubs are required to provide at least one judge at each competition.
- Local competition levy -covers costs to the club including the wages of the relevant coaches required for each competition session.

Xtreme Classes on Competition Weekends

- As our coaches are required to coach or judge at competitions, all classes will be cancelled during the weekend of the Auckland area competitions that our club supports unless otherwise notified by club newsletter. There will be no "make up classes".
- For out of town competitions, classes will be held as usual wherever possible.

Entry Confirmations and Withdrawals

- Each gymnast's entry will be confirmed via email advice as each competition deadline falls due.
- If you withdraw from the competition after the closing date specified by the Competition Secretary, you will still be levied.
- In the event of illness or injury, a doctor's certificate is required which will enable the Competition Secretary to claim a full or partial refund of your entry fee on your behalf from the organising club.
- For withdrawals or no shows at Xtreme hosted competitions, even with a medical certificate, only half of entry fees will be refunded.
- Under no circumstances are gymnasts or parents permitted to approach a competition organiser directly. All entries must be organised by the Xtreme Competition Secretary.

Competition Attire

- All gymnasts will be required to purchase competition leotard(s). Please do not purchase any equipment without discussing it with your coach first.
- All gymnasts must have an Xtreme tracksuit and toe shoes for competitions.
- Hair must be put up neatly in a bun.
- Appropriate makeup may be worn. Bring all apparatus with you including, for senior levels, spare apparatus

All Competitive Gymnasts Must Bring The Following To Every Training Session:

- All apparatus
- Running shoes
- Toe shoes
- Training attire
- Water bottle
- Training notebook
- Routine music
- Medication that may be required
- Strapping tape and braces as required
- Extra hair elastics, bun nets and pins
- Any routine sheets, logs or charts as required by the coach

Training Attire

- **Rhythmflex / Pre-competitive classes:** Leotard or t-shirt and shorts, hair tied up.
- **Competitive classes:** Hair must be in a bun with leotard and tights or tight fitting sportswear. Baggy clothing is not acceptable. This is for safety reasons and so coaches can assess body technique.

Music And Choreography

The ownership of all gymnasts' routine music and choreography is the property of Xtreme rhythmiX. Should a gymnast leave Xtreme rhythmiX for any reason, she is not permitted to perform those routines unless prior written permission is given by the Xtreme rhythmiX committee.

A fee of up to \$23 per routine will be invoiced for music. This includes two CDs - one for practice and one for competitions. This fee also covers the cost of editing / cutting the music and burning it to CD.

Apparatus Information

Equipment will be provided by the club for rhythmflex and pre-competitive classes.

All other Gymnasts need to purchase and bring to each training all of their apparatus. Each gymnast should have, at least one,

- ball
- hoop -
- rope, (rope in particular as it used as part of the warm up)

Once a gymnast reaches Level 4 or higher it is expected that they will have all five apparatus at training. This is so that the coaches can train all handling, not just the current rotation. Xtreme also recommends that higher level gymnasts have some spare apparatus for use at competitions (so that the coach can place the spare at the edge of the mat where appropriate and/or it is of a colour that is easier to see against a venue ceiling).

Here is a guide to the Rhythmic apparatus, and where you could purchase it.

Freehand

- No apparatus required, gymnasts need to train in fitted workout clothing and toe shoes or socks.

Hoop

- the hoop ranges from 50 - 90 cm diameter, and the correct size depends on the hip height of the gymnast. Discuss with your coach to determine the exact size.
- Level 4 and above: the hoop needs to be an FIG approved one. If your child is tiny, you may find

the Two Dollar shops or sports chains are the place to go, but check with your coach as the thickness of these hoops may be an issue. Hoops are decorated with tape, generally to match the leotard. Hoop tape can be made from duraseal (the metallic, holographic, coloured ones) or 'proper' hoop tape can be purchased from Amco, RSG-Shop or Rhythmic Worldwide.

