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Waiver

This handbook, it's references and attachments are general in nature and their brevity could lead to misinterpretation. No responsibility can be accepted for those who act on their contents without first consulting Administration to obtain specific advice.

Circumstances not covered in this Handbook will be dealt with on a case-by-case basis by the Coaching Director, Administrator or the Club's Management Committee.

Club Mission Statement

To encourage every gymnast to maximise their gymnastic potential, reaching the highest levels of artistry and performance to which they are capable and to which they aspire.

Club Motto

Active Body - Active Mind

State Peak Body

Gymnastics Queensland (GQ)

National Peak Body

Australian Gymnastics Federation (GA)

International Peak Body

Federation of International Gymnastics (FIG)

Gold Coast Gymnastics Club receives financial assistance from:



Funded by



Gambling

Community Benefit Fund

Queensland Government



Queensland Government

Department of Local Government, Planning,
Sport and Recreation



JUPITERS CASINO COMMUNITY BENEFIT FUND

Welcome to the Gold Coast Gymnastics Club

The Gold Coast Gymnastics Club was established in 1988. It is a community based, non-profit organisation which aims to enable children and adults of all ages and abilities to experience gymnastics to their fullest potential.

Gymnastics offers many physical, emotional and intellectual stimuli which benefit a growing child, and our club caters for all levels of ability and aspiration from toddler to high level competitive gymnastics.

Gymnastics activities promote strength, flexibility, balance and coordination and provide an excellent grounding for learning many other sports. The whole-body weight bearing activities involved in gymnastics help to prevent bone disease in later life. The Gymnastics training environment also introduces goal setting, discipline, cooperation, teamwork, listening & comprehension skills, taking instruction & criticism, performing to an audience and concentration.

Our club has the best equipped facility on the Gold Coast with a full complement of the Olympic Gymnastic apparatus, as well as Trampolines, Foam Pits, Safety harnesses and many other teaching devices. In addition to our excellent facility and equipment, GCGC also employs some of the most highly qualified and experienced coaching staff in Queensland.

Our proven systems and programs have resulted in us becoming one of Australia's biggest gymnastics clubs. Having so many gymnasts means that we have children of similar ages and abilities in each group which ensures appropriate lesson content for your child throughout their gymnastic pathway.

If at any time you have questions or concerns, please do not hesitate to contact administration.

Phil Hanson
General Manager

Our Club Personnel

The Management Committee

The Management Committee meets monthly. All matters for the general meeting must be in writing to the secretary one week beforehand. Non-agenda items will not be discussed at this meeting. Although most of our coaching staff are paid professionals, our management committee and many other helpers are volunteers who offer their time for the benefit of the club. Some of these positions demand a great deal of time and effort for little or no recognition or reward. The GCGC Management Committee is elected by the club members every year at the AGM and we are always looking for enthusiastic, creative people to join the committee. If you would like to be involved in this area please contact our Administrator or Club President.

Administration

The office is attended from 9:00 am - 6:00 pm weekdays and from 9:00 - 1:00 pm on Saturdays. The club employs administration staff to manage the accounts, enrolments, events, funding applications, special projects, scheduling, staffing, programming and other necessary administration.

Coaching Staff

All coaches hold a minimum qualification of Level 1 under the Australian Coaching Council's National Coaches Accreditation Scheme (NCAS) or are in the process of gaining accreditation. Coaches who are in training are under the supervision of a qualified coach. Many of our coaches also hold tertiary qualifications in Physical Education. Accreditation procedures also require that coaches hold a current senior First Aid certificate or equivalent. Surprisingly, many of our younger coaches possess high levels of up to date technical expertise in gymnastics as a result of many recent years of intensive training as competitors. For this reason they are employed in the area of preparation of our competitive teams and sometimes as assistants in the recreational areas. Don't be fooled by their size as most gymnasts are older than they look.

