



Members Handbook



WELCOME TO GLADSTONE GYMNASTICS CLUB

Here at GGC we take pride in providing the best coaches and educators. Amongst our staff we have a team of professionals to guide your athletes through this great sport we all love while providing useful life skills, lessons, and learning experiences that help form a well-rounded athlete and individual.

We have prepared this handbook to inform parents and athletes of the responsibilities inherent in becoming a member of Gladstone Gymnastics Club. You should review the material so that you are aware of the expectations of athletes and parents prior to committing to becoming a member of our team.



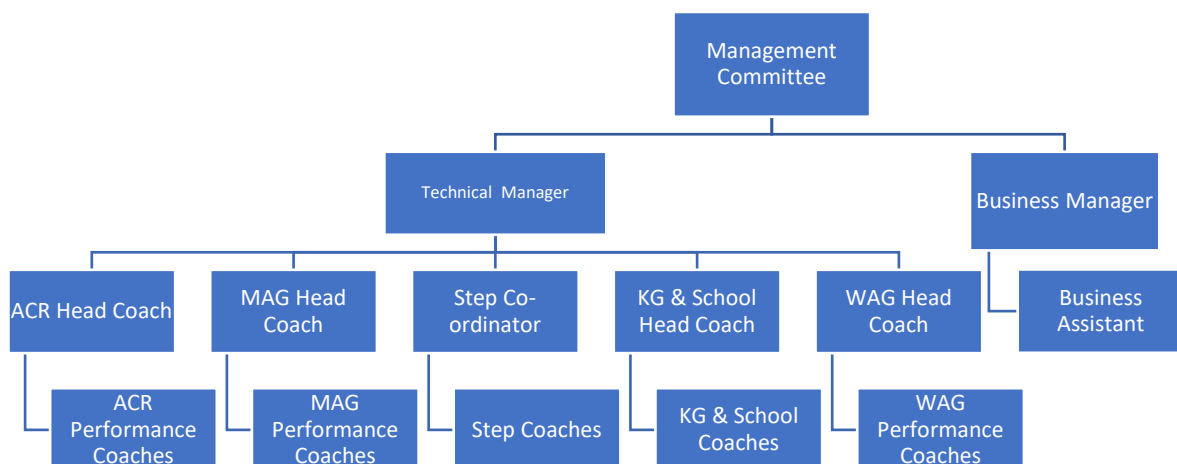
Our Club is a non-profit organisation that is led by a management committee made up of volunteers. The committee works in conjunction with the operational GGC team to provide an outside perspective and opinion during important decision makings in regards to our club's strategic direction. The members of the committee are elected annually at the annual general meeting. Any volunteers interested in joining the committee are welcome to run.

The current committee members for 2023-2024 include:

- President:** Paul Howlett
- Vice President:** Danielle Webb
- Treasurer:** Peter Sharpe
- Secretary:** Shana Leigh
- General Committee members:** Anita McNamara, Larissa Mylonas, Robbie Cupitt, Anya Turner.

ORGANISATIONAL STRUCTURE

Below is a diagram of Gladstone Gymnastics organisational structure for you to refer to:



OUR MISSION

REAL GYMNASTICS, REAL FUN!

To provide a full-service gymnastic program to the greater Gladstone community so that each member can maximise their movement potential and sporting personal goals through gymnastic sports. In doing so:

- Provide safe, high quality skilled movement experiences for all participants.
- Provide members with a learning environment that is challenging, rewarding and enjoyable.
- Produce a high standard of gymnasts in all competitive disciplines of Gymnastics.

OUR CORE BELIEFS

- ✓ Gymnastic sport programs offer new movement experiences, challenges, improved skills and fitness, a sense of achievement and a lot of fun.
- ✓ That positive movement experience through gymnastics can influence a child's outlook on physical activity for life.
- ✓ That success can be measured in many different ways through setting realistic expectations for successful performance and achievement.
- ✓ That by providing opportunities for male and female, young and old, talented and less skilled, an organised gymnastic sport has special significance in the lives of our members.