Ball

- A rhythmic ball is made of a synthetic rubbery material and comes in two sizes (junior 16cm diameter, senior 18cm diameter) - most gymnasts will use a senior sized ball. Discuss with your coach.
- Level 4 and above: the ball needs to be an FIG approved one. If buying second hand, be careful that there is sufficient 'grip' still on the ball.
- It also pays to have a ball pump - these can simply be a bicycle pump with the appropriate valve attachment - check with your coach as using the wrong one can break the ball's valve. Do not over pump as this can damage the ball. Do deflate slightly when flying to an away competition and have your ball pump with you to re-inflate to your preferred pressure.

Clubs

- Made from rubber, plastic or rubber and plastic and some are able to be joined together and some are not. Either is suitable for competition.
- Clubs are for L4 and above, and thus need to be FIG approved.
- L5/ Stage 4 onwards the clubs need to be senior clubs (unless your child is particularly tiny - check with your coach). These are available in a range of colours and also, like hoops, can be taped to match the leotard.

Ribbon

- The sticks are either Junior (50cm) or Senior (60cm).
- Ribbon is for L4 and above, and the minimum length for L4 is 4.5m; maximum for all levels is 6m.
- Ribbons can be any colour, Xtreme prefers you avoid solid coloured or white ribbons and recommends graduated or multi- coloured ribbons. Again, these need to be FIG approved.

Rope

- May be made of hemp or a synthetic material which retains qualities of lightness and suppleness. Its length is in proportion to the size of the gymnast.
- The rope should, when held down by the feet, reach both of the gymnasts' armpits. One or two knots at each end are for keeping hold of the rope while doing the routine. At the ends (to the exclusion of all other parts of the rope) an anti-slip material, either coloured or neutral may cover a maximum of 10 cm.
- The rope must be coloured, either all or partially, and may be multi coloured. Ropes should be cut to size, however do not cut a new rope without discussion on the correct sizing with your coach.

All apparatus come in a range of colours and should be coloured to go with the leotard. At least one leotard is required - some gymnasts have a different leotard for each apparatus, however this is not compulsory

Apparatus brands include Sasaki, Venturelli, Pastrorelli, Chacott, Bleyer, Amaya, Amove.

Apparatus Suppliers include:

- Amco (Australian website - ships to NZ - www.amco.com.au)
- Rhythmic worldwide (Australian) ships to NZ www.rhythmicworldwide.co.nz
- RSG net - www.rsg.net

Local suppliers

- The Dancer's wardrobe has a limited range of toe shoes, as does Dance Pacific
- Janet Grant - has Bleyer toe shoes, Venturelli toe shoes, and Venturelli apparatus (clubs, ball, rope, ribbon and ribbon sticks). janet.grant377@gmail.com or 0274 378444
- Facebook page 'Rhythmic Sales & Services NZ' (buy and sell - generally second hand);
- Hart Sport NZ for junior balls and ropes (L1-3 only).

The Xtreme second hand sale is an excellent source of all used (and some new) apparatus and also leotards new and used (see more on leotards below).

Leotards

Rhythmic gymnastics is a beautiful sport, and the leotard is part of the show. It should match the apparatus in colour and tone. Each gymnast's music and choreography has been carefully chosen by the coach to go with the gymnast's ability, skills and artistry and the style of the leotard should work with the music and choreography. Fashion and trends do apply and there is a range of decorative devices used including Swarovski and other crystals, appliqué work, paint and fringe, and mesh detailing.

- Leotards can be with or without sleeves, or with short sleeves.
- Styles may utilise flesh coloured mesh, but an undertard or similar should be worn beneath flesh mesh.
- The back detail should provide cover (backless is not allowed - flesh coloured mesh is ok) and any keyhole at the back should be above the line of a bra strap or where bra strap would be and inside the shoulder blades.
- Leotards should not be too low cut in the front or too high cut on the legs.
- Skirts should be to the tops of legs (not too long as this is a points deduction).
- Leotards should be fitted to the body which allows judges to assess body attitude and movements.
- Ankle length tights are permitted and a body suit style (but are not common).

Note: Ballet type leotards with thin shoulder straps are not permitted.