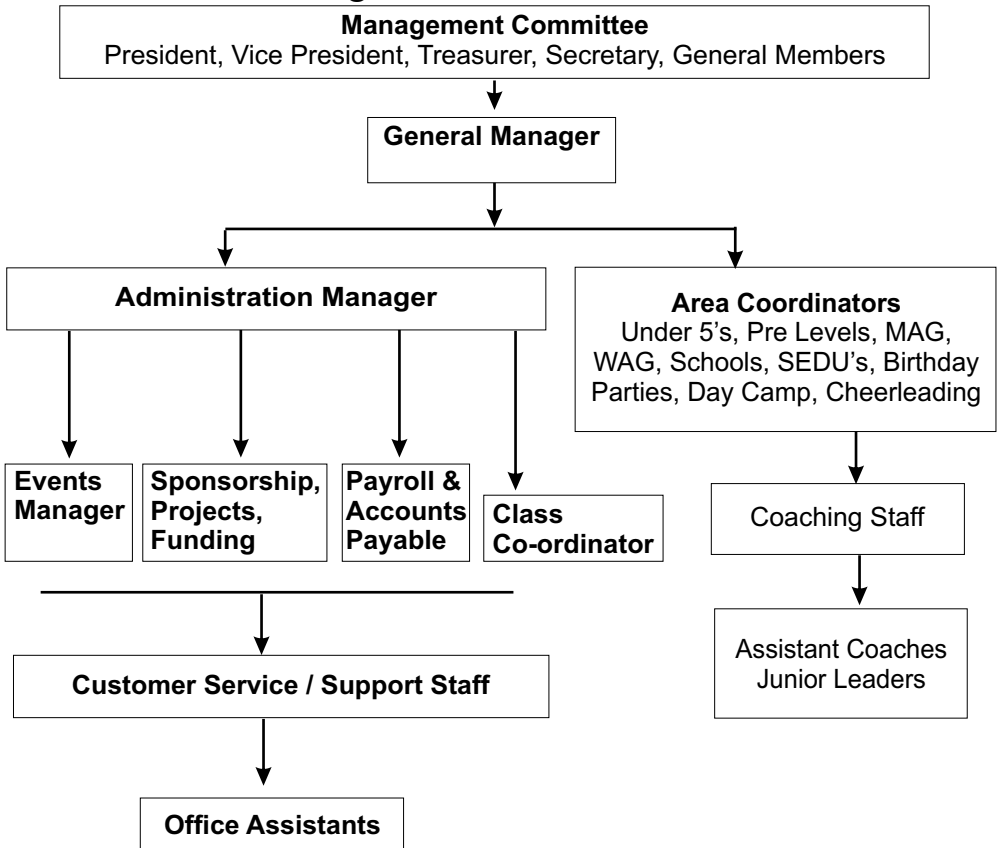
Junior Leaders

This is a reward based program for gymnasts over 12 years. Under this program participants learn about Coaching, Judging, Administration and Events Management. This program can lead into coaching and traineeships.

Blue Card

All staff and volunteers are required by law to hold a current and valid Blue Card. (Working with children suitability card)

Organisational Chart



Other people around the gym

As a leading gymnastics club we frequently have coaches from other clubs observing or assisting with training as a means of meeting their compulsory annual updating requirements for the National Coaches Accreditation Scheme (NCAS). These coaches are under the supervision of our own coaching staff.

We also sometimes have coaches and gymnasts from other clubs visiting to take advantage of our facility and experienced coaches.

OUR CLUB PROGRAMS

M&M's, Smarties, Jelly Tots and Jelly Beans (Under 5's)

Tumbling, balancing, jumping, rolling, swinging and movement to music for under 5's. Upon completion of the Jelly Beans program, children will be ready for the Pre-Levels program.

Pre-Levels

Basic introductory gymnastics for 5-7 year olds. There are 3 stages for girls and boys - Bronze, Silver and Gold. Upon completion of Gold, gymnasts are ready to enter the National levels stream at Level 1.

Men's Artistic Gymnastics (MAG)

Gymnastics skills and routines of progressively increasing difficulty on six apparatus: Vault, Pommel Horse, High Bar, Parallel Bars, Floor Exercise and Rings.

Women's Artistic Gymnastics (WAG)

Gymnastics skills and routines of progressively increasing difficulty on four apparatus: Vault, Uneven Bars, Balance Beam and Floor Exercise.

Trampoline Sports

Acrobatic and tumbling skills performed on trampolines, mini trampolines and sprung floor strips. Competitive or recreational participation available.

Cheerleading

Cheerleading is an entertainment art form and a very dynamic and exciting sport. Cheerleading is a competitive sport. Classes are available for beginners to experienced.

Adults Classes

Beginners to advanced level. Work at your own pace. Popular with ex-gymnasts, parents, dancers, entertainers and stunt workers

Special Groups

Many groups with special needs or interests use our facility and coaching staff such as the Special Education Units, Child Care Centres, Vacation Care groups, Stunt workers, Entertainers, Athletes from other sports, Preschools, Primary schools and High Schools..

