

ESTABLISHED 1946



Welcome Pack

The Gawler Gymnastic Club's mission is to provide fun and safe recreational gymnastics and build a stronger and healthier future for all of the children of the community.

Welcome to the Gawler Gymnastics Club. We want you to feel comfortable and well informed about the club as well as know where you can help out or who to speak to for more information.

Gawler Gymnastic Club | P.O. Box 1727 | Gawler SA 5118



Contents

Administration 3

 Club Contacts..... 3

 Volunteering 3

 AGM and Committee 3

 Communication 4

 Waiting List..... 4

Gymnastics Sessions..... 5

 Session Times..... 5

 Signing In 5

 Absences 5

 Parent Involvement and Supervision 5

 Gymnastics Uniform 6

Fees..... 7

 Current Fee Schedule 7

 Payment Methods..... 7

 Sports School Voucher..... 7

Important Procedures and Policies..... 9

 Accident or Injury..... 9

 Grievances 9

 Hot Weather: 9

Events..... 10

 Competition 10

 Gawler Village Fair 10

Fundraising 11

 Need for Fundraising 11

 Cards..... 11

 Drakes Foodland 11

 Water Bottles..... 11



Administration

Club Contacts

Chairperson and Head Coach Senior Coach Friday Night	Anna Lobegeiger	0438 343 784
Senior Coach Saturday Morning	Rachel Brooke	0412 498 873
Email	gawlergymnastics@gmail.com	

Further club personnel information is included at the back of this document.

Volunteering

As a volunteer club, the Gawler Gymnastics Club is entirely run by volunteers. The people who set up, the committee, the coaches, the people who pack up and everyone in between are all volunteers.

We rely on our club members and their families to help out when they can. We understand that everyone is busy and sometimes people are not sure they have the skills to help out. There are many ways that you can help out that do not rely on having gymnastics skills.

If you are interested to help, please speak to a committee member about the ways you might be able to volunteer in our club and help keep our club running smoothly and effectively. There is a policy and induction folder at the front desk with more information.

AGM and Committee

Our AGM is held in March each year and we welcome all to attend. It is held on a Friday night at 7pm and any children who are enrolled as gymnasts are welcome to attend the session (even if they are not usually in this session). We try and keep the meeting short and hold a quick committee meeting after the AGM to welcome new members etc. Please feel free to join us.

The committee holds a monthly meeting one Monday a month at 7.00pm for a couple hours at a committee member's house.



Communication

The main form of communication is the white board at the front desk, which is updated regularly. We recommend that you take a photograph of the board if you need to remember dates. The Senior Coaches will also hold a short speech at the conclusion of the sessions to explain upcoming events.

In addition, other forms of communication include newsletters (published ad hoc) and emails.

We have a Web page – <http://gawlergymnastics.com.au>

(please type this in the address bar at the top of the page) which has a calendar of events.

Waiting List

We are a popular club and have a waiting list. To be added to the waiting list, please email gawlergymnastics@gmail.com

Names given verbally or on loose pieces of paper can easily get lost so will not be accepted.

The waiting list length is consistently over 100 future gymnasts at any given time. In order for the Club to keep the waiting time as low as possible, we like to offer positions to our families as they come up generally at the start of the term and half way through the term.



Gymnastics Sessions

Session Times

The Gawler Gymnastic Club has four session times.

Friday	5.45pm to 6.45pm	5 to 9 year olds	Junior Session
Friday	7pm to 8:15pm	9+ year olds	Middle Session
Saturday	9am to 10:15am	5 to 14 year olds	Saturday Session

Signing In

The Club requires each gymnast to be signed in for their session. This is important so we can ascertain which gymnasts are in attendance in the event of an emergency such as a Fire Evacuation.

Each year we give our members a membership card once insurance has been paid, which are issued by Gymnastics Australia. We ask that you drop the membership card in the little box on the front desk each week so that we know which gymnasts has attended the session. The cards are available for collection at the front desk on your way out.

If you have not yet received a card (new members generally have to wait a few weeks) or you have forgotten it at home, please make sure that each gymnast has their name marked off at the front desk.

Absences

Please let us know in advance if gymnasts are going to be away, such as through sickness, school event or on holiday. If a gymnast is away for three weeks in a row (unexplained), it will be assumed that the gymnast has left the Club and the position will be opened to another on the waiting list.

If you know in advance that a gymnast will be away, please inform the committee members at the front desk so it can be recorded.

Parent Involvement and Supervision

We encourage parents to stay and assist with supervision of their children. Parents of young gymnasts are welcome to stay with the gymnastics group, and parents of any age are encouraged to sit and watch the session. If you need to leave the hall, please inform the committee members at the front desk as this will assist us especially in an emergency situation.



