



FOREFRONT
GYMNASTICS

2025

Competition Handbook



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

www.forefrontgym.com.au | comps@forefrontgym.com.au | 08 6183 9990

FEES

Gymnastics Australia (GA) Annual Membership

All gymnasts are required to pay an annual registration fee, which includes a membership to Gymnastics Australia. This membership provides valuable benefits, such as sports injury insurance and access to a variety of resources, including member discounts available through the Gymnastics Australia website at www.gymnastics.org.au. The fee is a one-time, compulsory payment due each calendar year. It is pro-rated based on the date you join the club and varies depending on the class level.

	Commencement Date			
	Term 1	Term 2	Term 3	Term 4
Level 1 & 2	\$85	\$85	\$65	\$35
Level 3+	\$150	\$150	\$120	\$90

Competitive Squad Fee Schedule

Monthly Billing

Applies to WAG National Level 4-10, WAG State Level 5-6, MAG Level 3-10. Each monthly fee appears on the account on the 1st of every month, payable by the 10th of the month.

Fee Calculation:

Hourly rate (based on number of training hours) x Number of training hours per week x 47 weeks (to allow for 5 weeks off in the year) / 12 months.

This creates a fee charged on the 1st of every month.

Holiday training is included in the monthly fee and gymnasts are automatically enrolled. Please inform us of any holiday training absence by emailing enquiries@forefrontgym.com.au.

Hours per week	Monthly Fee
6	\$269.08
9	\$333.11
10.5	\$343.39
14	\$417.28
15.5	\$447.09





FEES

Competitive Squad Fee Schedule

Term Billing

Applies to WAG National Level 2-3, WAG State Level 3-4, MAG Level 2.

Fee Calculation:

Hourly rate (based on number of training hours) x Number of training hours per session x Number of weeks in the term (usually 10).

Holiday training is not included and you are required to book onto the relevant sessions via iClassPro:

<https://portal.iclasspro.com/forefrontgym/camps/3?sortBy=time>

Each session costs \$35.

Hours per week	Monthly Fee
5	\$640
6	\$723

Absence

Absence due to illness do not qualify for a reduction in fees. If a gymnast is unable to attend due to injury, we require advance notice before the next billing cycle in order to adjust the fees accordingly. For more details, please refer to our Refund Policy on our website.

Training sessions falling on a competition day will not be credited. Fees paid help cover coaching staff at the event.

Additional Fees

Competition uniforms are mandatory, and you will be informed of the specific requirements. For more details, please refer to the 'Club Uniforms' section.

Competition fees vary depending on the event and must be paid in full before the event's closing date. In some cases, a small additional fee may be charged to cover administrative costs and coaching staff at the event.

SCHEDULES

Forefront Class Terms 2025

Term 1 - Monday 3rd February - Saturday 12th April

Term 2 - Monday 28th April - Saturday 5th July

Term 3 - Monday 21st July - Saturday 27th September

Term 4 - Monday 13th October - Saturday 19th December

The gym will be closed for the Christmas period from Saturday 19th December, reopening on Monday 5th January 2025. Please note that we are also closed on public holidays, and fees have been adjusted to reflect the classes missed on those days.

We endeavour to finalise recommendations and new schedules as early as possible towards the end of each year but there are many factors involved which can sometimes delay this.

Holiday Training Schedule

Class times change for our competitive squads during the holidays. The schedule will be emailed out prior to each holiday and is also viewable on the iClassPro portal:

<https://portal.iclasspro.com/forefrontgym/camps/3?sortBy=time>

Note: For members with monthly billing, holiday training is included and you will be automatically enrolled. For those with termly billing, please enrol via iClassPro and make payment for the holiday classes separately.

Coaches

As you progress through the squad levels, you will often have a new coach training you for the year. If your coach is away at any point, there will be a substitute.

Blackout Days

You may notice some sessions marked as 'Blackouts' on your online portal. This indicates a change to your regular schedule, such as a public holiday, gym closure, or adjustments during the holiday period.

Recovery Days

The day after any competition is designated as a 'Recovery Day' for our athletes, and training is not required. Please note that the class fee will not be credited in this instance.

Communication

It's not always possible to speak with coaching staff before classes. We encourage you to email us at enquiries@forefrontgym.com.au with any queries, and we will forward them to your coach for follow-up.

iClass Pro

To view your enrolment details, make payments, or book onto holiday training, please visit the iClassPro portal at <https://app.iclasspro.com/portal/forefrontgym>, or download the "iClassPro App" and use the organisational code: forefrontgym.



UNIFORM

Club Uniform

Competitive gymnasts are required to wear the Forefront uniform at all competitions, in accordance with Gymnastics WA guidelines. It is the athlete's responsibility to ensure they are competition-ready with the correct attire. Failure to attend events in the required uniform may result in forfeiting your place in the competition.

- **WAG Levels 3-4:** Short Sleeve Leotard, Club T-Shirt, Club Tracksuit, and Scrunchie.
- **WAG Levels 5+:** Long Sleeve Leotard, Club T-Shirt, Club Tracksuit, and Scrunchie.
- **MAG Gymnasts:** Leotard, Longs, Shorts, Club T-Shirt, and Club Tracksuit.