AIMS AND OBJECTIVES

- To provide 'Gymsports' programs and facilities for the Gladstone Community incorporating
 - Kindergym
 - Social Gymnastics (Ninja, Tumbling, Adults)
 - Women's Artistic (recreational and competitive)
 - Men's Artistic (recreational and competitive)
 - Sports Acrobatics
 - Fitter for Life 50 years +
 - Schools program (primary and secondary physical education);
- To offer a wide range of classes to cater for beginners of all ages, from infants of 6 months to adults up to 80 years of age;

- To provide increased opportunities for the development of the sport of Gymnastics within the Gladstone Community;
- To provide the gymnasts of our Club with the opportunity to train in the best set-out facility able to be provided by the Club Management, on the safest and best maintained equipment available, with fully trained coaches, assistants and volunteers;
- To provide a training environment for members which meets the safety standards set by the Queensland Gymnastics Association, Australian Gymnastic Federation and the Federation of International Gymnastics;
- To provide training programs and equipment that give the Club's gymnasts the best possible opportunity to be competitive at Regional, State and National Levels;
- To provide a modern and efficient support Centre for the Coaches, Committee and Members through the Club's administration facilities;
- To host Invitational, Regional and/or State competitions within our Facility for Women's Artistic, Men's Artistic, and Sports Acrobatics;
- To create essential leadership qualities in our members that will be required of them as adults;
- To teach the basics first – in terms of correct technique, rules and strategies to optimise learning and performance, ensuring that all individuals are instructed in a variety of skills at a level according to their ability;
- To provide positive feedback to the members regarding their efforts and especially their improvements. To view mistakes in a positive way as they provide the opportunity for valuable learning to take place;
- To encourage our parents to become involved, positively support the coaches, gymnasts and committee, by keeping them informed of the progress in all aspects of the club. To set realistic expectations for successful performance and achievement. Success can be presented in many different ways;
- To provide our Coaches with the best training opportunities and education for the benefit of the club and its members.



OUR PROGRAMS

KINDERGYM

Kinder Gym is Gladstone Gymnastics Club's movement-based learning experience for young children and their parents or caregivers. Children need as many opportunities as possible to optimise brain development and increase physical potential before they go to school. Kinder Gym provides a safe environment for children to develop physical skills in a fun and playful way, at their own rate. Educational research tells us that children learn best through exploring and discovering their abilities through physical activity. Our Kinder Gym program offers children an introduction into fundamental movement; ensuring they experience a wide range of movement activities and be encouraged to think, create, construct and solve problems with their own bodies. While developing co-ordination and self-esteem, Kinder Gym programs assist in your child's physical, social and cognitive development. Our Kinder Gym program is the first in a series of fundamental movement programs.



RECREATIONAL GYMNASTICS (STEPS PROGRAM) – WAG/MAG/ACRO

The Gladstone Gymnastics STEPS Program is a developmental program which allows all school-aged children to learn the fundamental skills of gymnastics and progress through each step at their own pace. Each class consists of a stimulating warm up and challenging skill learning in the 4 essential movement patterns of Rebound, Swing, Balance, and Acrobatics. Gymnasts are continually assessed throughout the year and receive a report card each term which provides parents and gymnasts with a snapshot of progress and learning.

Classes are initially separated by age group, although each gymnast's personal development is catered for and assessed. As the gymnasts' progress into Step 6 and 7, they are offered the opportunity to compete at Local and Regional competitions.

The Steps program has been designed for gymnasts who train limited hours, or gymnasts who prefer a less competitive environment. Gymnasts are invited to perform in an in-house style competition called a 'Steps Challenge' once or twice in the year.



SOCIAL GYMNASTICS

Tumbling and Trampoline

Our Tumbling and Trampoline program focuses on developing acrobatics, from basic skills all the way through to more advanced tumbling passes. This class incorporates floor, tumble trak, trampoline and air track to provide safe learning spaces for gymnasts to learn fun and exciting tumbling skills such as rolls, handstands, cartwheels, flips and saltos.



Ninja FreeStyle

Become a ninja warrior and challenge your own limits through a series of challenging obstacles at Gladstone Ninja FreeStyle classes. Ninja FreeStyle will combine:

- The coordination from gymnastics
- The strength and agility from obstacles
- The creativity and excitement of parkour and freestyle movement

Ninja FreeStyle challenges kids, teenagers, and adults to be active, creative, and skillful.

Exercise, play, and activity are a part of life and have numerous physical, emotional and psychological benefits for developing minds and bodies. Here are just a few of the reasons why we are passionate about getting kids involved with Ninja FreeStyle:

- Self esteem and respect: Teaches kids to recognise and value their own abilities and have respect for themselves and others. It helps build their confidence, enabling them to grow and overcome any obstacles they face in real life
- Communication and Social Skills: Encourages kids to build better relationships and social skills. All our programs encourage social interaction, teamwork, and positive communication
- Strength and fitness: Offers a range of physical benefits such as flexibility, strength, balance, coordination, and agility whilst having fun at the same time
- Mental focus: Helps kids get off technology and encourages physical and mental growth. This in turn promotes a positive healthy lifestyle and develops discipline, self-control and focused energy



Masters / Adult Classes

Whether you are a returning gymnast or have never stepped foot in a gym before, our Adult classes are flexible to meet your goals! Our open Adult class will challenge and develop your strength, flexibility, agility, balance and tumbling. We also offer Masters classes where you have the opportunity to learn on all the apparatus and compete in a Masters competition which allows you to showcase the skills you have learnt in a fun and supportive environment.



