



GLADSTONE  
**Gymnastics**

**GLADSTONE**  
**GYMNASTICS CLUB**

**Members Handbook**

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

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

Our committee is a non-profit organisation that works in conjunction with the GGC team to provide an outside perspective and opinion during important decision makings in regards to our club and competitive programs. The members of the committee are elected annually at the annual general meeting. Any volunteers interested in joining the committee are welcome to run.

The current committee members include:

President: Karen Parker

Vice President: Kristi Bradley

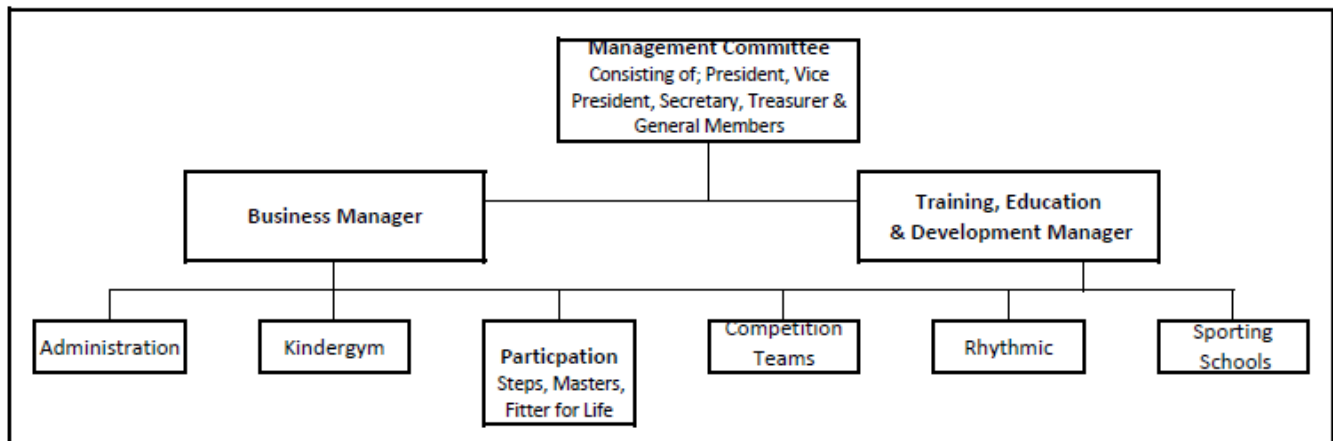
Treasurer: Peter Sharpe

Secretary: Larissa Mylonas

General Committee members: Regen Dunn, Jason Smallcombe, Anita McNamara & Anna Turetschek

### **ORGANISATIONAL STRUCTURE**

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



## **OUR MISSION**

### **REAL GYMNASTICS, REAL FUN!**

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

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

## **OUR CORE BELIEFS**

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

## **AIMS AND OBJECTIVES**

- To provide 'Gymsports' programs and facilities for the Gladstone Community incorporating
  - Kindergym
  - General Gymnastics
  - Women's Artistic (recreational and competitive)
  - Men's Artistic (recreational and competitive)
  - Sports Acrobatics
  - Rhythmic Gymnastics
  - Fitter for Life 50 years +
  - Schools program (primary and secondary physical education).
- To offer a wide range of classes to cater for beginners of all ages, from infants of 6 months to adults up to 80 years of age
- To provide increased opportunities for the development of the sport of Gymnastics within the Gladstone Community.
- To provide the gymnasts of our Club with the opportunity to train in the best set-out facility able to be provided by Club Management, on the safest and best maintained equipment available, with fully trained coaches, assistants and volunteers
- To provide a training environment for members which meets the safety standards set by the Queensland Gymnastics Association, Australian Gymnastic Federation and the Federation of International Gymnastics