Private Tuition

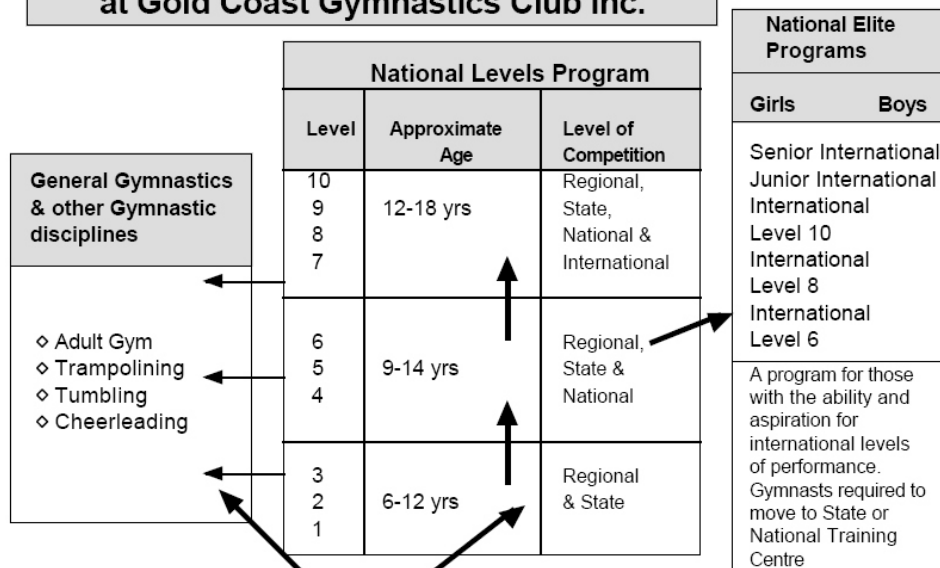
Available by consultation with your coach. Available subject to availability. Suitable for accelerated learning, problem solving, routine choreography, competition preparation and special needs.

Birthday Parties

We supply the food, clean up the mess and provide two hours of fun filled gymnastics and games for the whole gang.

YOUR GYMNASTICS PATHWAY

at Gold Coast Gymnastics Club Inc.



COMPETITIVE Vs RECREATIONAL GYMNASTICS

Our club recognises a clear distinction between recreational and competitive gymnastics. This handbook designates you/your child as competitive. From Level 1 onwards, gymnasts who are suitable to pursue competitive gymnastics are invited into a competitive training group.

The content and delivery of training programs is different for competitive and non-competitive groups. Non-competitive groups have a philosophy of fun, fitness, friendship and fundamentals. These programs aim to give a broad introduction to gymnastics equipment and activities and allow children to progress at their own pace.

In competitive training groups there are high expectations placed on the gymnasts to work hard and improve their physical abilities and skills. Positions in competitive groups are offered on the understanding that the gymnast aspires to high levels of performance and intends to fully meet all of the training commitments of that group.

From the lower to the higher levels there is a natural attrition as gymnasts find that:

- the workload becomes harder
- the hours increase
- the skills become more demanding on strength, flexibility, co-ordination, concentration, determination and nerve

Fees Policy (Competitive Groups)

Club Membership and Registration

The Club Membership package includes Club Membership, Gymnastics Queensland Registration, Sports Insurance, Club T-shirt and some value added benefits. The membership and Registration package is non-refundable. The Gymnastics Australia registration and sports insurance is transferable between clubs but not from one gymnast to another. The Club membership and QGAI registration is valid from the date of payment until the 31st of December of that year. A family discount of 10% applies for the 2nd and subsequent family members. Membership & registration fees are renewable from 1st January and must be paid prior to your child's second class, this includes new registrations.

Memberships for one term only and for remote members (those training at HPC's) are available for \$50 and but not include all benefits.

Monthly Fees

Competitive team fees are calculated on a monthly basis, averaged over 12 months, allowing for 3 weeks of team holidays, which will be scheduled by the coach. Monthly tuition fees pay for your child's position in a class or team. Non-attendance does not qualify you for a refund or credit. Accounts for Monthly fees are due in their entirety on the 15th of each month.

Term Fees

Fees for lower level Ct's are calculated on a term basis, with typically 9-11 weeks in each term and approximately 40 weeks per year, generally aligned with the public school terms. New gymnasts starting part way through the term are charged on a pro rata basis. Class fees pay for your child's position in a class. Non-attendance does not qualify you for a refund or credit except under special circumstances, where an application must be made to the Administration Manager. All accounts for term fees are due in their entirety when re-booking, except where a successful application has been made in writing to the Administration Manager for payment installments, and that agreement is currently being honoured.

Term Fees: Re-booking System

Re-booking allows us to be fully prepared for the following term's classes, maintaining our low gymnast to coach ratios and staffing with the best available and most suitable coaches. Re-booking notes will be handed out towards the end of term stating whether your child is staying in the same type of class or moving to a new class for the following term. Re-booking can be done over the phone using your credit card, or at reception during opening hours. Re-booking fees will not be accepted until any prior outstanding debts to our club or any other club have been finalised.

Automatic Credit Card Payments

By filling in an Automatic Credit Card Payment Form which you can obtain from the office, you can opt to have your account charged automatically to your credit card each month or term.

Missing Training

If gymnasts finish early or arrive late this does not entitle you to a discount on fees as all the club's costs are the same regardless of gymnast leaving early/starting late or missing a session. Likewise no discount is given when a family takes holidays during regular training time, as your child's position is being held in the class for you. There are no make-up sessions in Competitive Teams.