Leotards can be sourced from the following:

You can make them yourself - dance fabrics may be purchased from

- Angel Fabrics (Onehunga) (09) 636 7582 or <http://www.angelfabrics.co.nz>
- Dance Fabrics Direct (Blenheim) <http://www.dancefabrics.co.nz>
- Patterns are available from sources on line.
- Rhinestones may be purchased from Rhinestones and Beads - <https://www.rhinestonz.co.nz>

People who make leotards:

Claire Appleyard	claire@appleyard.co.nz, Facebook Legato Leotards
Kathryn Foulkes Baker	kfoulkesbaker@yahoo.com
Janet Grant	janet.grant377@gmail.com
Facebook - Rhythmic Sales and Services NZ	
Coach Marta Kharuzina's mother, who is based in the Ukraine, also makes Leotards - contact should be made through Marta	
Elisa Richnow (South Island based) also makes leotards	

They can also be ordered from other countries e.g. Russia - companies used by Xtreme gymnasts

- Blesk <http://art-blesk.com/en/>
- Gymnastics Fantastic - <http://rg-leotard.com>

A good range is available at the club's second hand sale which is held in term 1 each year. Please talk to your coach about a leotard's suitability.

Leotards And Equipment Second Hand Sale

Each year, the committee will host second hand equipment and leotard sales. The committee will take a small percentage of sales as part of the club's fundraising efforts. All items must be clearly labelled with the seller's name, description of item and price. Payment must be made at the sale

Prizegiving

At the conclusion of each year, the club holds a Prizegiving session. Attendance at prize giving is expected of all gymnasts. as well as the awards, there will be displays, food, and a chance to socialise with other gym families.

Winners of each level are calculated by averaging each gymnasts' best three competition scores (plus nationals where relevant) over the course of the year. Special awards are awarded to gymnasts at the discretion of senior coaches. No correspondence will be entered into.

Xtreme Rhythmix Code Of Conduct

Please review these rules and expectations with your daughter. Failure to adhere to these rules may require the gymnasts to be sent home from training or subject to a disciplinary process which may include being suspended from the club. In the situation of verbal abuse or disrespect towards coaching staff or other gymnasts, the gymnast will be required to provide a written apology before being allowed to attend training.

Gymnasts in performance squads may also be required to sign a contract with respect to commitment and behaviour, and gymnast families.

- Always give 100%.
- Please arrive five minutes before training. If you are going to be late please let your coach know by text or email. If you arrive late without notice you may be refused training.
- Ensure that you advise your coach if you are unable to attend training.
- No cell phones are allowed. If you are expecting an urgent call please ask permission from the coaches to use your phone. If cell phones are used the coach may take the phone away for the remainder of training.
- Please make toilet breaks quick. Gymnasts must ask permission from the coach. Gymnasts under 10 need to go in pairs.
- For safety reasons, coaches must be aware of a gymnast leaving the training area for any reason.
- All gymnasts need to bring water to training. When filling up water bottles please do so, and return to training promptly.
- Food is not tolerated during training sessions, except as discussed with your coach. Junk food will not be tolerated.
- If you have an ongoing injury and are unable to perform some elements in your routines, please provide the coaches with a letter from the physio or doctor as to what the injury and diagnosis is and when the coaches can expect you to be able to resume full training.
- The warm up is a crucial part of the training. If you are unable to perform parts of the warm up the coaches need a doctor's note as to when the coaches can expect you to participate fully. If you are unable to do the warm up properly you may be refused to do full routines.

- Be respectful of all coaches, gymnasts and judges at our club and others.
- The gymnasts must respect all our coaches. Our coaches are highly qualified and care about our gymnast's needs and gymnastics career. If gymnasts disrespect any coach they will be asked to leave training and not allowed to return until a written apology is made or until the coach decides she can return.
- Gymnasts must come prepared to all trainings. They must have all apparatus, training gear, water bottle and music with them.
- Hair **MUST** be up neatly in a bun for all competitive gymnasts. Wear form fitting gym clothing such as singlets, shorts or leotards. This is so coaches can assess your body movement and attitude. Baggy clothing is not permitted.
- Gymnasts must help roll out the mats at the beginning of training and help put the mats away at the end of training. Gymnasts not assisting with this will not be allowed to train. Parents are allowed to assist with putting the mats out and away.
- Gymnasts must not be disruptive during class.
- If you need to discuss anything with your daughter's coach, please contact the coach directly to make a time to do so.
- Parents are not permitted to coach their daughters during training (unless they are an Xtreme coach and coaching that particular class).