- To provide training programs and equipment that give the Club's gymnasts the best possible opportunity to be competitive at Regional, State and National Levels
- To provide a modern and efficient support Centre for the Coaches, Committee and Members through the Club's administration facilities.
- To host Invitational, Regional and/or State competitions within our Facility for Women's Artistic, Men's Artistic, Sports Acrobatics and Rhythmic Gymnastics.
- 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 and positively support the coach, gymnasts and committee, by keeping them informed of the progress in all aspects of the club. To set realistic expectations for successful performance and achievement. Success can be presented in many different ways.
- To provide our Coaches with the best training opportunities and education for the benefit of the club and its members

## **NATIONAL GYMSPORTS PROGRAMS**

### **KINDERGYM**

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

### **GENERAL GYMNASTICS**

Our General Gymnastics program is designed for children of all abilities. Gymnasts in this program follow the Gladstone Gymnastics 'Groovers' program. This program was specifically developed by Gladstone Gymnastics Club and the curriculum consists of four progressive badges. It is a developmental program which starts out with fundamental gymnastic skills and goes on to more

specific gymnastic skills/elements. The emphasis in these classes is on confident body management as they are taught to roll, jump, swing and turn upside down. The program is an evolving guideline and is designed to support the Gymnastics Australia National Levels Program. Gymnasts are continuously assessed throughout the term and receive a report card each semester. These report cards will provide parents and gymnasts a resource to track progressions and outline skills achieved in each badge. Once these badges are achieved the gymnasts progress to the women's or men's levels/steps program. Gymnasts perform in an in-house style competition called a 'Term Event' once or twice in the year.

### **WAG (WOMEN'S ARTISTIC GYMNASTICS) STEPS**

The Step Levels Program aims to provide a recreational competitive program that is enjoyable for gymnasts. The program's main objective is for all participants to enjoy the experience of participating to their full potential. Gymnasts will train on each of the four women's apparatus: Vault, Uneven Bars, Balance Beam and Floor Exercise. The Step Levels Program provides the opportunity for participants to compete in a challenging and fun environment.

The Step Levels Program has been designed for gymnasts who train limited hours, or gymnasts who prefer a less competitive environment. The program is aimed at building strength and developing skills utilised in tumbling and on each apparatus. Gymnasts complete structured warm up, conditioning and strength sessions, and apparatus skill development. In steps 1-3 the gymnasts are assessed continuously through class and from step 4 and above, coaches will progress gymnasts based on their competency to pass level testing through the National Levels at local and regional invitational events.

### **MAG (MEN'S ARTISTIC GYMNASTICS) STEPS**

The Men's Recreational Program aims to provide a recreational competitive program that is enjoyable for gymnasts. The program's main objective is for all participants to enjoy the experience of participating to their full potential. The gymnasts train on all 6 men's apparatus; Floor, Pommel Horse, Rings, Vault, Parallel Bar and High Bar. The Program provides the opportunity for participants to compete in a challenging and fun environment.

The Program has been designed for gymnasts who train limited hours, or gymnasts who prefer a less competitive environment. The program is aimed at building strength and developing skills utilised in tumbling and on each apparatus. Students complete structured warm up, conditioning and strength sessions, and apparatus skill development. Opportunities for progressions through the Australian National Levels Program once competency of skills have been met.

### **RHYTHMIC**

The rhythmic program is a recreational based program learning the fundamentals of rhythmic foundations and skill sets. Once progressions have been achieved competitions are presented to athletes who meet the National level program competency of skill. The gymnasts will learn hand held apparatus such as rope, hoop, ball, baton, ribbon whilst performing dance movements/routines on floor apparatus. The gymnasts also develop flexibility, movement and strength components within the program.

## COMPETITIVE/SQUAD PROGRAMS

To allow each athlete the opportunity to grow as an individual in a program suited to their individual level of interest and 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.

Our coaches, through a regular and ongoing evaluation process, are responsible for selecting athletes for consideration for the competitive program. Once a child has been identified, the coaches then contact parents to discuss the competitive program and determine their level of interest in becoming a member of our team.