Gymnastics Uniform

Our club colours are Green, Gold and Black.

Uniform tops are available for purchase at the front desk for \$45 each.

Sometimes second hand T-shirts are available for sale at the front desk.

If you have a second hand T-Shirt you no longer use – we can sell it for you at the front desk.

The uniform is not compulsory but we do like to see all gymnasts in the uniform as it makes them feel part of the club. If they are going to be involved in our annual events, it also helps identify them as part of our club.

Shorts, bike shorts and leggings are all suitable for gymnasts. Denim, short shorts, low cut tops or singlets are not.

We also have a leotard for sale \$65 each. Set includes Leotard, shorts and scrunchie.

An example to try on is kept at the front desk. These are on an order as required basis.

For more information, please see club rules attached at the back of this booklet.



Fees

Current Fee Schedule

The Gawler Gymnastics Club is a not-for-profit club run by volunteers and we like to keep our fees as low as possible. Your fees go toward rent, training for the coaches, equipment maintenance and the purchase of new equipment. We supplement fees with grants and fundraising wherever possible to keep the fees low.

The current fee schedule is:

- Insurance \$80 per year per gymnast
- Fees per Term – Term 1 \$35, Term 2 \$45, Term 3 \$45, Term 4 \$35.
- Or Fees for full year \$140 only if paid by week 3 of Term 1.
(please note this is a **NON refundable and NON-transferable** payment)

Discounts are available for families with three or more children.

All fees are to be paid by Week 3 of the relevant term.

The insurance rate is set by Gymnastics Australia and this money is passed straight on to them. This fee needs to be paid prior to any participation in gymnastics (i.e. on the week that the gymnast starts).

The insurance covers gymnasts for a calendar year (i.e. for 2024). If a gymnast has come to Gawler Gymnastics Club from other club affiliated with Gymnastics SA in the same year the insurance that you paid at that club will remain valid.

Payment Methods

Various payment methods are available.

Cash	Paid at the front desk during session times
Direct Deposit	BSB 325-185 (Beyond Bank Australia) Account No. 02238876 Reference Name: [Gymnasts Name]

Sports School Voucher

Currently the Federal Government is offering a \$100 voucher for all School children aged 5 to 15yrs inc (2009 – 2019 inc). As a club we are happy for you to use this voucher at our club. Please speak to the committee members sitting at the front desk to find out how you can claim this voucher.



Gawler Gymnastics Club

Welcome Pack



Important Procedures and Policies

Accident or Injury

We have an incident procedure that all coaches are trained in. If your child gets injured at gymnastics and they come and tell you rather than their coach, please encourage them to go back and let their coach know and also let either the committee at the front desk or the senior coach on the floor know, so that an incident procedure can be followed.

Grievances

If you have any concerns about a coach or anything that you have seen, please first speak to a senior coach. A lot of our coaches are teenagers or young adults and have little training with conflict management. We understand that you may have concerns but we would really appreciate it if you would approach a senior coach first and they can then address the issue with the individual coach, parent or child.

If you feel that you are not able to speak with the senior coaches please speak to the clubs Member Protection Information Officers (informed):

- **Anna Lobegeiger** (Friday nights),
- **Rachel Brooke** (Saturdays).

Hot Weather:

At Gawler Gymnastics Club, we have the benefit of air conditioning and therefore our hot weather policy is that we operate at all times. The only exception would be if the air conditioner is not working and it is extreme heat. Should this occur a committee member would be at the club to let people know.

Please encourage gymnasts to bring a water bottle each week even if it is not hot.

Water is available for sale at the front desk.



Events

Competition

We compete annually at the GfA (Gymnastics-For-All) General Gymnastics Competition, held at the Gymnastics SA headquarters at the Marion Leisure and Fitness Centre. This competition is aimed at lower standard than the more serious competitions held by Gymnastics SA, and provides gymnasts with the opportunity to train and compete against similar clubs from across South Australia. Generally the gymnasts have a lot of fun showing the skills they have learnt.

The gymnasts compete on equipment performing a simple routine or a couple of skills. They compete as a team or individual depending on the experience level and win ribbons for their skill level and age group.

The competition is not compulsory and gymnasts do not need to compete if they do not want to. All gymnasts are given the opportunity to learn the skills and routines throughout Term 3.

Detail around the competition dates, daily schedule and routines change yearly and more information will be provided when available.

Gawler Village Fair

The Gawler Gymnastics Club supports the Rotary Village Fair each year performing a small demonstration of gymnastics skills. This is usually held on the first Saturday in November and more information will be available closer to the date.



Need for Fundraising

Like all clubs, we choose to reduce our fees to members as much as possible through fundraising. Types of fundraising can change annually.