We ask that Parents and Caregivers respect the following guidelines set out by Xtreme rhythmiX:

- Parents must respect the coaches at the club as they are the technical experts and act in the best interests of the children.
- If parents have a concern and would like to talk to the coaches about their daughter please contact their Coach for an appointment.
- Parents must pick up their daughter from training on time. If there is an emergency please let the coaches know. Failure to do so may require payment for coaches extra time.
- Parents are not allowed in the warm up area at competitions under any circumstance.
- Parents must register for competitions through the competition secretary. Direct contact with other clubs and their competition organiser is not permitted. Please keep to these time lines so we can do our jobs effectively.
- Parents are not allowed to ask technical questions or about scores under any circumstance. The coaches have years of experience and have the knowledge to prepare the gymnasts. The parents are there to support their children in their chosen sport.
- Parents need to respect the coaches time in and out of the gym. Calling very early in the morning, late at night and on Sundays is disrespectful to our coaches as it is their personal time.
- Parents are not allowed to correct their daughter in training or in competitions. This is distracting for both the gymnasts and coaches.
- Parents are not permitted in the gym during training times with the exception of members of the committee on club business or rhythmflex and pre-competitive parents who are able to watch their daughter's class from the balcony area upstairs (at Sacred Heart and North Harbour). This requirement is for safety, space and distraction reasons and will be strictly enforced. Filming or photography is not permitted at all unless under exceptional circumstances for training purposes and then only with the written permission of the Head Coach. Please refer to the club's filming policy.

- Parents need to act as a team and support all gymnasts from Xtreme. Talking inappropriately about any gymnast, parent, coach or judge from Xtreme or another club is not allowed. In order for your daughter to have their best performance, support from everyone is necessary.
- Parents need to read emails from Xtreme to make sure they give their child the best opportunity. As we are a very large club this is our main source of communication. It is crucial that these emails are read. Extra administration takes away from coaching and preparation time for your daughters.
- Parents are not permitted to make comments to coaches or other parents on your perceived opinion of another gymnasts' ability.
- Gymnasts will be invited by the Head Coach to trial for Gymnastics New Zealand tours or for international club tours. Previous behaviour of gymnasts and parents will be taken into consideration. Parents and gymnasts must adhere to the GSNZ travel policy, or in the case of an international club tour, Gymnasts must attend all team functions, meals and support fellow team members. Gymnasts must not consume alcohol while on gym tours before competing, even if they are of legal age to consume alcohol.
- Please do not question coaching staff regarding selection for Stages/International – queries should be directed to the Head Coach in a courteous manner.
- Please behave in a manner consistent with the club's principles of showing respect and courtesy to others.
- Please do not engage in abusive or threatening behaviour - failure to adhere to this rule could result in expulsion from Xtreme rhythmiX.
- During competitions, parents are not allowed near any of the judges areas - this includes the judges table, the judges lunch or break room.
- At competitions parents must be respectful to all gymnasts, coaches, judges and other club members and spectators.
- All competing gymnasts must attend all competition prizegiving ceremonies for their level for their duration unless they have permission from their coach not to do so.
- All gymnasts must be on their best behaviour and accept results with good sportsmanship and respect for fellow gymnasts and coaching staff.
- Gymnasts must be on time for competition warm up as scheduled by the coaches.
- The club is managed by a committee who are all volunteers. Your understanding of this and respect for their time commitment, other commitments and volunteer status is appreciated.

