

# Aerial

## GYMNASTICS AND CHEER

### POLICY AND PROCEDURES

All programs



2025

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# ABOUT US

Welcome to Aerial Gymnastics and Cheer, where gymnastics and cheerleading are more than just sports.

We're a not-for-profit club dedicated to providing quality programs and fostering a positive community.

As a Gymnastics QLD affiliated club, we're committed to excellence in coaching and training, while our volunteer-based committee ensures that all administrative functions run smoothly.

Join us in Brown Plains today and experience the magic of Aerial Gymnastics and Cheer.

Our programs cater to all ages and skill levels, from recreational classes for toddlers to competitive teams for advanced athletes.

We believe in creating a safe and supportive environment where everyone can learn and grow, both physically and mentally.

Our experienced coaches are passionate about what they do and strive to help each individual reach their full potential, whether their goal is to master a specific skill or simply have fun and stay active.

At Aerial Gymnastics and Cheer, we also value community involvement and offer various opportunities for our members to give back and make a positive impact.

We can't wait to welcome you to our family and share the joy and benefits of gymnastics and cheerleading with you.



# OUR STAFF

All staff employed at Aerial Gymnastics and Cheer possess a current blue card. Blue Card Services administers the blue card system—Queensland’s Working with Children Check.

Our coaching staff attain accreditation through the national governing organisation of Gymnastics Australia. It is mandatory for coaches to attend regular updating clinics, events and workshops to renew and improve their annual technical accreditation. Beginner Coaches are under the supervision of a qualified coach.

All coaching staff will abide by and practice professional and ethical standards provided by Gymnastics Australia Code of Ethics.

Head Coach/Club Manager	Annika Grieve
Competitive Leader/Coach Recreational Leader/Coach Cheerleading Leader/Coach	Annika Grieve Alainne Einam Shannon Giles
Coaches	Mary Oswald Tahnia Thwaites Chloe Paull Lilah Woods Kasey McMillan

# OUR COMMITTEE

Our committee comprises dedicated parents who have selflessly volunteered their time to help our club flourish. We collaborate closely with the community to create an optimal experience for our kids. Recognizing the significance of family and other commitments, we are always eager to receive any help we can get. If you are interested in participating or have any questions, please do not hesitate to contact us via email.

President	Kym Grieve
Secretary	Shelly Bakker
Treasurer	Robyn Munt



# 2025 TERM DATES

We offer 4 terms a year which coincide with public school terms.

Term 1: Tuesday 28 January - Saturday 5 April

Term 2: Tuesday 22 April - Saturday 28 June

Term 3: Monday 14 July - Saturday 20 September

Term 4: Tuesday 7 October - Saturday 13 December

## OUR PROGRAMS

We offer a number of programs for all ages. Schedules and information on these programs can be obtained from at the reception, via our website or further down the policy.

### **Gymnastics:**

KinderGym

Recreational Gymnastics

Development Gymnastics

Competitive Gymnastics

All Ability Classes

### **Cheerleading:**

All Star Cheerleading

Development Cheerleading

## Management System

Upon enrolment an email will be sent with login information to our management system (friendly manager). You will be prompted to login. You are able to view awards your children receive, outstanding fees, enrol into additional classes and purchase merchandise through this account. there are also a variety of resources available for viewing on your profile. Each term you will be prompted to re enrol your child into classes for the following term. your affiliation fee lasts the whole year so you wont be required to pay this more then once a year. If fees are outstanding you will be unable to enrol for the following term.

# GYMASTICS FOR ALL

## KINDERGYM

KinderGym is a specialised program designed to promote the development of your child's coordination, confidence, and self-esteem. Children under the age of five are welcome to participate, and parents or caretakers are required to engage and complete the adventure with their child if they are under four years old. Our program utilises gymnastics equipment, activities, and obstacle courses specially designed for your child's age to explore their physical abilities.

At KinderGym, we aim to enhance your child's locomotor skills, balance, coordination, and social interactions in a safe and nurturing environment. We incorporate song and movement ideas, rhythmic movements like rolling and rocking, as well as color, shape, and sensory experiences to provide a holistic experience for your child.

## ALL ABILITY CLASSES

This class is designed to challenge your child to learn and opportunity to compete a variety of routines on multiple apparatus. This class has a focus on individual needs and growth and is designed to provided individual opportunities for success in a small, personalised environment. Each class has specific goals, these are designed to suit the child's skill level, both physically and mentally.

Class option:

Group classes

1 on 1 classes

3 on 1 classes



# GYMNASTICS

## Recreational Gymnastics

Our primary focus of our recreational program is to provide your child with a strong foundation in the beginning levels of gymnastics that they will be able to improve and build upon in future levels. Each class has specific goals, these are designed to suit the children skill level, both physically and mentally. The goals increase in difficulty each term to ensure that every child is able to improve. The goal of our recreational program is to provide the athlete with a positive, fun and safe environment to improve their skills. It builds discipline, determination, and resilience. The skills you learn in the gym can be applied to all areas of life, helping you overcome obstacles and achieve your goals.

We offer 3 levels of recreational gymnastics:

Stage 1

Stage 2

Stage 3



Athletes in our recreational program will be invited to two in house carnivals per year. During the carnival athletes will show off their skill to parents, family and friends. Our coaching team will use these carnival as opportunities to assess the athletes ability. All athletes will receive an award for participation in the carnival. Additional information will be released as event approaches.

