



Parent & Gymnast HANDBOOK

2023

Recreational & Competitive

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ABOUT US

At Southport Gymnastics Club our aim is to provide an opportunity for children to participate in the sport of gymnastics at a level that challenges their learning and provides experiences which will foster the growth and development of the individual.

We teach, develop, and promote gymnastics to children of all ages in a fun, and stimulating format, and in a safe, controlled, and nurturing environment, thereby improving sensory functions that help in developing a healthy and positive self-image. Through a fun and enjoyable learning experience of sequential gymnastics, all students will enjoy the rewards of physical and mental fitness.

Southport Gymnastics has been operating since 1975 and has grown over the years in both numbers and development. The club is a community based, not-for-profit, incorporated association and operates under the direction of voluntary committee members.

Coaching and administration staff are paid professionals, however our management committee and many other helpers are volunteers who offer their time for the benefit of the club. Southport Gymnastics has always operated from its Owen Park site.



OUR CLASSES

The Southport Gymnastics program is a recreational and competitive artistic gymnastics program geared to cater to beginner budding gymnasts through to national champions. At our performance levels we provide a competitive gymnastics program for the highly motivated gymnasts who want to test and push limits of their abilities.

Level progression





OUR CLASSES

Gym Tots and Tumblers

Our Gym Tots and Tumblers is a progressive gymnastics program for boys and girls designed specially to benefit the under 5's. Diverse learning themes encourage children to explore and play whilst developing and enhancing their balance coordination, movement, confidence, and flexibility through fun and challenging physical activities. It also helps children to learn to follow instructions, take turns and interact in a class environment. It is designed to develop the whole child, socially, emotionally, cognitively, and physically in a safe, structured, multi-sensory environment, where the child may creatively explore and practice life skills, whilst developing self-confidence and self-esteem.

Adult classes

Our adult classes target both former gymnasts over the age of 16 as well as adults who are looking for fitness. No experience is necessary for these classes, which will focus on fitness and conditioning.



Recreational

Our Recreational gymnastics classes are for children age 5 to 12. Children are grouped by age and ability and progress through our skills-based stages from bronze to silver and then gold. Despite not being a competitive program, this is a pathway to competition squads.

BRONZE LEVEL

Our bronze program is designed especially for children 5 years and above (or younger children who have moved through the SGC Tumblers program). Your gymnast will be coached by our experienced intermediate level qualified coaches, in a 1 hour lesson where they develop the skills on all four apparatus. Our bronze class is a fun active class, incorporating games based warm up while keeping them active and engaged.

SILVER LEVEL

Our Silver program is designed especially for children 7 years and above (or younger children who have moved through the SGC program). Your child will be coached by our experienced intermediate and advanced level qualified coaches, in a 1.5 hour lesson where they develop the skills on all four apparatus. This class helps your gymnast to focus on key foundation skills that will be required for learning advanced skills, in a fun ability-based class.

GOLD LEVEL

Our Gold program is designed especially for children 10 years and above (or younger children who have moved through the SGC program). Your gymnast will be coached by our experienced intermediate and advanced level qualified coaches, in a 2 hour lesson where they develop the skills on all four apparatus. This class helps your child to learn advanced skills with the progression into our Level 1 competitive program.



Competitive Squads

DEVELOPMENT SQUAD - LEVEL 1-2

Southport Gymnastics Foundation levels are the first step through the Gymnastics Australia levels stream. This is an invitation only competitive team with gymnasts required to train a minimum of 4 hours per week, competing in compulsory internal and optional external competitions for the club.

The goal of our Level 1 – 2 Gymnast is:

- Introduction into the Gymnastics Australia levels system
- Greater Focus on gymnastics specific skill requirements
- Doing their personal best in a competitive environment (trophies and medals are not everything)
- Pathway to more advanced competitive levels

JUNIOR COMPETITIVE: LEVEL 3-6

The Australian Level 3 – 6 programs is designed to give gymnasts the opportunity to compete against their peers locally, regionally, and potentially nationally. It is an inclusive, focused development program supported by a curriculum designed to build the fundamental skills required for performance gymnastics, and to prepare for future, higher level skills.

In 2015 Gymnastics Australia introduced a new performance curriculum which sees girls perform compulsory routines at Level 4 & 5, and a partially optional routine at Level 6. The compulsory skills selected, ensure the basis of good development are taught and a consistency across Australia. These routines do not allow girls to perform bonus skills and all gymnasts are judged out of the perfect “10”.