Fitter For Life (50 Years+)

Our 'Gentle Gym' class aims to improve daily activity such as walking upstairs, carrying the groceries, bending down and simply keeping mobile in your later years. These classes are always lots of fun and provide social opportunities, while improving muscular endurance, posture, balance, mobility and promoting heart health.



COMPETITIVE PROGRAMS (PERFORMANCE)

To allow each athlete the opportunity to grow as an individual in a program suited to ability by:

- Providing quality instruction to all athletes in an environment of cooperation and active participation.
- Encouraging each athlete to reach his/her maximum potential.
- Developing in each athlete a sense of self-worth and accomplishment.

In keeping with our philosophy to allow each athlete the opportunity to grow as an, we strive to ensure that each athlete is training and competing at the appropriate level. We are promoting a well-rounded, self- motivated, self-disciplined and self-confident CHILD FIRST...Then an athlete!

WAG (WOMEN'S ARTISTIC GYMNASTICS) PERFORMANCE TEAMS

Level	Competitive Requirements
Levels 3 - 6	Compulsory Routines based on Queensland Program + National program
Level 7 - 10	Optional routines with set requirement + bonus skills

VAULT

Vaulting shows off the gymnast's athletic qualities, as the movement is performed after a run up of about 20 metres. The gymnast must put both hands on the horse. As far as marking is concerned, the judges will evaluate the complexity of the movement, the position of the body, and the landing, which must be performed without major errors.

BARS

The uneven bars are by far the most spectacular apparatus of the competition. Imagine the strength, the precision, the rhythm, the concentration and the courage that these girls need to perform their exercises with such simplicity. The gymnast moves from one bar to the other, alternating grip changes, releases and regrasps, saltos and changes of direction with circular swings.

BEAM

The beam has a certain magic about it. Many people wonder how the gymnasts manage to perform on an apparatus where balance, acrobatic sequences with or without flight elements, gymnastic jumps and turns all play a role. It is an exercise not only of strength and flexibility, but also of concentration, rhythm and expression

FLOOR

They fly, do pirouettes, touch the floor, and then leap high again into the air. This exercise is the public's favourite, and they are ready to clap as soon as the music begins. Many gymnasts will tell you that they have had their greatest ovations when performing floor exercises to music. The floor is the area where a gymnast can fully express all her grace, her personality, and her technique, combining acrobatics, gymnastics, and dance.



MAG (MEN'S ARTISTIC GYMNASTICS) PERFORMANCE TEAMS

Level	Competitive Requirements
Level 2 - 6	Compulsory Routines based on National program with additional requirement (bonuses)
Levels 5 - 10	Optional routines with set requirement + bonus skills

FLOOR

This is an exercise in pure acrobatics, alternating between powerful tumbling series and the composure necessary for balance and strength elements. The gymnast endeavours to display virtuous rebound height, whilst connecting the elements of their routine with gymnastic artistry.

POMMEL HORSE

Routines on this apparatus are characterised by circular movements of the body with legs together (circles) and pendulous swings with the legs separated (scissors). Gymnasts also show a spectacular combination of these skills called flairs. Throughout the routine the gymnast performs smooth combinations of these movements, turning and travelling along the horse. Utilising all parts of the horse, while maintaining an extended body line and straight legs.

RINGS

This apparatus is known for its difficulty of strength and swinging elements. The free moving quality of the rings makes it difficult to remain stationary during held elements, where any movement of the rings incurs a penalty. During his performance, the gymnast should demonstrate control, strength and balance in the presentation of forward and backward swings and strength holds parts. The gymnast's dismount allows him to show his aerial abilities prior to landing.

VAULT

The gymnasts during their twenty-five metre approach to the vault must develop the necessary power to complete all their aerial skills before landing. Upon take-off from the board the gymnast explosively propels himself upwards, dynamically pushing off the horse to generate greater height and distance in the second phase of flight. This enables a higher level of acrobatic skill and extension to be performed prior to a stable landing.