## Development Gymnastics

Our primary focus of our development program is to provide athletes with the opportunity and experiences of competition without the high level of commitment needed for a general competitive program. Within the development program athletes will learn routines on vault, beam, bars and floor and will be able to compete them at local competitions throughout the year. A yearly competition calendar will be released during Term 1.

Each class has specific goals, these are designed to suit the children skill level, both physically and mentally. The development program has behaviour/attitude and skill requirements for each level.

The goal of our development program is to provide the athlete with a positive, fun and safe environment to improve their skills.

**Commitment**

Our competition classes require a medium level of commitment due to the time it takes for the children to develop skills and prepare for competition routines. Gymnasts must commit to all training sessions, except in the case of illness. They also need to commit to the competitive season that runs from May to November and all scheduled competitions unless there is a viable reason not to attend.

**Removal From Class**

We maintain a zero-tolerance policy for disruptive behaviour, lack of effort, lack of commitment to training, rude or disrespectful behaviour. Athletes who exhibit these behaviours will be removed from the competitive stream and returned to recreational classes. Depending on the severity of the incident, membership to our club may also be cancelled.

In 2025 we are offering the following classes in our development program

Sapphires (Level 1/2 Limited Hours)

Rubies (Level 3 Limited Hours)

Emeralds (Level 4 Limited Hours)

Diamonds (Level 5 Limited Hours)





# GYMNASTICS

## Competitive Gymnastics

Enrolments into our Women's Artistic Gymnastics (WAG) Competitive Program are by invitation ONLY. We offer a WAG program that requires children to complete a recreational class trial where our coach will assess their skills before joining the competition. Our program is designed to enhance coordination, agility, balance, posture, and confident movements, including landing safely. Additionally, it fosters creativity, builds self-confidence, strength, and flexibility for life's challenges. Our classes also teach gymnastics etiquette such as standing at attention, marching in line, and presenting. From Level 3, gymnasts learn routines to compete on the four WAG apparatuses: Vault, Bars, Beam, and Floor. Girls work on their strength, flexibility, trampoline work, dance, and essential skills. Here are our current classes/levels:

- WAG 3
- WAG 4
- WAG 5
- WAG 6
- WAG 7
- WAG 8

### Progression

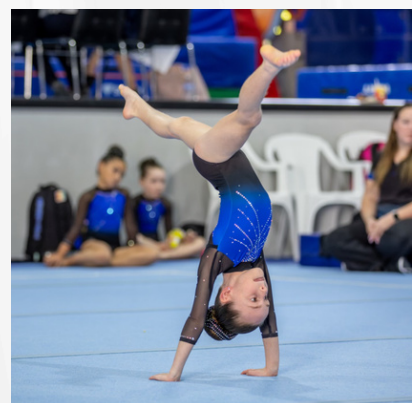
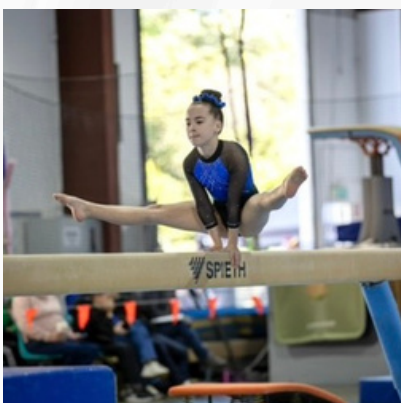
While we aim to progress the whole class through levels together, it may not be the best interest for each individual athlete. However, our coaching team always recommends changes with the athlete's best interest in mind. From level 3, gymnasts must pass a level test before progressing to the next level. Once your gymnast passes their level test, they may not progress to the next level immediately. They normally remain in their level for a calendar year. Additionally, they must demonstrate proficiency in all the skills required for the next level in order to compete at that level.