Competitive Squads

SENIOR COMPETITIVE: LEVEL 7-10

The Australian Level 7 – 10 Program is designed to allow gymnasts to progress through the levels system and to challenge high achieving gymnasts to work towards state and national representation. The top g

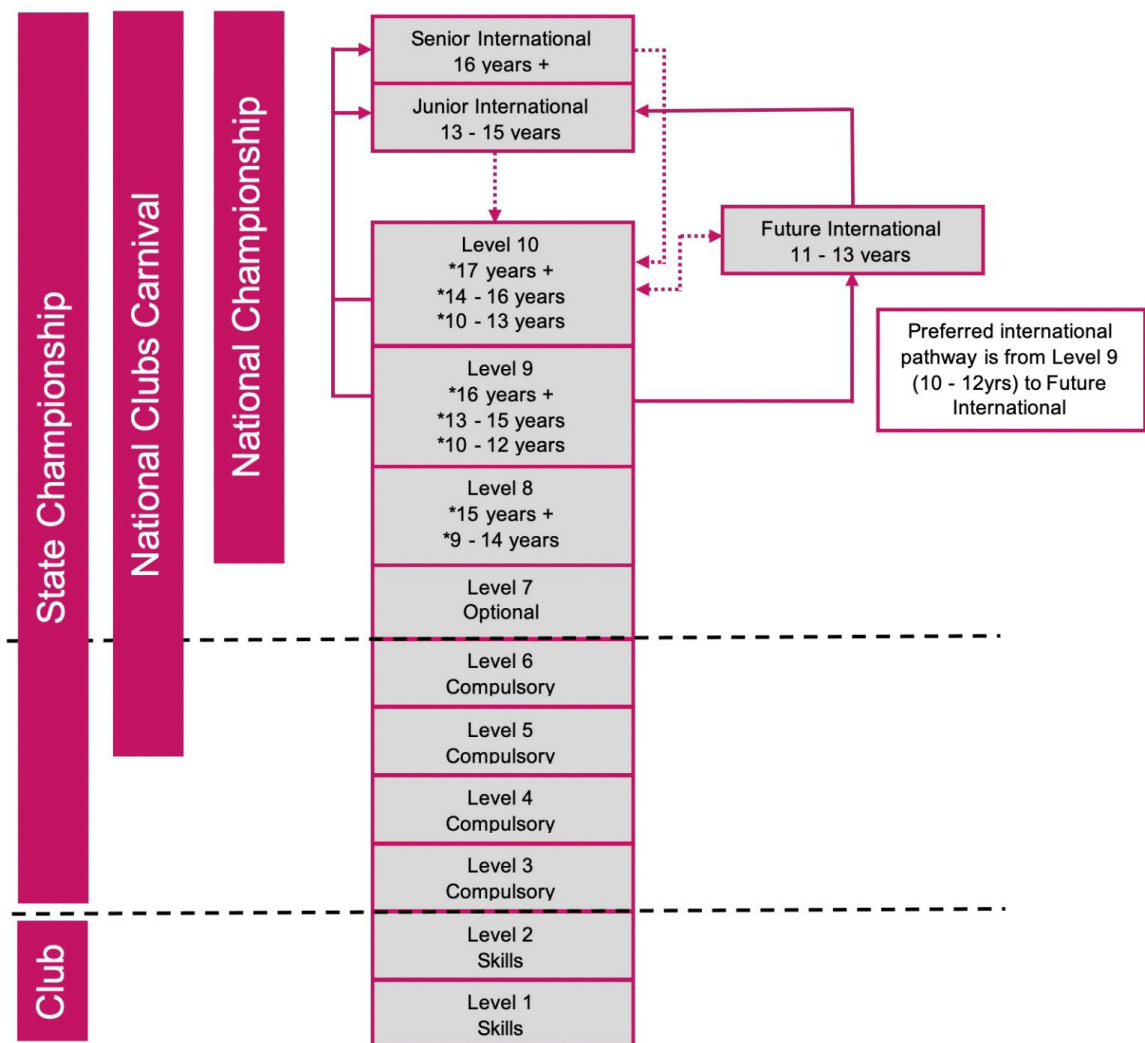
INTERNATIONAL GYMNASTICS

The Australian International Development Program is designed to develop gymnasts to a level allowing Olympic representation. At Southport Gymnastics we believe this type of talent is not just seen at 8 years of age; and can evolve over time. Our Competitive Head Coaches will work with all Southport Gymnastics coaches to ensure the correct development of all of our gymnasts; and to identify those who demonstrate the capacity and desire to perform at an international level. International gymnastics requires a 5 to 10 year commitment of 15 (introductory) – 32 hours (competitive level) training per week.



Pathway streams

WAG ALP Pathway and competition Framework



*Age Categories listed for Level 8 to 10 are set for National Championships. States may choose to have different age divisions as required.

