

## Launch Pad Progress Reports FAQ:

### How does Skill Testing work?

The Launch Pad Program includes regular testing throughout the term and results are shared with gymnasts and parents. Results are available online via the parent portal and will also be emailed out to families periodically.

Gymnasts have been tested on a number of core and development skills in each level and once a gymnast receives the pass mark they are eligible to move up.

When your child has reached the milestone of a new level, an email will be sent to families directly. You can then contact the office to find out the next step!

### How does the scoring work?

1 star=**Beginning**. I've only just started learning this skill or I'm doing this skill with help.

2 stars=**Improving**. I'm still learning but I'm starting to get the hang of this!

3 stars=**Good**. The foundations are there, time to practice!

4 stars=**Very Good**. I have a few things to work on but I'm right on track!

5 stars=**Excellent**. Whoohoo! Go me!! I can always make this skill better but I'm ready to progress to the next step.

### How do the levels work?

It is important to us that all FBGC Gymnasts are working at a level where they can be competent, build confidence and also be challenged. The program is ability based and progressive and is designed to develop the whole child in their physical development as well as prepare them for their gymnastics pathway. Gymnasts have the opportunity to progress through 11 levels. The levels are broken down into Fundamentals, Skills and Advanced. You can find out more information about the new LaunchPad structure and levels. [Here is the link.](#)

All new members who have not done Gymnastics before will start in a Fundamentals class. If they are older then their progress through the levels may be faster than younger Gymnasts.

PREP Gymnasts will start in our PREP program. This program is specifically designed to meet the needs of children as they start their first year of school.

### How long will it take to move to the next level?

We expect the average gymnast will take 6 months to pass a level in the Fundamental and Skills programs and longer in the Advanced levels. Gymnasts may progress faster if they are ready, but it's important to remember that each gymnast's journey is unique and they will progress at their own rate. It's critical that gymnasts are not forced into higher levels early as skipping progression chains early in the development of skills can lead to a developmental delay in later levels.

### How often is my child tested?

Skills are tested throughout the term as your gymnast practices them in their lessons. Some key skills will be tested more often, some skills less regularly. Testing is important to help progression and development but our focus is on practicing and perfecting skills. Coaches will make sure that all the core and development skills are tested at some point over a period of 6mth.

### Why isn't my child moving up to the next level?

There could be lots of reasons why your child isn't moving up this term.

It could be because they have just started, and they haven't had a chance to complete all the core skills at their level yet. It could mean they have been away for part of the term and missed some opportunities for testing.

It could also mean your child is just not ready to progress quite yet and would benefit from a more time building strength and practising their skills.

It's important not to worry that your child isn't improving as fast as they would like. Gymnastics is a technical sport, and everyone learns at a different pace. It takes time and lots of practise to learn skills and in our experience rushing the learning of skills can create set back later down the track or even cause anxiety in gymnasts. Rushing skills can also be a safety concern. Our coaches aim to develop each individual gymnast at their own pace ensuring their well-being and safety at all times. We believe patience is one of the key life skills gymnasts learn in our classes and we want our gymnasts to work to achieve their goals, teaching them that the sense of achievement at the end is worth working for!

### Do I have to move classes or time slots if my child has progressed to the next level?

If your child has moved up a level there may be an option to move classes. If they have moved from Skills Bronze to Bronze Extend the chances of them remaining in the same class is high, as the coaches will extend them throughout the lesson. The lessons have been designed this way and coaches have been trained to adapt the lesson to suit each individual level and gymnast. In some instances Gymnasts may have the option to switch to another class that might better suit their needs at the same time slot (i.e they might move from a Bronze to Silver/Silver extend class, at 4pm). Some levels however train at different

times and may have different class durations. For example, the Fundamental Gold classes tend to run at the 5pm time slots and the Skills classes run for 1.5hrs so are scheduled at different time slots. In these cases it might be beneficial for your child to move into a new class at a different time slot.

Please note, Gymnasts can choose not to move class so they can remain with their friends, and many classes will have mixed levels to allow friends to stick together. After all, sometimes the social aspect of sports is just as important!

**My child is telling me the class is too easy but they still haven't moved up to the next level. What's happening here?**

In our experience there are many reasons why your child may think the class is 'too easy' or not engaging. This can be easily influenced by so many factors including; external feedback from others, lack of confidence, overconfidence, feeling like they are being left behind or not improving, anxiety about not keeping up with friends, frustration for not being able to do a skill, lack of knowledge of what is expected of them or simply that they are distracted.

One of the benefits of regularly testing and progress reports is that gymnasts can see where they are in their gymnastics journey and this feedback usually helps motivate them and keeps them engaged to working even harder or trying to perfect that skill they know they need to work on. Gymnastics requires gymnasts to perfect each skill before they are ready to move on to the next one. Encouraging your child to listen to feedback from their coach and asking how they can improve will speed up their progress.

We believe patience is one of the key life skills gymnasts learn in our classes and we want our gymnasts to work to achieve their goals, teaching them that the sense of achievement at the end is worth working for! They might only be a few skills off moving up to the next level so hang in there!

Of course- we know there are many other reasons why your child may feel disengaged so please speak to the floor manager on your night so they can find out more information about your individual child's situation.

**The progress report is hardly showing any skills tested. What does this mean??**

It could be because they have just started, and they haven't had a chance to complete all the core skills at their level yet. It could mean they have been away for part of the term and missed some opportunities for testing.

If you think there is another reason your child's score aren't showing online so please contact the floor manager on your night if you have any questions so that we can investigate.

**Will my child have the opportunity to enter external Competitions?**

Gymnasts in Fundamentals classes will have the opportunity to participate in our annual Launchpad Spectacular. This is held in September and is a fun and friendly showcase where gymnasts can show their skills to parents and friends. We also have lots of awards and prizes to give out!

Gymnasts in the Launchpad Skills program also compete in our in our annual Launchpad Spectacular event. Skills Silver or Gold classes can choose to participate in optional external competitions where gymnasts will learn routines and compete against other clubs.

**My child has tested 4 and 5s on most. They are interested in joining a Squad class. How does this work?**

We are so glad to hear you child is doing well at gymnastics. We hope they are enjoying our classes as well.

FBGC offers ALP and Gymstar competitive programs. These classes train 4-10 hours per week. Gymnasts in these classes represent the club at a number of external competitions around Melbourne and the classes involve a greater commitment compared to our Launch Pad classes. Selection into these programs are by invitation only. The selection process involves a few steps and including a recommendation by the floor manager and further physical screening. If you are interested in finding out more information, please contact our squad coordinator at [squads@fbgc.org.au](mailto:squads@fbgc.org.au).

**What does my child need to do to pass to the next level?**

Your Skill Evaluation should give an idea of a gymnast's strengths and opportunities for improvement. Lots of gymnastic skills come down to strength and practice so sometimes they are on the right track and just need some more practice time!

Encourage your child to speak to their coach or you can speak to the floor manager for some advice on what your child can do to improve. There might be some drills they can practice at home, they can come enrol into an extra session or one of our skill clinics for some extra practise.