



## WAG Teams Notice

December 2009

**Thanks to all gymnats, parents, volunteers and staff** for your participation, help and support at our highly successful 2009 Annual display „Legends of Music“ – see the main notice-board for news items and photos’.

### 1. Finish of Teams Training – 2009

Training days are normal for all Teams (Mon. 7/12-Friday 11/1/09. The last training day for WAG Teams 1-2-3-4 is Friday 11/12/2009 from 3.30-6pm. There is no training for **December School Holidays** from Sat. 12/12/09- Sunday 10/1/2010.

### 2. Start of Teams Training – 2010

First training day 2010–Team 1-2-3 = Mon. 11<sup>th</sup> Jan 2010 (this week M-T-W-Th 3-6.30pm daily)

First training day 2010 –Team 4 = Mon. 18<sup>th</sup> January 2010 (this week M-T-W-Th 9-12.30 daily)

First training day 2010 –Team 5 = Mon. 18<sup>th</sup> January 2010 (this week M-T-W-Th 9-12.30 daily)

First training day 2010 –Team 6-7-Intro. classes = week of Mon. 25<sup>th</sup> January 2010

### 3. Gymnasts can train FREE during Staff Education week - Mon. 4/1-Thur. 4/1/2010

Club Education week runs Mon 4<sup>th</sup> – Thurs 7<sup>th</sup> Jan. 9-12.30 daily at our venue – all staff and interested parents welcome. Team gymnasts are welcome to get an early start to 2010 training this week and should contact Trevor D. if attending on any or all days.

### 4. Team Reports – attached.

The coaching staff is pleased to present the 2009 Team reports – each team member’s competitive performances and regular fitness tests are highlighted. A summary copy of the fitness test scoring charts is attached. “That which gets measured...gets done”!

**BEST WISHES to WG-MG gymnasts and their families for a JOYOUS CHRISTMAS and HAPPY NEW YEAR**

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## NEW YEAR'S RESOLUTIONS

If our lives have become Shallow, Deepen them,

If our Principles have become Confused, Clarify them,

If our ideals have become Tarnished, Restore them,

If our hopes have become Faded, Revive them,

If our loyalties have grown Dim, Brighten them,

If our purposes have become Blurred, Sharpen them,

If our horizons have become Contracted, Widen them,

If our hearts have chilled with indifference, fear and disappointment - warm them with Compassion and Faith and Love for each other and ourselves.

## WAG PAD TEST SCORE SHEET SUMMARY

**1. HANDSTAND hold** All gymnasts need to be able to hold straight handstands!. 51+ sec. hold = 10 points

Time held (seconds)	0-2	3-5	6-10	11-15	16-20	21-25	26-30	31-40	41-50	51-60
Score	1	2	3	4	5	6	7	8	9	10

**2. PRESS to HANDSTAND** A press to handstand is a key profile skill across all apparatus except vault.  
Gymnast may press on a low beam, parallettes or the floor mat.

One point (1) awarded for each press UP and press DOWN form and to straddle level. For example:

5 fully completed presses = 10 points      4 and ½ presses (press up only) = 9 points

1 fully completed press = 2 points              ½ press (to handstand only) = 1 point

**3. INVERTED HANG** This test rates the isometric control of the important "dish shape" in gymnastics.

Time held (seconds)	30	29-27	26-24	23-21	20-18	17-15	14-12	11-9	8-6	5-3	2-1
Score	5	4.5	4	3.5	3	2.5	2	1.5	1	0.5	0

**5. GLIDE KIPS and Kip and CAST to HANDSTAND**

No of kips	10	9	8	7	6	5	4	3	2	1
Score	10	9	8	7	6	5	4	3	2	1

**6. CHIN UPS** This test rates the gymnast's upper body strength

Chin Ups	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Score	10	9.5	9	8.5	8	7.5	7	6.5	6	6	5	4.5	4	3.5	3	2.5	2	2	1.5	1	0

**7. LEG LIFTS** This test shows abdominal and hip strength and power.

Leg Lifts	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	0
Score	10	9.5	9	8.5	8	7.5	7	6.5	6	6	5	4.5	4	3.5	3	2.5	2	2	1.5	1	0

**8. VERTICAL JUMP** This test shows leg power in jumping. Rebound jump to 60 cms = 10 points

Distance jumped cm	56	53	51	48	46	43	40	38	35	33
Score	10	9	8	7	6	5	4	3	2	1

**9. PISTOLS** This test general strength of the hip and knee extensors. Perform on low beam OR a firm FX mat.

Each leg (+ > 1/2)	10	9	8	7	6	5	4	3	2	1
Score	10	9	8	7	6	5	4	3	2	1

**10. & 11. LEFT AND RIGHT LEG SPLITS**

Split position	50 cm o`s	40 cm o`s	30 cm o`s	20 cm o`s	Flat split	Above floor
Score	5	4	3	2	1	0

**12. LATERAL LEG SPLIT.**

Split position	30 cm o`s	20 cm o`s	10 cm o`s	Flat split	5 cm above	10 cm above
Score	5	4	3	2	1	0

**13 & 14. LEFT AND RIGHT ACTIVE LIFT FORWARDS AND SIDEWAYS**

Toe position	Top of head	Shoulder tip	Lower stern.	Hip	Knee	Below knee
Score	5	4	3	2	1	0

**15. BRIDGE - with flat feet, straight legs, and hands-arms shoulder width & straight.**

Shoulder position	10 cm behind	Past hands	Over hands	Over hands-bent legs	10 cm in front
Score	5	4	3	2	1

**16. ACTIVE SHOULDER FLEXIBILITY**

Ruler position	50 cm	40 cm	30 cm	20 cm	10 cm	0 cm
Score	5	4	3	2	1	0

**17. HAMSTRINGS / ANKLES**

Ruler position	30+cm	>25cm	>20cm	>15cm	>10cm	>5cm
Score	5	4	3	2	1	0