STAFF

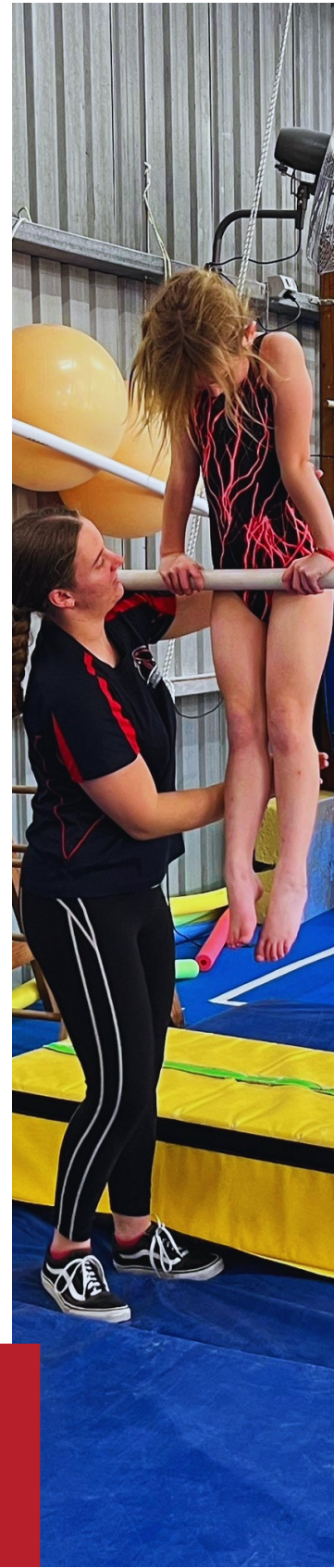
All staff employed at Southport Gymnastics Club possess a current blue card. Blue Card Services administers the blue card system—Queensland’s Working with Children Check.

All coaching staff are fully accredited and registered Technical Members through Gymnastics Australia, in addition to possessing current Senior First Aid certification.

All coaching staff abide by professional and ethical standards according to Gymnastics Australia Code of Ethics.

Our coaching staff attain accreditation through the national governing organisation of Gymnastics Australia. It is mandatory for coaches to attend regular updating clinics, events and workshops to renew and improve their annual technical accreditation. Our coaching staff are high-level competitive gymnasts who have years of knowledge and experience through their competitive background. Beginner Coaches are under the supervision of a qualified coach.

All coaching staff will abide by and practice professional and ethical standards provided by Gymnastics Australia Code of Ethics. Gymnasts can expect the dedication of their coach to the task of developing their gymnastic ability to their maximum potential. No guarantees can be made regarding the level to which a gymnast will rise. Training programs will give your child the opportunity to maximise their own potential if correctly followed with effort, persistence, and determination.



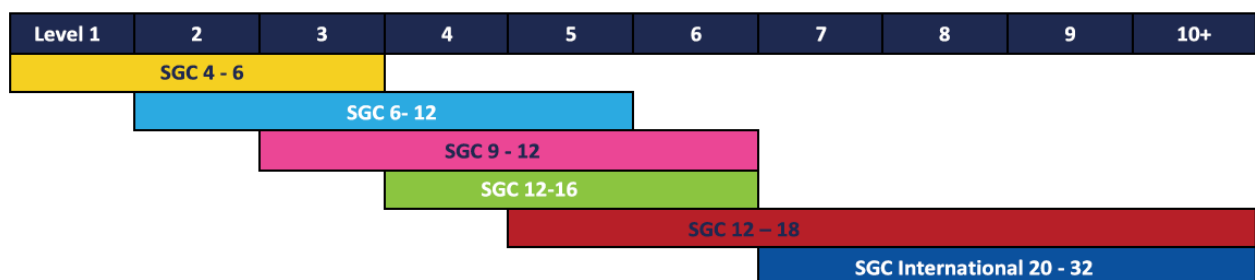
TRAINING



Hours

We consider each gymnast individually and factor in the below when deciding on group placement and training hours:

- A gymnast will be placed in a group that suits their social and gymnastic level of development.
- A gymnast must demonstrate the capacity to gain value for the hours they train in both the short & long term.
- A gymnast must want to increase training hours and love their training before an upgrade occurs.
- A gymnast must benefit from training more hours commensurate with the time, money and effort required to do those extra hours.





Training continued

NON-TRAINING WEEKS AND HOLIDAYS

RECREATIONAL CLASSES – (1HR – 4HRS EACH WEEK)

Training for Recreational classes is scheduled for the school year (in alignment with the State School start & finish dates). This includes during school term breaks but excludes Public Holidays. For 2023, scheduled training is 24 January, through to 9 December. There is no training over school holidays

- Term 1 – Monday 23 January - Saturday 1 April (10 weeks)
- Term 2 – Monday 17 April – Saturday 24 June (10 weeks)
- Term 3 – Monday 10 July – Saturday 16 September (10 weeks)
- Term 4 – Tuesday 3 October – Saturday 9 December (10 weeks)

COMPETITIVE TEAMS - NON-TRAINING WEEKS

Southport Gymnastics Competitive groups are scheduled to train year-round, including on School Holidays and during January. Scheduled holiday training is an integral component of gymnasts' preparation and provides significant benefit to our gymnasts.

In general, Southport Gymnastics Performance gymnasts have a three-week holiday at Christmas. Southport gymnasts are strongly encouraged to schedule their holidays during the non-training weeks. Please speak with your child's coach if you have family holidays or other prolonged absences scheduled during training weeks.

Gymnasts are expected to attend all training sessions to be eligible to compete.

Training continued

To maximise the opportunity for gymnasts to develop confidence and skills, and experience progress, gymnasts are expected to attend all training sessions. Whilst it is Southport's policy that schooling and family must come first, a gymnast must also be able to organise themselves to ensure they can fully commit to, and fulfill, their training and competition obligations. If a gymnast has been absent prior to competition, their eligibility to compete will be determined at the coach's discretion. All decisions will be based on the safety of the gymnast (on occasion, the coach may have the gymnast compete on some, but not all apparatus, and/or may remove skills from the routines). It is recommended that the gymnast attend 2 weeks prior to a competition to ensure optimum training and competition confidence.

