

CHINCHILLA GYMNASTICS CLUB

Chinchilla Gymnastics Club Inc. 2025 Information Handbook

Fitter
for life
Gymnastics

Free
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WELCOME!

We would like to welcome you and your family to the Chinchilla Gymnastics Club Inc. and the sport of gymnastics.

Gymnastics is one of the most fundamental and exciting of all physical activities. Basic gymnastics skills develop attributes that are perfect stepping stones for other sports working on flexibility, balance, strength, coordination, confidence and agility. Gymnastics provides an excellent health and fitness program for any age or ability.

Chinchilla Gymnastics Club Inc. is a non-for-profit incorporated organisation which operates under a constitution and is solely run by volunteers working to provide the best training for your child/ren at a reasonable price.

The various gym sport programs conducted in our gymnasium cater for the beginner recreational gymnast up to the Australian National Levels competitor. Our emphasis is on providing an environment that is safe, fun and challenging, regardless of your child/s ability level or age.

If you have any questions or concerns you can contact our committee members below or email us at chinchillagymnastics@outlook.com

Current Committee Members

President: Audrey McGrath: chinchillagymnastics@outlook.com

Vice-President: Bree Zeller: 0400 978 527

Treasurer: Rebecca Graham: 0413 629 967 treasurer.chinchillagymnastics@gmail.com

Secretary: Kristelle Townsend: 0427 627758 secretary.chinchillagc@gmail.com

Uniform Coordinator: Chloe Ford: 0447 072 398 fordchloe17@gmail.com

Fundraising Coordinator: Amanda Ryan: 0410 647 717 manda_ryan82@hotmail.com

Parent Representative: Claire Savage: claireesavage@gmail.com

Coach Representative: Noel Deacon: 0429 627 594 noel.deacon@bigbond.com

Postal Address: PO Box 204
Chinchilla Qld 4413

Venue: Gymnastics classes are held at the rear of the shed at 25997 Warrego Highway Chinchilla, Qld, 4413. For the safety of our children to **access the rear of the building, please use the driveway on the right and exit from the left (i.e. all traffic to travel in an anti-clockwise direction).**

Classes: The club operates in line with the Queensland Public School terms.

Public Holidays: No classes (except as advised)

Pupil Free Days: Classes as usual

2025 TIMETABLE






MONDAY		
KinderGym: 9:00AM – 9:45AM (2 years old and under)	Coach - Amanda	45min term fee \$105
KinderGym: 10:00AM – 10:45AM (2-3 year olds)	Coach – Amanda	45min term fee \$105
KinderGym: 11:00AM – 11:45AM (3-4 year olds)	Coach – Amanda	45min term fee \$105
GymFun: 3:30PM – 4:30PM (5-7 year olds)	Coach – Audrey	1hr term fee \$115
MAG 2-4 (Invitation only): 4:00PM – 6:00PM	Coach – Noel	2hr term fee \$155
WAG 2/3 (Invitation only): 4:30PM – 6:30pm	Coach – Audrey	2hr term fee \$155
TUESDAY		
GymFun: 3:30PM – 4:30PM (5-7 year olds)	Coach – Amanda	1hr term fee \$115
GymFun: 3:30PM-4:30PM	Coach – Chloe	1hr term fee \$115
GymSkills: 3:30PM – 4:30PM (8-12 Years)	Coach – Audrey	1hr term fee \$115
WAG 1 (Invitation only) 4:30PM-6:00PM	Coach – Audrey	1.5hr term fee \$135
WAG 3 & 4 (Invitation only): 4:30PM – 7:00PM	Coach – Chloe & Amanda	2.5hr term fee \$175
WEDNESDAY		
GymFun: 3:30PM – 4:30PM (5-7 year olds)	Coach – Audrey	1hr term fee \$115
MAG 1 (invitation only) 4:00PM-5:00PM	Coach – Noel	1hr term fee \$115
MAG 2-4 (Invitation only): 4:00PM – 5:30PM	Coach – Noel	2hr term fee \$75
WAG 1 (Invitation only): 3:30PM – 5:00PM	Coach – Chloe	1.5hr term fee \$135
GymSkills: 4:30PM – 5:30PM (8-12 year olds)	Coach – Audrey	1hr term fee \$115
THURSDAY		
WAG 3 (Invitation only): 4:30PM – 6:30PM	Coach – Chloe	2hr term fee \$155
FRIDAY		
KinderGym: 10:00AM – 10:45AM (2-3 year olds)	Coach – Amanda	45min term fee \$105
KinderGym: 11:00AM – 11:45AM (3-5 year olds)	Coach – Amanda	45min term fee \$105
GymSkills Int : 3:30PM – 5:00PM	Coach – Audrey	1hr term fee \$135

