



2026

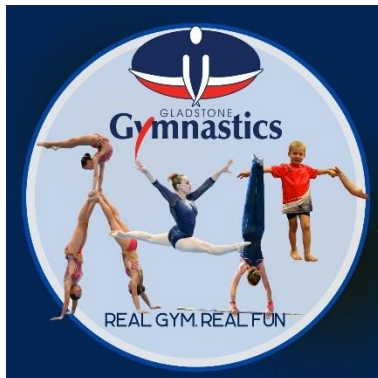
Members Handbook



WELCOME TO GLADSTONE GYMNASTICS CLUB

At Gladstone Gymnastics Club, we are proud to provide a team of dedicated coaches and educators who share a passion for gymnastics and helping athletes grow. Our staff are committed to guiding your child through this wonderful sport while also developing valuable life skills, lessons, and experiences that shape well-rounded athletes and individuals.

This handbook has been prepared to help parents and athletes understand the responsibilities that come with being a member of Gladstone Gymnastics Club. We encourage you to take the time to review it carefully, so you are familiar with the expectations for both athletes and parents before committing to membership with our club.



OUR CLUB STRUCTURE

Gladstone Gymnastics Club is a non-profit organisation, led by a volunteer Management Committee. The Committee works closely with the operational GGC team, providing guidance and an outside perspective when making important decisions about the club's strategic direction.

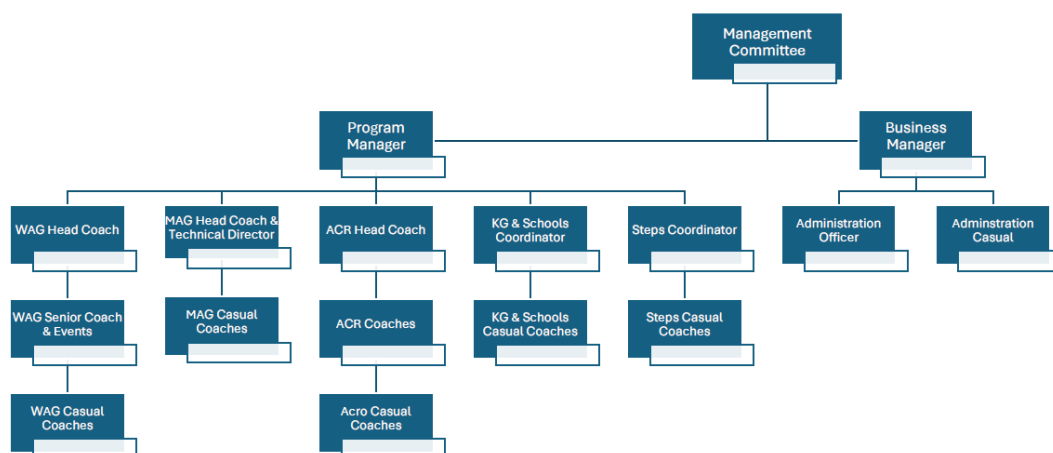
Committee members are elected each year at the Annual General Meeting. Volunteers who are interested in contributing to the growth and future of the club are warmly encouraged to nominate for a position.

The current committee members for 2025-2026 include:

- President:** Crystal Cairns – president@gladstonegymnastics.org.au
Vice President: Paul Howlett – vicepresident@gladstonegymnastics.org.au
Treasurer: Angela Ballentyne – treasurer@gladstonegymnastics.org.au
Secretary: Emily Field – secretary@gladstonegymnastics.org.au
General Committee members: Danielle Webb, Anyya Turner, Olivia Coates, Nirali Pandya, Jenni Warner

ORGANISATIONAL STRUCTURE

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



REAL GYMNASTICS, REAL FUN!

OUR MISSION

Our mission is to provide a full-service gymnastics program for the greater Gladstone community, giving every member the opportunity to maximise their movement potential and achieve their personal sporting goals through gymnastics. In doing so, we aim to:

- Provide safe, high-quality movement experiences for all participants.
- Create a learning environment that is challenging, rewarding, and enjoyable.
- Develop gymnasts of a high standard across all competitive gymnastic disciplines.

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.
- ✓ By offering inclusive opportunities for people of all ages and genders, organised gymnastics has a uniquely positive impact on the lives of our members.



