

2026

COMPETITION SQUAD

HANDBOOK



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INTRODUCTION

We're excited to welcome you to the Competitive Program at Forefront Gymnastics (FFG). This handbook is designed to help you understand the key expectations, opportunities, and policies within our competitive program.

At FFG, our primary goal is to create a safe, supportive, and empowering environment for all gymnasts, families, and staff. We are committed to helping every gymnast achieve their personal best, not only as a gymnast, but as a confident, resilient, and well-rounded individual.

As your child progresses in the competitive stream, they may have the chance to experience a range of exciting opportunities including in-house, state and national competitions alongside their teammates. While gymnastics is largely an individual sport, we place a strong emphasis on team culture. We believe in lifting each other up, celebrating progress, and fostering a spirit of encouragement and unity across all levels.

We're so pleased to have you as part of the Forefront team. We welcome your input and feedback, and we look forward to partnering with you as we continue to grow, learn, and inspire our gymnasts together.

Welcome to the Forefront family!



SAFETY AND WELLBEING

At FFG, we are fully committed to the safety, wellbeing, and empowerment of all who participate in our programs. We actively support their rights and ensure that every gymnast feels safe, respected, and valued within our club.

We take our responsibility to protect children seriously. Our culture encourages open communication, where children, families, and staff are supported in raising concerns. We do not tolerate any form of child abuse and respond to every report with immediate and appropriate action.

At FFG, we provide ongoing training to ensure our staff fully understand their responsibilities and are equipped to maintain a safe and supportive environment for all. We also recognise that strong partnerships with families are essential for safeguarding children and building awareness around recognising and responding to potential risks.

We follow Gymnastics Australia's 'Safeguarding Children and Young People Policy' to uphold the highest standards in child protection and safety. These documents are regularly reviewed to reflect best practice and are available on the Gymnastics Australia website under the National Integrity Framework.

Together, we are committed to building a safe, strong, and supportive environment where every gymnast can thrive.

Child Safety Responsibilities of FFG Staff

- Understand and adhere to all relevant Gymnastics Australia child safety policies and procedures
- Promote and uphold the values and culture of FFG
- Promptly report and record any concerns, disclosures, or suspicions of child abuse by notifying FFG management
- Create and maintain a safe, inclusive, and welcoming environment for all participants
- Support every gymnast in reaching their full potential by providing equal opportunities and actively preventing discrimination
- Deliver programs that are appropriate and tailored to the age, skill level, and needs of each participant
- Engage with gymnasts in a respectful, positive, and age-appropriate manner at all times

Support Services and Resources

Child Safety & Wellbeing Services	<p><u>Gymnastics WA Child Safeguarding</u> Provides education, resources, and reporting mechanisms aligned with Gymnastics Australia's Child Safety Policies. www.gymnasticswa.asn.au → Policies & Resources → Child Safety admin@gymnasticswa.asn.au</p> <p><u>Kids Helpline</u> A free, 24/7 confidential counselling service for children and young people aged 5–25. 1800 55 1800 www.kidshelpline.com.au</p> <p><u>WA Child Protection and Family Support (Department of Communities)</u></p>
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	<p>Offers information and support for families, including child protection services, parent support, and 24/7 crisis care.</p> <p>Crisis Care: 1800 199 008</p> <p>www.wa.gov.au/organisation/department-of-communities</p>
Mental Health & Emotional Support	<p><u>Headspace</u></p> <p>Provides mental health support, counselling, and wellbeing resources for youth aged 12–25.</p> <p>Locations throughout WA, including Fremantle, Midland, and Joondalup.</p> <p>www.headspace.org.au</p> <p><u>Beyond Blue</u></p> <p>Mental health support and information for individuals and families, including resources on youth anxiety, depression, and parenting.</p> <p>1300 22 4636</p> <p>www.beyondblue.org.au</p>
Inclusion, Disability & Diverse Needs	<p><u>Inclusion WA</u></p> <p>Supports community inclusion through sport and recreation for individuals with disability or mental health challenges.</p> <p>www.inclusionwa.org.au</p> <p><u>Autism Association of WA – Gym Friendly Support</u></p> <p>Offers tailored advice to clubs and families on supporting children with autism in sport and recreation.</p> <p>www.autism.org.au</p>
Parent & Family Education	<p><u>Ngala Parenting Line</u></p> <p>A free telephone support service for parents and caregivers of children age 0-18.</p> <p>08 9368 9368</p> <p><u>Raising Children Network</u></p> <p>Expert-backed parenting resources across child development, safety, mental health, and sport participation.</p> <p>www.raisingchildren.net.au</p> <p><u>Play by the Rules</u></p> <p>Education hub for coaches, parents, and clubs about child safety, inclusion, and respectful sporting environments.</p> <p>www.playbytherules.net.au</p>



COMPETITION STREAMS

At FFG we run programs in three competitive streams.