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

## WAG (WOMEN'S ARTISTIC GYMNASTICS) SQUAD TEAMS

Level	Competitive Requirements
Level 1 - 2	Preparatory Fundamental Skills for competitive stream
Levels 3 - 6	Compulsory Routines based on Queensland Program + National program
Level 7 - 10	Optional routines with set requirement + bonus skills

## VAULT

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

## BARS

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

## BEAM

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

## FLOOR

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

## **MAG (MEN'S ARTISTIC GYMNASTICS) SQUAD TEAMS**

<b>Level</b>	<b>Competitive Requirements</b>
Level 0 - 1	Preparatory Fundamental Skills for competitive stream
Level 2 - 6	Compulsory Routines based on National program with additional requirement (bonuses)
Levels 7 – 10	Optional routines with set requirement + bonus skills

### **FLOOR**

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

### **POMMEL HORSE**

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

### **RINGS**

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

### **VAULT**

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

### **PARALLEL BARS**

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

### **HIGH BAR**

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

## SPORTS ACROBATICS

Sports Acrobatics is a beautiful, dynamic and spectacular sport for both men and women. The sport develops courage, strength, stamina, co-ordination, flexibility and jumping abilities.

Sports acrobatics unites power and poise with grace and beauty to create an intriguing sport. Acrobats in groups of two, three and four perform routines with the heads, hands and feet of their partners.

Although Sports Acrobatics is the official name of the sport, it is often referred to as Acro.

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

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

## CLUB MEMBER EXPECTATIONS

**General Expectations of Athletes:** All athletes in the competitive program, regardless of level or experience, are expected to demonstrate a positive and respectful attitude towards coaches and other athletes. All athletes are part of the GGC team and are expected to encourage other athletes to achieve their best both during competitions and training. Attendance at practices is important to all athletes in the group, and the coaches will use their discretion to discuss any attendance issues with the athletes and parents. Athletes are also expected to:

1. Play by the rules.
2. Apply yourself properly during each training session. Train to be the best you can be. Work equally hard for yourself and for your team.
3. Be a good sport. Acknowledge all good skills or routines whether they are by your teammates or from other clubs.
4. Respect officials' decisions, making all appeals through the formal process and respecting the final decision.



5. Treat all other gymnasts as you would like to be treated. Do not interfere with, harass or take unfair advantage of another gymnast.
6. Co-operate with your coach, team-mates and opponents. Without them there would be no competition.
7. Train for the "fun of it" and not just to please parents or coaches.
8. Be prepared to lose sometimes. Everyone wins and loses at some time. Be a fair winner and good loser.
9. Avoid comparing yourself to other gymnasts. Recognise that each individual is on their own gymnastics journey and comparing yourself to others at times can be counterproductive.
10. Follow the instructions of your coach at all times and avoid back-chatting or showing disrespect. Please question any instruction in a respectful manner and if you have a concern with an instruction you can speak to a Head Coach or the Club Administrator in a break or after class.
11. Be positive and encouraging to other gymnasts. When providing feedback to another gymnast always do so in an encouraging manner and in a way that is constructive and supportive.
12. Attend all training sessions required for your level.
13. Be punctual and organised for all training sessions. Be dressed appropriately for all training sessions.
14. Notify a coach immediately if you hurt yourself. Share the responsibility with your parent / guardian of notifying your coach if you will be absent (school camps, holidays).
15. Use all equipment in a safe manner. Never use a piece of equipment or try to do any skill without being instructed to do so by a coach
16. Respect the equipment and tidy up after yourself, take pride in our gym by putting rubbish in the bin and packing equipment away after you have finished with it. When you move equipment make sure that it is left in a position that will not damage it.
17. Mobile phones are not to be used during training sessions. In the event of an emergency, please advise office staff or a coach who will contact your parent or guardian.
18. If your parents are late picking you up, wait inside the foyer area for them to pick you up.
19. Demonstrate appropriate social behaviour by not using foul language, harassing gymnasts, coaches or officials.
20. Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.
21. Be a positive role model and add to the positive culture of our community club.
22. Understand the repercussions if you breach, or are aware of any breaches of, this code of conduct.

**General Expectations of Parents:** Parents of athletes are valuable members of our club. Without you, our athletes would not have the opportunity to be a part of such a wonderful sport! We at GGC appreciate the lengths families go to in order for their athletes to achieve their highest goals. Parents/guardians are highly encouraged to follow these basic rules of conduct while their gymnasts train at GGC.