### Commitment

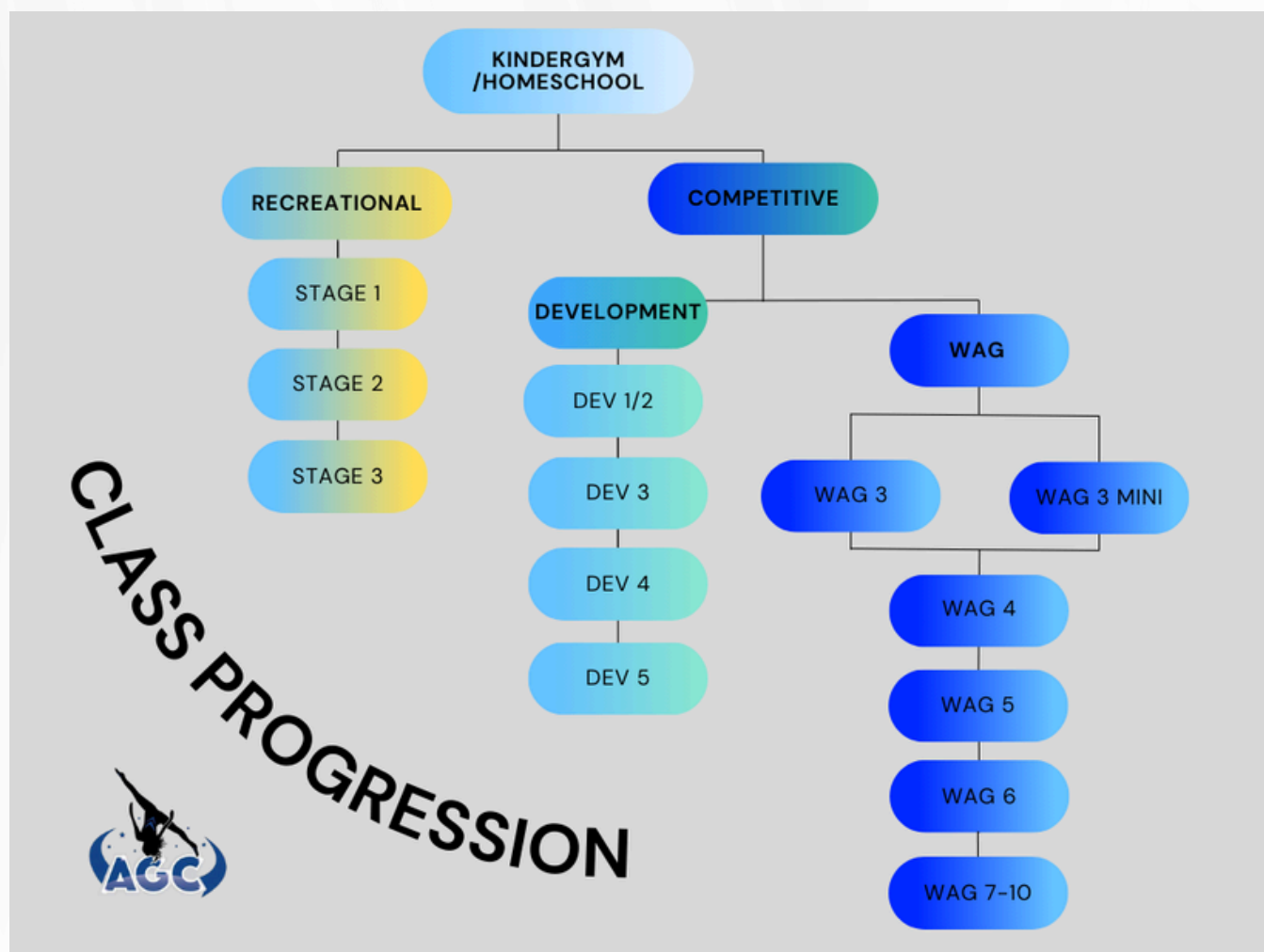
Our competition classes require a high level of commitment due to the time it takes for the children to develop skills and prepare for competition routines. Gymnasts must commit to all training sessions, except in the case of illness. They also need to commit to the full competitive season that runs from May to November and all scheduled competitions unless there is a viable reason not to attend.

### Removal From Class

We maintain a zero-tolerance policy for disruptive behaviour, lack of effort, lack of commitment to training, rude or disrespectful behaviour. Athletes who exhibit these behaviours will be removed from the competitive stream and returned to recreational classes. Depending on the severity of the incident, membership to our club may also be cancelled.



# GYMNASTICS PROGRESSIONS



## Class Allocation

Class Allocation is done by age, strength, skill ability, behaviour and maturity. If the coach feels that during a session, it would be best for your child to participate in a different class, they will have that discussion with you. Throughout the year if your child's behaviour and attitude drops below an acceptable level then their position in the class may be changed or terminated. The Club's trained staff use safe and progressive teaching techniques recommended by Gymnastics Australia.

## Progression

Progressing through gymnastics classes requires you to have achieved the goals of your current class. Each level of gymnastics introduces new skills and techniques that build upon the previous level. It is important to master the skills of your current class before moving on to the next level. This ensures that you have a strong foundation and the necessary strength and flexibility to safely perform more advanced skills. Remember, progress in gymnastics takes time and dedication. Don't be discouraged if it takes longer to achieve your goals than you initially anticipated. Stay focused, train hard, and most importantly, have fun!

# COMPETITION INFORMATION

# GYMNASTICS

## Competition Focus and Guidelines

- The primary focus of gymnastics competition is to have fun and enjoy the experience, personal goals and improvements while emphasising the importance of camaraderie and teamwork.
- While preparing for competitions, every athlete is encouraged to put in their best efforts to give their best performance and learn from their mistakes.
- The focus of the coach is to provide the necessary training to help the athletes perform at their best on the competition floor.
- The judges' role is to score the athletes based on their performance and mistakes made during the routine.
- Parents and spectators are not allowed to communicate with athletes during competitions to avoid disqualification, hence they are advised to support their children from a distance.
- Athletes must be in their correct uniform for all events, and deviations from this will result in a judging deduction.

## Scoring for the Australian Levels Program

- All gymnasts begin with a starting value of 10.00
- Deductions are made for mistakes made during the routine, with a minor mistake incurring a 0.1 deduction, a medium mistake incurring a 0.3 deduction, and a major mistake incurring a 0.5 deduction. A fall or hand touch on the floor at the wrong time incurs a 1.0 deduction.
- If an element is missed or forgotten, the gymnast starts from a value lower than 10.00.
- The minimum score for all-around at Level Test is 28.00, while the minimum regional and state scores are 32.00 and 34.00, respectively.



