



TRAINING HOURS

AT SOUTHERN ARTISTIC GYMNASTICS ACADEMY, WE STRIVE TO PROVIDE MAXIMUM TRAINING OPPORTUNITIES FOR OUR GYMNASTS THAT ARE APPROPRIATE FOR THE LEVEL OF GYMNAST.

DECIDING PRINCIPLES

TRAINING HOURS AT SOUTHERN ARTISTIC GYMNASTICS ACADEMY ARE DETERMINED BY SEVERAL KEY FACTORS INCLUDING STAGES OF MATURATION, AGE, COMPETITION PATHWAYS. TRAINING HOURS ARE STANDARDISED ACROSS GROUPS BY FORMALISED TRAINING ARRANGEMENTS.

MULTIPLIER

WE APPLY A TRAINING HOURS FIXED MULTIPLIER WHEN TRANSITIONING ACROSS AGE GROUPS AT TRAINING PATHWAYS. HOURS WILL BE IN MULTIPLES OF 3 HOURS BETWEEN A BASE OF 6 HOURS AND 18+ HOURS.

SUPPLEMENTATION

ALL TRAINING CAN BE SUPPLEMENTED THROUGH ENGAGEMENT WITH OTHER SESSIONS MADE AVAILABLE INCLUDING ONE2ONE SESSIONS, OPEN GYM, AND SELF-STRETCH AND CONDITIONING MORNING SESSIONS.

SCHOOLING

AT NO STAGE, SHOULD TRAINING OCCUR WITHIN SET SCHOOLING HOURS AS A MATTER OF ROUTINE. PLEASE NOTE, IT MAY BE NECESSARY TO BE ABSENT FROM SCHOOL TO ATTEND COMPULSORY COMPETITIONS (SUCH AS GRADES, CLASSIC, QUALIFIERS AND ANY OFFICIAL CHAMPIONSHIP EVENTS). SHOULD THIS BE NECESSARY, THE DIRECTOR AND HEAD COACH IN COLLABORATION WITH THE RESPONSIBLE ADULT OF THE GYMNAST WILL CONTACT THE SCHOOL DIRECTLY AND SEEK APPROVAL.

REDUCTION IN HOURS

WITHIN A GYMNASTS CAREER IN THE SPORT, IT MAY BECOME NECESSARY TO REDUCE HOURS FOR MANY REASONS. THESE CONVERSATIONS SHOULD HAPPEN HONESTLY AND AT THE EARLIEST POINT POSSIBLE WITH THE DIRECTOR AND HEAD OF DEPARTMENT. THE HOLISTIC NEEDS OF THE GYMNAST WILL ALWAYS BE PRIORITISED OVER ANY AND ALL TECHNICAL GOAL AT ALL LEVELS OF PARTICIPATION.