ABSENCES

Please use the [parent portal](#) to report an absence with as much advance notice as possible.

MAKE UPS & PUBLIC HOLIDAYS

Make-up lessons are not part of the Southport Gymnastics Terms and Conditions, we understand at times your daughter may not be able to attend scheduled training but cannot offer makeups or refunds. Unfortunately public holidays can fall on scheduled training days. We do not provide refunds if your training falls on a public holiday.

TRAINING ETIQUETTE

It is expected all athletes arrive on time and attend all their training sessions. If your child will miss training due to illness, injury or family holidays, please inform us in advance. During training all athletes are expected to follow the code of conduct and behaviour and follow instructions from their coach or any other Southport staff. Acts of bullying, bad language and disrespect towards a coach or other members of the club will not be tolerated. Athletes are expected to respect and take care when using equipment within the gym and must follow instructions of when they may use it and must do so in a safe manner. Belongings should be kept in a neat and tidy manner, pigeonholes and lockers are provided. Southport accepts no responsibility for belongings, all valuables should be left at home.

Training continued

INJURIES

If your child is injured, we ask that you seek medical advice, then you arrange to meet with your child's coach to discuss the details of the injury and the recovery process. Injured athletes, where possible will be asked to attend their training sessions, even for a portion of their class to maintain strength and flexibility.

PROGRESSING LEVEL TO LEVEL

The athletes' coach, along with the head coach will determine when the child is ready to move to the next level, this will be based on skill development, commitment and competition results. It is important we do not push a gymnast before they are ready, this is to ensure they have strong enough foundations and they feel a sense of success in the level they are in.





COMPETITIONS

At the beginning of each season, Southport Gymnastics coaches select specific competitions to send the athletes to. Parents are sent out a draft of competitions we intend to enter athletes into, and we ask that you aim to have your child be available to participate in them. Should you know in advance you will be unable to attend please bring it to head coaches/ admin attention.

Competition Entries and closing dates are determined in advance by the hosting club and Gymnastics Queensland. Refunds and late entries are often outside of our control, and will only be able to take place with a medical certificate.

States and National Competitions are our largest competitions of the year. Athletes have to compete and receive a qualifying all-around score at a sanctioned competition to participate in states and nationals. Without a qualifying score athletes will be unable to enter States and Nationals.



COMPETITIONS CONT...

The Regional Competition is also a requirement to participate at Junior & Senior States competition, during this competition athletes will have the opportunity to be selected by Gymnastics QLD to represent the Gold Coast Region.

Team Competitions are becoming increasingly popular especially within the gymnastics discipline. Specific competitions are held where clubs are invited to enter a team of athletes where the top scores within the team will count towards total scores to see where each team may rank. Depending on the rules of competition clubs may only be allowed to send a certain number of athletes or only have a certain amount of a team compete on each apparatus therefore head coach and team coach will determine who they will send / what team athletes will be placed in.

Competition season differs depending on level and Olympic cycle, but generally the seasons are:

- Foundation and Junior: March- September
- Senior Competition: Feb – June

ELIGIBILITY FOR COMPETITION

Gymnasts will be entered in all available competitions for which they have qualified, and recommended by their coach.

Qualification is gained by:

- Being the appropriate level or age for the competition
- Attending all training sessions and demonstrating gradual improvement in all training variables.
- Reaching a MINIMUM standard in all skill & routine goal areas and physical conditioning
- Achieving a performance score on each apparatus at a previous tactical meet
- Demonstrating support of teammates in training and competition
- Having current and up to date Southport Gymnastics Membership Fees
- Completing any nomination requirements and appropriate fees by the due date

COMPETITIONS CONT..

COMPETITION FEES

Competition fees must be paid prior to gymnasts being nominated for any competition. Please note: If payment is not received by the due date, your child will miss out on entering the event. All payments should be made as instructed. To simplify the process and to help families plan, the year is broken up into three competition seasons. An email is sent to each family when a child is eligible for competition with due dates and payment details. All bookings will be made and paid for online, via our booking system.

COMMUNICATION AT COMPETITION

At no time may a parent approach or attempt to communicate with child, coach or any officials on the competition floor. Penalties including disqualification may occur if this rule is broken. In case of family emergency please alert marshalling staff of the event who will be able to excuse the gymnast from the floor in a safe manner for all participants, or involve the First Aid Officer.

TRAINING ATTIRE

All team athletes need to wear the club training leotard equivalent to the level they are in. In hotter months it is asked that competitive gymnasts bring a 'gym' towel to dry their bodies from sweat. Always ensure you have a water bottle with you.

COMPETITION ETIQUETTE & TEAM SUPPORT

Gymnasts must check-in with their coach(es) 15-20 minutes before the start of warm-up (please also leave time for your daughter to get into her leotard prior to meeting the coach). Once they have checked in with their coach, gymnasts must stay on the competition floor for the remainder of the competition (Rules regulate that gymnasts may not leave the floor without permission of the Jury, nor have any contact with persons outside the Competition Arena.)

