



Forefront Gymnastics Competition Handbook



No matter how far you want to take the sport,
we can take you there.

www.forefrontgym.com.au



Gymnastics WA Annual Membership (Payable by all Athletes)

Your registration fee includes an Annual Membership to Gymnastics Australia which provides sport injury insurance for our athletes and gives you access to many different resources and member discounts via their website www.gymnastics.org.au. This is a one-off compulsory payment each calendar year, which is on a sliding scale when you join, with different levels depending on your child's class.

	Commencement Date			
	Term 1	Term 2	Term 3	Term 4
Kindergym	\$50	\$40	\$30	\$20
Recreational	\$70	\$60	\$50	\$30
Levels 1 & 2	\$70	\$60	\$50	\$30
Level 3+	\$130	\$100	\$80	\$50

Competitive Squad Fee Schedule – Monthly Direct Debit Agreement

Our competitive squads train anywhere from 6 – 15 hours per week and have specialised holiday coaching programs at the end of the standard term. Rather than be invoiced by term, like our Recreational classes, many prefer the ease of a direct debit arrangement which is debited on the 10th of each month from your nominated bank account.

Fees are calculated on an hourly basis each week, with the commitment expectation of each squad set at the beginning of the year. This is then formulated into a 47 week training schedule (which allows for 5 weeks of holidays/breaks over the year), payable monthly over the course of the year.

Hours per week	Monthly Fee
6	\$242.35
7	\$265.46
8	\$283.87
9	\$297.58
10	\$302.67
11	\$310.89
12	\$322.25
13	\$335.96
14	\$339.48
15	\$363.38

General non-attendance at training does not qualify for a reduction in fees, however if due to injury your child cannot attend for four consecutive weeks, or if you are away and will not be able to attend for four consecutive weeks, please inform us PRIOR to the following billing cycle as you may be eligible for a reduction in fees. For further information please refer to our Refund Policy on our website.

Additional Costs

Competition fees for events throughout the year vary and must be paid in full prior to the closing date of any event. In some cases, a nominal additional fee will be charged to cover administrative costs and coaching staff at events.

Every competition requires Clubs to fulfill specific roles for the duration of the event, which include both paid and volunteer positions. There is a \$5 monthly Competitive Levy included in your monthly fees which will contribute to paid positions, and parents and guardians have the opportunity to be involved in the capacity of Floor Manager or as a Judge.

Judges Accreditation can be gained through Gym WA and is a paid position at events. This can also result in a waiver of your competitive levy. Floor Manager is a volunteer position and training is provided free through Gym WA. Floor Managers are the general “overseers” of the competition and keep everything running and on time. Parents that volunteer for this position also have the opportunity for the competitive levy to be waived.

For more information or to register your interest in either of these positions please email club@forefrontgym.com.au.

If your child is training in a competitive squad, the expectation is that they are available to compete in competitions throughout the year. Should your child wish to learn gymnastics, but not attend competitions, then they would need to participate in classes in our recreational stream.



www.forefrontgym.com.au



2021 Calendar

Forefront Class Terms 2021

Term 1 - Monday 1st February - Saturday 3rd April

Term 2 - Monday 19th April - Saturday 3rd July

Term 3 - Monday 19th July - Saturday 25th September

Term 4 - Monday 11th October - Saturday 18th December

The gym will close on Sunday 19th December for Christmas. January 2022 start date TBA. Please note we are not open on Public Holidays

Holiday Training Schedule

Session times change for our competitive squads during the holidays and this is updated in your online portal frequently. Our planned holiday training schedule for 2021 is:

	Mon	Tues	Wed	Thur	Sat
WG Sq 1 & 2		3:30 - 7pm		3:30 - 7pm	9am - 12pm
WG Sq 3	4 - 7pm	4 - 7pm		4 - 7pm	
WG Sq 4	4 - 7pm		4 - 7pm		
WG Sq B & C			4 - 7pm		9am - 12pm
MG Sq 1 & 2	3 - 7pm	3 - 7pm		3 - 7pm	
MG Sq 3	4 - 7pm		4 - 7pm		9am - 12pm
MG Sq 4		4 - 7pm		4 - 7pm	

Please note these times are subject to change.

Blackout Days

You may notice on your online portal that some sessions are "Blackouts" - this is due to a change in your regular schedule, be it a public holiday, gym closure or during holiday schedule.

Recovery Days

The day immediately following any competition is a Recovery Day for our athletes, and they are not required to train that day.

Parking

We have a limited number of parking spaces available, and ask that you respect our neighbouring business and not use their spaces during their business hours. We encourage prompt drop off and pick ups to ease any congestion in the carpark.

Communication

It isn't always an option to speak to coaching staff prior to classes about general matters. We would encourage you to email us at club@forefrontgym.com.au with your query and we will pass it on to your coach for follow up email where appropriate.

iClass Pro

To see your enrolment details, pay your account or enrol in extra classes, please head to our online parent portal <https://app.iclasspro.com/portal/forefrontgym> or download "The iClassPro App" and use organisational code: forefrontgym.





