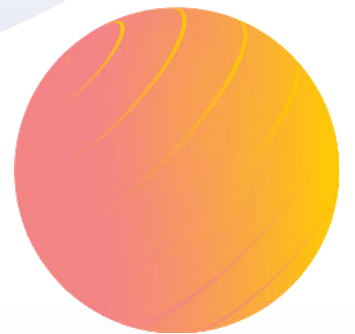
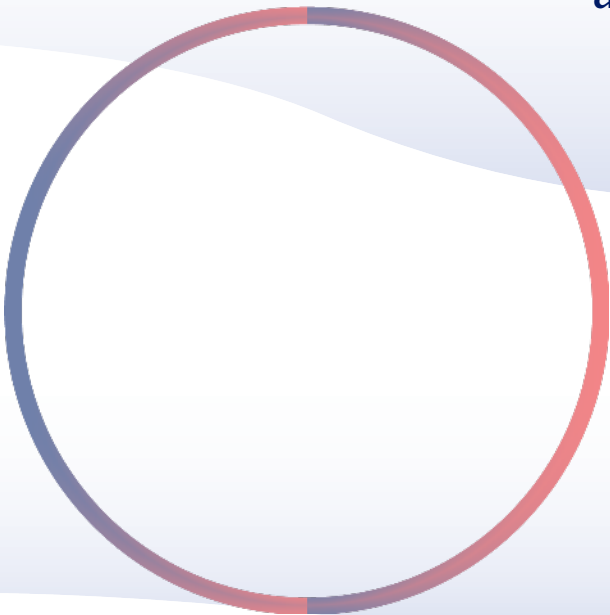




**Strathcona**  
GIRLS GRAMMAR

# RHYTHMIC / GYMNASTICS

Combines dance,  
acrobatics and  
gymnastics



# Rhythmic Gymnastics

Rhythmic Gymnastics is a graceful sport that combines dance, acrobatics and gymnastics and develops coordination, strength, balance, flexibility, posture and musicality. It can build self-esteem and improve skills such as self-discipline, concentration and most importantly team spirit. Girls learn apparatus handling skills through their work with ball, hoop, clubs, rope and ribbon. Our gymnasts compete in club competitions in Melbourne, the Victorian Championships and Groups Victoria Championships. Gymnasts may also be selected to represent Victoria at the Australian Gymnastics Championships. Rhythmic Gymnastics is open to all year levels.

## Location

Sport and Aquatic Centre (gymnasium located upstairs)  
Strathcona Girls Grammar  
34 Scott Street, Canterbury VIC 3126

## Parking

On-street parking; enter the school from Scott Street.

## Affiliation

Gymnastics Australia and Gymnastics Victoria.

## Levels and Time Commitment

Classes are structured for enjoyment and students learn and progress at their own individual rate. Progress from one class to another is primarily driven by individual maturity and skill level. Participation ranges from one hour per week for beginners to 10 hours per week for our Level 4 –10 gymnasts. Please note that enrolment is presumed for the whole year.

As a member of Gymnastics Australia, we follow the Australian national levels code. Strathcona offers the national stream (Levels 1 – 10) but not international stream which leads to junior and senior international competition.





# Floor and Apparatus

Rhythmic gymnasts compete on a floor area of 13 metres square, to musical accompaniment. It is not the same as the floor mat used in artistic gymnastics as it doesn't have the same amount of padding or spring to it.

A routine is a balanced composition which requires harmony between the gymnast, apparatus and the music, together with the required body and apparatus difficulties. The apparatus must be used in both hands, thrown into the air and be kept in constant motion.

There are five pieces of equipment used in rhythmic gymnastics.

## **Rope**

The rope is made out of hemp or synthetic material and is proportional to the size of the gymnast. In rope routines the following requirements are included: swings, wraps, figure eight type movements, throws and catches of the rope, and jumps or leaps through the open or folded rope.

## **Hoop**

The hoop is made of plastic and is 80 – 90 cm in its diameter. In hoop routines the following elements are included: rolls, throws and catches of the hoop, spins and passes through and over the hoop.

## **Ball**

The ball is made from rubber or synthetic material and is 18 – 20 cm in diameter. In ball routines the following elements are included: body waves, throws and catches, balances, and bouncing and rolling of the ball.

## **Clubs**

The two clubs are of equal length, about 40 – 50 cm long. Clubs are made from synthetic material. In clubs routines the following elements are included: circles (the clubs swing parallel to each other) and mills (the clubs swing opposite each other), throws and catches with the clubs as a unit and with the clubs separately, and rhythmical tapping.

## **Ribbon**

The ribbon is a single strip, made of silk or synthetic material, attached to a stick made of synthetic materials. The ribbon is about 6 metres long and 40 – 60 mm wide and is connected to a stick, 50 – 60 centimetres long. Routines involve all sorts of patterns created by the gymnast including spirals, circles, snakes and figure-eights. The gymnast will also throw and catch the ribbon which must stay in motion throughout the entire routine.

The club provides apparatus for gymnasts. Older gymnasts and those in higher levels may wish to purchase their own apparatus.



# What to wear

## Classes

Gymnasts are encouraged to wear a Strathcona Rhythmic Gymnastics t-shirt with a leotard underneath and bike shorts to classes. Long hair should be tied back and out of the face. Gymnasts should not wear socks, jewellery or leggings. Toe-shoes must be worn for Level 3 plus gymnasts and is optional for juniors.