Gymnasts are expected to be polite, respectful, and supportive to all participants and officials. As a club we want to provide our gymnasts with all the support possible at competition. We ask that all girls attend other sessions and support their teammates at competition where possible. Audience members are encouraged to cheer loudly and support their gymnasts. (Spectators are expected to behave in a way that exemplifies the Southport Gymnastics and sets a positive example for our children.)

COMPETITIONS CONT..

WHAT TO WEAR TO THE COMPETITION

Club tracksuit, Club member shirt, plain white socks, sneakers (Note: Do not wear your leotard to the venue)

WHAT TO WEAR WHEN COMPETING

Club competition leotard, Club tracksuit, plain white socks

WHAT TO BRING TO COMPETITION

Club bag, Guards/white wristbands, Water bottle, Tape, Vaseline/Paw paw / Band aids, Copy of your music (for optional floor routines only), Spare elastics/clips/ bobby pins, White socks, A small snack, Underwear

PERFORMANCE INDIVIDUAL & TEAM COMPETITIONS

Level 3-6 competitions are spread throughout the year from the end of April to the start of October. The year will commence with the 360 WAG Invitational, followed by State Clubs for girls selected in the representative Southport Gymnastics teams.

We then move through to August for the Regional Championships and the Coomera Competition on the Gold Coast which are individual competitions. For girls who qualify for State Titles they will compete in September, and girls selected onto Southport representative teams they will contest the National Club Championships which are being held on the Gold Coast this year.

For team competition, gymnasts are grouped into teams of 3 to 7 (depending on the competition) to make up our teams in various levels. Teams are chosen based on attitude, effort, training, competitive performance, and the ability to contribute on certain apparatus. As these are team events, we will not necessarily select gymnasts for certain teams based on their overall scores or places at previous competitions, but rather we look for the strongest apparatus performances and how we can cover weaknesses and maximise strengths in particular teams, when deciding the composition.

We trust that parents will understand and support our team selections, as it would be devastating to a child if they were led to believe that her selection in any certain team was nothing short of fantastic.



UNIFORM

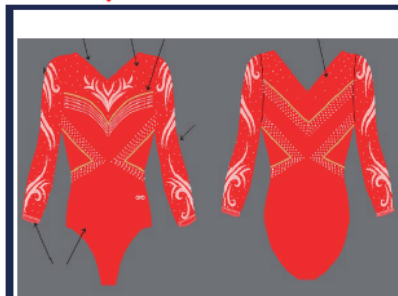


We suggest

- Girls do not eat or drink in their leotard.
- Girls do not travel to or from Competition in their leotard. (bring it in on a coat hanger and take it home on a coat hanger)
- Wash it as soon as possible after wearing it (sweat will eat away at the foil and it will lose its shine/colour)
- Follow All Washing Instructions – Keep your instructions.



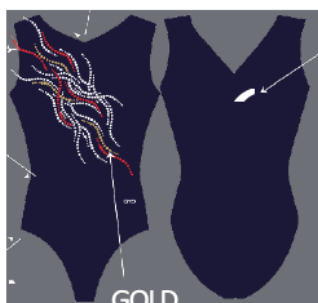
UNIFORM



Competitive and Performance Competition Leotard (Levels 3-10)

Gymnasts in level **3-10** will be required to purchase the Southport Gymnastics Competition and Performance Competition Leotard.

Please see GMD Website and Order Form for ordering instructions.



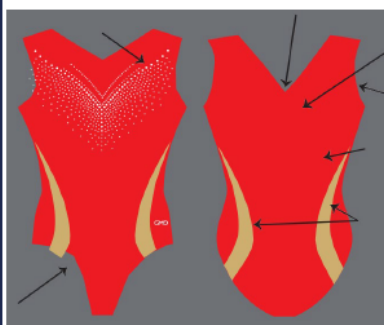
Competitive and Performance Saturday Training Leotard

In a bid to bring all our gymnasts together as a club we would like to encourage all **Competitive & Performance** gymnasts to purchase this leotard in 2021.

This leotard will be worn every Saturday at training as well as for testing days and training on tour. It can be worn with bike pants, black $\frac{3}{4}$ leggings or long leggings (may be worn in winter).

For hotter summer training, there is also a matching crop top that can also be worn.

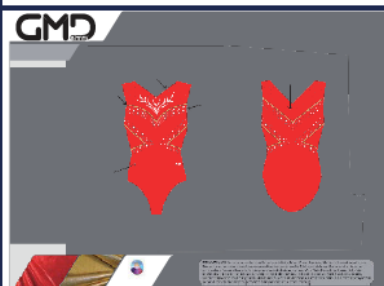
Please see GMD Website and Order Form for ordering instructions.



Competitive Podium Leotard

Girls in the Competitive Program will be required to purchase the Girls Podium Sleeveless Leotard. This leotard will be worn at all full competition warm-ups, podium trainings, tours and training camps. It is to be worn with **plain black lycra bike pants**, plain black $\frac{3}{4}$ leggings or no bike pants, depending on the head coach's instructions.