Xtreme Rhythmix policy with regard to bullying

Xtreme Rhythmix takes a zero-tolerance approach to bullying which will be subject to the club's Disciplinary Process outlined below.

We define bullying as: Physical, verbal, or social (relational), or utilising technology and social media (cyber), and can be identified by:

- Bullying is deliberate - harming another person intentionally
- Bullying involves a misuse of power in a relationship
- Bullying is usually not a one-off - it is repeated, or has the potential to be repeated over time
- Bullying involves behaviour that can cause harm - it is not a normal part of growing up.

Filming and photography policy

There will be no videotaping or still photography undertaken at any club training session by any person with the following exceptions:

With parent permission the club coaches and teachers may use videoing as a legitimate coaching aid with the full knowledge and consent of the gymnast and / or their parents (if the gymnast is under 18). Care should be taken in the secure storage of such materials and films. This may include filming gymnasts to show them how their routines look, or filming someone performing a routine to assist gymnasts to learn it.

In exceptional circumstances, and with the permission of the personal coach and head coach, parents may videotape their child's routine - for example, to assist with remembering a new routine. Care should be taken to ensure that only the gymnast appears in the video, no other person may be filmed. If someone is undertaking still photography or filming at training, they will be asked to leave and will be subject to a disciplinary process by the club. This also includes any apps which involve image capture.

With parent permission from time to time the club may take and use photos of gymnasts for promotional purposes, such as on the club's website or Facebook page.

Discipline Policy

Xtreme rhythmiX operates a four-stage Discipline Policy in the event of breaches of its Code of Conduct. In almost all cases, disciplinary action will be taken only when informal discussions have failed to resolve an issue.

At all times is the child/children's welfare paramount. If the gymnast is 18 or over the discussions will be held with the gymnast direct.

1. A gymnast whose behaviour breaches the relevant code of conduct (refer club Handbook) will receive a verbal warning from the Head Coach. The parents and Club President must be informed.
2. If the unacceptable behaviour continues, a meeting will be held with the parents/guardians. It will be the parents/guardians choice if the gymnast is present. The Head Coach and the Club President (or delegate) must attend and a second verbal warning will be given. Minutes will be taken of the meeting. Failure to attend such a meeting will result in the gymnast being stood down until the meeting is held or situation resolved.
3. If the behaviour continues to be challenging then a further meeting will be arranged, between the above parties, again it will be the parents' choice if the gymnast attends. A written warning will be issued to the member and targets will be set. The gymnast will need to be present at the conclusion of the meeting to receive and agree with the written warning and its goals. Minutes will be taken.
4. In extreme cases and where the written warning has no effect and targets are not met, the case will be taken to the Club's committee. Only the committee can sanction an exclusion from the club and will need to outline the reasons in writing. The member and the family do have the right to appeal the decision within 14 days of receiving the written decision.
5. In the event of gross misconduct a member may face immediate suspension or exclusion at the discretion of the Club's committee. Gross misconduct includes aggressive or violent behaviour towards other people or equipment and bringing either illegal drugs or alcohol into the gym during a training session.

Complaint about a member of the coaching staff

If a parent/carer has an issue or wishes to make a complaint about a coach the following procedure should be followed:

1. Make contact with the coach and suggest an appropriate time for a discussion and outline what the discussion will be about. Such discussion should be in a respectful and positive manner. Coaches may have a support person present if they wish (many of our coaches do not have English as their first language). Coaches under 20 must have a support person present (another senior coach within the club).
2. If informal discussions of an issue or a complaint have not produced a satisfactory resolution to the situation, parents/carers should put their complaint in writing for the attention of the Head Coach. If the complaint is about the Head Coach it should be addressed instead to the Club President. Ensure that all relevant details are included such as the individual concerned, dates, evidence and any other important information.
3. The Head Coach will acknowledge receipt of the complaint as soon as possible and fully investigate the matter within 15 working days. If there is any delay the Head Coach will advise the parent/carers of the reasons. The Head Coach will provide a full written reply.
4. If you are not satisfied with the outcome you can request that the matter is referred to the Club Committee This request must be made in writing for the attention of the Committee.