Please try on the uniform at least 8 weeks before the competition to ensure proper fit, as we do not carry stock in all sizes for last-minute purchases. Orders typically take up to 8 weeks to arrive, and full payment is required when placing an order.

For second-hand uniform items, check out the 'Forefront Gymnastics WA Families' Facebook group, where current families can buy, sell, or trade.

Accessories

We recommend that gymnasts use grips/handguards for both training and competitions. For high-quality options, we suggest the following suppliers:

www.gymnasticssupplies.com.au

www.amco.com.au

Please note, we do not recommend using "palm guards," as they are not the same as traditional grips/handguards and may not offer the same level of protection or support.

Women's shorts can be ordered through www.RSgymwear.com.au. You will need: Shorts Mystique - RSG-047 - Navy Blue



GENERAL INFORMATION FOR COMPETITIONS

Volunteering

Like all sports in Australia, they don't work without the help of volunteers. During the competition season the club is requested to provide volunteers at competitions. It is not all events however when these come up the club will randomly select an athlete in the session to full fill this role. If for any reason, there are no family members that can we please request that you seek a replacement within your squad and advise the club at earliest so we can update Gym WA. We do encourage everyone to play their part and volunteering does not mean you are unable to watch your child when it's their turn to compete. The name of the volunteer is put on the door to receive free entry.

Number of Competitions

There are usually 2 qualification competitions plus State Championships during the competition season. The dates of these are listed in our competition handbook. It is strongly encouraged that all members of squads attend all available competitions as some of these are also team events. Competitions are held at State Gymnastics Centre which is inside the Loftus Recreation Centre in Leederville.

Attendance Expectation

We strongly encourage competition squads to attend all training sessions including during the school holidays. The skills and physical preparation required to be successful requires attending as much as possible. Strength, flexibility and learning new skills can be set back if the time you have off. Bearing in mind we do appreciate family time and holidays are a priority too, we would like our gymnasts to take their sport seriously to make sure they get the most out of the sport. If you are going to be away, please inform us of the dates by email.



2025 MAG & WAG COMPETITION SCHEDULE

These are the events that the club has to choose from. Not all squads are eligible for every event. Each competition will incur an entry fee and this needs to be paid at the time of us submitting entry.

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Event	Levels	Club Closing Date	Event Date	Cost
MAG Qualification Comp 1	L7+	24th February	6th April	\$110
MAG Qualification Comp 2	L7+	24th March	4th May	\$110
Senior WA Championships	L7+	24th March	15th - 18th May	\$158 (inc T-Shirt)
MAG Challenge	L2-6	7th July	17th August	\$110
MAG Judges Invitational	L2-6	4th August	14th September	\$110
WA Junior Championships	L2-6	1st September	30th Oct - 9th Nov	\$158 (inc T-Shirt)

**W
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Event	Levels	Club Closing Date	Event Date	Cost
WAG Qualification Comp 1	Nat L7+	17th February	28th - 30th March	\$110
WAG Qualification Comp 2	Nat L7+	3rd March	11th - 13th April	\$110
Senior WA Championships	Nat L7+	24th March	15th - 18th May	\$158 (inc T-Shirt)
WAG Series #1	L3 & 4	30th June	8th - 10th Aug	\$110
WAG Series #2	Nat L5-6 State L5-8	21st July	28th - 31st Aug	\$110
WAG Series #3	State L3-4	28th July	6th - 7th Sept	\$110
WAG Judges Invitational	Nat 3-10	11th August	19th - 21st Sept	\$110
WAG Series #4	State L5-8	8th September	17th - 19th Oct	\$110
WA Junior Championships	Nat L3-6 State L3-8	1st September	30th Oct - 9th Nov	\$158 (inc T-Shirt)



Club T-Shirt

\$35.00

Club Competition Uniform



Tracksuit Jacket

\$93

Tracksuit Pants

\$87



WAG Competition Uniforms

Long Sleeve Leotard

\$185



Short Sleeve Leotard

\$70

Scrunchie

\$5



MAG Competition Uniform

MAG Leotard

\$97.50

MAG Longs

\$84.50

MAG Shorts

\$58.50





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.





Training Etiquette

GA Codes of Behaviour:

The GA Codes of Behaviour apply to all athletes, parents, and spectators during training. A full version can be found on our website.

Punctuality:

Please ensure your child arrives on time for classes. Warm-up and stretching at the start of each session are essential components of our training program and help reduce the risk of injury.

Coach Supervision:

Our coaches are responsible for your child's safety and supervision while on the floor. We kindly ask that you refrain from engaging them in conversation unless it's an urgent matter. Coaches will be available after class, or you can email enquiries@forefrontgym.com.au.

Focus During Training:

We ask that athletes focus solely on feedback and instructions from their coaches during training. Please avoid interacting with your child during sessions to minimise distractions.