Sickness, Injury, Altered Training Hours

In the case of an injured gymnast with adjusted training hours, or a new gymnast beginning on reduced hours, where the coach has set reduced hours for the gymnast, a pro-rata adjustment will be made to your account to reflect the reduced hours. There are no make-up sessions in Competitive Teams.

Other Activities

Competitions, private lessons, extra training sessions, day camps, sleepovers, TGIF's etc are to be paid for at the time of booking, however club fees must be completely up to date in order to book for one of these activities.

Ceasing at your Request

If you decide not to continue, your account will be settled on a pro-rata basis from the date that written advice was received of discontinuation.

Alterations to Training

Training may be cancelled due to public holidays, rest days or staff absence. Occasionally, extra training may be scheduled by the coach. In each of these cases your account will be adjusted accordingly. Training missed or added during competitive trips away will not be adjusted for, however as these trips are organised as a service on a break even basis, levies will be added to cover the club's costs to send coaches and organise the trip. When a competition takes the place of a regular training session, no adjustment to fees will be made.

Overdue Accounts

If for some reason you are unable to pay your account on time, please apply to the Administration manager to arrange a payment schedule. This application must be made before the fees due date and installments must be made according to the agreed payment schedule. Overdue accounts will incur a \$20 administration charge each time a reminder is sent. You may also forfeit your place in a team if your account is overdue. It is important therefore, that if you wish to retain your place in the team, you should keep your account up to date.

Entry Fees for Competitions and Events

Late Entry Policy*

In order to organise an event, including the sessions, groups, rotations, coaches, judges and support staff, the event manager needs to begin with the number of competitors in each level and division. Any late entry applications will be considered by the event manager on a case by case basis. If the event manager is able to accept the late entry, a late fee of \$20.00 will apply in addition to the entry fee.

Refund Policy*

Refunds will be given at the discretion of the Event Manager and will require a valid and relevant medical certificate. Refunds will be calculated to exclude any expenses incurred by the club on your behalf, which cannot be recovered.

*** State or Nationally Sanctioned Events including those hosted by GCGC, or events organised by other clubs, will have closing dates and refund policies as set by those organisations.**

OTHER PROCEDURES AND INFORMATION

Notification of changes to medical and contact details

Parents must immediately notify the administrator of any change in address or telephone contact details or any medical or disability information which may be significant to the coaching of the child. You may be required to fill in a new membership form indicating the new conditions. All medical conditions require an action plan. Please collect a form with your registration. Having an email address and mobile phone number on our file will enable you to receive more information and earlier notification.

Medical Clearance

Gymnasts may at some time be required to produce a medical certificate confirming their fitness for classes or their general health status prior to being permitted to participate.

Dropping off and picking up gymnasts

Parents are requested to come into the foyer to drop off and pick up their children. Please remind your children to wait inside the holding bay for you after class. Please be 5 minutes early to drop off and on time to pick up your children. If you will be late to pick up or drop off, please contact the office and advise of your expected arrival time. A fee may apply if your child is left in our care without prior arrangements being made. This fee will be \$10 for every quarter of an hour over the time the child should have been picked up. If somebody other than usual will be picking up your child please notify the office or their coach beforehand. If there is a specific person/s not permitted to pick up your child, please notify the office in writing.

School Holiday Classes

Classes are usually offered during the school holidays. Please see reception for details as the end of term approaches. These classes are charged for separately.

Changes to Coaching Staff

While we attempt to give the children consistency in coaching staff the club reserves the right to change coaching staff without notification.

Positions in Classes and Program Content

Positions in any class are offered at the discretion of the coaching staff and may be withdrawn by the coaching staff. Coaches are the correct people to make decisions about any gymnast's readiness to progress, the content of a program or any other coaching related matter.

Fire & Emergency Procedure

Please read the Fire and Emergency Procedure and explain it to your child.

Procedure for Gymnasts

1. Stop all gymnastic activities
2. Follow the directions of the coach or person in charge
3. Leave the building via the nearest safe exit in a calm, orderly, manner
4. Wait on the oval on the western side of the building for further instructions.

Procedure for Parents & Spectators

1. Leave the building via the nearest safe exit in a calm orderly manner
2. Wait on the oval on the western side of the building for further instructions.
3. The coaching staff will take the children to the nearest exit so please do not attempt to take your own children out of the building

Safety

The Gold Coast Gymnastics Club reserves the right to refuse or rescind a position in any group or class without a warning or counseling 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 way may constitute such a risk. Physical or verbal abuse of a gymnast or staff member may constitute such a risk.

Assumption of risk

Like any sport or physical activity, participation in gymnastics carries an inherent risk of injury. Because many gymnastics activities require inversion (turning upside down) of the body, the sport by it's nature carries a risk of head and spinal injury. This risk is greatly controlled in a supervised class with a qualified and experienced instructor. Parents should explain this risk to their children prior to accepting membership.