PARALLEL BARS

A predominately swinging apparatus, that is interspersed with only a few held or strength elements. Swings are completed above and below the bars and consist of acrobatic flight elements, changes of direction and swing types. The gymnast's routine ends in a dramatic dismount off the side or the end of the bars.

HIGH BAR

This is a very spectacular apparatus, largely due to the acrobatic releases and re-grasp flight elements. The routine is based on swinging parts without stops, and includes extended forward and backward giant swings, combined with near bar elements, changes of direction and grip, as well as the release and re-grasp movements. The high dismounts from the bar allows the gymnast to show his acrobatic talents and landing prowess.



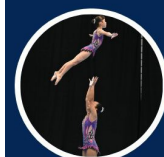
SPORTS ACROBATICS

Sports Acrobatics is a beautiful, dynamic, and spectacular sport for both men and women. The sport develops courage, strength, stamina, co-ordination, flexibility and jumping abilities. Sports acrobatics unites power and poise, with grace and beauty to create an intriguing sport. Acrobats in groups of two, three and four perform routines with the heads, hands, and feet of their partners. It is equal parts performance and partnership, set to music and interspersed with choreography. Routines combine art and skill as the gymnasts perform static elements such as balances and holds, and dynamic elements such as lifts, throws with complex somersaults and twists, and tumbling skills. Although Sports Acrobatics is the official name of the sport, it is often referred to as Acro.

Sports acrobatics has five disciplines (as described below): Women's pairs, Men's Pairs, Mixed Pairs, Women's trios and Men's fours.

Level 1 – 3 (Stage 1)	Preparatory work including skills, drills, and Intro workouts. Routines consist of Individual skills and sync movements.
Level 4 – 5 (Stage 2)	Optional routines with set requirements performed in: Women's, Men's, and Mixed Pairs, Women's Trios, Men's Fours. Routines consist of Balance and Dynamic skills.
Level 6 – 7 (Stage 3)	Optional routines with set requirements performed in: Women's, Men's, and Mixed Pairs, Women's Trios, Men's Fours. Routines consist of Balance and Dynamic skills.
Level 8 - INTERNATIONAL	Optional routines with set requirements performed in: Women's, Men's, and Mixed Pairs, Women's Trios, Men's Fours. Routines consist of Balance, Dynamic skills and Combined skills.
PARTNERSHIPS	<ul style="list-style-type: none"> • Women's Pairs involves two Females (one base and one top). • Men's Pairs involves two Males (one base and one top). • Mixed Pairs involves one male (the base) and one female (the top). • Women's Trio has a female base, middle and top. • Men's Fours utilises four males (base, middle 1, middle 2 and a top).

Being a gymnast is
having the strength
to hold on...
And the courage to
let go.



CLUB MEMBER EXPECTATIONS

Refer to our policies found on our website [here](#).

PARENTAL CONCERNS

Despite the best efforts of coaches and our committee, we know that from time to time issues may arise with respect to your child's coaching. We have developed the following protocol to facilitate a successful resolution to any concerns you might have.

1. Speak to your child's coach directly and respectfully about your concerns. Coaches are available to meet with parents by setting up a mutual meeting time. All coaches at GGC have allotted office hours in which they are prepared to meet with parents/guardians. Please contact the coach directly for these times as they may change term to term. We encourage you to speak with your child's coach on a continual basis to ensure problems, if any, are dealt with as early as possible.
2. If you are not satisfied with the response of the coach, please contact our main office to set up a meeting with either the Head Coach or our Business Manager.

COACHING STAFF

All our coaches at GGC hold Blue Cards and have varying levels of experience, both coaching and competing. We pride ourselves on the continuing education of our staff members and are always striving to be better! If you have questions of a technical nature or related to coaching, we encourage you to discuss it first with your child's coach. Only through effective communication can we best serve the individual needs of your child. Please reserve all personal conversation for a one-on-one meeting mutually scheduled by you and your athlete's coach.

ADVANCEMENT THROUGH THE LEVELS

Though this subject may be case by case, as the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's development. Gymnastics Australia has many progression policies such as compulsory routines and level testing to ensure athletes are placed at the appropriate level, however, GGC has the right to the final decision of level at which their athletes compete at. With that said, as a club striving to be the best, it may be unclear at times what the vision for your child is. Please communicate early and set up a meeting with your athlete's coaches. The coaches at GGC always have a plan and want the best possible success for our gymnasts!

Recreational gymnasts in our Steps program will be evaluated each term and you will be provided with a report card to advise of their progress. Each Step has set skills which must be mastered before a child can progress to the next step.