(8-15 year olds)		
WAG 3 3:30PM-5:30PM	Coach Amanda	2hr extra- term fee \$95
WAG 3-5 (Invitation only): 4:30PM-7:00PM	Coach – Amanda/Audrey	2.5hr extra term fee \$105
Yearly Registration Fees – Once off fee, applies to all gymnasts upon registration for 2025 season		
Class	Fee	Class
KinderGym	\$30.00	MAG 2-4 and WAG 3 -5
GymFun/ GymSkills /WAG 1/2 and MAG 1		\$40.00





COACH CONTACT DETAILS

Noel Deacon - 07 4662 7594 - noel.deacon@bigpond.com
Audrey McGrath - 0477 689 668 - audreymmc@hotmail.com
Chloe Ford - 0447 072 398 - fordchloe@gmail.com
Amanda Ryan – 0410 647 717 - manda_ryan82@yahoo.com

RECREATIONAL PROGRAMS

	<p>KinderGym greatly assists in your child’s development of co-ordination, confidence, creativity and self- esteem in a safe and stimulating environment. Most importantly, it’s FUN! Our classes offer music and movement-based activities such as balancing, sliding, climbing, jumping and rolling. Parent/guardian participation is required in this class.</p>	<p>Ages 1-5</p>
	<p>GymFun focuses on the fundamental movement patterns that will develop balance, co-ordination, strength and flexibility. Children can advance at an individual pace as they try out a huge range of apparatus from floor, beam to pommel, bars, vault and rings, as well as play games and experience the tumble track, climbing rope, double mini trampoline and lots more.</p>	<p>Ages Prep-8</p>
	<p>GymSkills is a skills-based program designed to challenge participants, allowing them to develop gymnastics skills beyond the beginner level. Gymnasts will improve on their strength, flexibility and co-ordination as they use a variety of apparatus from floor, beam to pommel, bars, vault and rings as well as the tumble track, climbing rope, double mini trampoline and lots more.</p>	<p>Ages 8-12</p>
	<p>FreeG fuses traditional gymnastics and acrobatic tricks, with kicks and leaps made famous through martial arts, parkour, breakdancing, tricking and free running. Participants will find new and creative uses for traditional gymnastics apparatus and challenge themselves to combine equipment into obstacle courses to conquer.</p>	<p>Ages Prep - Open</p>
	<p>Fitter for Life is a fun and social opportunity that aims to help you improve your mobility, strength and coordination; the activities in the program can be catered to you and tailored to your level of ability or mobility.</p>	<p>Ages 50+</p>

COMPETITIVE PROGRAMS

 <p>MAG</p>	<p>MAG (Men’s Artistic Gymnastics) currently teaches competitive levels 1 to 4. Daring skills of strength and power for men and boys on six apparatus – Floor, Rings, Pommel Horse, High Bar, Parallel Bars & Vault.</p>	<p>Ages Prep - 18</p>
 <p>WAG</p>	<p>WAG (Women’s Artistic Gymnastics) currently teaches competitive levels 1 to 4. Expressive and powerful skills for women and girls on four apparatus - Floor, Vault, Beam & Uneven Bars.</p>	<p>Ages Prep - 18</p>
 <p>AcroFusion</p>	<p>AcroFusion includes the Acro elements of balances, throws and teamwork combined into spectacular routine. AcroFusion uses a combination of floor and trampolines to develop tumbling skills and acrobatics.</p>	<p>Ages 9+</p>
 <p>MASTERS</p>	<p>Masters is Gymnastics for adults who have little to no gymnastics experience, all the way through to ex-competitive gymnasts with both recreational and competitive streams.</p>	<p>Ages 16+</p>