Hand care

Swinging by the hands often causes blisters. A blister which has broken while swinging is called a rip. Because the superficial layer of skin has been removed in the case of a rip, there is potential for infection.

The hands should always be washed thoroughly following training to remove all chalk and dirt. Blisters should not be broken. If a blister has broken the area should be kept clean. To avoid hardening of the area which may cause cracking of the skin, vitamin E oil or cream should be applied to the area. This must be completely washed off before the gymnast comes into class. If the area appears to become infected please consult your doctor.

Lost property

Lost property is placed in the lost property basket in the foyer. Items may not be removed from here unless they belong to you. At the end of each term the lost property is donated to charity. Remember that if your child has a gymnastics T-shirt there is a great likelihood that there are identical shirts owned by other gymnasts in the club. We strongly suggest that you label all clothing and equipment with your child's name. Sometimes valuables such as watches, rings, hand guards etc may be kept in the office by the Administrator. The club accepts no responsibility for any items left behind at the gym. We strongly advise that you do not leave valuables unattended in the foyer, holding bay, toilets or car park. Gymnasts should not bring valuables to the gym.

Viewing from inside the gym

During competitions or some special events at our club, the retractable seating will be pulled out and spectators are invited to sit and watch from inside the gym. Please enter from the side door - not through the gym.

Please do not allow other children to wander into the training area or touch any equipment. Children or adults who may accidentally wander into the path of a gymnast risk serious injury to themselves and the gymnast. Viewing from inside the holding bay is not permitted at any time. This area is strictly for gymnasts waiting before or after a class or Smarties and Mini Movers parents awaiting a class to start. Your co-operation regarding the holding bay helps us to better look after the personal safety of the children.

Privacy Statement

In accordance with the Privacy Amendment (Private Sector) Act (2000), the information we collect about you will be used *primarily* for matters specifically related to participating in gymnastics and/or if a *secondary* purpose is related to the primary purpose and one could reasonably expect such use or disclosure.

To assist in providing our services, the organisations to which we disclose information include:

Outsourced service providers who manage the services we provide to you, including:

- Gymnastics QLD
- Gymnastics Australia
- Insurers
- Sport Education Section (ASC)
- Our professional advisors, including our accountants, auditors and lawyers
- Government and regulatory authorities and other organisations, as required or authorised by law.

We limit the use and disclosure of any personal information provided by us to such organisations for the specific purpose for which we supplied it.

If you choose not to provide personal information, we may not be able to provide you with the services you require, or the level of service on which we pride ourselves.

Fundraising

All fundraising activities at the club must be approved in advance by the management committee.

Sponsorship

Our club has many benefits to offer a potential sponsor. If you would like to advertise your business in our monthly newsletter, or if you know of any business owners or companies who may be interested in sponsoring the club or a gymnast please contact reception. Parents who are seeking sponsorship for their child should contact the reception regarding the procedure for approaching sponsors.

Media Liaison

All media liaison which mentions the club, it's programs, gymnasts, staff or management must first be cleared with the Coaching Director to ensure that information is appropriate and accurate.

Feedback

The committee and staff welcome your feedback on improving our club.

Clothing

Club training uniforms are recommended but not compulsory. They can be purchased through the office. Clothing manufacturers sometimes visit the club so that parents can place orders for optional leotards etc. You deal directly with the manufacturer and you must pay for and collect the merchandise yourself. Some recreational children do compete in competitions and they are expected to wear a competition leo which may be ordered through the office. A 50% deposit is required upon ordering. Care must be taken with measurements as the club will not be responsible for leotards not fitting properly. Allow one month for delivery.

Grievance Procedure

Administrative & Payment Related Matters

In the first instance such matters should be discussed with the Club's Administrator. If the matter is not resolved to your satisfaction then you may contact the General Manager and if after that the matter is still not resolved you may write to the Management Committee who will consider your case.

Coaching Related Matters

In the first instance such matters should be brought to the attention of the Coordinator / Head coach of your child's program. If the matter is not resolved to your satisfaction then you should speak or write to the General Manager. If the matter is still not resolved to your satisfaction then you should write to the Management Committee to express your concerns.

You may ask to be present at a committee meeting to present your case, however you may be asked to leave while the committee discusses and decides on your matter.

No complaint or request will be considered unless the correct grievance procedure is followed.

Gold Coast Gymnastics Club Member Protection Policy

This policy has been developed to ensure that our members are provided with a safe and respectful sporting environment whilst participating in activities run by this club. The Gold Coast Gymnastics Club is committed to providing a safe environment for children that is free from harassment and abuse for everyone, and promotes respectful and positive behaviour and values.

This policy provides a code of conduct forming the basis of appropriate and ethical conduct which everyone must abide by. This is an essential part of our organisation's proactive and preventative approach to tackling inappropriate behaviour.