1. Club Level
 - a. Club level gymnasts have the opportunity to prepare and compete at in-house competitions held at FFG. Competition participation is not compulsory, and gymnasts may train in their squad on a purely recreational basis.
2. State Level
 - a. State level gymnasts prepare to compete at local and state competitions.
3. National Level
 - a. National level gymnasts prepare to compete at local and state competitions. Gymnasts at eligible levels will have the opportunity to qualify for Gymnastics WA state teams and compete at national competitions.

TRAINING POLICIES

Training Attire

For safety, comfort, and ease of movement, gymnasts must wear appropriate training attire to all sessions. Gymnasts who are not in suitable clothing may have their participation limited.

Suitable WAG training attire includes:

- Crop top and shorts set
- Leotard
- Fitted top and shorts or leggings

Suitable MAG training attire includes:

- Leotard or fitted top
- Shorts or longs/fitted trousers

For WAG and MAG:

- No cargo shorts/pants, zips, buttons, or buckles
- Long hair must be tied back neatly and away from the face
- No jewellery (except small ear studs), including watches
- Any additional gear (e.g. grips, strapping tape) as required
- Footwear must be worn to and from the gym
- Wear warm outer layers to and from the gym in winter

Punctuality

Punctuality is essential for a safe and productive session. All gymnasts are expected to arrive at least 5 minutes prior to their session start time, ready to begin on time.

Warm-up is a critical part of injury prevention and skill readiness, and late arrivals must check in with their coach before joining the session.

Gymnasts who arrive early should either sit in the viewing area or complete a rehab program if they have one in place.

Communication with Coaches

All communication with squad coaches is managed through the Heja App, which allows for streamlined group messages and direct communication between families and coaching staff.

Our coaches are responsible for your child's safety and supervision while on the floor. We kindly ask that you refrain from engaging with them other than before or after class, unless urgent.

Each squad has a monitored group within the app, overseen by the Program Manager. Private messaging between coaches and gymnasts is visible to the parent/guardian of the gymnast. Some coaches may choose to share their personal contact details, but this is entirely at their discretion and discouraged by the club.

If you are unable to contact your child's coach or need further assistance, please email enquiries@forefrontgym.com.au.

Late Pick-Up

Please ensure your child is collected promptly at the end of their session. Our coaches are required to supervise gymnasts until they are picked up, and repeated late collections impact their ability to meet other club responsibilities and extends what are already late finishes. A late pick-up fee of \$15 for every 15 minutes (or part thereof) will be added to your account.

- 1-15 minutes late = \$15
- 16-30 minutes late = \$30
- 31-45 minutes late = \$45

Illness & Injury

If your child is unwell and unable to attend school, they should also refrain from training.

During competition season, if your child becomes unwell or injured, please inform coach promptly so their training plan can be adjusted accordingly.

Modifications to training will be made in cases of minor injuries to support ongoing recovery and preparation for competition.

If your child contracts an infectious or highly contagious illness (such as flu, COVID, or chicken pox), please let their coach know so they can inform the group.

If your child is injured (during training or elsewhere), please inform their coach. For injuries that require modified training for more than three sessions, we recommend seeking assessment and treatment from a physiotherapist to support a safe and timely return to full training.

Modified Training Hours

Each competitive squad at FFG has set training hours and corresponding tuition fees, as outlined under the Fees section. These scheduled hours are designed to ensure gymnasts are fully prepared for competition. Reduced training may impact a gymnast's progress and pose safety risks if they are not adequately prepared to compete.

If you are unable to commit to all scheduled squad training days, the club may reassign you to a more suitable class.