SIGN UP

All returning and new gymnasts will be required to check their details online and update them as required and register for their preferred class. Gymnasts invited to WAG & MAG will be sent an invitation by their coach, please contact them if you have not received this..

Family Discounts \$50 discount for third child per term.

If you have not paid by the end of the previous term, your gymnasts spot may be given to someone else. Where any monies are outstanding, children will not be permitted to participate in classes.

A **\$10 administration fee** will be charged to cover the extra costs incurred when our Treasurer must follow up late fees. If fees are overdue, not only can your gymnast/s not compete in any competitions, but they will also not be allowed on the gym floor for training.

Normal classes are ***not held during school holidays or on public holidays***. Additional classes during school holidays, clinics and competitions are not included in the term fee.

COACHES

Our Club strives to provide excellent coaching, with qualified and experienced coaches and beginner coaches. All beginner coaches are supervised by accredited coaches who hold a minimum qualification of Intermediate under the Australian Coaching Council's National Accreditation scheme, who have completed a supervisor's course and are registered with Gymnastics Australia.

As part of our affiliation, all coaches are required to undergo yearly professional development by attending face to face courses and workshops. All coaches have completed child safety training, and all intermediate coaches keep their First Aid training current.

ABSENCE FROM CLASSES

As common curtesy, please advise your coach as soon as possible if your child is not attending their class. Your coaches' details are above on Page 4.

NEW COACHES

Our Club is growing all the time. We need to be training and preparing new coaches continually. If you are interested to coach in our Club, please contact the President.

FUNDRAISING

We welcome any fundraising ideas brought to our monthly meetings.

MEETINGS

The committee and club members meet once a month at the Chinchilla RSL back Function Room on the 2nd Monday of each month commencing at 6:30PM. All parents are urged to attend if you would like to have a say in the running of our Club. Meeting dates will be advertised on Facebook.

The club will advise you if it is necessary to change any of the above dates throughout the year.

MEMBERSHIP & REGISTRATION FEE

The 2025 annual membership and registration fee is \$35 for Recreational classes and \$95 for Competitive classes (WAG level 3&4, MAG level 2-4) which includes the Club Membership, Affiliation with Gymnastics Queensland, Registration & Insurance. It is payable on enrolment and no child is permitted to participate in any program if this fee has not been paid.

TERM FEES

Our Club charges these fees according to the school term. If a gymnast has a serious injury and cannot attend, they are **required to notify the treasurer in writing as soon as possible**. Any request for refund will be addressed at the next scheduled committee meeting.

You have two options of payment:

1. Registration and fee payment completed online through registration www.chinchillagymnastics.com.au
2. Direct crediting fee payment into our bank account:
Name of Account: The Chinchilla Gymnastics Club Inc.
Bank: Westpac
BSB: 034-171
Account Number: 177455

If using the EFT option, please include the gymnast's full name as a reference.

If a gymnast wishes to leave mid-year, **please advise the treasurer** treasurer.chinchillaqc@gmail.com so that fees can be terminated at the date of resignation. Registration fees are not refundable.

LESSON COMMENCEMENT

Gymnasts must be in the gym, waiting in the waiting area **5 minutes before their lesson is due to commence** ready to prepare for warm-up. A gymnast must be warmed-up before a lesson due to the risk of injury.