Communications Policy

For general enquiries regarding your daughter's progress etc, please contact your coach by email directly to make a time to discuss. Any official club matters should be directed by email to the Club Secretary (xtremerg@gmail.com). These will then be answered or passed on to the Club President as deemed appropriate by the committee. The committee welcomes constructive feedback from our members

Club Attendance Policy

Gymnasts are required to attend the training sessions allocated to their level. No swapping of classes will be permitted. There are minimum days training per week expected at each level as per the fee schedule. Special permission needs to be obtained in writing from the Head Coach to do any less and must be forwarded to invoicing.xtremerg@gmail.com who will advise what the adjusted fee will be. There will be a premium charge.

Gymnasts who miss training due to sickness, school related activities or other non-gymnastic related events are not entitled to a make-up session or fee reduction.

Absences of two weeks or more due to sickness or injury may be entitled to a fee reduction. See Refund Policy. A medical certificate will be required.

See Refund Policy for when a gymnast is going to be absent for non-medical reasons for a period of one month or longer.

Xtreme rhythmiX reserves the right to decline participation when fees are overdue. For further information, please see the "Fees" section in this handbook.

No gymnast is able to have any other coaching from any non-Xtreme rhythmiX coach without the explicit permission, in advance, of the Head Coach. Any other training, training camps, competitions or dance commitments for rhythmic gymnastics or related (for example ballet) must be discussed with the gymnast's coach before registering for any such course.

Leaving The Club

In the event that a gymnast leaves Xtreme rhythmiX, all music must be returned to the club along with any other club property such as trophies.

If transferring from or to another club, the Gymnastics NZ Club transfer form must be received and completed or processed by the Xtreme rhythmiX secretary (in accordance with the protocol set out on Gymnastics New Zealand's website).

A partial fee refund will be available if a minimum of one month's notice is given in addition to the above. Refer to refund policy.

Volunteer Hours

Volunteering for club events, for example at the competitions we hold each year, is a mandatory part of club membership and a minimum of 10 hours each year is expected from each gymnast family (for competitive grades). These events are important fundraisers for the club as well as competitive opportunities and without them fees would be higher. If we need to hire assistance to run competitions due to lack of volunteer assistance, those costs may need to be passed on to club members.

Training Camps And Other Non-Club Supported Competitions /Activities

No Xtreme gymnasts are permitted to attend any non Xtreme rhythmiX rhythmic gymnastics training camps, non-club supported competitions or attend training with any other club or coach without the explicit written permission from the Head Coach. Any dance commitments / training should be discussed with your coach before registration.

Holiday Training

At the discretion of the Head Coach, holiday training will be available for competitive gymnasts in the weeks between normal term training. Training must be booked and paid in advance, and payments are non-refundable unless it is due to an injury of more than two weeks duration in which case a refund must be applied for and may be granted. A medical certificate is required.

Information regarding times, cost and attendance will be sent out towards the end of each term. Holiday training is charged per class and payable in advance.

Fees

Term fees are invoiced at the beginning of each term and payment is required in advance during registration week on the advised dates, or upon receipt of the invoice if there is no registration week being held.

Fees for the year are set out in the table below and are correct as term 1, 2019. The committee reserves the right to alter the fees if there are significant changes in class structure.

Terms are based on primary school term dates as set out on the Ministry of Education website and are generally a 10 week term. No casual attendances or “pay as you go” will be accepted (with the exception of some senior midweek morning training sessions which are by invitation only).

Fees are based on 40 weeks of term training per annum divided evenly over 4 terms. This applies even if some terms are 11 weeks and some are 9 weeks. The fees will be adjusted prior to invoicing for the days the gym will be closed each term. Make-up classes will be offered if possible for unforeseen training days cancelled, or a refund provided if no make-up class is possible to be confirmed with your coach by email and copied to invoicing.xtremerg@gmail.com

New gymnasts starting part way through the year/ term will be charged on a pro rata basis.