Please see GMD Website and Order Form for ordering instructions.



Foundation Performance Competition Leotard (Levels 1-2)

Gymnasts in level **1-2** will be required to purchase the Southport Gymnastics Competition and Performance Competition Leotard.

Please see GMD Website and Order Form for ordering instructions.



Plain Black Lycra Bike Pants






Can be worn with the Saturday training leotard and Podium leotards however are not compulsory.

Black $\frac{3}{4}$ Leggings

These may be worn in the colder months with the training leotards.

UNIFORM



	<p>Southport Tracksuit</p> <p>All Foundation, Junior and Senior Competitive and Performance Gymnasts must wear the club tracksuit in competition.</p> <p>Please see GMD Website and Order Form for ordering instructions.</p>
	<p>Southport Registration Club Shirt</p> <p>Gymnasts will wear the Club Member Shirt provided for competition. One shirt per member is supplied by the Southport Gymnastics Committee at no charge.</p> <p>Additional shirts (if lost or damaged) will be charged at \$33.00 per shirt.</p>
	<p>Southport Bag</p> <p>This bag is compulsory for all girls in our Performance and Competitive Teams (Level 3-10) as well as for our Foundations (Level 1-2). It will be used at all competitions.</p> <p>Please order directly from GMD - Please see GMD Website and Order Form for ordering instructions.</p>
	<p>Ribbons</p> <p>Our competition ribbons are compulsory for all level 1-10 gymnasts. Ribbons will be supplied by the Southport Gymnastics Committee. One ribbons per member is supplied by the Southport Gymnastics Committee at no charge.</p> <p>Additional ribbons (if lost or damaged) will be charged at \$12.50 per ribbon.</p>
	<p>Southport Supporter Polo Shirt</p> <p>Cheer on our Southport gymnasts in these fantastic Supporter shirts. We also have a Club Hoodie for everyone to wear and enjoy.</p> <p>Please order directly from GMD - Please see GMD Website and Order Form for ordering instructions.</p>

COMPETITION CALENDAR



Date	Event	Level	Host	Venue
11 - 12 March	WAG Premier Senior Invitational	L7-10	Premier Gymnastics	Premier Gymnastics, Murray Evans Hall, Somerville House, Stephens Road, South Brisbane
18 - 19 March	WAG SEQ Senior Regionals	L7-10	360 Gymnastics	360 Gymnastics, Coorparoo
31 March - 3 April	WAG Senior State Championships	L7-10	Gymnastics Qld	Gymnastics QLD, Sleeman Arena, Sleeman Sports Complex, Crn Old Cleveland & Tilley Roads, Chandler
7 May	WAG 360 Invitational	L1-2	360 Gymnastics	360 Gymnastics, Coorparoo
20 - 21 May	WAG YMCCA Victoria Point Invitational	L3-6	YMCA Victoria Point	YMCA Victoria Point, 128 Link Road, Victoria Point
27 - 28 May	WAG 360 Invitational	L3-6	360 Gymnastics	360 Gymnastics, Coorparoo
10 - 11 June	WAG Delta Team Challenge	L7-10	Delta Brisbane	Delta Brisbane, 60 Boothby Street, Kedron
24 - 29 June	WAG Qld Club Championships, Border Challenge	L4-10	Gymnastics Qld	Gymnastics QLD, Sleeman Arena, Sleeman Sports Complex, Crn Old Cleveland & Tilley Roads, Chandler
8 - 9 July	WAG Albany Creek	L1-2	Albany Creek Gymnastics	Albany Creek Gymnastics Club, South Pine Sporting Complex, 620 South Pine Road, Brendale.

COMPETITION CALENDAR CONT.



Date	Event	Level	Host	Venue
15-16 July	WAG Splitz Invitational	L1-2	Splitz Gymnastics	Splitz Gymnastics, 79 Jijaws Street, Sumner
15-16 July	WAG AGDA July Invitational	L3-6	Australasian Gymnastics and Dance Academy	Australasian Gymnastics and Dance Academy, Morayfield
19 - 20 August	WAG GC Junior Regionals	L3-6	Varsity Lakes Trampoline & Gymnastics	Varsity Lakes Trampoline & Gymnastics, 10 Ramly Drive, Burleigh Heads.
16 - 20 September	WAG Junior State Championships	L4-6	Gymnastics Qld	Gymnastics QLD, Sleeman Arena, Sleeman Sports Complex, Crn Old Cleveland & Tilley Roads, Chandler



CODE OF CONDUCT



As a participant of Southport Gymnastics, all persons are required to comply with Southport Gymnastics Codes of Behavior. In addition to Southport Gymnastics General Code of Behavior you must meet the following requirements regarding your conduct during any activity held as a representative of Southport Gymnastics Club.