Cards

We have a very crafty committee member who has kindly donated some cards that she has made, available for \$2 each. Typical cards available include birthday cards, Mother's Day and Father's Day cards.

Scrunchies

We have a very crafty committee member who has kindly donated some scrunchies that she has made, available for \$2 each.

Drakes Foodland

We are very lucky to be able to have Drake Foodland supporting the club through a loyalty program. If you would like to participate in this program, please take a barcode keyring (or two) from the front desk and scan these barcodes at any Drakes Foodland around South Australia. Points from these barcodes go towards Gawler Gymnastics Club receiving vouchers from Drakes Foodland.

Or you can download the App in the play store it is called "myDrakes" and choose SA and "Gawler Gymnastic Club" as your store for where you want your money to go to, when you scan at the check out.

Water Bottles

Water bottles are available for \$1 each at the front desk. Please note that these are not cold.



Gawler Gymnastic Club Rules

- If there is no accredited coach present, there will be no gymnastics
- **NO GYMNAST** is to use the equipment without the supervision of an instructor
- Warm up is an essential part of gymnastic sessions for all gymnasts. Please arrive 5 minutes prior to your session
- No jewellery, including rings, watches and earrings (with the exception of plain studs) are to be worn during session times
- Hair that can be tied back is required to be tied back during session times
- Only appropriate clothing to be worn, preferable club T-shirt with black pants or shorts, or leotard
- No inappropriate language or behaviour from children or adults **WILL NOT** be tolerated
- Annual insurance to be paid before the 2nd week of participation each year
- Term fees are to be paid by Week 3 of each term
- No gymnast is to leave the hall during sessions without authorisation of the Senior Coach
- All spectators, children and adults must be kept away from the equipment
- Underage gymnasts are to be brought into the hall and collected from **INSIDE** the hall by their parent/guardian
- Any existing injury needs to be brought to the attention of the gymnast's coach
- Any injury/accident sustained at gymnastics is required to be brought to the attention of a coach or committee member immediately
- More than 3 weeks of unexplained absence will forfeit position in club.
- A holding fee of \$15 for an absence for a period of one term will be required or your position will be forfeited. This must be pre-approved by the committee.

If you have any other questions or suggestions for the Club, we will appreciate your input.



2024 Dates to Remember





2 nd / 3 rd Feb	Start Term 1
1 st March (Friday)	AGM at 7pm
29 th /30 th March	NO GYMNASTICS – EASTER HOLIDAY
12 th / 13 th April	Last Week of Term 1
3 rd / 4 th May	Start Term 2
5 th / 6 th July	Last Week of Term 2
26 th / 27 th July	Start Term 3
23 rd / 24 th Aug	NO GYMNASTICS – GAWLER SHOW
Sept (TBA)	Gymnastics Competition Sunday for Level 1 to 5
27 th / 28 th Sep	Last Week of Term 3
18 th / 19 th Oct	Start Term 4
2 nd Nov (SAT)	Gawler Village Fair Demonstration at approx 12 noon
6 th / 7 th 8 th Dec (Friday/Saturday)	Gawler Gymnastics Club Break-Up



Gawler Gymnastics Team

			
<p>Anna Lobegeiger Head Coach /Committee- Chairperson / Life Member</p>	<p>Rachel Brooke Senior Coach/Committee- Member/MPIO officer / Life Member</p>	<p>Jacqui Tewkesbury Coach / Committee- Minutes Secretary / Life Member</p>	<p>Frank Jones Coach / Life Member/Club Patron</p>
			
<p>Nicki Page Coach / Life Member</p>		<p>Bradley Brooksby Committee Member</p>	<p>Timothy Delyn Coach / Committee Member</p>
			
<p>Annette Brooke Coach</p>		<p>Erin Wilton Coach</p>	<p>Hanna Gray Coach</p>



			
Bailey Lobegeiger Coach		Lauren Winning Coach	Lesley Winning Beginner Coach / Committee- Correspondence Secretary/Membership coordinator
Kathy Relihan Volunteer Coach	Kerry Dunk Committee Member Beginner Coach		
Kylee Wilton Committee - Treasurer	Carol Delyn Committee – Membership Registrar	Julie Sallai Committee member	
			
Vaughn Gray Committee member			



Gawler Gymnastics Club

Welcome Pack

Gawler Gymnastic Club | P.O. Box 1727 | Gawler SA 5118



Symes Accountants
Business Advisors & Accountants
"Talking your language"
Helping you to manage, control and grow your business
27 Twelfth Street, Gawler South, SA, 5118
PO Box 445, Gawler, SA, 5118
Ph: 8522 2633 Fax 8522 2934
email - admin@symes.com.au