Coaching and club resources are allocated based on the training commitments made by families at the beginning of the competitive season. However, we understand that some gymnasts may require modified training hours under certain circumstances. Approved reasons include:

- Gymnasts in their final two years of secondary school (Years 11 and 12)
- Gymnasts enrolled in tertiary education (TAFE or university)
- Gymnasts undertaking regular work commitments
- Gymnasts recovering from injury

Attendance

We strongly encourage gymnasts to attend all sessions. The skills and physical preparation required to be successful requires attending the set schedule. Strength, flexibility and learning new skills can be set back with time off. If you are going to miss a session, please log this on iClassPro or inform your child's coach. If you will be away for a longer period, please inform us of the dates by emailing enquiries@forefrontgym.com.au.

Make Up Classes

Make-up classes are not available for any missed sessions. This includes sessions cancelled by FFG due to circumstances beyond our control, such as extreme weather conditions.

If you choose to take holidays outside of the scheduled FFG holiday periods, your child will not be permitted to train with another group.

Holidays

Club level squads can have a break in the school holidays and over the Christmas period. A separate holiday training schedule will be emailed out prior to school holiday periods for state and national level squads.

Attendance is expected but if you are going to be away, please inform us of the dates by emailing enquiries@forefrontgym.com.au.

School

FFG strongly supports academic success and recognises the importance of balancing schoolwork with training. We never expect gymnasts to compromise their education for gymnastics.

We encourage gymnasts and their families to use their judgment when deciding if homework needs to take priority over training.

Please inform your child's coach of any absences related to schoolwork.

Spectating Training

Families may view training at any time from the designated viewing areas only. We ask that gymnasts focus solely on feedback and instructions from their coaches during training. Please avoid interacting with your child during sessions to minimise distractions.

Group Movements and Levels

It's normal for gymnasts to repeat a level or move between competitive streams, as each athlete progresses at their own pace. All placement decisions are made by the wider coaching team, with the gymnast's long-term development and wellbeing as the highest priority.

Depending on their progress, training behaviour, and overall readiness, gymnasts may be invited to transition between levels and streams.

As gymnasts move through the squad levels, it is normal to be assigned a new coach for the year to support their evolving needs and development.

Coach Absence

At times, we may need to combine competitive squads for a session due to unavoidable circumstances, most commonly when a suitable relief coach is not available at short notice. Rather than cancel training on the day, we will merge gymnasts with a similar group, which may result in a slightly larger class size for that session. Any changes to training will be communicated to families as soon as possible via email, the Heja App and a phone call if reception is manned.



COMPETITION POLICIES

Competition Participation

Participation in scheduled competitions is optional for club level gymnasts. Gymnasts can choose to train on a recreational basis only.

Participation in all scheduled competitions is compulsory for state and national squad gymnasts and by accepting a position in a squad you agree to do so, unless they are medically unfit due to illness or injury. If your child is unable to attend a competition, you must notify the Program Manager as soon as possible by emailing comps@forefrontgym.com.au.

Number of Competitions

Club level gymnasts: there are 2 competitions held at FFG every year. These are held in Term 2 and Term 4.

State and national level 3-7 gymnasts: there are usually 2 qualification competitions plus State Championships during the competition season. For national level 7+ gymnasts, there are 2 qualification competitions plus State Championships with the possible selection to compete at National Competitions.

Location of Competitions

Club level competitions are held at Forefront Gymnastics. State and National Gymnastics WA competitions are held at the State Gymnastics Centre, located inside the Loftus Recreation Centre in Leederville (99 Loftus Street). Competitions hosted by other clubs will take place at alternative venues, with location details provided in the event information email.

Competition Uniform

There is no compulsory uniform for club level gymnasts. Suitable training attire listed under 'Training Attire' is adequate for competitions.

State and national level gymnasts must wear the official FFG uniform to all competitions in accordance with Gymnastics Australia (GA) guidelines. It is the responsibility of each family to purchase uniforms in advance of the competition season.

Uniform requirements include:

- WAG Level 2: FFG training leotard / crop top and shorts set
- WAG Levels 3-4: Short sleeve leotard, Club T-shirt, Club Tracksuit, Scrunchie
- WAG Levels 5+: Long sleeve leotard, Club T-shirt, Club Tracksuit, Scrunchie
- MAG All Levels: Leotard, Longs, Shorts, Club T-shirt, Club Tracksuit

Please try on the uniform at least 10 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 10 weeks to arrive. 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.