## Competitions

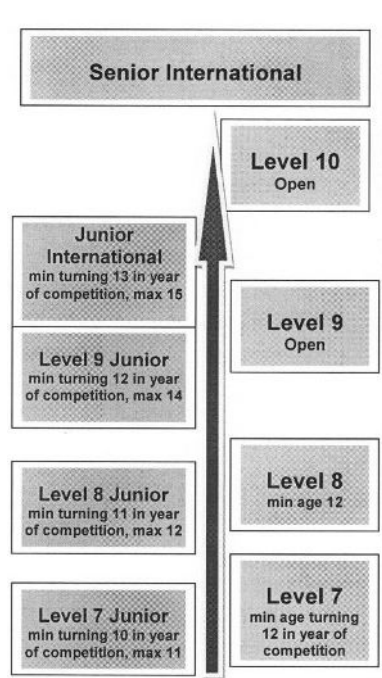
Gymnasts will need to hire a club leotard for competitions (\$15). Gymnasts in Level 7 and above can wear a leotard of their choice in competitions (usually coordinated with apparatus). All gymnasts competing in groups need to wear club leotards. During warm up gymnasts must wear the Strathcona school track-pants with the Strathcona Rhythmic Gymnastics T-shirt. The T-shirt can be purchased during training and the track-pants can be purchased at the Strathcona uniform shop. Hair is to be worn in a high bun and toe-shoes to be worn.

## Coaching

All of our coaches have completed a Gymnastics Australia Coaching Courses accredited by the Australian Sports Commission. Each have been previous or ongoing gymnasts apart of the program. They're excited to provide opportunity and growth in the sport.

## Competitions and Level Tests

As a member of Gymnastics Australia, we follow the Australian national levels code. Strathcona offers the national stream (Levels 1 – 10) but not international stream which leads to Junior and Senior International Competition.



There are two types of rhythmic competition: skill-based and routine based.

### Skills-based competitions

At these events, all girls get a warm-up before their competition. At skill-based competitions, gymnasts perform to one of the judges with one apparatus. When all the girls in the group have performed their skills (read out by the coach), they move to the next judge. This is the format of the State Pennant 10-activity competition and National Award Tests.

### **Routine-based competitions**

At these events, all girls in the session warm-up in the warm-up area with a timed rehearsal on the competition floor (without music). Then they remain in the warm-up area until their routine is scheduled. Routines are performed before a panel of judges. Routines can be individual, pairs, trios or groups. Competition sessions typically run for 2–3 hours, depending on the size of the event. Our gymnasts compete in club competitions in Melbourne, the Victorian Championships and Groups Victoria Championships.

Gymnasts may also be selected to represent Victoria at the Australian Gymnastics Championships. Strathcona has been well represented in Victorian teams at recent Australian Championships. Club members have also competed in the National Classic Clubs Competition.

## **Personal First Aid**

Parents should be aware that it is the responsibility of the child to carry any medication that could be required when training or competing at events including an asthma puffer and / or EpiPen.

## **Childsafe Policies and Practices**

Strathcona Girls Grammar School is an organisation committed to Child Protection and to the implementation of Childsafe policies and practices. A copy of the School's Child Protection Policy and Code of Conduct is available on the public website – [www.strathcona.vic.edu.au](http://www.strathcona.vic.edu.au)

## **Photography Policy**

Parents and guardians are welcome to take personal family photos of their children; however, it is requested that the privacy of other patrons be respected. Do not photograph children who are not under your care.

## **Release of Liability**

1. The responsible person hereby gives the child or children under their care permission to participate in the Strathcona Rhythmic Gymnastic learn to swim program.
2. The responsible person acknowledges that Rhythmic Gymnastic instruction involves a degree of risk to the participant.
3. The responsible person hereby releases Strathcona Rhythmic Gymnastic and Strathcona Baptist Girls Grammar School Ltd. from all liability to the full extent permitted by law for death, injury or loss caused through their child's participation in Rhythmic Gymnastics and related activities conducted by Strathcona staff whether due to any negligent act, breach of duty, default or omission on behalf of Strathcona management, staff, members, or agents.
4. The responsible person hereby gives consent for Strathcona staff to seek emergency treatment for the child or children under their care if required.

## Friends of Rhythmic Gymnastics (FORG)

Friends of Rhythmic Gymnastics provides an opportunity for parents of gymnasts to become involved in the club. FORG organises club uniforms, rosters for club competitions and fundraising. Funds raised are used to assist club coaches, judges and older gymnasts travel to national competitions and to provide development and networking opportunities for coaches and judges. Younger gymnasts are assisted when the funds raised are used to purchase new apparatus.



FORG can also assist parents with information about choosing leotards and apparatus, taping apparatus and the conduct of competitions.

The annual fundraisers are the Strathcona Junior Cup and the Judges Invitational. Parents are requested to:

- Assist with set-up and pack-up of the gym for the competition
- Donate food items and/ or cakes which are sold at a stall during the competition
- Serving meals and drinks and looking after the needs of the judges and officials during the competition
- Assist as a runner, announcer or with music for the competition
- Assist in manning the stall during the competition.







# Strathcona

GIRLS GRAMMAR

GIRLS  
UNSTOPPABLE

**P** +61 3 8779 7500  
**E** registrar@strathcona.vic.edu.au  
**strathcona.vic.edu.au**

Strathcona Baptist Girls Grammar School

**Early Learning Centre**  
34 Scott Street,  
Canterbury VIC 3126

ABN 75 073 413 626

**Junior School**  
173 Prospect Hill Road,  
Canterbury VIC 3126

CRICOS 00577C

**Year 9 Tay Creggan**  
30 Yarra Street,  
Hawthorn VIC 3122

**Middle & Senior School**  
34 Scott Street,  
Canterbury VIC 3126