



2022

Parent Handbook

Welcome to Engadine Gymnastics Club!

What can you expect from us?

Our main objectives are FUN, FITNESS and FRIENDSHIP!

All classes are run by fully qualified coaches, or by coaches in training under the direct supervision of a fully qualified coach.

All our adult coaches have current Working With Children Checks.

We treat all our gymnasts with dignity and respect, encouraging them to develop their maximum potential.

We take children's rights seriously, and are committed to the safety, wellbeing and empowerment of all children and young people in our club.

We believe gymnastics isn't just for kids – gymnastics is for all!

We believe in equity and fairness: every person that wants to try gymnastics should have the opportunity to do so.

We're here for the community, and have been for sixty years!

We are a not-for-profit community group, and our management committee are volunteers. We may not be available 24/7 but we are always keen to help.

We reserve the right to remove any person breaching club rules, policies or procedures from our club.

Thanks for joining the EGC family. Please take the time to read this document carefully, even if you are a returning member, as it contains important information that may have changed since you joined us.

1. Registration

All gymnasts must be registered with the club. This is an annual fee, and is non-refundable and non-transferable between participants.

Once you are registered with the club, you can enrol in your preferred class. Please speak to Graham, our Club Manager, on 0402 204 361 if you are unsure about the best class for your child.

A detailed, step-by-step guide to the enrolment process can be found on our [website](#).

2. Class Fees and Payments

Fees are payable by week three. Invoices will be issued by the semester unless alternative arrangements have been made.

You can contact Greg, our Club Treasurer, if you have any issues with payment. Email him at greg.anderson_2@bigpond.com.

Invoices are emailed to you and include a link to pay by credit card. You are also welcome to pay via direct deposit. Our bank details are:

BSB: 062-164

Account: 0080 0062

Please use your invoice number as the reference.

Cash and cheque payments are also accepted. Please hand to your coach in an envelope with the details noted on the outside.

3. Absence, Illness and Make-up Classes

We allow make-up classes for KinderGym only. Non-attendance, including for family holidays, does not qualify for a refund, credit, or make-up class. Only in the case of serious illness or injury and the presentation of a doctor's certificate, fees will be credited accordingly. Please email certificates to the club email engadinegymnasticsclub@gmail.com for approval.

Please do not bring sick children to gym. If they are too ill to attend school, they are too ill to attend gymnastics. Apart from sick children needing rest and recovery time, the other participants and our coaches don't need exposure to other's illnesses.

We appreciate it if you let us know if your child won't be attending class. If the absence is planned, you are welcome to let your coach know in advance, otherwise you can email the club or send us a message via Facebook.

COVIDSafe restrictions are in place and subject to change. Please follow and directions from the committee and coaches in this matter, including practicing social distancing, checking in, and regular hand washing.

4. Equipment Roster

As a not-for-profit community group, we need families to assist with the set-up/pack-down of the gymnastics equipment, to help us keep fees low.

When you register, you will be asked to select your preference for Tuesday or Thursday evenings, or no preference, if either day is suitable. Currently, both set-up (Tuesdays) and pack-down (Thursdays) start at 7pm, and last approx. 1-2 hours, depending on numbers.

A roster will be distributed via email around Week 3 each term. It is your responsibility to check when you are rostered, and to find another family to swap with, if your rostered day is unsuitable. If you do swap with another family, please email us to let us know so we can update the roster accordingly.

The number of rostered sessions per family depends on the number of families in the club, but is usually twice per term, in consecutive weeks.

There is a \$100 per family 'equipment bond' that is added to the first child's registration fees. This is refunded to you at the end of the year, if you attend all rostered sessions. Pro-rated refunds are given for partial attendance.

Gymnastics equipment is bulky, and sometimes heavy. It is a safety requirement that you wear covered shoes when assisting, and a moderate level of fitness is certainly helpful.

Make sure you sign the attendance register before leaving, for our records.

Children are welcome to attend with their parent, if there is no one else at home to look after them. If you cannot help at all due to health reasons, you are welcome to instead join our management committee – committee members are exempt from the equipment roster.

Please contact us as soon as possible if you have questions or concerns about the equipment roster process.

5. Uniforms, Clothing, & what to bring to class

Gymnasts should wear plain black shorts or bike shorts. Thin tracksuit pants or leggings may be worn in the cooler months, but please avoid thick, fleecy pants except to wear to and from class.

Club shirts and singlets are available for try-on and purchase in class. This uniform is optional for classes, but is required for FreeG and Rec competitions.

A club tracksuit is also available. It is required for WAG, MAG and TeamGym athletes at competitions, and further details will be made available to those classes. All members are welcome to purchase a tracksuit if they would like.

Long hair should always be tied back neatly for class, preferably plaited. Long, flowing and even loose short hair restricts vision and movement and can be a safety hazard.

TeamGym, WAG and MAG participants may be required to purchase or hire leotards in order to take part in competitions. This will be discussed with each class in Term 1.

Please come to class with a (full) water bottle, shoes that can easily be put on and removed, and something warm to wear to and from class.

Classes of 2 hours or more may allow gymnasts to bring a small snack, at the coach's discretion. Please choose something that doesn't contain nuts and isn't messy. Food is not allowed in other classes.

6. Communication

Most communication will be sent out via our computer system to the email you used to register, so please ensure this is kept up to date. It is easy to log in and update your details using the username generated for you upon registration.

We also use a private Facebook group to send out quick reminders and other member information. You can find it and request to join here: <https://www.facebook.com/groups/335463176530276> . If you are on Facebook, we definitely recommend joining the group.

If you have any queries, the best way to contact us is via email to engadinegymnasticsclub@gmail.com. We can then easily direct your query to the right person.

For general club matters, you can contact our Club Manager, Graham, on 0402 204 361, or our Club President, Jo, on 0433 705 229.

For invoicing or payment matters, or for questions relating to our online registration system, please contact our Club Treasurer Greg on 0412 495 496

You are also welcome to speak to your coach in person, but please be mindful that they may not have time to discuss complex matters with you in between classes.

Key Dates for Term 1, 2022

Friday 21st January:
Registrations open

Tuesday 1st February:
Classes Commence

Wednesday 6th April:
Annual General Meeting
and Eggnastics fun night

Thursday 7th April:
Last class for Term 1

Tuesday 26th April:
First class for Term 2

Looking forward to another great year of gymnastics!