



# TECHNICAL MEMBERSHIP UPDATING INFORMATION

In order to maintain or regain your Technical Membership you are required to show evidence that you have been involved in a constant process of education. This process is defined as Updating and can be achieved by attending either an approved accreditation course or by attending a number of approved (State Association sanctioned) Updating activity that is relevant to your type(s) and level(s) of accreditation. Details of the Gymnastics Australia Updating Policy can be downloaded via: [www.gymnastics.org.au](http://www.gymnastics.org.au). Updating points facilitated by Clubs must be sanctioned by the State Association. Up to half of Updating points may be accrued via the following means:-

- 'OPEN' Updating Workshops (The Club hosts Updating activities that are 'open' to all members of the gymnastics community. These Updating activities are advertised in the State Bulletins)
- 'CLOSED' Updating Workshops (The Club hosts Updating activities that are for host Club members only)

Updating activities will not be sanctioned unless the following protocol is followed.

<b>RULES</b>		
	<b>'OPEN'</b>	<b>'CLOSED'</b>
<b>Not more than 50 % of annual updating points</b>	<p style="text-align: center; font-size: small;">Available to all members of the gymnastics community</p> <ul style="list-style-type: none"> <li>• Seek sanction minimum two months prior via State Gymnastic Association</li> <li>• Application must be submitted via the 'official' form, 'Club Updating Application Form'. Download - <a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a></li> <li>• Pay the fees due (\$25 per activity or \$3.00 per person)</li> <li>• Clubs will receive notification from State Association of sanction status. No retrospective sanction.</li> <li>• 'Official', Evaluation forms and Participation Rolls must be returned to the State Association one week after the activity. Download - <a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a></li> <li>• State Associations reserve the right to not sanction an Updating activity.</li> </ul> <p style="font-size: small;">To reduce this possibility Clubs should:-</p> <ol style="list-style-type: none"> <li>1. Nominate 'appropriate' content</li> <li>2. Nominate the Accreditation Level of participants</li> <li>3. Nominate venue</li> <li>4. Ensure presenters are reputable within the industry</li> <li>5. Nominate dates that do not coincide with State Association like-minded activities.</li> </ol>	<p style="text-align: center; font-size: small;">Available to members of host club</p> <ul style="list-style-type: none"> <li>• Seek sanction minimum one month prior via State Gymnastic Association</li> <li>• Application must be submitted via the 'official' form, 'Club Updating Application Form'. Download - <a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a></li> <li>• Pay the fees due (\$25 per activity or \$3.00 per person)</li> <li>• Clubs will receive notification from State Association of sanction status. No retrospective sanction.</li> <li>• 'Official', Evaluation forms and Participation Rolls must be returned to the State Association one week after the activity. Download - <a href="http://www.gymnastics.org.au">www.gymnastics.org.au</a></li> <li>• State Associations reserve the right to not sanction an Updating activity.</li> </ul> <p style="font-size: small;">To reduce this possibility Clubs should:-</p> <ol style="list-style-type: none"> <li>1. Nominate 'appropriate' content</li> <li>2. Nominate the Accreditation Level of participants</li> <li>3. Nominate venue</li> <li>4. Ensure presenters are reputable within the industry</li> <li>5. Nominate dates that do not coincide with State Association like-minded activities.</li> </ol>
	<p style="font-size: small;">The State Association will advertise (minimum of one-month) the Updating activity in the Bulletin and enter Updating points onto the National database.</p>	<p style="font-size: small;">The State Association will enter Updating points on the National database.</p>

\* Note: Clubs that conduct Open/Closed UPD activity via external Registered Training Providers may apply prior to the State Association for the activity to be credited with additional UPD points

# UPDATING ACTIVITIES

Updating activities will only receive sanction/Updating points if the knowledge/skills presented supports the competencies for the Accreditation level and type of the participants.

