



## Welcome to 2025!

Welcome back to gymnastics for 2025! We are super excited to see you all back at the Club.

Please keep an eye out on your emails regarding information for classes for 2025.

A reminder that our Open Day is on Wednesday 22nd January to discuss your child's needs with the coaches and enrol in a suitable class.

Our regular lessons commence on Tuesday 28th January.

## First Aid Course

Gympie Gymnastics Club will be hosting a First Aid/CPR Course with the team at Hartbeat Training Gympie for some of our staff and would like to extend the invitation to our Gymnastics family to come along and join us.

- Saturday 25th January 2025
- Start time is 10am sharp.
- Allow approx 5 hours for the course.
- Training will be taking part at the Gymnastic Club, Gympie
- Please send an email to [gympiegym@outlook.com](mailto:gympiegym@outlook.com) at your earliest convenience prior so we can send you the information along with the link to do your pre training prior to course (this has to be done before otherwise you wont be able to take part in the training)
- Cost is \$130.00 per person. Please bring cash on the day to pay for the course.
- Please bring along water and a light lunch.

## Sponsorship Opportunity

We invite you to advertise your business at the Club with an annual sponsorship opportunity. A great way to support our club and spread the word about your business.

For more info email: [gympiegym@outlook.com](mailto:gympiegym@outlook.com)

## Reminders

- Jan 21** Committee meeting
- Jan 28** First day Term 1
- Feb 14** Term 1 invoice payment due

## Spotlight - Coach Teagan

Hi, my name is Teagan and I've been Head Coach of Gympie Gymnastics since 2015. My gymnastics journey started in the year 2000. This is when my neighbour wanted to give gymnastics a go, and I decided to tag along, and the rest is history.



Some highlights from my 16 years of training are competing at Australian Championships for Power Tumbling three times, winning Synchronized Trampoline with my sister at State Championships, while also passing WAG level 10 in 2016.

One of my biggest inspirations was Olympian, Shawn Johnson. This is because I would like to think she pushed me to achieve my goals as I related to her as a powerful gymnast like myself. She definitely inspired my passion for Beam, which in my later years of training became my favourite apparatus.

Although, when I'm not in the gym you'll catch me Water Skiing, Camping and drinking coffee. If you see me in the gym don't be afraid to say hello. 🧘‍♀️

## Call for Canteen Volunteers

Did you know you can save money on your term levy by volunteering in the canteen - 1hr provides \$11 credit. Please contact the office to discuss availability and also check Club Handbook for more details about volunteering at the canteen.

## Important Events

- Jan 22** 2025 Sign-On day
- Feb 4** Comp parent info night
- Mar 1** Disco
- Mar 18** Committee AGM

# Club Handbook

Please refer to our 2025 Club Handbook for all rules and Club expectations. The Club Handbook is provided to all families when signing on for classes. Some important points to note for gymnasts safety are as follows:

## What to wear

**Boys:** t-shirt or singlet with loose fitting shorts;

**Girls:** leotard, togs, crop top & bike pants. Bike pants must be active wear and NOT UNDERWEAR!!!

**Hair:** Hair must be tied back neatly;

**NO** jewellery/watches are to be worn—excluding sleepers and studs in the ears only.

**Please do not wear clothing with buttons, zippers, belts as they can cause injury if caught on equipment!**

## Dropping Off and Picking up Gymnasts

**Car park safety** - Please follow the directions in the car park when entering and exiting to minimise risk of accidents occurring.

**Signing in** - Parents are requested to come into the foyer to drop off and pick up their children and sign our attendance sheets. The only exemptions are high school age children, who can sign themselves in.

Please remind your children to wait inside.

Please be on time to pick up your children.

If you will be late to pick up or drop off, please contact the office, and advise your expected arrival time.

If somebody other than usual will be picking up your child, please notify the office. If there is a specific person/s not permitted to pick up your child, please notify the office in writing.

## 2025 Date claimers

Competition dates:

MAG Snr Regionals - 12 / 13 April

MAG Jnr Regionals - 26 / 27 April

WAG Snr Regionals - 2 / 3 May

TRP Snr States - 9 - 11 May

WAG / MAG Snr States - 23 - 26 May

MAG Jnr States - 23 - 28 May

WAG Jnr States - 19 - 23 Sept

Fundraising events:

Bunnings sausage sizzle training - 6 Feb @ 5pm

Black & White Disco - 1 March

Halloween Disco - 31 October

Halloween Comp / Display - 25 / 26 November

End of Year Display - 28 November

Competition Awards Night - 29 November

## Fair Play Vouchers

Reminder for those who meet the eligibility requirements you can apply for a Fair Play Voucher to help pay for your gymnastics fees.

Check out the eligibility criteria at:

<https://www.qld.gov.au/recreation/sports/funding/fairplay/apply>

## Nutrition Tips

Proper nutrition is vital for child and adolescent athletes to attain healthy growth and perform optimally in sports. Young athletes need to learn what foods are good for energy, when to eat certain foods, how to eat during a training and comps, and when and what to eat to replenish after activity nutrition is important for all.

Below is an example of how to fuel your gymnast for their afternoon training session.



Eating a healthy meal after training is vital for muscle repair and recovery, supporting their growth and minimising injury. Below is an example of how to balance their meals to get enough vital nutrients. Fuel your gymnast right and watch them thrive!

## ATHLETE'S PLATE



is Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCS) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 1 handout.

## Gym office hours

Mon - Fri 3.30 - 5.45pm

Phone: 5482 9033

Email: [gympiegym@outlook.com](mailto:gympiegym@outlook.com)