CODE OF CONDUCT

A GYMNAST MUST:

- Arrive at least 10 minutes early for training to assist the coach in preparation for training.
- Train in neat apparel at all times (includes leotard, tights, wristbands, socks, t-shirt, shorts, hair)
- Respect and follow the instructions of his or her coach. Show by words, actions, posture, and demeanor a commitment to a positive, energetic performance and seek to become the best gymnast they can become.
- Co-operate with the coaches and staff in the development of programs to adequately prepare you for competition at the highest standard.
- Treat other people in the gym with respect and courtesy and maintain high personal behavior standards always.
- Remember that she is both a role model for younger gymnasts and a representative of Southport. Gymnastics, both when training and competing
- Adhere to the rules of competition and respect the decision of the official, making any appeals through the formal process and respecting the final decision.
- Observe and encourage teammates to achieve and succeed, and respect the talent, potential and development of fellow participants and competitors.
- Always conduct yourself in a professional manner relating to language, temper and punctuality
- Do not tolerate acts of aggression or bullying.
- Respect the rights, dignity, and worth of fellow participants, coaches, officials and spectators.
- Where possible make the coach(es) aware of the fact they may be late or absent from training prior to the event and see their coach before they start training to explain any late arrivals.

PARENT RESPONSIBILITIES AND BEHAVIOUR CODE OF CONDUCT

As a parent of a participant at Southport Gymnastics, all persons are required to comply with Southport Gymnastics Codes of Behaviour. Should you breach the code of behaviour repercussions may occur. As a parent of a participant in any activity held by or under the auspices of Southport Gymnastics, you must meet the following requirements regarding your conduct during any such activity or event:

CODE OF CONDUCT

THE PARENTS OF THE GYMNAST MUST:

- Support your child in meeting the above requirements as a gymnast and a Southport Gymnastics representative.
- Remember that your child participates in the sport for their own enjoyment, not yours.
- Focus on your child's efforts and performance rather than winning or losing. All children want to please.
- Respect the rights, dignity, and worth of others, regardless of gender, ability, cultural background or religion.
- Never ridicule or yell at your child and / or other children for making a mistake or not doing well in a training session or competition. Ensure you demonstrate a high degree of individual responsibility especially when dealing with minors under 18 years of age. Your words and actions are an example.
- Ensure attendance at training and competition events. Arrange suitable transport to events and training. Deliver gymnasts into the facility and pick up from the facility.
- Provide medical & paramedical support for your child through recommended sports medicine facility.
- Support and assist the activities of Southport Gymnastics.
- Support their child to develop social and physical skills through gymnastics.
- Be courteous when communicating with coaches, judges, and administrators, and respect the official's decision. Physical or verbal abuse or harassment will not be tolerated.
- Show appreciation for good performances by all participants (including the opposing participants)
- Allow fellow parents the respect they deserve to view their child's participation.
- Be a positive role model.

CODE OF CONDUCT

DISCIPLINE POLICY

Performance and Competitive Gymnasts are role models for Southport Gymnastics members and ambassadors for Southport Gymnastics. Training requires significant discipline from our gymnasts to achieve success and safety. We expect a high standard of behaviour. In the event a gymnast does not follow the standard of behaviour set, our coaches follow the below model:

1. Advise the gymnast of the expected behaviour.
2. Advise the gymnast when the expected behaviour has not been displayed and ask them to rectify their behaviour.
3. Remove the child from training to consider their behaviour.
4. Contact the parents of the gymnast and request the child to be removed from training.

ASSUMPTION OF RISK AND SAFETY

Participation in gymnastics carries an inherent risk of injury like any other sport or physical activity. Many gymnastics activities require inversion (turning upside down) of the body which in turn carries the risk of head or spinal injury. This risk is greatly controlled in a supervised class with a qualified and experienced coach. Parents should be aware of this risk prior to accepting membership. Upholding the safety of all gymnasts is the key priority for coaching staff. The Management Committee together with the coaching staff reserve the right to refuse or rescind a position in any class without a warning where a coach feels that an individual presents a risk to the safety of him/herself or others. Failure to follow instructions or act in a reasonable, sensible manner may constitute such a risk. Physical or verbal abuse of a gymnast or staff member may constitute such a risk.

CODE OF CONDUCT

COMMUNICATING WITH COACHING STAFF

For the safety of all athletes, please do not distract or talk to your child, coaching staff or other gymnasts during training sessions or at competition. Your child is in the care of their coach from the commencement of, and until discharge from, their training session.

Parents are required to supervise children in their care, whilst spectating classes. For the safety of our athletes, no ball sports or running is permitted within the gymnastics venue or viewing area. No parent is to enter the training floor unless invited by a coach. Any day-to-day messages are to be relayed to the Office staff via text or email, who will convey the message to the gymnast's coach. In the event of an emergency, please advise, email or text or phone office staff who will inform coaching staff.

Parents are not to contact the coaches directly on their mobile. Any queries or meetings are to be arranged via the Club mobile, phone, or email. This way we have a communication string and avoid any missed messages between Admin and parents. Southport Gymnastics asks that all communication takes place through the front desk / administration. Should you wish to speak to the coach prior or after a lesson please speak to the front desk first to have this arranged. Contacting Southport Gymnastics staff through social media or personal phone numbers is against our Club policy. If you have any enquiries regarding the program or your child's progress, please arrange an appointment with your child's coach through the Office Administration staff. If an unresolved issue arises, a meeting will be arranged between the gymnast's parent or guardian, the coach and the Program Coordinator.