The Management of this organisation is committed to ensuring that everyone associated with the Gold Coast Gymnastics Club complies with this policy at all times. The full policy can be found on our website www.goldcoastgymnastics.com or by request from reception.

COMPETITIONS **GENERAL INFORMATION**

Preparation

Gymnastics training involves both preparation for competition and skill development for future higher levels. The two are to some extent mutually exclusive. How much of each type of training a gymnast is doing will depend on the stage of competition season they are at and the importance of the upcoming competitions.

All apparatus are not always equally prepared for as a competition approaches. This may be because one apparatus requires more work than another to be safe and competent. This may also be because a coach feels that they can make greater improvements on one apparatus over another, or that a gymnast or team has a chance of winning a medal in one area but not in another.

Selection

Positions offered in representative teams and readiness to compete are based on some of the following criteria;

- Rules and requirements for the competition
- Current skill level and quality of training
- Previous competition results including practice competitions
- Current physical ability levels (strength & flexibility)
- Psychological readiness

At the discretion of the Head Coach a selection trial or practice competition may be held to determine positions offered.

Entries

As most competitions have a closing date one month prior to the competition, entry fees will need to be paid by the due date for the Events Coordinator to finalise the entry. You will receive a note as the closing date approaches which outlines details of the competition, costs and the closing date. The Club will not pay the entry fee on your behalf. If your entry fee is late you risk missing the competition or incurring late fees.

If you withdraw from the competition after the closing date you must supply a medical certificate to the QGAI, AGF or the Competition organiser prior to commencement of the competition if you wish to have your entry fee refunded. Sometimes under these circumstances it takes a long time for a refund to be processed. Your account will be credited by the appropriate amount only when that refund has been received by the club.

Attire

Unless otherwise notified, gymnasts will be required to attend competitions with the full club tracksuit, full competition attire and a bag in which to carry their accessories. Accessories which may be required could include handguards, music, chalk, water, strapping tape, socks, straps, gym shoes, bandages or supports or vault markers for Artistic gymnasts, and poms for Cheerleading. Competition attire and tracksuits can be ordered through the Office.

Guidelines for Gymnasts

Gymnasts may be withdrawn from all or part of a competition for reasons of safety or for unsportsmanlike behaviour.

- Be quiet, neat and orderly at all times.
- Follow the directions of the coach at all times
- Do not speak to judges unless asked a question
- Do not speak while other gymnasts are competing
- If you have a problem that requires immediate attention ask your coach

Guidelines for Parents

Once the gymnasts are in the hands of the judges and coaches, there should be no contact between parents and their children until after presentations are complete. Any such contact could incur a deduction against the individual or team score. In some competitions gymnasts are allowed to see their parents between the end of the competition and the presentations but please wait to be informed of this.

There should be no contact between parents and judges at any time. Parents should not contact coaches during competition time. In the event of an emergency the parent should contact the coach via the floor manager.

Please demonstrate good sportsmanship;

- Encourage and applaud the efforts of all gymnasts.
- Show unconditional support for the gymnasts regardless of the outcome of the competition. Criticism or correction should be left up to the coaches.
- Do not criticise the officials or other gymnasts.
- Questions about scores or official decisions can be directed to the coach following the completion of the competition - not to officials during the competition.

Protest Fees

Please be aware that protest fees, if incurred will be added to the gymnasts account. These are usually in the order of \$20 and rarely are required. Protests will be at the discretion of the coach.

COMPETITIONS INVOLVING TRAVEL

The club's policies regarding competitions which involve travel and accommodation as a team are detailed. This is to ensure that we give our gymnasts the opportunity to perform to their best capabilities in the competition. It will also facilitate a more organised and safer trip and reflect well on our club as a professional organisation.

The following policies refer to all Competitions or tours where Gymnasts will travel, stay overnight and compete, representing the GCGC. In the case of State or National team trips, the appropriate QGAI or AGF policy will apply in place of this club policy except that relating to training fees.

Once an offer of a position has been made, the parents and gymnast must agree to abide by this policy for the gymnast to be accepted into the touring party. If your family or your child is not willing to meet the criteria described here, you may decline a position in a traveling team with no prejudice. These rules however will not be waived to suit your child or your family.

The Touring Party

The touring party will consist of gymnasts and officials (coaches, judges, manager, chaperones) and will travel and stay as a group. The touring party is limited to include only these positions. No extra parents, friends or siblings will be permitted to stay with or travel with the touring party.

The purpose of having a clearly defined touring party is to facilitate a safe, simple, enjoyable tour and to enable the best competitive result for our gymnasts. This method of operation also prepares gymnasts for the conditions they will face in a State or National team.

Gymnasts

Gymnast positions on the touring party will only be given to gymnasts who have been selected to compete at the competition. In some cases, where required, one or two reserves may also be chosen who will hold a gymnast position on the touring party. Gymnasts who hold positions in a squad or a training group are not assured positions on a touring team. These positions are earned and will be determined by the coaching staff by the means described under 'Selection'.