***Gymnasts must not enter the gym floor area until called by a coach.
No child is permitted to leave the gym after class without a parent/guardian.***

***Parents/guardians are required to walk your gymnast to the waiting area and wait with them until a coach calls them to the floor. Please do not leave immediately.
Gymnasts will not be released from the gym until a parent has presented to collect them in the waiting area.***

For the safety of gymnasts, particularly in our busy carpark, we will be enforcing this rule.

Coaches are also busy at the changeover of classes. Prompt collection of children at the end of their class is critical as coaches are unable to provide supervision for your child/ren outside of class times.

WHAT TO BRING

- Wear Club Uniform (requirement of registration)
- Guards/grips (if required in WAG & MAG)
- Tracksuit and socks in Winter (no hoodies)
- Water bottle (full)

***NO JEWELLERY, WATCHES OR PIERCINGS ARE PERMITTED
EXCEPTION - STUD EARRINGS ONLY***

Please leave your sleeper/hoop earrings, bracelets/wristbands, necklaces/anklets and rings at home.

This ruling is due to our ***Safety and Risk Management Policy***.

Please remember to label all of your children's belongings. Lost property is kept in a box at the front entrance and will be emptied or donated at the end of each term.

UNIFORMS

Any queries regarding uniforms are directed to the uniform coordinator.

For the ***safety of gymnasts and coaches, club uniforms are compulsory***. KinderGym gymnasts are exempt. Gymnasts must wear training leotards/uniforms to all lessons. Acceptable clothing to wear in KinderGym or until you purchase a uniform are firm fitting stretch t-shirts or singlets, shorts (***no pockets***), bike shorts/tights. ***NO baggy/ oversized clothing, skirts or hoodies are allowed for safety reasons.***

Members of the WAG and MAG levels are required to purchase a competition leotard before attending competitions. Please allow a minimum of six weeks ordering time for these.

UNIFORM PRICE LIST

Lycra Dyed Training Leotard	\$55.00
Mystique Leotard	\$60.00
Lycra Dyed Training Bike Shorts (standard length)	\$30.00
Lycra Dyed Training Bike Shorts (mid-thigh length)	\$32.00
Mystique Bike Shorts (standard length)	\$35.00
Mystique Bike Shorts (mid-thigh length)	\$35.00

WAG Competition Leotard (long sleeve)	\$150.00
Handmade Scrunchie (royal blue, maroon and white)	\$8.00

MAG Competition Leotard	\$100.00
MAG Competition Stirrups	\$85.00
Mens/Boys Training/Competition Shorts	\$45.00

FreeG Singlet	\$40.00
FreeG Shorts	\$40.00

Tracksuit Jackets	\$55.00
Tracksuit Pants	\$35.00

SPECIALS (limited sizes available)

String Backpacks	\$5.00
Girls/Ladies Cotton Leotard (stripe style)	\$30.00
Ladies Cotton Leotard (zig zag style)	\$30.00
Cotton Bike Pants	\$20.00
Mens/Boys Training Leotard	\$30.00

*All prices are subject to change without notice

GYM RULES

No food or drink in the gym area. *No chewing gum*

Parents are not permitted in the gym area.

No child is permitted to leave the gym after class without a parent.

Gymnasts must not enter gym area until called by a coach. Once class has commenced, gymnasts are under supervision of the coaches.

Gymnasts must walk in an orderly fashion around the gym. No running through the gym – except as required by training.

Gymnasts may not leave class without permission from a coach.

Gymnasts are to follow coach's directions to ensure safety at all times.

No-one may 'play' on any piece of equipment.

BEHAVIOUR MANAGEMENT

Discipline is vital to the safe conduct of a gymnastics program. To ensure that each participant is offered a safe and enjoyable learning experience, Chinchilla Gymnastics Club has implemented the following discipline strategy.

Coaches are encouraged to be firm and consistent when enforcing discipline. Initially, the child is spoken to quietly about inappropriate behaviour. If the behaviour continues the child will be required to sit out of the activity. If the behaviour continues when the child returns to class, he/she will be required to sit out for the remainder of the class and the parent will be informed at collection by the coach. Finally repeat offences may result in membership cancellation.