AIMS AND OBJECTIVES

- To provide 'Gym Sports' programs and facilities for the Gladstone Community incorporating KinderGym
 - Gymnastics for All (Ninja and Adults)
 - Women's Artistic (recreational and competitive)
 - Men's Artistic (recreational and competitive)
 - Sports Acrobatics (recreational and competitive)
 - 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 99 years of age.
- To provide increased opportunities for the development of the sport of Gymnastics within the Gladstone Community.
- To provide all gymnasts in our Club with access to a well-designed training facility, equipped with safe and well-maintained apparatus, and supported by 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 ways.
- To provide our Coaches with the best training opportunities and education for the benefit of the club and its members.



OUR PROGRAMS

KinderGym at Gladstone Gymnastics Club

KinderGym is our movement-based learning program designed to support the physical, social and cognitive development of young children. In a safe and playful environment, children explore movement, build confidence and develop coordination, balance, strength and problem-solving skills — all while having fun!

Our programs encourage children to discover, create and move at their own pace, helping build strong foundations for school, sport and everyday life.

KinderGym Programs

Tiny Gym (6 months – 2 years)

Sensory-rich, playful sessions that support crawling, climbing, rolling, swinging and early movement skills. A fully supported parent-child program that encourages connection and confidence.

Toddler Gym (2 – 3 years)

A structured, coach-led and parent-assisted class. Toddlers develop balance, strength, coordination, listening skills and confidence as they learn to follow instructions and participate in group activities.

Kindy Gym (3 – 5 years)

An independent program for children heading to Prep the following year. Focuses on early gymnastics skills, independence, resilience, following routines and building school-readiness.

Additional Information for KinderGym Families

- **Siblings attending Toddler Gym who are over 2 years old must be enrolled.**
This ensures they are covered by insurance while participating.

- **Only gymnasts are permitted on the equipment.**

Parents and caregivers are not allowed on equipment at any time for safety and insurance reasons.



Recreational Gymnastics – STEPS Program

Our STEPS Program is a structured, progressive recreational gymnastics pathway designed for school-aged children of all abilities. Gymnasts develop fundamental movement skills and key gymnastics techniques as they move through the Steps, learning at their own pace with ongoing coach assessment and support.

Each lesson includes:

- Warm-up & strength/conditioning
- Skill development across the four core movement areas:
Rebound, Swing, Balance & Acrobatics
- Training on a range of gymnastics equipment
- Gymnasts begin in age-appropriate classes (Step 1–2 for Prep to approx. 7yrs, Step 3+ for 8yrs+), with individual progress monitored and supported throughout the program.

Progress reports are issued each semester, providing families with feedback on growth, effort, and skill development.

While this is a recreational stream, all skills are transferable to competitive gymnastics pathways, and some gymnasts may be invited to transition into competitive groups where appropriate.

Gymnasts in Steps 6–7 may also be offered the opportunity to participate in local and regional competitions, depending on coach recommendation. All athletes are also encouraged to participate in our in-house Steps Challenge events held one to two times per year.

The STEPS program is perfect for gymnasts who love structured learning, challenge, and fun, without the commitment of full competitive training.



GYMNASTICS FOR ALL – SOCIAL GYMNASTICS

Ninja Freestyle

Ninja Freestyle combines gymnastics skills, obstacle courses, strength training and parkour-style movement in a fun and high-energy environment.

Athletes challenge themselves through jumping, climbing, swinging, vaulting and creative movement circuits while improving:

- Confidence & resilience
- Strength, agility & coordination
- Problem-solving & creativity
- Social skills, teamwork & communication
- Ninja encourages kids and teens to get active, off screens, and into movement that is exciting, skill-building and confidence-boosting.

Teen Gym – Fun & Fitness (Ages 12–16)

We are excited to introduce our Teen Gym – Fun & Fitness class!

This 1.5-hour weekly recreational class is designed specifically for teenagers aged 12–16 who want to stay active, build confidence, and improve their overall fitness in a supportive and positive environment.

Unlike traditional routine-based gymnastics programs, this class focuses on:

- Building strength, flexibility, and overall fitness
- Developing body awareness and coordination
- Learning skills at an individual pace
- Setting and working towards personal goals

Athletes are encouraged to explore the skills they're interested in. Whether they want to improve their handstands, learn a cartwheel, or work towards a backflip, our coaches will safely guide them step-by-step over time.