We recommend that gymnasts use grips for both training and competitions. For high-quality options, we suggest the following suppliers: www.gymnasticssupplies.com.au or www.amco.com.au. We do not recommend using 'palm guards', as they are not the same as traditional grips.

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

Illness or Injury Before Competition

Gymnasts are expected to attend all sessions in the week leading up to a competition. If sessions are missed and coaches determine that the absence may affect the gymnast's performance, readiness, or safety, the gymnast may not be permitted to compete.

Withdrawal from Competition

Coaches reserve the right to withdraw a gymnast from any competition, before or during the event, if it is deemed to be in the best interest of the gymnast's wellbeing, safety, or team readiness. Previous qualifying scores do not override a coach's decision.

Withdrawal Refund Policy

Competition fees are fully refundable with more than two weeks' notice. For notice provided between two weeks and two days before the competition, a 50% refund applies. For notice given less than 48 hours before the first competition of the weekend, no refund will be issued.

Transport to Competitions

Families are responsible for arranging transport to and from competitions. Gymnasts should arrive at least 10 minutes before the registration time, dressed and ready upon arrival.

Team Selection

Some competitions, including the State Championships, are structured as team events. Our aim is to form teams that best contribute to the club's overall success. Team selection is based on:

- Competition results
- Coach assessments
- Attendance and training behaviours

Mixed Groups & Adjusted Training

In some cases, squads may be split across multiple competition sessions. If this affects coach availability, training may be cancelled without a make-up session or credit. Any changes to your child's training schedule during competition periods will be communicated directly by their coach via the Heja App.

Parent Volunteers at Competitions

Like all sports in Australia, gymnastics relies on the support of volunteers. During the competition season, we randomly select a gymnast from each session and one of their family members will need to fulfil the volunteer role. If you are unable to assist, please arrange a replacement from within your child's squad and let the club know as soon as possible. We encourage everyone to get involved. Volunteering comes with free event entry and the chance to enjoy the entire competition while contributing to its success.

Volunteer roles are easy to learn, and guidance is provided on the day. Roles include:

- Scoring
- Announcing
- Music operation
- Equipment assistance
- Floor sweeping or video operation

Competition Etiquette

Parents are not permitted on the competition floor or to approach judges under any circumstances. Doing so can cause your child and their team to be disqualified from the competition. Once gymnasts enter the competition area, they are under the care and supervision of their coach. Please do not attempt to interact with your child during the competition. Coaches will debrief gymnasts after the event. If you'd like to discuss your child's performance in more detail, please arrange a follow-up conversation after the event by emailing comps@forefrontgym.com.au.

Photos and Videos

Those who have rejected the photo/video policy will not be posted on FFG or Gymnastics WA platforms.

Positive Behaviour Expectations

- Speak respectfully with all gymnasts, coaches, volunteers, and officials.
- Cheer and encourage! Don't criticise, compare, or coach from the stands.
- Be mindful of your comments around others.
- Please remember that judging and scoring decisions are out of our control. While scores may not always reflect expectations, we encourage gymnasts to focus on personal goals and progress, rather than results alone.



GA CODES OF BEHAVIOUR

The GA codes of behaviour apply during training, and competition.

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.

GA 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.

GA 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.

SCHEDULES

2026 Competition Schedule

Club Level: Term 2 and Term 4

State and National Level:

	Event	Levels	Club Closing Date	Event Date	Cost
M A G	MAG Qualification Comp 1	L7+	16th Feb	29th March	\$110
	MAG Qualification Comp 2	L7+	16th March	26th April	\$110
	Senior WA Championships	L7+	16th March	7th - 10th May	\$158 (inc T-Shirt)
	MAG Challenge	L2-6	29th June	9th August	\$110
	MAG Judges Invitational	L2-6	27th July	6th September	\$110
	WA Junior Championships	L2-6	31-Aug	29th Oct - 8th Nov	\$158 (inc T-Shirt)