# LESSON FOCUS

Our classes prioritise the fundamentals of strength, proper body positioning, shaping, flexibility, and basic gymnastic and cheerleading skills. These principles are taught in a supportive, enriching, and focused environment. Additionally, we stress the importance of proper gymnastics etiquette, such as standing at attention, marching in line, and presenting oneself appropriately.

Our classes offer more than just athletic instruction; we also aim to teach valuable skills and lessons that can be applied in everyday life.

## Flexibility

For athletes, particularly those in gymnastics and cheer programs, attaining optimal flexibility is imperative for skill performance. To achieve this, regular stretching is included in every training session. The key to dominating flexibility lies in understanding how to relax during stretching exercises. Cheer program's flyer positions necessitate consistent stretching to maintain proper body posture.

## Spotting

Coaching often involves the use of physical assistance or correction of skill. This is known as spotting, a crucial component of the sport. Parents should be aware that coaches may use physical contact to assist or correct their children's performance. Additionally, spotting is utilised to improve flexibility, body alignment, posture, and overall range of movement.

## Safety

Ensuring the safety of all athletes and staff is our top priority at Aerial Gymnastics and Cheer. To maintain a safe environment, we reserve the right to refuse or revoke a position in any group or class if a coach perceives an individual as a risk to themselves or others. Cheerleading involves lifting athletes to significant heights, so it's crucial that all athletes follow their coach's instructions at all times. Failure to do so could result in accidents. This may occur if an athlete fails to follow instructions or behaves in an unreasonable or unsafe manner.

## Feedback

Receiving feedback can be a valuable tool for athletes to develop and enhance their skills. It can help them identify areas of improvement and provide a clear path to success. However, it is important for athletes to approach feedback with an open mind and a willingness to learn. Sometimes, feedback can be difficult to hear, but it is important to remember that it is not a personal attack. Instead, it is an opportunity for growth and development. By taking feedback onboard, athletes can work towards achieving their goals and becoming the best version of themselves.

# SUPPORTING YOUR ATHLETE

## Injury Management

Despite the coaching staff's best efforts to prevent injuries, they are still possible. It's essential to seek timely evaluation and treatment from physiotherapists and doctors familiar with the sport. Athletes are expected to attend training while modifying their exercises, and they will be given a modified program to strengthen other areas while recovering from their injury.

## Dealing with Fear

Most athletes experience fear in some form during their training. This is normal, but when it is not dealt with in the early stages it can escalate into fear issues that are difficult to resolve. The coaching staff usually has a plan for a particular athlete, but the full support of parents and other team members is necessary to resolve the issue. It's typical for cheerleaders to experience fear when required to lift each other to a height. However, early intervention is critical, or it could escalate into a more significant issue.

## Support

Every athlete needs the support of their parents, coaches, and other athletes in the team to achieve their goals. Encouragement from parents is essential, but it's important not to force your child into performing a skill they are not ready for mentally or physically. The coaches are highly experienced and will guide the athletes to perform the skill when they are mentally and physically prepared.

## Viewing Training

Parents are encouraged to take an interest in their child's classes and support them where needed, but during training, athletes need to focus on the coach's instructions. As such, a limited viewing policy is in place to provide athletes with an uninterrupted environment. Parents should not communicate with their child during training unless the child is injured. If parents' viewing is found to distract athletes, they will be asked to watch from outside the training area.

## Hand Care

Gymnasts from level 1 use bars and chalk to grip them. Chalk dries out the hands, so it's essential to wash them after training and apply moisturiser regularly. Gymnasts should use an emery board or nail file to file down any Callouses as these will otherwise continue to grow over time until they "Rip". Moisturiser, Vitamin E Cream or a custom [Hand Balm](#) can be used after training to help the elasticity of the skin on the hands. Moisturiser should not be applied before training.

Once at home, we swear by tea bags to reduce the pain and speed the healing of the rip. Prepare a cup of black tea using a tea bag. Remove the tea bag and place it in the freezer for a few minutes to cool.

Alternatively a cream can be effective in promoting healing.

Some recent advice is that hydrogen peroxide is effective at quick recovery and healing - but may not be pleasant.

Our cheerleading classes are designed to teach your child the skills they need to participate in competitive cheerleading. Our classes also instill essential values such as teamwork, dedication, trust, and sportsmanship. Teams will learn a routine and compete against similarly-skilled teams at local and away competitions. In this program, athletes will develop their abilities in teamwork, stunting, tumbling, jumps, dance, and other essential skills.

## Development Teams

Our development teams are perfect for those who are new to the sport of cheerleading as well as those who want the competition experience without the time and commitment needed for our elite teams. Our Semi Comp teams will compete at 3 competitions throughout the year. Semi comp teams will train 1x 1/1.5hr a week with no further training commitments.

Projected Semi Comp Teams 2025

Mini/Youth

Adult 18+

## Elite Competition Teams

Our elite competition teams are designed for those athletes who want to participate in the sport of cheerleading competitively. Our Elite teams will train and develop their elite stunting, tumbling, jumping and dance skills to compete at 7 competitions throughout the year. Our elite teams will train 2x 1.5/2hrs a week. They will also have additional compulsory training sessions throughout the year.

Projected Elite teams 2025.

