



MAG National Program Information

Last amended: 27/6/11, Alan Keating
Approved: 30/6/11, Alan Keating (Club 10 Officer)

What is MAG?

1. Introduction

- 1.1. Our Men's Artistic Gymnastics (MAG) National program is aimed at talented gymnasts who are able to commit themselves to improving their gymnastics to the best of their ability. Men's Artistic Gymnastics (MAG) is the perfect sport to teach boys focus and self-discipline - skills that can assist with their learning and concentration. It builds strength, enhances co-ordination and agility, and develops posture and confident body movement, including the ability to land safely.
- 1.2. In our program, gymnasts train 2-4 times per week, and are required to attend a number of competitions and the Victorian Championships.

2. What does the program offer?

- 2.1. An environment for talented gymnasts to reach their full potential.
- 2.2. Challenges for gymnasts with natural strength, flexibility etc. in order to maintain their interest in the sport.
- 2.3. Encouragement for gymnasts to progress at a similar rate as their team-mates of similar ability and a sense of team spirit amongst the gymnasts.
- 2.4. A culture of competition giving exposure to valuable life experiences and showcasing the gymnasts' skills and achievements, including the opportunity to compete at the premier events of each gymnasts' level.

3. Expectations

- 3.1. Gymnasts and parents are committed to attending all training sessions and to be on time.
- 3.2. Coaches expect that the gymnasts come to training with a positive attitude and a willingness to improve.
- 3.3. Gymnasts will attend all competitions that the club enters during the competition season.
- 3.4. Payment of fees and competition entries will be in advance.

4. Selection Process

- 4.1. The MAG National program is very challenging and demanding, and thus not all gymnasts are well suited to it, and entry is by selection. This selection is at the discretion of the MAG Coordinator based on a number of criteria.

5. Contact Information

- 5.1. Our MAG Coordinator is Dion Pocklington - should you have any questions about the program which are not covered below, feel free to contact him via the office or by email to mag@easterngymnastics.com.au.
- 5.2. The office is the first port of call for all queries related to fees, enrolments, ordering uniform etc.

Competitive - Levels 2 to 10

1. Structure

- 1.1. There are two divisions at each level entered into by Eastern Gymnastics Club – over and under age. Apart from level 7, there is no difference between the two, and this is set by the national Technical Commission.
- 1.2. Training hours depend upon the level of competition, but the following table can be used as a guide.

Level	Hours per week
2	6
3	7.5
4 - 6	12
7 - Senior	15

2. Competitions

- 2.1. Competition season runs from late February through to June, though there are sometimes competitions towards the end of the year as well.
- 2.2. Competition is primarily individual:
 - a) There are individual awards on each apparatus and all around.
 - b) Generally, there are also all around team placings, where teams are composed of between 3 and 6 members.
- 2.3. Gymnasts will usually compete in three Invitational competitions (run by clubs), one or two Trials (run by Gymnastics Victoria to select the state team and qualify for the Victorian Championships) and the Victorian Championships themselves.

3. Holiday Training

- 3.1. Each holidays, training is held at normal times during the week before school returns.
- 3.2. Gymnasts are expected to be in attendance for this training, and it will appear on your invoice each term.
- 3.3. Sometimes during competition season, coaches will ask gymnasts to train through both weeks of the holidays so as to keep up at this crucial time of year, but this is usually offset by a break later on.

4. Uniform

4.1. Competition Attire

- a) Gymnasts must wear full uniform, including:
 - (i) Club tracksuit
 - (ii) Club MAG leotard
 - (iii) White longs
 - (iv) White socks
 - (v) Black club shorts (FX & VT only)
- b) Please be aware that many items have a six week lead time and so it is important that orders are placed early.

4.2. Training Attire

- a) Gymnasts must train in either a leotard or tight fitting t-shirt and shorts. Pants and jumpers may be worn for warm up only, and baggy clothing is not acceptable.
- b) Gymnasts are advised to bring a pair of socks to training.
- c) Competition leotards, longs and shorts should not be worn to training.

4.3. Grips

- a) Grips are used to protect the hands and (as the name suggests) assist with gripping on Horizontal Bar and/or Rings.
- b) They are generally required from level 5, however the MAG Coordinator will advise when they will need to be purchased and which sort to buy. The club does not sell grips, but can recommend suppliers such as Amco.

5. State Team & National Championships

- 5.1. From level 6 under and level 7 over, gymnasts can nominate for selection to the Victorian State Team to travel to the National Championships. Only a very limited number of places are available on the State Team, and selection is based on performances at the two selection trials.
- 5.2. The state team and travelling to the National Championships is organised by Gymnastics Victoria and not the club, however as a guide, it typically costs around \$1000-1500, exclusive of uniform.
- 5.3. Nominating for the State Team is optional.

6. Guide to Costs

6.1. Aside from training fees, the table below provides a guide to the costs involved in the program

Item	Number	Estimate of cost each
Invitational Competitions	3 per year	\$55.00
Trial Competitions	1-2 per year	\$55.00
Victorian Championships entry	1 per year	\$105.00
Club Tracksuit	Once	\$140.00
MAG leotard, longs & shorts	Once	\$97.00
Training leotards	1-3	\$25.00-\$60.00
Grips	Level 5+	~\$70