PRIVACY POLICY

Chinchilla Gymnastics Club is committed to providing the highest levels of membership service. This includes protecting member's privacy. The Club is bound by the Privacy Act (1988), which sets out several principles concerning the protection of individual's personal information.

The aim of these laws is to ensure that organisations handle personal information responsibly and provide a consistent approach to its collection, use, disclosure, access and protection. The laws also give the individual new rights such as access to their personal information and the ability to correct it, if needed.

MEDIA POLICY

We are committed to protecting the children in our programs and have a strict policy on the use of recording devices. Chinchilla Gymnastics Club welcomes you to capture your child's achievements on camera or video, however the privacy of others must be respected. The use of cameras and video cameras at our venue is conditional upon the following:

- You must have all relevant individuals' written consent, including coaches, to record any images
- It is illegal to broadcast or publish images you have recorded without this consent.
- No flash photography is to be used during training or competitions.

MEMBER PROTECTION

Chinchilla Gymnastics Club acknowledges that our volunteers provide a valuable contribution to the positive experiences of our members. We aim to protect the safety and welfare of its participants and to provide a safe and supportive service environment through the implementation of its Member Protection Policy, which includes several measures such as:

- Prohibiting any form of abuse against children as defined by the UN;
- Carefully selecting and screening (through Blue Card) people whose role requires them to have regular contact with children/youth
- Ensuring our codes of conduct are promoted, enforced and reviewed;
- Providing procedures for raising concerns or complaints; and
- Providing education and/or information to those involved in gymnastics.

If anyone wishes to report any concerns regarding any of our members, coaches or volunteers please contact our Member Protection Information Officer or contact us via email at chinchillagymnastics@outlook.com.

FEEDBACK

By receiving your feedback, we can be sure that we are meeting you and your gymnasts needs. So please let us know if you have any recommendations, ideas, or constructive feedback.

RESPONSIBILITIES OF THE GYMNAST

1. **Appreciate the Risk** – Participation in gymnastics, even under the best conditions, carries with it a reasonable assumption of risk. Appreciate the fact that improper conduct of this activity can result in catastrophic injury, paralysis or even death.
2. **Be Supervised** – Every gymnastics session should always be supervised by a competent professional. Never participate in gymnastics without proper supervision.
3. **Dress Appropriately** – Always dress in terms of the learning/performing situation. Use chalk, resin, handgrips, tape, protective body equipment, etc., where appropriate. When in doubt, consult your instructor.
4. **Double Check Equipment** – Before every session, be sure that the apparatus is in proper working condition, is correctly aligned, and is adjusted according to individual needs. Also, be sure to have adequate and properly placed matting. When in doubt, consult your instructor.
5. **Communicate Clearly** – Establish a clear, accurate communicative link with your Coach. Make certain that both of you know exactly what, when, where how and why the skill is to be performed and/or spotted.
6. **Be Prepared to Participate** - Be sure that you are physically, as well as psychologically ready to perform. Total fitness is a fundamental prerequisite to safe practices in gymnastics.
7. **Master Basic Skills First** – Follow a definite progressive pattern in skill learning. Master first those basic skills that have the broadest application to the more complex skills.
8. **Know the Skill** – Be sure to have a visual concept of the full potential of the skill. Know how to initiate, execute and complete the entire movement. Develop an awareness for the more critical aspects of each skill.
9. **Always Follow Through** – Once you commit to and/or go for a skill, always follow through to its full completion. Be keenly aware that a prime consideration is protection of your head and spinal column.
10. **Know Your Limitations** – Develop a healthy awareness and respect for your individual limitations in learning and performing gymnastics.