Youth Level 1

Youth/Junior Level 2

Junior Level 3

## Progression

Advancement through the various Cheer Levels is based on the athlete's ability to attain the necessary skills. The team's progression is dependent on the difficulty of the skills they achieve as a group. Our team of experienced coaches guides the athletes on their competitive journey and determines when they are prepared for more challenging skills. Our goal is to progress as a team, but individual athletes may advance in specific areas before the rest of the team. Please be assured that our coaching team prioritises the athletes' best interests when making decisions about team placement and level selection.

# CHEERLEADING

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## Commitment

Our cheerleading classes require a 100% commitment to develop each child's skills to prepare them for competition routines. Depending on the level, development teams must commit to one training session per week, while elite comp teams must commit to two training sessions, a choreography workshop, and holiday training. Once your child has been placed on a team, it's important to understand the level of commitment required. Cheer is a team sport, and every athlete plays a vital role in the team's success. As such, each placement requires a minimum of 12 months commitment from both athlete and family. Cheerleading involves technical skills that require physical conditioning, so it takes time to master even the foundational skills.

### Holidays

Semi Comp Team: No holiday trainings or commitments.

Elite Competition Teams: Elite teams will have training session during holidays throughout the year. Youth/Junior 2 and Junior 3 elite teams will have stunt and tumble skill camps at the end of January before term 1 commences.

Term 2 Holidays

Term 3 Holidays

## Choreography

Semi Comp Teams: Semi Comp Teams will learn their routine choreography during normal training sessions.

Elite Comp Teams: Elite teams will have a compulsory 2-day Choreography workshop with a world champion choreographer to learn their competition routine during Term 1 holidays.



# COMPETITION INFORMATION

# CHEERLEADING

Competition is an exciting time for cheerleaders. It's an opportunity to work together as a team and give it their all. The following are key points to keep in mind:

- Remember to have fun and enjoy the experience.
- Team spirit is essential, so cheer on your teammates and support other teams too.
- It's not just about scores and results. Rather, it's about ensuring that every athlete has the best possible experience.
- All coaches strive to prepare the athletes to perform to the best of their abilities. However, mistakes are an inevitable part of the learning process.
- Resilience is a valuable life skill that is developed as cheerleaders learn from their mistakes.

## Competition Procedure:

- Athletes must stay with their coaches until after they've competed.
- Athletes will receive a competitor wristband that must be worn for the duration of the competition.
- Athletes must be in the correct uniform for all events.
- Athletes and spectators are not allowed to approach the judging tables at any point during the competition.
- Deductions or disqualification will occur if the judging table is approached or judges are spoken to.
- Athletes and spectators are not allowed to move to or from the grandstands while a team is on the competition floor.

## Competition Schedule:

- All cheer teams will attend competitions throughout the season.
- Semi-comp teams will compete at three competitions, while elite teams will compete at six to seven competitions throughout the year.
- Elite teams must meet routine skill and score requirements to compete at nationals.

## Scoring for Cheerleading:

- Level 1 teams are scored out of 90 points, while level 2+ teams are scored out of 100 points.
- Judges will evaluate the routine based on stunts and pyramid, tumbling and jumps, dance, and overall performance.
- Scores are given based on the difficulty of the skills, technique, execution, and synchronization of the team.
- Deductions will be taken off the final score for any mistake made during the routine.
- Teams will then be ranked from highest to lowest score.
- A Hit Zero Routine is when a team performs a routine with no deductions, which is what all teams strive for.

Remember to have fun, work together as a team, and cheer on your teammates during competitions. Good luck!



# CLOTHING

**If the athlete is in the incorrect attire they are not permitted to engage in the class.**

**Inappropriate/incorrect attire:**

Baggy shirts and loose clothing

School uniforms

All jewellery must be removed prior to class (small earring are acceptable)

Any attire with buckles, zippers and excess buttons

No shoes or socks (Gymnastics only) (Cheerleaders must be in white shoes)

Messy/hair down

No long and/or acrylic nails

No body piercing is allowed during training (Piercings should be taped up or removed for safety)

**Appropriate/correct attire:**

Male gymnasts in T-shirts/singlets and shorts

Leotard

Crop top

Singlet

Bike shorts

Leggings

Any active wear

Hair tied back and pulled away from their face

## Our Apparel/Merchandise

We do sell club apparel, these are optional for training. These are available for purchase at reception or the merchandise tab of the portal. Development and competitive classes will have mandatory apparel needed for competitions.



# ARRIVAL AND DEPARTURE

## Class Arrival Protocols

To ensure everyone's safety, please follow these guidelines when arriving at class:

- Sign your child in and complete contact details for emergency purposes and sign them out before leaving. This is a requirement, not a courtesy, to ensure we know who is on the premises in the event of a fire or an accident.
- Upon entering the gym, please store all personal belongings in the lockers provided and avoid leaving bags, shoes, or other items along walkways or on the floor. It is the responsibility of each member to keep their belongings safe, and any lost items will be placed in lost property. The club is not responsible for any loss or damage of personal items.
- All members must be dressed and prepared for class on time. The warm-up session is essential, and we do not allow children to participate in class if they miss it. This is for their safety and to ensure everyone is on the same page regarding class goals and activities. Unless prior approval from the coach, students cannot join the class late.
- Non-participating visitors, including siblings, are not permitted on the gym floor at any time unless invited by a coach. We want to keep everyone safe and focused during class time.