Chaperones

Chaperone positions are usually held by parents. Any person wishing to be considered for a position as Chaperone should fill out the appropriate application form which is available in the office. Chaperones roles are primarily to organise meals, activities and travel around the competition and training schedule. Full descriptions of the duties involved are available upon request. All applicants must hold a current Blue Card or apply for one, and a current drivers licence. Any parents who hold official positions on the touring party do so from a neutral position to care for all children on the tour and are not on the touring party to act as a parent to their child. Chaperones are usually not accommodated with their own child and may miss the competition if other duties prevail, however we do endeavour to ensure that all chaperones do see their own child compete. These positions are usually partially funded.

Travel and Accommodation Arrangements

Gymnasts who are in the touring party must travel with and stay with the touring party at all times. Room allocations, bed times, sightseeing tours, eating arrangements and discipline are the responsibility of the touring party officials. Any special dietary or medical concerns must be given to the Chaperones in writing prior to departure.

Gymnasts are considered to be under the direction and supervision of the touring party officials from the time of leaving the airport, gym or bus terminal until the time of return to same.

Contact with Parents, Relatives or Friends

Parents who are not in the 'Touring Party' sometimes travel independently to the competition to see their child. Sometimes there may be relatives or family friends who the parents would like to be able to spend some time with the gymnast.

Relatives or friends should not stay in the same accommodation as the touring party. Relatives and friends may visit the gymnast or take the gymnast away from the touring party only by arrangement agreed to by the Event Manager prior to departure. Relatives and friends must respect the position of touring party officials who are deemed to be in charge of the child at all times including visits.

Discipline

Parents must ensure that their children understand that they may be sent home or withdrawn from the competition for reasons of disregard for safety, misbehaviour, unsatisfactory training or unsportsmanlike behaviour. No refunds will be given in any such case. Any additional expense of sending the gymnast home or repairing damage caused by the gymnast will be paid by the parents of that gymnast.

Calculating costs for the trip

Costs will be calculated by the Events Co-ordinator and will include;

- Travel (airfares, car / minibus hire & petrol, transfers, refundable deposits etc.)
- Accommodation
- Food (Groceries, take aways, restaurants etc.)
- Competition Entry Fee
- Coaches / Judges Costs
- Chaperones Costs

Payments

Costs for the trip must be paid by the due dates as advised by the Administrator. Failure to pay by the due date may jeopardise your child's position on the team.

Spending Money, Sightseeing and Unexpected Costs

Spending money will be advised depending on the itinerary. While the touring party officials will make every effort to minimise the costs of the trip, some unexpected costs may be incurred. As a matter of courtesy, parents are expected to reimburse any outstanding funds to the club or individual concerned as soon as is practically possible after the return of the group.

Sightseeing activities are second in priority to training and competition needs. Sightseeing activities will be organised if the training and competition schedule allows and costs are reasonable. All officials including coaches are responsible for their own spending money and sightseeing costs.

EXPECTATIONS IN A COMPETITIVE PROGRAM

What can the gymnasts and parents expect from GCGC?

The gymnast can expect the dedication of their coaches to the task of developing their gymnastic ability to their maximum potential. Additionally they can expect that the coaching staff will abide by professional and ethical standards of the highest degree. No guarantees can be made regarding the outcomes of competitions or the level to which a gymnast will rise. We can only assure you that the training programs we put in place will give your child the opportunity to maximise their own potential if correctly followed with effort, persistence and determination.

What are the expectations of a gymnast and parent when joining a competitive training group?

An invitation to join a competitive training group is an honour and a privilege. It recognises a predisposition for competitive gymnastics. Being identified as a potential competitive gymnast is only the first step toward achieving a high standard of performance. Once a gymnast enters a competitive training group they are entering a system in which the club invests a great deal of money and expertise.

Accordingly the expectations on the gymnast and his / her family are high. The gymnasts will be expected to meet all training hours, prepare for competitions, show continual improvement and apply themselves to the program. Parents are expected to be supportive, ensure that adequate sleep and a nutritious diet are provided, and ensure that their child attends training at the appropriate times.

What training can be expected?

Sound training over a lengthy period of time is the key to success in High Level Gymnastics. Unlike other sports, gymnastics skills are so complex and physically demanding that success is impossible to achieve without total long term dedication to the sport. The development of high level Gymnasts demands a young starting age and long term coaching contact hours, which are unique to this sport. The training will include strength and flexibility as physical preparation, skill training, skill combinations and finally routines on 4 apparatus for WAG and 6 apparatus for MAG.

Female gymnasts must reach competitive maturation by approximately 15-16 years of age and as such are 'child athletes' who face training and competition commitments generally unheard amongst their peers.