COACHES CODE OF ETHICS

- Respect the rights, dignity and worth of others;
- Conduct themselves in line with GA's values;
- Be fair, considerate and honest in all dealings with others;
- Be professional in, and accept responsibility for, their actions;
- Make a commitment to providing quality service;
- Maintain a duty of care (and follow any safety guidelines) to others involved in GA, the Association Members and the Affiliated Clubs (where a duty of care applies);
 - Be aware of, and maintain an uncompromising adherence to GA's standards, rules, regulations and policies including this policy and the Child Safe Policy;
- Establish and maintain an environment that is safe for the conduct of activities for Children;
- Operate within the rules of the sport including national and international guidelines that govern GA, the Association Members and the Affiliated Clubs;
- Show concern and caution towards others who may be sick or injured;
- Show concern for the health, safety and welfare of members and participants;
- Give all people equal opportunities to participate;
- Be a positive role model, demonstrating a high degree of individual responsibility (especially when dealing with children), understanding that their words and actions are an example;
 - Wear their uniform, accreditation and identification card/pass/badge while involved in delivering gymnastic services or as required by an affiliated member (such as when representing GA, any Affiliated Club at designated functions or to and from work);
- Understand the repercussions if they breach, or are aware of any breaches of, this Code of Ethics;
- Do not shame, humiliate, oppress, belittle, harass or degrade any person, particularly children
- Do not unlawfully discriminate against any person, especially children, because of culture, race, ethnicity or disability;
- Do not engage in any activity with a Participant that is likely to harm them;
- Do not do anything that brings GA, an Association Member or an affiliated club of the sport of gymnastics into disrepute or engage in conduct that is unbecoming;
- Do not use your involvement with GA, an Association Member or an Affiliated Club to promote your own beliefs, behaviours or practices where these are inconsistent with those of GA, an Association Member or an Affiliated Club;
- Do not supply alcohol or drugs (including tobacco) to Children participating in gymnastic events, services or programs; and
- While on duty, do not: o use, possess or be under the influence of an illegal drug; o use or be under the influence of alcohol; o be incapacitated by any other legal drug such as prescription or over-the-counter drugs.

PARENTS CODE OF BEHAVIOUR

Modelled on the Parents Code of Behaviour developed by the Australian Sports Commission

1. Remember that your child participates in gymnastics for their enjoyment, not yours.
2. Encourage your child to participate, develop and challenge themselves in gymnastics but do not force them.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Encourage your child to participate according to the rules and help them understand the value of rules.
5. Never ridicule or yell at your child for making a mistake or failing to achieve their objectives.
6. Remember that your child will best learn by example so applaud good efforts by all participants.
7. Support all efforts of your Club to remove negative and/or destructive behaviour and attitudes.
8. Respect the decisions of judges, coaches and club management and encourage your child to do likewise.
9. Show your appreciation for the volunteers, officials and administrators of the Club for without them your child could not participate.
10. Remember that your Club personnel have feelings too, so please express your opinions in a constructive and helpful manner and avoid gossip and rumour which may arise amidst members regarding your Club.
11. Offer your assistance and expertise to your Club and encourage your child to do the same to help build your Club. Many small efforts by members make Clubs successful and harmonious.
12. Support your Club personnel by offering them your trust and confidence and show interest in what they are doing – they are striving to do their best to support the interests of your child.
13. If you have issues or concerns with any aspect of the operation of the Club in which your child is a member, please represent those issues to the appropriate person in the Club in an open and considerate manner seeking first to understand and then to be understood.
14. Offer any expertise you may have to help advance the purposes of your Club and the learning experiences of your child and his/her peers. All Clubs are under a great deal of pressure to meet social, governmental, regulatory and business expectations and standards and often feel overwhelmed in their efforts to meet these expectations and standards.
15. Most of all remember that the Club is in fact the sum of its members and that the children should also be given the opportunity to have a say. Not every child will like gymnastics and if this is your child, that's OK – your Club would be happy to modify their program or suggest a sport, which may be better suited to their interests and abilities.

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Chinchilla Gymnastics Club sprung floor is proudly provided by