## After Class Pick-Up Protocols

To ensure that our coaches are able to fully supervise classes, we ask that you please be prompt when picking up your child. If you anticipate being late, please notify the coach or nominated class representative. Remember, it is mandatory for parents to come into the club to collect their child and sign them out. In accordance with our safety policy, no child is permitted to leave the building without an adult.



# BEHAVIOUR AND EXPECTATIONS

## Code of Conduct for Class Participants

To ensure that our classes are enjoyable and safe for everyone, we expect all participants to adhere to the following guidelines:

Respectful behaviour is expected at all times. Yelling, pushing, mucking around, and running are not allowed as they may cause harm to other participants. Coaches must be treated with respect by both participants and spectators.

Equipment must not be used without prior permission from the supervising coach. Additionally, participants must be aware of others already using the equipment and avoid interfering with or distracting them in any way.

The use of drugs or alcohol is strictly prohibited on the premises. We reserve the right to refuse or cancel membership to anyone who violates this rule.

Parents and siblings of participants are not permitted on the gym floor unless invited by a coach. Participants must wait in the designated waiting area until their class is called on by the coach.

Older athletes are expected to set an example for younger athletes in the club by displaying positive decorum, work ethic, and respect at all times.

Failure to comply with these rules will result in an initial verbal warning. If the behaviour persists, suspension or expulsion without a refund may be imposed, please see breach of policy.

## Fighting, Harassment, and Bullying

Our club has a zero-tolerance policy for fighting, harassment, and bullying.

Membership is contingent upon adhering to this policy, which prohibits physical violence of any kind, regardless of whether or not the individual was provoked. Those found in violation of these policies on club premises will be asked to leave immediately, and a formal warning will be issued. Any subsequent violations will result in termination of the child's enrollment without a refund.

We do not tolerate any form of bullying, whether it be physical, verbal, emotional or cyber. If someone is found to be engaging in such behaviour, they will receive a warning to stop immediately. However, if the bullying persists, we will not hesitate to take further action. This includes terminating the enrolment of the individual in question.

We encourage all students, faculty, and staff to report any incidents of bullying that they witness or experience. We believe that by working together, we can create a safe and supportive learning environment for everyone.

The Committee is open to appeals on these decisions.

## Social Media Use

Our club values electronic communication as a key method of sharing important news and updates with our members. As such, we use several electronic tools to ensure that our communication is efficient and effective.

However, it is crucial that we maintain boundaries, respect members' privacy, and prevent harassment and bullying. To this end, we treat social media posts as public comments and do not disclose any personal information about our members. Furthermore, we will not tolerate abusive, discriminatory, intimidating, or offensive statements. Any posts that violate this policy will be removed immediately, and those responsible may be blocked or reported.

We take inappropriate electronic communication very seriously and will terminate the membership of any individual who harasses, offends, intimidates, or humiliates another member or coach without refund. If you wish to appeal a decision, please contact the Committee directly.

Finally, we ask that our members refrain from sharing unauthorized club photographs on personal social media sites, except for those featuring their own child.

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# BEHAVIOUR AND EXPECTATIONS

## Photographing and Recording

For many parents, capturing their children's sporting achievements is a precious memory. However, it is essential to follow certain protocol to ensure the safety and privacy of everyone involved.

- Only take photos and videos of your own child.
- Parents must give their consent by signing a disclaimer on the club registration form.
- Club staff and committee members can only use media for social media and athlete feedback purposes.
- Be aware that some parents may not want their child's photo taken.
- Respect other children's privacy and do not post photos on social media pages without permission.

Our top priority is to protect the safety and privacy of all children within the sports club. By adhering to these protocol, we can maintain a secure and enjoyable environment for everyone involved.

## Commitment

### **Recreational Gymnastics**

All athletes must participate all activities throughout the class. Casual attendance isn't available for gymnastics classes. Recreational classes are designed to be attended once a week however if you wish to attend multiple classes per week it will require the commitment for the term and comes with an increase in fees. Make up lessons are available with notice via email. Athletes can attend other classes of the same level on different days in order to make up for a missed lesson.

### **Development Gymnastics**

Development classes have a a varying amount of days available for training. Athletes must attend a minimum of 1 day of training per week in order to remain in this program. Athletes can attend multiple classes per week it will require the commitment for the term and comes with an increase in fees. Attending multiple classes per week will benefit the athlete therefore it is highly encouraged. Make up lessons are available with notice via email. Athletes can attend other classes of the same level on different days in order to make up for a missed lesson.

athletes will be invited to a variety of small local competitions throughout the year. Attendance is encouraged as this is the aim of the program. If attendance affects the ability and skills of the gymnast this may results in withdrawal of competitions or not being entered into competitions.

### **Competitive Gymnastics**

Athletes have to attend all classes scheduled for them in order to remain in this program. Absence is allowed if notification to club. We want children to enjoy their childhood so we also accept absence for school events and family events. If attendance affects the ability and skills of the gymnast this may results in withdrawal of competitions or not being entered into competitions.

### **Cheerleading**

Due to the nature of All Star Cheerleading maximum attendance is paramount. Every member of the team plays and important role. Just one missing athlete can result in teams not be able to train adequately.

We do understand that athletes may be ill or have school commitments on occasions however every effort must be made to attend all training sessions. All athletes must participate in this activity.