Male gymnasts reach competitive maturation by approximately 18-20 years of age and although they begin at a similar age, they may compete for five or more years longer than female gymnasts.

Stretching

Stretching for flexibility is an important part of helping a gymnast to progress. Although stretching can sometimes be uncomfortable it is an essential part of any competitive training program. Parents are advised not to stretch their children at home except under instruction from the coach. Children however should regularly stretch by themselves at home. Some muscle soreness can be expected from time to time as a result of stretching. This can best be abated by maintaining a regular, intense stretching program at home.

School Holidays

Except for scheduled team holidays, full training continues during school holidays. Full attendance by the gymnast is expected. If you need to be away for extenuating circumstances please first discuss the matter with your child's coach.

Individual Treatment of Gymnasts

It is good coaching practice to recognise every athlete as an individual and to coach each individual as the coach sees fit to improve the abilities of that person. Gymnasts in one training group will vary greatly in their abilities for;

- Strength
- Flexibility
- Coordination
- Psychological maturity and control
- Skill level and readiness to progress safely
- Physical and psychological tolerance of intense training

Accordingly, while a training group may be following the same core program, the individuals within it may each have their own individualised sub-programs and goals, may progress at different rates and may be subject to different levels of expectation.

Gymnasts Code of Conduct

- * Play by the rules and be a good sport. Acknowledge all good skills or routines whether they are by your team-mates or from other clubs.
- * Be prepared to lose sometimes. Everyone wins and loses at some time. Be a fair winner and good loser.
- * Treat all others as you would like to be treated. Do not interfere with, bully or take unfair advantage of another gymnast.
- * Co-operate with your coach, parents, and team-mates.
- * Train to be the best you can be.
- * Do not use derogatory language based on gender, race or impairment.
- * Follow the instructions of your coach at all times.
- * Never use a piece of equipment or try to do any skill without being instructed to do so by your coach.
- * Notify your coach immediately if you hurt yourself.
- * Never enter the training area without being invited by your coach, and always leave the training area when dismissed by your coach. Use the outside toilets before or after class.
- * If you need to leave the training area or go to the bathroom you must first ask the coach for permission.
- * If nobody is there to pick you up after class, wait inside the holding until they arrive. If they are more than 10 minutes later than expected, notify your coach or the administrator so that they can call somebody for you.
- * No food or drink is permitted in the training area.
- * Treat equipment gently. When you move equipment make sure that it is left in a position that will not damage it. Never break or pick foam. Never write on or rub off the chalkboards - these are for the use of coaches only.

Parents Code of Conduct

- * Encourage children to participate if they are interested. If they are not, don't force them.
- * Focus on enjoying the sport, reducing the emphasis on winning.
- * Teach children that an honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
- * Encourage children to always play by the rules.
- * Do not criticize children in front of others, but reserve constructive criticism for more private moments.
- * Remember children are involved in sport for their enjoyment, not yours.
- * Remember a child learns best by example. Applaud good skills and routines by all teams.
- * Accept decisions of all judges as being fair and called to the best of their ability. Do not raise issues of disagreement publicly.
- * Do not use derogatory language based on gender, race or impairment. Parent's behaviour and language should always be appropriate in the presence of children and in keeping with our family environment. Set a good example by your own conduct, behavior and appearance. Support all efforts to remove verbal and physical abuse from sporting activities.
- * Do not criticise coaches, gymnasts, opposing team members and supporters (particularly whilst watching a competition). If you have a concern, make a time to see your coach or co-coordinator.
- * Avoid gossiping about coaches, other gymnasts, programs or the club - particularly in front of gymnasts or parents. This can be a source of misinformation.
- * Support the staff and officials in their enforcement of the rules and their coaching techniques. If you have a problem with either of these, please follow the correct grievance procedure.
- * Do not enter the training area or office unless invited to do so by a coach. In the event that you need to speak to a coach urgently when they are on the floor, please ask the administrator to pass on the message. If it is not urgent please leave a message for the coach to contact you.
- * Once your child enters the training area they are in the care and supervision of the coaching staff. Please refrain from attracting their attention until they have been dismissed at the end of the class. You should not remove your child during class without first speaking to the coach.

Our Policies

Our complete policies are available at www.goldcoastgymnastics.com or available on request from reception.

- * Member and Child Protection Policy
- * Privacy Policy
- * Fees Policy
- * Health and Safety Policy
- * Acquiring Images of Children Policy

Useful Links

- * Gymnastics Australia - www.gymnastics.org.au
- * Gymnastics Queensland - www.gymqld.org.au
- * Sylvia P Sportswear - www.sylviap.com.au
- * Australian Sport Commission-www.ausport.gov.au
- * Sport & Rec Qld -www.sportrec.qld.gov.au
- * Australian Institute of Sport -www.ais.org.au
- * AIS Nutrition - www.ais.org.au/nutrition