Jewellery Policy:

For safety reasons, please remove all jewellery before training. We cannot guarantee the security of personal items in the waiting area. If jewellery cannot be removed (e.g., newly pierced ears), it must be properly taped.

Injury Management:

If your child is injured, please inform the coach to discuss appropriate training modifications. Maintaining a training schedule, even with adjustments, is important for recovery and conditioning.

Attendance:

Athletes are expected to attend all training sessions. If your child will miss multiple sessions, please inform the coach by emailing enquiries@forefrontgym.com.au.

Thank you for your cooperation in helping us maintain a safe and focused training environment!



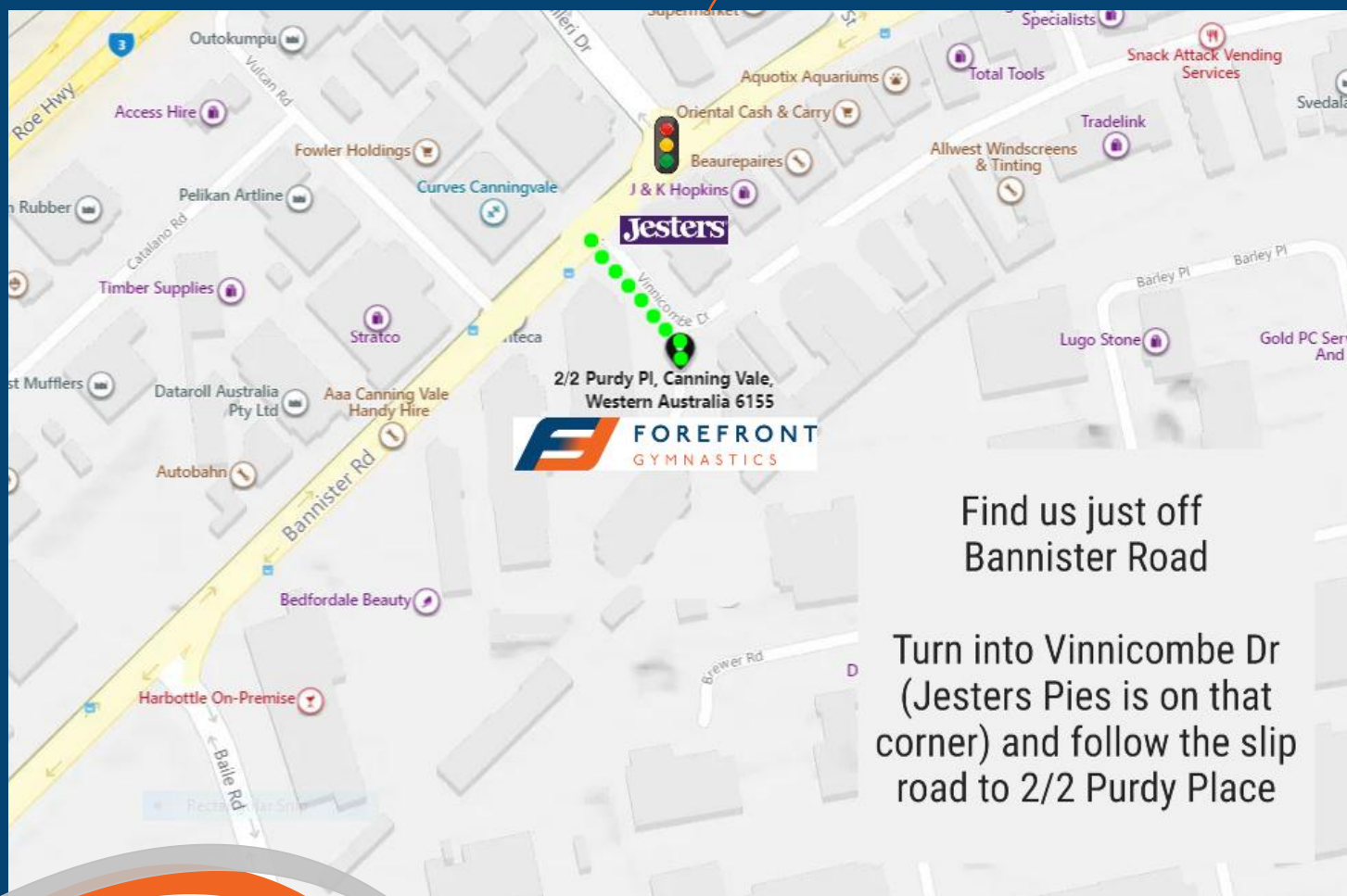
Gymnastics Australia - Parent/Guardian Code of Behaviour

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.

How to find us



Find us just off
Bannister Road

Turn into Vinnicombe Dr
(Jesters Pies is on that
corner) and follow the slip
road to 2/2 Purdy Place

Parking

We have a limited number of parking spaces available and kindly ask that you respect our neighbouring businesses by not using their spaces during their operating hours. To help reduce congestion, we encourage prompt drop-offs and pick-ups.

*Building strong bodies
and minds*



FOREFRONT GYMNASTICS

2/2 Purdy Place
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www.forefrontgym.com.au