Be on time for warm-up. Missing warm-up and stretching can result in injuries. No cheerleader will be permitted to participate in apparatus activities until all warm-up and stretching has been completed.

Additional training sessions are required through the year prior to competitions and attendance is compulsory.

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# BEHAVIOUR AND EXPECTATIONS

## Food and Drink

To maintain a clean and safe environment, we have implemented strict rules regarding food and drink in the gym:

- Eating gum, confectionery, food or drink on the mats is strictly prohibited.
- Food and drinks can only be consumed in the designated waiting area.
- Water breaks are provided during the class and water bottles should be placed in the designated bucket for the duration of the class.
- Please dispose of rubbish in the bins and ensure that any mess made by your child is cleaned up.
- Children will be informed if their class includes a food break and such breaks may only take place in the designated break area.
- Snacks provided during these breaks should be healthy options.

Forgetting to bring a water bottle to class will result in a charge to your account for the water bottle provided or in your child being unable to participate in the class. Please ensure your child has a water bottle with them at all times.

## Mobile Phone for Athletes

To ensure minimal disruption, mobile phones are to be used solely for emergency purposes. Before the class commences, participants are expected to switch off their mobile phones. To avoid any interference during training, mobile phones are not allowed on the matted area unless authorised by the coach for training purposes.

## Emergency Contact

It is crucial to keep your profile up-to-date, especially if there are any changes to your phone number or address. This is particularly important in case of injury.

If parents are in need of urgent contact to an athlete they are able to call their child's coach (phone numbers to be found on management system)

## Class Time Rules

I will not say can't.

I will not be on equipment without supervision, or in between turns.

I will always listen to directions/instructions, comments and pay attention

I will not: discourage, sass, throw a tantrum or give attitude to other gymnasts, coaching staff, or your parents in the gym or outside of the gym. I will always be respectful to everyone.

NO cheating, fibbing or lying, especially in conditioning.

I will not invade others personal space or hang on coaches. or adults - yours or other athletes parents.

You will always try your best and not quit. Commit to the skill or activity you are participating in.

I will be aware of yourself and others moving in the gym.

Consequences:

Verbal Warning

Conditioning Punishment

Sitting Out - Parent Communication

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# BEHAVIOUR AND EXPECTATIONS

## Viewing Classes

To maintain a productive and distraction-free learning environment, access to mats is restricted to registered participants and coaches only. Parents and siblings are not permitted on the floor. Please ensure that non-participating children remain quiet to avoid any interruptions.

While we encourage parents to take an active interest in their child's classes, it's crucial that the athletes focus solely on their coach's instructions. For this reason, we have a limited viewing policy in place. Athletes need to train and concentrate without seeking approval or support from their parents, so there should be no communication between parent and child during class, except in the case of injury.

If your child arrives early, they should stay seated and avoid disturbing the ongoing class. Parents should not converse with their child during class. In case of urgent information, please speak to a committee member or your child's coach.

All siblings and young visitors must be supervised at all times. The children's play area upstairs is not a playground for unsupervised children and must be kept clean.

For Unit 2, the viewing area is located to the left of the door on the black carpet. For Unit 1, the mezzanine floor is the only viewing area, and access is not via the athlete's entry door. Please note that viewing over the fences at the roller doors is prohibited, as it is used as athlete access.

## Safe Practice

Prior clearance from your coach is required before attempting any tumbling or skills. Improperly executed or unsupervised tumbling can lead to injuries. If an athlete is injured or unable to train at full capacity, they must inform their coach before training. Injury treatment, management, and maintenance should be followed for all injuries, whether they occur during club activities, from another sport, or accidentally.

Coaching staff is responsible for completing injury reports for any incidents that occur during training sessions. These reports are regularly reviewed to maintain safe practices at all times.

## Lost and Found

If anything is left behind after class, it will be put in the lost and found box in reception. The Club will not be responsible for lost or stolen items. Try to leave electronics, jewellery and valuable items at home. Participants should place all of their belongings in their bag in a locker before class starts. At the end of each term items that are left in the lost and found box will be donated to charity.

## Multi-Club Membership

While it's perfectly acceptable for our athletes to participate in classes at other clubs or studios, it's important to obtain prior approval from their coaches. This is to ensure that the athlete's training methods and any potential conflicts of interest are managed appropriately.

# FEES

## Payment of Fees

Annual membership is different depending on the class you are enrolled into. This fee is non refundable and must be paid after 2 lessons.

We do not offer any refunds for term fees.

Our billing cycle termly basis. Payment is due to the club within 21 days of the invoice being issued. Statements are automatically generated and sent monthly. Payment Plans are permitted after approval from the club and a letter of agreement is signed. Stripe is our preferred payment method (through friendly management system).

Direct deposits can be made to the club bank account. Bank account details are provided on your invoice. Please ensure that your child's name is included in the payment reference.

We do not accept cash payments for fees.

Bank details are as follows:

Heritage Bank

Account Name: Aerial Gymnastics and Cheer

Account Number: 10708103

BSB: 638 - 070

Please understand that the Club is a Community Based Organisation and depends on these payments to continue operating. If you have not paid your fees by more than 1 billing cycle, your child's enrolment will be terminated. We cannot maintain large overdue balances on any account.

If you do not pay your account, The Club reserves the right to engage a debt collection agency to recover any fees owed and these charges will also be added to your account.