This class is perfect for teens who:

- Want to stay fit without the pressure of competition
- Enjoy gymnastics-style movement but prefer a more relaxed structure
- Want to challenge themselves and learn new skills in a fun environment

Teen Gym is all about movement, confidence, and personal progress — with plenty of fun along the way!

Masters / Adult Gymnastics

Our Adult Gymnastics classes are suitable for all levels — from past gymnasts to absolute beginners. Sessions support individual goals, whether you want to improve fitness, learn new skills, or return to the sport you love.

Adult training includes strength, flexibility, tumbling, agility and balance.

We also offer Masters Gymnastics, where adults can train on all apparatus and, if they choose, compete in fun and supportive Masters events.

A welcoming, social environment where adults can challenge themselves, build skills and stay active.



Fitter for Life (50+)

Fitter for Life is a gentle, low-impact gymnastics-based program designed to support strength, mobility and independence in later years.

Classes focus on:

- Balance & coordination
- Posture & joint mobility

- Everyday functional movement (lifting, reaching, stepping, bending)
- Social connection, fun & wellbeing

Perfect for older adults wanting to stay active, move confidently and maintain a healthy lifestyle in a supportive and social environment.



COMPETITIVE PROGRAMS (PERFORMANCE)

Our philosophy is 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 individual, we strive to ensure that each athlete is training and competing at the appropriate level. We promote a well-rounded, self-motivated, self-disciplined and self-confident child FIRST... then an athlete.

Entry into our Competitive Program is **by invitation only**. Athletes are identified by our coaching team when they demonstrate the skills, attitude, commitment and readiness required for competitive training. However, families are welcome to express their interest in competitive gymnastics by contacting the office. We will ensure this interest is passed on to the relevant Head Coach of the discipline for consideration.

Athletes who accept a place within a Competitive Program are expected to meet **minimum attendance requirements for both training and competitions**. Commitment and consistency are essential for athlete development and team participation. If an athlete is unable to maintain the required level of attendance, a discussion may take place with the family and coaching team which could result in the athlete being moved from the Competitive Program and offered an alternative recreational pathway.



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

Each vault has a value according to its difficulty. Two different vaults are required to qualify to event finals on the apparatus, where the final score is the average of the two. Vaults demonstrate great height and amplitude, and finish in a controlled landing.

BARS

Continuous swinging and transitions between the bars are the predominant movements on this apparatus. Exercises should include elements that require swinging forward and backward, grip changes and at least one skill where the gymnast releases and re-catches the bar. A spectacular dismount often ends the routine.

BEAM

A Beam routine consists of a variety of acrobatic elements, including leaps, jumps, turns, and balance elements, including dazzling series of flips and somersaults. The gymnast use the entire length of the beam to show off her elegance, flexibility, rhythm and self-control.

FLOOR

Accompanied by music to enhance the performance, the Floor Exercise combines dance sequences and tumbling. Ideally, the focus is on self-expression, with the gymnast presenting a performance, not a routine of prescribed movements. Gymnasts strive to use the whole floor area. Individuality, originality, maturity, mastery and artistry in presentation are key ingredients for a good score.

MAG (MEN'S ARTISTIC GYMNASTICS) PERFORMANCE TEAMS

Level	Competitive Requirements
Level 1 - 6	Compulsory Routines based on National program with additional requirement (bonuses)
Levels 5 - 10	Optional routines with set requirement + bonus skills

FLOOR

The Floor Exercise combines the dynamic tumbling and non-acrobatic elements that show off the gymnast's strength, balance and flexibility with style. Tumbling must be both backward and forward in direction and will consist of both flipping and twisting. The entire floor area is used during the routine, which should not exceed 70 seconds.

POMMEL HORSE

Only the hands are allowed to touch the apparatus during Pommel Horse routines, which consist of gymnasts moving their body above and around the apparatus, swinging their body in circles and performing scissor elements and thrilling flairs. Gymnasts must always show straight legs and fully extended bodies, with their hips lifted as high as possible above the apparatus.