1. Respect the rights, dignity and worth of others.
2. Encourage children to participate if they are interested. If they are not, don't force them.
3. Focus on enjoying the sport, reducing the emphasis on winning or losing.
4. Teach children that an honest effort is as important as victory, so that the result of each competition is accepted without undue disappointment.
5. Never ridicule or yell at your child and other children for making a mistake or losing a competition.

6. Show appreciation for good performance and skilful plays by all gymnasts (including opposing gymnasts).
7. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
8. Respect officials' decisions and teach children to do likewise. Do not raise issues of disagreement publicly.
9. Do not physically or verbally abuse or harass anyone associated with the sport (gymnast, coach, judge, administrator or committee member).
10. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
11. Encourage children to always play by the rules.
12. Remember children are involved in sport for their enjoyment, not yours.
13. Do not criticise opposing team members or supporters by word or gesture. Do not criticise coaches or gymnasts (particularly whilst watching a competition). If you have a concern, make a time to see your coach, Program Coordinator or Club Administrator (do not approach a CAPS (Junior) Coach).
14. Set a good example by your own conduct, behaviour and appearance.
15. Support all efforts to remove verbal and physical abuse from sporting activities.
16. When your child has entered the floor they are under the direction of the coach. Please refrain from attracting their attention until they have been dismissed at the end of the class.
17. Gymnastics requires concentration and focus. Any distractions may increase the chance of injury.
18. In the event of an emergency, please advise or phone the office who will inform your child's coach.
19. Ensure your child's punctuality to all training sessions. Please also ensure your child is promptly collected by a parent/guardian at the completion of training.
20. Please come into the club to collect your child after class. Children will be instructed to wait inside the foyer area within view of the office administration or coach.
21. Notify the office or your coach if you need to remove your child from class early or if your child will be absent from training.
22. Be a positive role model and add to the positive culture of our community club.
23. Understand the repercussions if you breach, or are aware of any breaches of, this code of conduct.

### **PARENTAL CONCERNS**

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

1. Speak to your child's coach directly and respectfully about your concerns. Coaches are available to meet with parents by setting up a mutual meeting time. All coaches at GGC have allotted office hours in which they are prepared to meet with parents/guardians. Please contact the coach directly for these times as they may change term to term. We encourage you to speak with your child's coach on a continual basis to ensure problems, if any, are dealt with as early as possible.

2. If you are not satisfied with the response of the coach, please contact our main office to set up a meeting with either the Head Coach or our Director of Coaching.

## **COACHING STAFF**

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

## **ADVANCEMENT THROUGH THE LEVELS**

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

## **HEALTHY LIFESTYLE**

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

## **TRAINING APPAREL**

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

- Leotard or singlet and shorts/bike pants (Girls)
- Singlet/Shirt and shorts/longs (Boys)
- NO school uniform allowed
- NO crop top sets allowed
- NO jewellery or watches
- Only bare feet
- Hair to be tied back away from eyes
- Bring a drink bottle

Navy GGC girls training leotards can be purchased from the office.

## **MEMBERSHIP/FEES**

### **Annual Membership Fee**

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

### **Term / Tuition Fees**

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

### **Discount**

Families with three or more children registered with Gladstone Gymnastic Club will receive a 50% discount on their third and subsequent children for the term fees. If they are eligible for more than one discount (i.e. staff or committee member – only one discount will apply being the highest discount).

### **Refunds**

#### Refunds

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

#### Cancellations

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

#### Illness or Injury

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

#### Family Holidays

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

#### Cease Training at our Request

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

#### Voluntary Withdrawal

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

#### Suspension

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

#### Competitions

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

### **COMPETITIONS**

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

\*\*\*\* DUE TO COVID-19 ALL EVENTS HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE! \*\*\*\*

### **COMMUNICATION**

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

### **GLADSTONE GYMNASTIC CLUB POLICIES**

The following policies are available for all members. Please contact the office for a copy;

- 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 lovely ladies at the office.

*Developing skills for life!*