If your child is going to be competing at any events or purchasing any uniforms. You will then be invoiced, and you will be required to pay this before attending the event as we are required to pay up front for competitions. If you have paid for the competition and your child cannot compete you must advise the Club immediately and if it is due to illness or injury you will be required to provide a medical certificate to receive a refund. If the absence from a competition is anything other than illness or injury payment is still required. If there are other extenuating circumstances this will be considered by the committee to approve a refund. The club will endeavour to ensure sufficient notification is given regarding competitions. Additionally your athlete wont receive any uniforms until payment is received.

If you have any enquiries regarding your account, please do not hesitate to contact the Club Treasurer via the club email prior to the due date. No contact is to be made to the coaches regarding fees.

## Attendance

Please note that you are paying fees based on your child's position in the class and not by attendance. Payment is required whether your child attends or not. The exception to this is if your child is on an extended family holidays that are known in advance, injured or sick with a medical certificate. Credits will only be given if a medical certificate is provided. Make up lessons are an option if your child does miss a lesson but coaches must be advised if you wish to attend a makeup lesson.

## Closure/Cancellation of Class

If classes are cancelled due to any reason, a notification will be posted on the notice board, the clubs group face book page or an email will be sent to parents and the coaches will also endeavour to advise parents at lessons. Any cancellations will result in either a credit being made towards the next billing cycle or a makeup class will be scheduled.

There will be no classes held on gazetted public holidays, you will not be invoiced for these days.

Unless this organised by athlete's coach.

# FEES

## ANNUAL APPROXIMATE CHEER FINANCIAL OUTLAYS

(Best estimate as of October 2024)

ITEM	RANGING FROM	RANGING TO
YEARLY CLASS FEE	Semi Comp: \$1000 Elite: \$2000	Semi Comp: \$1800 Elite: \$3000
TOTAL COMPETITION FEES	Semi Comp: \$150 Elite: \$350	Semi Comp: \$350 Elite: \$1000
UNIFORMS All uniforms on uniform requirement page	Semi Comp: \$200 Elite: \$250	Semi Comp: \$450 Elite: \$ 800
TOTAL ANNUAL MEMBERSHIP FEE	\$50	\$150
COMPETITION MUSIC FEE- Elite Only	\$50	\$150
CHOREOGRAPHY FEE- Elite Only	\$80	\$200

## ANNUAL APPROXIMATE GYMNASTICS FINANCIAL OUTLAYS

(Best estimate as of December 2024)

ITEM	RANGING FROM	RANGING TO
YEARLY CLASS FEES	\$720	\$3600
TOTAL COMPETITION FEES	\$50	\$1000
UNIFORMS All uniforms on uniform requirement page	\$40	\$1000
TOTAL ANNUAL MEMBERSHIP FEES	\$40	\$150



# Withdrawal

Please take note that if you decide to withdraw your child from classes, written notification must be provided, giving at least two weeks' notice. This will allow us sufficient time to fill those positions in class. Additionally, please note that the annual registration fee is non-refundable but will remain valid for the duration of the year.

Please be advised that we do not offer any refunds for term fees.

Should there be any outstanding balance on your account at the time of class withdrawal, the Club reserves the right to request payment from you. Please note that you will be held accountable for any debt collection agency fees that the Club incurs in seeking payment for your account.

Withdrawals from gymnastics competitions after the closing date will not be refunded. Withdrawals from cheerleading competitions will not be refunded at all due to the nature and commitment to the year.

Lastly, competition fees must be paid in advance, and refunds will only be considered if a medical certificate is provided.

# Communication

To keep up with the latest news and events from our club, email communication is our primary source of contact. To ensure you don't miss out on any updates, please keep us informed of any changes to your email address. Be sure to check your junk inbox regularly to avoid missing any important messages.

We've also created a closed Facebook group, Aerial Families, exclusively for parents or guardians of current members. To join, simply search for the group and request admission.

If you need to speak with one of our coaches, please schedule a time that doesn't interfere with their lesson schedule. Our coaches are always approachable and willing to discuss any concerns you may have. Please note that email is our preferred method of communication.

As we are a not-for-profit club, our committee members are volunteers and do not have mobile phone numbers available for contact. In case of emergencies, you can find the coach's mobile numbers through the online portal.

# Breach of Policy

At Aerial Gymnastics and Cheer, we prioritise the safety of our members and ensure the smooth running of the club through our policies and procedures. We require all members to familiarise themselves with these policies and follow them to maintain their membership. However, if a member breaches any of these policies, the following actions will be taken:

1. The member will receive a written notification of the breach.
2. The member must sign and return the written notification during their next visit to the club.
3. Repeated breaches of Aerial Gymnastics and Cheer's Policies will prompt the Club President to have a meeting with the member to address the issues and decide on membership continuation.
4. If no resolution can be reached through a membership meeting, the club reserves the right to terminate the membership.



# THANK YOU

By enrolling with aerial gymnastics and cheer you are agreeing to comply with all the above policy and procedures

Please review the rules in this booklet with your child and be sure you and your child understand them before registering.

We ask for your cooperation in helping your child understand the importance of safety within the gym. Remember that they learn best by example.



[aerialgymnasticsandcheer@gmail.com](mailto:aerialgymnasticsandcheer@gmail.com)

<https://www.aerialgymnasticsandcheer.com.au>