STILL RINGS

Strength is the key to a good routine on Still Rings, on which a gymnast performing on two rings hanging nearly 3 meters above the mat. Still Rings routines consist of a series of strength holds and handstands – both of which must be held a minimum of two seconds – and swinging elements between the rings, with the gymnast moving smoothly from one element to the next before a high-flying dismount. The Still Rings are the only event in which a gymnast never loses their touch with the apparatus before the dismount

VAULT

The fastest apparatus, Vault consists of the gymnasts running at full speed onto the springboard to make impact with the table with their hands, propelling themselves up into the air and over the table before landing back on their feet. The more flips and twists a gymnast can manage before his feet hit the mat, the more difficult the vault and the

higher the score will be. Judges are looking for impressive height and distance from the vault table, and, with only one element being judged, a stuck landing.

PARALLEL BARS

Timing and balance are critical for a good routine on Parallel Bars, with a gymnast showing a variety of swinging elements and flight elements from a support, hang and upper arm position. The routine flows smoothly from one element to the next, and the gymnasts attempt perfectly straight handstands. The most difficult routines will contain thrilling skills such as a double Saltos between the bars and dismounts with half- and full twists.

HORIZONTAL BAR

The high-flying Horizontal Bar is one of the most spectacular of the all the events, with gymnasts performing swings and release moves before the all-important dismount. Gymnasts are required to completely release and re-grasp the bar at least once, and the best in the world will string together a series of thrilling release moves in a row.



ACROBATICS GYMNASTICS

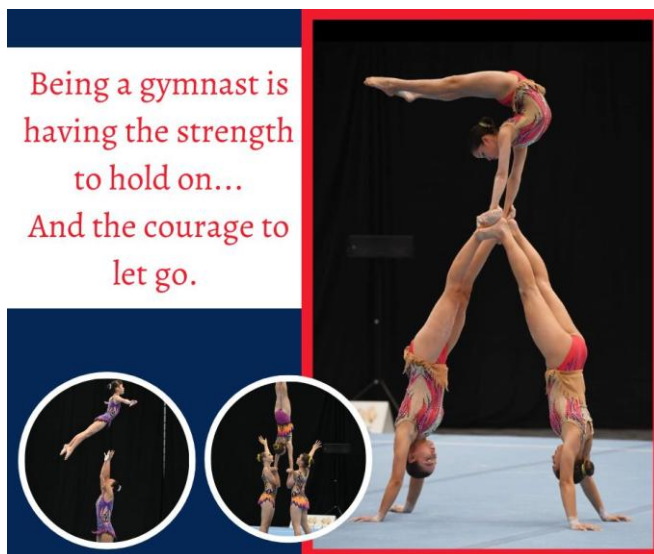
Acrobatics is a beautiful, dynamic, and spectacular sport for both men and women. The sport develops courage, strength, stamina, co-ordination, flexibility and jumping abilities. Acrobatics unites power and poise, with grace and beauty to create an intriguing sport. Acrobats in groups of two, three and 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 Acrobatics is the official name of the sport, it is often referred to as Acro.

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.



Real Gym. Real Fun.

CLUB MEMBER EXPECTATIONS

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

PARENTAL CONCERNS

At GGC we aim to provide a positive, supportive environment for all athletes. From time to time, concerns may arise regarding your child's coaching or training experience. To ensure issues are resolved promptly and respectfully, we ask families to follow the process below:

1. Speak with your child's coach first.
Please arrange a suitable meeting time directly with the coach. Parents must *not* interrupt a class or approach the coach during training. Coaches are available for conversation outside class times, and senior coaches may have office hours which can be requested if needed. Open communication with your child's coach helps resolve issues early and effectively.
2. If further support is needed, or if the matter requires attention from a senior staff member, please contact the main office. Your concern will be referred to the Head Coach for your child's discipline or the relevant Program/Business Manager, who will arrange a meeting if required.

We appreciate your cooperation in helping us maintain a safe and focused training environment.

COACHING STAFF

All GGC coaches hold a current Blue Card and have a range of experience in both coaching and gymnastics. We pride ourselves on ongoing professional development to ensure high-quality programs for our athletes.

If you have questions of a technical or coaching nature, please speak directly with your child's coach in a scheduled one-on-one meeting. This allows coaches to give you their full attention and maintain a productive learning environment during classes.

ADVANCEMENT THROUGH THE LEVELS

Progression in gymnastics is based on skill development, athlete readiness, and the professional judgment of our coaching team. While Gymnastics Australia provides progression policies—such as compulsory routines, skill requirements and level testing—GGC retains the final decision regarding an athlete's competition level or class placement. These decisions are always made with your child's safety, wellbeing, and long-term development in mind.