HEALTHY LIFESTYLE

At GGC our staff highly encourages its athletes to lead a healthy lifestyle. In a sport in which the athlete relies on their body, nutrition is very important. Please be sure your athlete is fuelling their body with a healthy diet including high levels of protein. Athletes should come to work-out with an appropriate snack to eat during break. It is very difficult to keep energy levels high without proper nutrition. If you or your athlete needs guidance or suggestions for healthy snacks/meals ask your coach! Please...NO CHIPS OR LOLLIES AT GYM!

TRAINING APPAREL

We ask for all gymnasts to wear the following items for training:

- Leotard or singlet and shorts/bike pants (Girls)
- Singlet/Shirt and shorts/longs (Boys)
- NO school uniform allowed

- NO crop top sets allowed
- NO jewellery or watches
- Only bare feet
- Hair to be tied back away from eyes
- Bring a drink bottle

Navy GGC girls training leotards, as well as other styles, can be purchased from the office.

MEMBERSHIP/FEES

Annual Membership Fee

An annual membership fee is to be paid prior to each child commencing gymnastics. This fee covers administration costs and includes registration and insurance with Gymnastics Queensland and Gymnastics Australia for the calendar year. This is non-refundable however membership is transferable within Australia.

Term / Tuition Fees

Term / Tuition Fees will be invoiced at the end of the previous term and is based on a sliding scale of training hours. Members are not charged for public holidays that fall during that term or for classes where GGC is hosting a competition at our venue and classes cannot be run due to the facilities being used or altered.

Discount

Families with three or more children registered with Gladstone Gymnastic Club will receive a 50% discount on their third and subsequent children for the term fees.

Refunds

Refunds

- Non-attendance does not qualify for a refund or credit.

Cancellations

- If a class is cancelled by the Club due to events held at the Club a refund will be applied to all of our classes. If a class is cancelled due to factors outside of the Club's control (i.e. weather events such as storms, extreme heat etc) the Club will not refund the cost of the class.

Illness or Injury

- Application for credit may be submitted in writing to the Club if illness or injury occurs. Any such claim must be accompanied by a medical certificate. In the case of injury, the gymnast may return to modified training to enhance rehabilitation. A pro-rata will still be applicable in this instance. The absence must be a minimum of 2 weeks.

Family Holidays

- Inability to attend due to holidays being taken during scheduled class time will not entitle the family to a refund or credit at any time.

Cease Training at our Request

- If the club discontinues a program, withdraws a position or requests a member be removed from a program, the member's account will be given a pro-rata adjusted credit or refund for the balance of the fees.

Voluntary Withdrawal

- We require two weeks written notice for voluntary withdrawal. After this time a refund of remaining fees is granted. However no refunds apply to annual membership fee.

Suspension

- Should a gymnast be suspended from training due to a lack of compliance to follow the Club's policy or a request from the Club to withdrawal from training the Club will credit their account for the time they are suspended.

Competitions

- Term Fees will not be reduced if class is missed due to athlete or coach attending or travelling to competition and events. Term fees for competitive athletes are reduced in a fee sliding scale to compensate for these occurrences.

EVENTS & COMPETITIONS

A club event calendar is distributed at the beginning of each year. The calendar will consist of events for all disciplines including recreational in-house events, competitions and other significant Club events. Your gymnast will receive a consent form to attend each event. The consent forms are usually sent out 6 weeks prior to the event and will include further information such as entry fees, venue details and draft schedule etc. To accept the invitation to participate in the event, the consent form must be signed and returned to the office along with payment by the stated due date. NO late entries are accepted.

COMMUNICATION

Communication and correspondence is predominantly sent via email. For any urgent matters, will be communicated via telephone if possible. Other communication will be made using our general Facebook page. <https://www.facebook.com/Gladstone-Gymnastic-Club-135167196545837/>.

GLADSTONE GYMNASTIC CLUB POLICIES

The following policies are available for all members. Please contact the office for a copy or refer to our website;

- Gymnast Code of Conduct
- Parent Code of Conduct
- Spectators Code of Conduct
- Coaches Code of Conduct
- Committee Code of Conduct
- Administrators Code of Conduct
- Judges Code of Conduct
- Debtors Policy
- Fee Policy
- Behaviour Management Policy
- Complaints Handling Policy
- Child Protection Policy

We hope you enjoy being part of the Gladstone Gymnastics family and should you have any questions or concerns please do not hesitate to contact one of our administrators at the office.

Real Gym. Real Fun.