## **Will be sanctioned**

### **Teaching methodology:-**

- Motivation and Communication
- Discipline procedures
- Continuous activity/circuits

### **Skills:-**

- National/State/Club Programs
- Supplementary skills/drills
- Spotting/Mechanical Aids
- Landings

### **Physical Preparation:-**

- Disguising Physical Preparation
- Fun Physical Preparation
- Stretching techniques
- Resistance training

### **Sports Science:-**

- Nutrition
- Physiotherapy
- Massage
- Taping
- Injury Prevention
- Posture
- Drug Education

### **Developments in Sport industry:-**

- New Gymsports
- Studies in sport
- Mentoring
- Understanding structure of gymnastics

### **Officiating:-**

- Team Management
- Judging
- Event Management

### **Legal-**

- OHS
- Child Protection
- Harassment
- Safe practices (Venue/staff/participants)

### **Disability Education:-**

- Modules from DEP

### **Club Administration:-**

- Recruitment and retention strategies
- Planning

### **Apparatus:-**

- Fixtures
- Transport
- Supplementary

### **Mentoring:-**

- Apprentice Coaching
- CAPS

## **Will not be sanctioned**

### **Club Meetings that focus on discussions including:**

- How are you going
- Gymnast transfers between classes
- Problem parents (If the Updating activity was however to provide strategies for dealing with difficult parents or gymnasts, then this would be appropriate and sanctioned.)
- Reporting accidents (If the Updating activity however is providing information on how to provide a safe environment and then the protocol to follow if an accident occurred then this would be appropriate and sanctioned)
- Christmas break up etc

### **Club meetings that do not provide knowledge/skills that support the Accreditation level and type of the Coach:-**

- A Club applying for a sanctioned Updating activity, lists skills/drills commensurate with a WAG accreditation, but nominates attendees who have Kindergym accreditation, will not receive the Updating points.



# CLUB WORKSHOP SANCTION FORM

SANCTION DETAILS

Please tick:  OPEN Updating Workshop  CLOSED Updating Workshop

CLUB NAME: \_\_\_\_\_

UPD ORGANISER'S NAME: \_\_\_\_\_

DAYTIME NUMBER: \_\_\_\_\_ FAX NUMBER: \_\_\_\_\_

CORRESPONDENCE ADDRESS: \_\_\_\_\_

\_\_\_\_\_ POST CODE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

UPD WORKSHOP TOPIC: \_\_\_\_\_

BRIEF OUTLINE OF WORKSHOP: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

VENUE FOR UPD ACTIVITY: \_\_\_\_\_

TO BE PRESENTED TO COACHES: LEVEL 1  OR LEVEL 2

PRESENTER'S NAME: \_\_\_\_\_

LEVEL OF ACCREDITATION: \_\_\_\_\_ TECH. MEMBER #: \_\_\_\_\_

PRESENTER'S CREDENTIALS: \_\_\_\_\_

\_\_\_\_\_

Please return to your State Association for Sanctioning

UPD PROMOTION INFO

DATE OF WORKSHOP: \_\_\_\_\_ TIME: \_\_\_\_\_

VENUE: \_\_\_\_\_

\_\_\_\_\_ COST: \$ \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNED: \_\_\_\_\_

Please send application details to:

\_\_\_\_\_

\_\_\_\_\_

<b>OFFICE USE ONLY</b>
Date: _____
Approved by: _____
Signed: _____
# of Updating Points: _____





## WORKSHOP EVALUATION

UPD WORKSHOP TOPIC: \_\_\_\_\_

DATE OF WORKSHOP: \_\_\_\_\_ LECTURER: \_\_\_\_\_

### 1. Please circle YES or NO to the following questions:

QUESTION	ANSWER	COMMENTS
a) Did you find the workshop worthwhile?	YES NO: _____	_____
b) Did the workshop meet your needs?	YES NO: _____	_____
c) Did you find the workshop too extensive for the time allocated?	YES NO: _____	_____
d) Were the lecture sessions too long?	YES NO: _____	_____
e) Was the information too technical?	YES NO: _____	_____
f) Did you find the lecturer/s satisfactory?	YES NO: _____	_____
g) Did you find the time of year suitable for your workshop?	YES NO: _____	_____

### 2. Which aspects of the workshop have you found most useful?

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### 3. Which aspects of the workshop did you find least useful?

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### 4. What comments or suggestions would you make to improve the workshop?

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*Thank-you for your comments, your feedback is appreciated!*  
*PLEASE RETURN TO WORKSHOP LECTURER OR STATE ASSOCIATION*