If you would like to discuss your child's pathway, please arrange a meeting with their coach. Our coaches plan for each athlete's progression and are committed to supporting their success.

Recreational Programs:

Gymnasts in the Steps program are assessed each semester, and families will receive a progress report outlining their athlete's development. Each Step has set skills that must be confidently and consistently mastered before progressing to the next level.

The ALP WAG Level 1 badge is awarded upon successful completion of the set skills in Girls Step 4 and Step 5 (Level 2). To receive any further badges beyond this level, gymnasts must participate in a GQ competition.

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.

TRAINING APPAREL

To ensure safety, comfort, and freedom of movement during training, all gymnasts are required to wear appropriate gymnastics attire. Please ensure your child wears:

- **Girls:** Leotard, or singlet/crop top with shorts or bike pants
- **Boys:** Singlet or T-shirt with shorts or longs
- **No school uniforms**
- **No jewellery or watches** (for safety)
- **Bare feet only**
- **Hair tied back**, away from the face and eyes
- **A labelled drink bottle**

Navy Gladstone training leotards, as well as a range of other styles, are available for purchase from the office.

Safety Note:

Coaches may request that your child wears a leotard instead of a crop top if needed for safe spotting. When a gymnast sweats, exposed skin can become slippery, which can make certain spotting techniques unsafe. Wearing a leotard provides better grip and ensures the gymnast can be supported safely.



MEMBERSHIP/FEES

Annual Membership Fee

An annual membership fee is required before your child commences gymnastics. This fee covers administration costs and includes registration and insurance with Gymnastics Queensland and Gymnastics Australia for the calendar year. The fee is non-refundable; however, membership is transferable within Australia.

At GGC, we include a member shirt with the annual membership fee. We do our best to provide every gymnast with the correct size; however, this is dependent on available stock at the time.

We also offer a sibling discount for the second and subsequent children in the same family.

Fee Structure

At Gladstone Gymnastics Club, our fee structure is designed to balance affordability for families with the ongoing financial sustainability of the club. We employ a team of highly qualified coaches and proudly pay above award rates to support the retention of skilled coaching staff in our regional community, ensuring continuity, quality and long-term program development.

Fees are structured differently for Recreational and Competitive members to reflect the varying training hours, coaching requirements and program demands of each stream.

Competitive Program Fees

Competition program tuition fees are set on an annual basis, rather than being calculated per hour, per session, or per term. The annual fee reflects the overall cost of delivering the program across the full year, not individual months or training periods. The fee includes coaching wages, facility availability, competition preparation, administration, equipment, and other fixed operational costs.

Annually, we review the coaches' training plan for the entire year, including reduced training during school holidays, public holidays, end-of-year shutdowns, and potential changes related to competition schedules. These costs are then averaged and spread across 12 equal monthly payments. This approach helps reduce administration costs and allows families to budget more consistently throughout the year.

While some weeks or months may have fewer available training hours, this is balanced across the year by weeks with full or extended training. You can think of it in a similar way to teachers' salaries — although they are not in the classroom during school holidays, their pay is averaged across the year rather than adjusted week by week.

If fees were invoiced per session, the monthly costs would increase during months with no holidays and decrease during months with more, which creates greater variability. By averaging the cost across the year, monthly fees remain unchanged during school holidays. This method is applied consistently across all competitive team levels to ensure equity for all families.

It is also important to note that competition program fees should not be compared between gymnasts or families. Each athlete may be on a different training schedule, squad level, or program pathway, which can result in variations in training hours, coaching allocation, and overall program delivery. Fees are structured to reflect the specific program each gymnast is enrolled in.

As a result, fees are not adjusted, credited, or refunded due to variations in training hours between term time, school holidays and competition attendance.

Competition Entry

Gymnasts must submit a signed consent JotForm and pay the competition fee in full before being entered. Gymnasts may not be entered into the event and, therefore, cannot attend or compete if either is missing.

If a gymnast cannot attend for medical reasons, 80% of the fee may be refunded with a valid medical certificate.

Recreational Program Fees

Recreational gymnasts follow the Queensland State School term calendar, with training breaks during school holidays. Term/Tuition Fees are charged per term and are invoiced at the end of the previous term. Fees are calculated on a sliding scale based on the number of training hours.

Members are not charged for public holidays that fall within the term, or for classes that cannot run due to GGC hosting a competition where the venue is unavailable or has been altered for event use.