Gymnastics Australia - Participant Code of Behaviour

1. Respect the rights, dignity and worth of fellow participants, coaches, officials and spectators.
2. Do not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow participants and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
6. At all times avoid intimate relationships with your coach.
7. Conduct yourself in a professional manner relating to language, temper and punctuality.
8. Maintain high personal behaviour standards at all times.
9. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
10. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
11. Cooperate with coaches and staff in the development of programs to adequately prepare you for competition at the highest level.





Gymnastics Australia - Parent/Guardian Code of Behaviour

1. Respect the rights, dignity and worth of others, regardless of their gender, ability, cultural background or religion.
2. Remember that your child participates in sport for their own enjoyment, not yours.
3. Focus on your child's efforts and performance rather than winning or losing.
4. Never ridicule or yell at your child and other children for making a mistake or losing a competition.
5. Show appreciation for good performance by all participants (including opposing participants).
6. Show appreciation for volunteers, coaches, judges and administrators.
7. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
8. Respect officials' decisions and teach children to do likewise.
9. Do not physically or verbally abuse or harass anyone associated with the sport (participant, coach, judge, etc).
10. Be a positive role model.
11. Allow fellow parents the respect they deserve in their viewing or involvement in their child's participation.
12. Be aware of the repercussions that any breaches of this code of behaviour may incur.

Gymnastics Australia - Spectator Code of Behaviour

1. Respect the rights, dignity and worth of others, regardless of their gender, ability, cultural background or religion.
2. Focus on the participants' efforts and performance rather than winning or losing.
3. Never ridicule or yell at participants for making a mistake or not winning a competition.
4. Show appreciation for good performance by all participants (including opposing participants).
5. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
6. Respect officials' decisions and teach others to do likewise.
7. Do not physically or verbally abuse or harass anyone (participant, coach, judge, administrator, etc). Report those that do to the relevant party.
8. Be a positive role model.
9. Check on the appropriate event, club or state bodies' policy on photography of participants before taking photos or videos.
10. Allow fellow spectators the respect they deserve in their viewing of the class/ event.
11. Be aware of the repercussions that any breaches of this code of behaviour may incur.





Training Etiquette

1. The GA Codes of Behaviour applies to all Athletes, Parents and Spectators whilst at training. An extended version can be found on our website.
2. Please ensure that your child arrives promptly to classes. Warm ups and stretches at the commencement of classes are an integral part of our training program and dramatically reduce risk of injury.
3. While our coaches are on the floor they are responsible for the safety and supervision of your children. Therefore we ask that you please do not attempt to engage them in conversation unless the matter is urgent at that time. If they are available after class they will speak to you then, however due to scheduling we recommend you email them at club@forefrontgym.com.au.
4. Please be reminded that we would like our athletes to focus on feedback and direction from their coaches only whilst training, and would appreciate parents refraining from making contact with their child during training sessions.
5. Jewellery should be removed prior to training and left at home as we cannot guarantee the security of personal items in our waiting area. Where an item cannot be removed (ie newly pierced ears) we ask that it be sufficiently taped.
6. If your child is suffering from an injury please contact your coach to discuss training options as often maintaining a training schedule (even a varied one) assists in recover and maintains strength and conditioning.
7. Athletes are expected to attend all training sessions. Please contact your coach should a situation arise where you will be unable to make multiple sessions.



Club Uniforms

Competitive athletes are required to wear Forefront uniforms to all competitions as per Gymnastics WA guidelines.

- WG athletes up to Level 2 are required to wear a Short Sleeve Leo, Club T-Shirt and a Scrunchie.
- WG athletes Level 3 and above are required to wear a Long Sleeve Leo, Club T-Shirt and a Scrunchie.
- MG athletes are required to have a Leo, Longs, Shorts and a Club T-Shirt.

Orders for new items must be paid in full before they are placed, and can take 8 weeks for delivery. Please ensure your uniforms are correct fit leading up to competitions as we are not able to carry stock in all sizes for your to purchase at short notice.

There is a Facebook group called "Forefront Gymnastics WA Families" for current families to sell or trade second hand leos etc.

Having appropriate uniforms and being competition ready is the responsibility of the athlete, and failure to attend events in the correct attire will unfortunately forfeit your place in the competition.

Club Uniforms



Club T-Shirt

\$35.00



WG Competition Uniforms

Long Sleeve Leotard

\$185



Short Sleeve Leotard

\$70

Scrunchie

\$5



MG Competition Uniforms

MG Leotard

\$97.50

MG Longs

\$84.50



MG Shorts

\$58.50



How to find us



We are the rear property at 4/79 Catalano Circuit, Canning Vale.
(Next door to a vacant lot, close to the rear entrance to Gone Bazaar)

Building strong bodies and
minds



www.forefrontgym.com.au

FOREFRONT GYMNASTICS

4/79 Catalano Circuit,
CANNING VALE WA 6155

club@forefrontgym.com.au