	Event	Levels	Club Closing Date	Event Date	Cost
W A G	WAG Qualification Comp 1	Nat L7+	9th Feb	20th - 22nd March	\$110
	WAG Qualification Comp 2	Nat L7+	9th March	17th - 19th April	\$110
	Senior WA Championships	Nat L7+	16th March	7th - 10th May	\$158 (inc T-Shirt)
	WAG Series #1	L3 & 4	22nd June	31st July - 2nd Aug	\$110
	WAG Series #2	Nat L5-6 State L5-8	6th July	14th - 16st Aug	\$110
	WAG Series #3	State L3-4	20th July	28th - 30th Aug	\$110
	WAG Judges Invitational	Nat 3-10	10th August	18th - 20th Sept	\$110
	WAG Series #4	State L5-8	31st August	10th - 11th Oct	\$110
	WA Junior Championships	Nat L3-6 State L3-8	31st August	29th Oct - 8th Nov	\$158 (inc T-Shirt)

2026 Term Schedule

- Term 1: Monday 2nd February – Thursday 2nd April
- Term 2: Monday 20th April - Saturday 4th July
- Term 3: Monday 20th July - Saturday 26th September
- Term 4: Monday 12th October - Saturday 19th December

The gym will close for the Christmas period from Saturday 19th December 2026 and reopen TBA. We will also be closed on all public holidays.

We aim to finalise squad recommendations and new schedules as early as possible toward the end of each year; however, there are various factors which can sometimes cause delays in this process.

Holiday Training Schedule

Class times change for state and national level squads during the holidays. The schedule will be emailed out prior to each holiday and is also viewable on iClassPro.

Blackout Days

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

Recovery Days

The day after any competition is designated as a 'Recovery Day' for our gymnasts. This means training is optional. Please note that the class fee will not be credited if you do not attend.

iClassPro

To view enrolment details, make payments, or book onto holiday sessions, please use the iClassPro portal, or download the iClassPro app and use organisation code **forefrontgym**

FEES

GA Annual Membership

All gymnasts are required to pay a compulsory annual membership with Gymnastics Australia. This membership provides valuable benefits including sports injury insurance and access to various resources and member discounts available through the GA website.

The fee varies depending on the squad level and is due at the start of each calendar year. If joining FFG part way through the year, it is pro-rated based on the date you join.

Training Fees

FFG uses two billing structures depending on the squad level – term based, and fortnightly.

Fortnightly billing applies to:

- WAG National Level 3+
- WAG State Level 3+
- MAG Level 3+

Fortnightly billing structure:

- Billing will occur every fortnight for two weeks in advance, starting 12th January 2026
- Payment is due within 7 days of the invoice date. Automatic direct debits will be processed on the due date
- If you will be away for more than one week (e.g., holidays or extended absence), please notify us in writing. A 50% credit for missed sessions will be applied for the period after your return
- If FFG cancels a session, you will receive a make-up session. If this cannot be arranged, a credit will be applied to your account
- Attendance Commitment: If you are unable to commit to all scheduled squad training days, the club may reassign you to a more suitable class. If the club agrees to reduced attendance for any reason, you will still be billed for 50% of the sessions not attended to keep your place in the squad
- Billing will continue throughout the holidays keeping the same hours and billing schedule. Please inform us of holiday session absence by emailing enquiries@forefrontgym.com.au.

Term billing applies to:

- Club level squads
- WAG National level 2
- WAG State level 2
- MAG level 2

The term billing fee is calculated as:

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

Term fees for the next term appear on your account in Week 8 of the current term, payable by the end of week 10.

Holiday training is not included and each session costs \$35. You are required to book onto the relevant sessions via iClassPro.

Absence

Absence due to illness does not qualify for a reduction in fees. If a gymnast is unable to attend due to injury, we require written notice of the time required for recovery. For more details, please refer to the Fee, Payment and Refund Policy on our website.

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

Additional Fees

Fees for club level competitions will be provided at the time of the event. These must be paid in full before the event's closing date.

For state and nation level competitions, a small additional charge to the Gymnastics WA entry fee applies to cover administrative and coaching costs at the event.

Competition uniform is mandatory for state and national level squads. For more details, please refer to the Uniform section.

FEEDBACK

FFG welcomes feedback on its programs, staff, policies and practices to ensure we provide the best possible service to our members. If you have any feedback you would like to share, please email enquiries@forefrontgym.com.au.