Private Lessons

Private lessons are not included in term fees and are charged separately. Bookings are subject to coach availability and must be arranged through administration. Fees for private lessons are outlined in the Private Lesson Policy.

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.

Late Payment & Administration Fee Policy

Fees are required to be paid by the due date outlined in your invoice or payment schedule.

If a payment is not received by the due date:

1. A payment reminder will be issued.
2. The reminder will advise that if further follow-up is required, a \$20 administration fee will be applied to cover the additional administrative time associated with chasing outstanding payments.
3. If payment is still not received and further contact or action is required, a \$20 administration fee will be added to the member's account.

This administration fee is applied to assist with the costs associated with additional follow-up, processing, and account management.

We encourage families to contact us as soon as possible if there are any difficulties meeting payment deadlines so we can discuss suitable arrangements.

Refunds & Cancellations

Non-Attendance

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

Class Cancellations by the Club

- If a class is cancelled by the Club due to events held at the venue, a refund or credit will be applied to all affected classes.
- If a class is cancelled due to factors outside the Club's control (e.g., extreme weather events such as storms or heat), the Club will not refund the cost of the class or offer a make up session.

Illness or Injury

- Applications for credit due to illness or injury must be submitted in writing and accompanied by a medical certificate.
- In the case of injury, the gymnast may return to modified training to support rehabilitation; a pro-rata fee will still apply.
- Credits will only be considered if the absence is a minimum of 2 weeks.

Family Holidays

- Inability to attend classes due to family holidays will not entitle the family to a refund or credit.

Ceasing Training at the Club's 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 credited or refunded on a pro-rata basis for remaining fees.

Voluntary Withdrawal

- Families are required to provide two weeks written notice for voluntary withdrawal.
- Refunds of remaining fees will be applied after this notice; however, annual membership fees are non-refundable.

Suspension

- If a gymnast is suspended due to non-compliance with Club policies or at the Club's request, a credit will be applied to the member's account for the duration of the suspension.

Competitions

- Term fees will not be reduced if a class is missed due to the athlete or coach attending or travelling to a competition.
- For competitive athletes, term fees are already adjusted on a sliding scale to account for competitions and related absences.

Account Credits & Overpayments

Any credit resulting from overpayment will remain on a member's account for 24 months from the date the credit is applied. Refund requests must be submitted within this 24-month period. Credits not claimed or used within 24 months will be forfeited and removed from the account.

Credit issued as a result of cancelled classes, missed classes, or program adjustments will be applied as club credit only and is not refundable for cash.

All club credits are non-transferable and not redeemable for cash.

Events & Competitions

A club event calendar is distributed at the beginning of each year. The calendar includes events for all disciplines, including recreational in-house events, competitions, and other significant Club activities.

For each event, your gymnast will receive a consent form. Consent forms are generally sent out six weeks prior to the event and include important information such as entry fees, venue details, and draft schedules.

To participate in an event, the consent form must be signed and returned to the office along with payment by the stated due date. Late entries cannot be accepted.

Volunteer Involvement

As a not-for-profit organisation, our club relies heavily on the generosity, time and support of our volunteers to operate successfully. Volunteers play a vital role in all areas of the club, helping us provide a safe, welcoming and high-quality environment for our athletes and families.

To ensure the safety and wellbeing of all children and participants, volunteers may be asked to have a current Blue Card (or Exemption Card) correctly linked to the club through the Blue Card Services organisational portal before commencing certain volunteer duties. This is a legal requirement and forms part of our commitment to child safety and compliance with Queensland legislation.

We understand that volunteering can feel daunting for some, but support is always available. Our team is happy to assist with the Blue Card application or linking process and to help volunteers find roles that suit their skills, availability and interests.

By volunteering, you are directly contributing to the success of the club and the positive experiences of our athletes. We truly value and appreciate the time, effort and dedication of every volunteer — our club simply couldn't operate without you.

Communication

Communication and correspondence from the Club is primarily sent via email. For urgent matters, the Club will attempt to contact families by telephone where possible.

Additional updates and information are shared on our general Facebook page: [Gladstone Gymnastics Club](#)

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.

Administration – office@gladstonegymnastics.org.au

Business Manager – Anita McNamara – gm@gladstonegymnastics.org.au

Program Manager – Tamika Schofield – tamika@gladstonegymnastics.org.au

