



Mackay Gymnastics Inc.



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WELCOME TO OUR CLUB

THINGS YOU WILL NEED TO KNOW

PROGRAMS OFFERED BY OUR CLUB

ALL CLASSES FOLLOW THE NATIONAL GYMSPORTS PROGRAM FOR THE RELEVANT DISCIPLINE

Kindergym – Especially designed for children aged 2 – 5 years old.

The program combines free play with structured activities in a safe and caring environment to make learning fun while teaching the concepts of movement. Kindergym teaches children to enjoy movement and have fun using their bodies. The emphasis is on assisting development of fine and gross motor skills, thus enhancing hand eye coordination.

Gym Mix – non competitive recreational classes for primary school children.

The program is based on the Gymnastics Australia Gym Mix program which combines all gym sports into a fun and engaging sport.

Gymnastics Recreation Levels - Fun, physical, graceful and strong. Foundational gymnastics develops attributes that are perfect stepping stones for all other sports, and life in general, including coordination, balance, strength and agility. Recreational levels are also invited to compete in home competitions, an opportunity to display their achievements.

Gymnastics Competition Levels – Gymnastics in all its glory – A progressive skill development programme for both MAG (boys) and WAG (girls) gymnasts. These gymnasts compete in all local, Regional, State and National competitions as Mackay Gymnastics Inc. representatives. Competition attendance provides gymnasts with the opportunity to improve on their personal bests.

Trampoline - The perfect sport to teach your child safe and developmentally sound aerial skills, whilst also developing co-ordination and body awareness. We offer boys and girls – beginners to advanced – lots of fun for all.

We also offer a schools program, classes for children with disabilities and holiday fun days.

If numbers in any class become too low that class may be terminated

VENUE

6 Swayne St. North Mackay

The office is located across the road, 8 Swayne St. North Mackay

We are currently working towards a purpose built gymnastics centre where we can all train under the one roof. This will be at Snow Wright Court, Andergrove.

OFFICE HOURS

Phone: 49531425

Fax: 49532025

Email: admin@mackaygymnastics.org.au

Website: www.mackaygymnastics.org.au

<u>8 SWAYNE ST</u>		
Monday:	10am – 2pm	3:30pm – 4:30pm
Tuesday:	10am – 2pm	3:30pm – 5:30pm
Wednesday:	10am – 2pm	3:30pm – 5:30pm
Thursday:	10am – 2pm	3:30pm – 5:30pm
Friday:	VOLUNTEER ONLY	
Saturday:	9:30am – 2:30pm	

ENROLMENTS

Please call admin staff on 49531425 or email admin@mackaygymnastics.org.au

FOOD & DRINK

No food or drink is permitted in the training area. Gymnasts should bring their own water bottle and a **healthy** snack to training (if attending a 3 - 4hr class). (NO chocolate or sweets)

COACHES

Our coaching staff are all registered coaches (or trainees working towards their accreditation). If you have a question for your child's coach please see them at the end of the class or make an appointment through the office.

GYMNASTICS EQUIPMENT

We have a very well equipped club with our equipment meeting the current National requirements.

STAR 3

Mackay Gymnastics Inc. is one of a small number of clubs who have achieved Star 3 rating in Qld. This means we are eligible to host regional competitions.

CLUB UNIFORM

Hair must be tied back off the face and all jewellery removed (except earring sleepers and studs)

Training: Boys - (MAG) black shorts & club singlet top

Girls - (WAG) coloured training top & black shorts

Trampoline Boys - (TRP) black shorts and trampoline training top

Girls - (TRP) trampoline training leotard or trampoline training top and shorts

Competition: Boys (MAG) – Level 0 – 1 as per training uniform

Level 2-10: club leotard, black shorts, long whites, white socks.

Girls (WAG) – Level 1 – 3 as per training

Level 3 – 10: club leotard

Trampoline – Boys - club leotard, black shorts, long whites & plain white socks

Girls - club leotard & plain white socks

All gymnasts are required to bring clean white socks to training for use on the trampoline

ORDERING UNIFORMS

Club polo shirts are bulk ordered. These are for parents and gymnasts. **Orders are not placed without payment.**

All gymnasts require Club Polo shirts for competitions.

A club tracksuit is required for some competitions. (State sanctioned competitions)

Long whites and leotards need to be measured and ordered through the office 6 weeks before needed.

Orders are not placed without payment. Check with the office for more details.

COMPETITIONS

We host an invitational competition on the May long weekend, an in-house Team Challenge mid year and an in-house Toy competition at the end of the year. A great opportunity for our low level gymnasts to compete in familiar surroundings. Lots of volunteers required. We also travel to other regional areas (Townsville, Rockhampton, Keppel Coast, Yeppoon, Gladstone) and State and National events. A nomination fee is charged to cover medals, trophies, judging expenses etc. Nominations and payment are due 4 weeks prior to the competition and a coach/Judge expenses levy may be invoiced to accounts if the nomination deposit does not cover expenses.

Unfortunately, due to the current facilities, we are unable to run home Trampoline competitions. Rockhampton is the destination for most trampoline competitions.

LEVEL TESTING

MAG Level 0/1, WAG Level 1-3 and Tramp L 1-4. can be tested in house during class however the other levels must compete at a sanctioned competition to pass a level. A level test fee is charged (payable at time of nominating) to cover the cost of the badge etc.

INSURANCE REGISTRATION & MEDICAL FORMS

These must be completed before your child's first class. Ask at administration if you do not have one. (one form per child)

ACCOUNTS

Insurance must be paid at the second class with term fees due 2 weeks after commencement of training. Term fees must be paid in full however if extenuating circumstances occur application may be made to committee in a timely manner for a credit. Make up classes during that term or holidays may be available.

Insurance is charged once a year with this payment going to Gymnastics Queensland.

Club membership is a once a year fee. A Family Levy is charged once per term.

Payment may be made by Cash, Cheque, EFTPOS/Credit Card or Direct Deposit .

Credit Card payments can be made over the phone. **Office hours only.**

Email administration for **Direct Deposit** banking details: admin@mackaygymnastics.org.au

OVER DUE ACCOUNTS

After the due by date has passed on the account, an overdue fee of 10% of term fees outstanding will be applied.

EARLY PAYMENT DISCOUNT

Get 5% discount off your next terms coaching fees by paying in the last weeks of previous term.

VOLUNTEERS

We are a Not for Profit organization and rely on volunteers. Some jobs require weekly attention while others just need attention once a term. Please help us spread the load. More details on the notice board.

Parents are welcome to stay and watch, however interaction and communication with gymnasts must not be made during training sessions. All spectators including children not participating in the class, must remain off the training floor.

This is a brief outline about our club. For more details check the notice board or collect a hand book from the office.