



## **Hokitika Gymnastics Club**

### **Class Placement and Progression Policy**

#### **Purpose**

The purpose of this policy is to ensure gymnasts are placed in classes that support safe development, positive learning experiences, and appropriate progression through the club's gymnastics programme.

Class placement decisions are made by the coaching team to ensure gymnasts train in an environment suited to their skill level, physical readiness, and ability to safely participate in group training.

Age alone does not determine class placement or progression.

---

#### **Placement Criteria**

Gymnasts are placed into classes based on a combination of the following factors.

##### **Skill Readiness**

- Ability to perform the core skills required for the level
- Consistency of skill execution
- Safe landings and body control
- Readiness for the progressions required in the next level

##### **Physical Readiness**

- Strength
- Flexibility
- Coordination and spatial awareness

## Behaviour, Self-Management and Maturity

Gymnasts must demonstrate an ability to:

- Follow coach instructions
- Work safely with gymnastics equipment
- Wait their turn and follow rotation systems
- Stay focused during activities
- Show respect toward coaches and teammates
- Manage emotions appropriately in a group environment

Gymnastics classes involve shared equipment, rotations, and spotting. For this reason, appropriate behaviour and self-management are essential for safe participation.

A gymnast who demonstrates some higher-level skills may remain in their current class while they continue developing the behaviour, focus, or maturity required for the next level.

---

## Progression Expectations

Gymnasts progress through levels as they demonstrate readiness.

Progression requires:

- Consistent demonstration of most skills within the current level
- Safe execution of skills without constant spotting
- Appropriate strength and flexibility for the next level
- Behaviour and maturity appropriate for the training environment

Gymnasts do **not progress levels simply because they can perform one or two higher-level skills.**

Progression decisions are based on **overall readiness and consistency**, not isolated skill achievement.

---

## Progression Timing

To maintain stable training groups and minimise disruption to skill development and routine learning, class progression generally occurs at two points during the year.

#### **End of Term 4**

- Placement into classes for the following year

#### **End of Term 1**

- Opportunity for gymnasts who have progressed rapidly to move to the next level

Outside of these review periods, gymnasts will normally remain in their assigned class for the remainder of the training year.

---

#### **Exceptional Circumstances**

In rare situations, a gymnast may be moved outside the standard review periods if:

- Safety concerns require a change in class level
- A gymnast has been placed in an unsuitable class
- The coaching team determines a change is necessary for the gymnast's development

Any such decisions will be made by the **Coaching team**.

---

#### **Coaching Authority**

Final decisions regarding gymnast class placement and progression rest with the **Coaching team**.

These decisions are made in the best interests of the gymnast's **safety, development, and long-term enjoyment of gymnastics**.

---

#### **Parent Communication Regarding Progression**

Parents and caregivers are welcome to discuss their child's development with the coaching team.

To ensure coaches can focus on supervising gymnasts and maintaining a safe training environment, we ask that:

- Conversations regarding class placement or progression take place **before or after classes**, not during training.
- Questions or requests regarding progression are directed to the **coach**.
- Parents understand that progression decisions are based on multiple factors including skill readiness, safety, behaviour, and overall development.

The coaching team is happy to provide general feedback about a gymnast's progress when time allows.

---

### **Skill Assessment Process**

Gymnasts are assessed by coaches during regular training sessions throughout the year.

Assessment may include:

- Observation of skill execution
- Strength and flexibility readiness
- Consistency and control in routines
- Behaviour and ability to work safely within class rotations

Coaches may use internal skill checklists or grading guides to support consistent evaluation.

These assessments help determine whether a gymnast is ready to progress to the next level when review periods occur.

---

### **Review**

**Date Approved:** 15 April 2026

**Next Review:** 2027