Late Payment Fees

Xtreme rhythmiX reserves the right to charge a late payment penalty fee for overdue accounts and / or suspend the gymnast from training in the following term and / or from participating in any competition. Xtreme rhythmiX also reserves the right to engage a debt collection agency to recover any outstanding fees and any associated costs incurred from recovering those fees.

Payment arrangements may be reached with the Club Treasurer or committee member in charge of collections.

Competition fees and levies are not included in term fees and will be separately invoiced as an additional cost as and when they are due by the host competition.

Payment can be made either by Internet banking or by depositing funds to the bank account below. Please include the invoice number and your family name to assist us with reconciling the payment.

Credit card payments are also possible via the link provided in the emailed invoice. Payments cannot be given to coaches except for private lessons.

Bank account details: 12-3137-0143882-00 (Dynamic Rhythmic Gymnastics Inc.)

Postal Address: Dynamic Rhythmic Gymnastics Incorporated
PO Box 133064
Eastridge
Auckland 1146

Refund Policy

Once term training or holiday training has been requested you will be invoiced and you are liable to pay for those sessions.

All training fees are non-refundable except in the case of illness or injury lasting 2 weeks or longer with a supporting medical certificate.

A gymnast must give one month’s notice of withdrawal from the club and any sessions booked for after this month’s notice period may be eligible for a refund.

If a gymnast is going to be absent for non-medical reasons for a period of one month or longer, an application can be made to invoicing.xtremerg@gmail.com to have these missed sessions charged at 50% of the usual rate. The application for a reduction in fees must be submitted at least one month prior to the period of absence from training. This policy is not applicable in situations where the absence from usual training is due to international travel for a gymnastics trip.

In the event of a credit of fees being requested due to injury or illness of two weeks or more, or resignation before the end of term as outlined above, the credit request form must to be downloaded from our website and emailed to invoicing.xtremerg@gmail.com All credit requests approvals are at the discretion of the committee.

Competition entries

Each gymnast’s entry will be confirmed as each competition deadline falls due. If you withdraw from the competition after the closing date specified by the Competition Secretary, you will still be levied. In the event of illness or injury, a doctor’s certificate is required which will enable the Competition Secretary to claim a full or partial refund of your entry fee on your behalf from the organising club.

Important: For Xtreme competitions, if your child is not intending to compete, you will need to **OPT out** of entering as we will assume all gymnasts will compete at our competitions.

For withdrawals or no shows at Xtreme hosted competitions, even with a medical certificate, only half of entry fees will be refunded.

Xtreme Rhythmix Fee Schedule 2019			
LEVEL	CLASSES PER WEEK	2019 FEE	2019 ADMIN FEE
		FLAT RATE PER TERM REGARDLESS OF HOW MANY WEEKS ARE IN THE TERM	
Special O (1hr)	1	\$165	\$38
Special O (1.5hrs)	1	\$240	\$38
Rhythmflex (1hr)	1	\$165	\$38
Precomp (1.5hrs)	1	\$200	\$38
L1-2	1	\$240	\$38
L1-2	2	\$480	\$38
L1-2	3	\$720	\$38
L3-4	2	\$500	\$38
L3-4	3	\$750	\$38
L3-4	4	\$1000	\$38
L5-7	2	\$510	\$38
L5-7	3	\$765	\$38
L5-7	4	\$1020	\$38
L8-10	3	\$788	\$58
L8-10	4	\$1050	\$58
L8-10	5	\$1313	\$58
L8-10	6	\$1575	\$58
Stage 1-2	2	\$510	\$58
Stage 1-2	3	\$765	\$58
Stage 1-2	4	\$1020	\$58
Stage 3-4	3	\$788	\$78
Stage 3-4	4	\$1050	\$78
Stage 3-4	5	\$1313	\$78
Stage 3-4	6	\$1575	\$78
JI & SI (Indiv & Grp)	3	\$788	\$78
JI & SI (Indiv & Grp)	4	\$1050	\$78
JI & SI (Indiv & Grp)	5	\$1313	\$78
JI & SI (Indiv & Grp)	6	\$1575	\$78