CHANGES TO COACHING STAFF

While every attempt to give the gymnasts consistency in coaching staff Southport Gymnastics Club reserves the rights to change coaching staff without notification



FEES AND MEMBERSHIP

Annual and Term tuition fees are reviewed on an annual basis by the Southport Gymnastics Club Committee. Recreational Gymnasts are invoiced on a term basis, aligned with Education Queensland State School terms, and due for payment prior to the start of the term.

Competitive Gymnasts are billed on a monthly basis. These team fees are calculated on an annual basis and divided evenly over 12 months period, taking into account the 3 weeks holidays. The payment rate per hour is based on the number of hours the gymnast trains.

Training fees do not include costs for events, competitions, levels badges, or any uniform items. The fees charges are applied for the coaching and tuition provided.

Consumables levy

This compulsory levy is charged per performance and competitive student per year. The annual Levy covers the purchase and supply of chalk and tape and any other consumables provided to gymnasts each year, and is charged in January alongside the monthly fee. It will appear as "Consumables Supply Levy" on the first invoice.

Registration

Southport Gymnastics Club is affiliated with Gymnastics Queensland www.gymqld.org.au. All members must pay annual Club Membership and Gymnastics Queensland affiliation. This fee will appear as "Registration" on the first invoice a member receives each year; and is charged at 100% for Term enrolments. A Membership Pack will be issued annually to members upon full payment of their initial term invoice and annual registration and insurance.

Overdue accounts

A reminder notice will be issued to members with an overdue account. A 10% late payment will be charged on any account 30 days outstanding and participation in class will be forfeited on accounts 30 days or more in arrears. Any further participation in classes at the club will cease until fees are paid in full unless a Payment Plan Agreement has been authorised in writing by the Club Management Committee. Any fees outstanding for 60 days will result in the cancellation of membership and the employment of a collection agency. Any costs incurred in collecting the debt, including any legal fees and commissions, will be passed on to the member upon default collection. No gymnast will be allowed to participate in training whilst fees are outstanding unless a Payment Plan Agreement has been authorised in writing by the Club Management Committee.

Cancellations/makeups

As per Southport Gymnastics Terms and Conditions, non-attendance / family holidays does not qualify for a refund, credit, or make up class. Inability to attend due to holidays being taken during scheduled class times, or other gymnast absence, will not entitle the family to a refund or credit at any time, with the exception being Illness or Injury as per the policy below.

In accordance with the Australian Consumer Laws, once the gymnast has been enrolled in the class, a change of mind is not accepted as a valid reason for a refund of fees. Term fees are non-refundable.

New members may request a refund IN WRITING within the in the first 14 days of membership. The refund will be pro-rated on the full amount paid. Under no other circumstances will any membership be refunded.

If a class is cancelled by the club, a make-up class will be offered at an alternative date.

Injury

Credit or refund may be applied for if gymnast illness or injury extends more than 2 consecutive weeks of class. Any such claim must be accompanied by a medical certificate extending the period in which the gymnast has been absent from class.

A written Medical Clearance from the doctor, specialist or physiotherapist will be required when the child's rehabilitation is complete.

If injury is inflicted whilst participating in an official gymnastics' activity (training, competition, events or other sanctioned activities) a claim can be lodged with Gymnastics Australia's affiliated sports insurer, who may cover Non-Medicare Medical Benefits.

Resignation and Termination

Should your child for whatever reason choose to leave the team or club, it is important to inform the management as soon as possible. Please note that we require one month's written notice in advance. Fees are payable during this time. We reserve the right to withhold any transfers pending if accounts are still outstanding.

Should the Behaviour Code of Conduct not be adhered to; disciplinary action may take place. Coaching staff have the right to suspend or ask an athlete and or parent to terminate enrolment due to continuous disciplinary action, which may impair the safety and progress of the other participants. Absence due to suspension as a disciplinary measure will not entitle the member to any refund or credit as a position in the class is being held for the individual whilst on suspension. Should the member withdraw from the program during a period of suspension, the usual Voluntary Withdrawal Policies will apply.

If the club discontinues a program, the members' account will be given a pro rata adjusted credit or refund for the balance of fees.

USEFUL CONTACTS



Our club:

Phone: 07 5571 0736

Mobile: 0481 739 711

Email: info@southportgymnastics.com.au

Email: committee@southportgymnastics.com.au

Parent Portal - via app or website link:
<https://app.iclasspro.com/portal/southportgymnastics>

Website: southportgymnastics.com.au

Social media

Facebook: [facebook.com/southportgym](https://www.facebook.com/southportgym)

Instagram: [instagram.com/southportgymnasticsclub](https://www.instagram.com/southportgymnasticsclub)

External:

Gymnastics Queensland Website: www.gymqld.org.au

Gymnastics Australia Website: www.gymnastics.org.au

Uniforms: Via GMD (direct link via our website)



CONTACT INFORMATION

 07 5571 0736

 info@southportgymnastics.com.au

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