



MITCHAM RHYTHMIC GYMNASTIC CLUB 2025 CONTRACT FOR SQUAD GYMNASTS

SECTION A – JOINING PROCEDURES FOR NEW SQUAD MEMBERS

- Gymnasts will be invited to join a particular squad after suitable trials or assessments. Initially the invitation will be for 1 term only.
- If the 1st term's squad enrolment is deemed successful for all parties the gymnast at the discretion of the Squad Coaches and Squad Manager will be offered a continued position in the squad.

SECTION B – CODE OF CONDUCT APPLICABLE TO ALL SQUAD MEMBERS

- Squad members are required to show respect to all club coaches, club officials and club members.
- Squad members will support all members of their squad.
- Squad members will show good sportsmanship at all times respecting coaches, officials and other competitors.
- Squad members will show a serious attitude towards training and competition and are expected to develop the necessary skills and discipline to work independently.
- All squad members will show respect for club equipment and hired premises.
- All squad gymnasts are bound by the Squad Hot Weather Policy Recommendations, the Squad Training and Competition Attire Policy and the MRGC Fee Policy and Schedule.

SECTION C – TRAINING PROCEDURES

- Training hours and fees will be according to the particular squad's current schedule as supplied.
- Any absences from term training other than by reason of illness or injury require permission.
- All absences from term training must be reported to the relevant Squad Manager who will advise the coach accordingly. In the case of minor gymnasts, the responsible parent shall report such absences to the Squad Manager.
- Gymnasts are to arrive 10-15 minutes prior to the commencement of the session to help with set up and ensure they are ready to commence warm-up at the beginning of the session.
- Gymnasts and their parents/caregivers are required to help with the set-up & set-down of the gymnasium.

- All minors must be dropped off and collected from inside the Gymnasium.
- Once hand over to the coach has occurred the coach assumes the responsibility of care for the gymnast.
- Parents/caregivers and siblings are not permitted to stay and watch the training sessions other than 10 minutes at the beginning and end of each session.
- Gymnasts are required to bring their own drink bottle containing water.
- Squad gymnasts are encouraged to supply their own equipment (other than for multiples competition). This equipment must be approved by the coach or Squad Manager to ensure correct/suitable type and size.
- All squad gymnasts are expected to attend school holiday training sessions.
- Documented Emergency Procedure/Evacuation Procedures will be instigated by the Senior Accredited Coach with the assistance of any Club Officials present as required.

SECTION D – INJURY AND ILLNESS REPORTING PROCEDURES

- Any injury or soreness experienced before the start of a session should be reported to the Squad Manager or coach prior to the commencement of the session.
- If injury/illness occurs during a training session, appropriate first aid procedures will be instigated by the Accredited Coach/First Aid Officer present.
- If an ongoing injury impacts a gymnast's ability to train or compete, a written report from the treating medical professional will be required. This will need to state the date of assessment, the nature of the injury, any adjustments to training required and exercises to be avoided and when appropriate a medical clearance to resume full training. The club reserves the right to suspend any squad gymnast from training until a satisfactory medical report/clearance is provided.

SECTION E – COMMUNICATION PROCEDURES

- Any changes to information contained on the enrolment forms, in particular medical conditions and/or medication, must be given to the relevant Squad Manager or club official present. The information will be passed onto the coach who can request a discussion with the caregiver and/or gymnast if required. The Squad Manager reserves the right to request medical clearance to train and/or compete where necessary.
- Any parent/caregiver who wishes to speak with the accredited coach present, other than in cases of emergency, must approach the Squad Manager or in their absence club official present to make arrangements. These discussions will take place at a mutually agreed time.

- Any gymnast who has a request or concern to raise with a coach in relation to training schedules, coaching methodology or other such issues, must approach the Squad Manager or in their absence club official present to make arrangements for a discussion with the relevant coach. This should enable coaches to consider requests or concerns from gymnasts prior to training sessions to assist with their planning and/or to enable the coach to request a meeting via Squad Manager with the gymnast and parent to discuss.
- Gymnasts, and/or their parents/caregivers are not to contact coaches and teachers outside the gym unless prior permission has been given by the Squad Manager or in her absence, her representative.
- Any parent/caregiver who has an issue or concern with regard to their gymnast's training or any other aspect of their membership in the squad must bring it to the attention of the Squad Manager and/or Child Safe Officer or Complaints Officer. A meeting can be arranged for the necessary parties to get together to discuss said issues or concerns. If a resolution is unable to be agreed upon it will be brought to the attention of the Management Committee who will meet with all parties to make a decision regarding any necessary action.

SECTION F – WORKING WITH CHILDREN CHECK AND PARENT ASSISTANCE AT COMPETITIONS

- At least one parent/guardian of all squad gymnasts is required to provide Mitcham RG Club with a current working with children check (WWCC). The Club is able to initiate the process for this to be obtained on request at no cost. A valid WWCC is required for parents to assist in volunteer roles within the Club and at other events/competitions.
- Gymnasts will be invited to participate in South Australian invitational events and state competitions/qualifying events as relevant.
- Squad parents will be rostered on approximately once a term to assist with set up and check-in at Friday night recreational stream classes.
- Parent help is essential to facilitate the smooth running of invitational events and competitions. **If your daughter is competing parents will be expected to volunteer in some capacity at one or more events during the year.** The Mitcham RG Club will allocate parents to volunteer roles at these events as required.

SECTION G – INTERSTATE TRAINING AND COMPETITION PROCEDURES

- Any Mitcham RG Club registered gymnast who wishes to attend a gymnastic based activity at another club or program or with a coach or teacher not engaged by Mitcham RG Club requires prior written permission from the Squad Coach and Manager.
- Squad gymnasts in the high performance stream are encouraged to attend interstate training camps and competitions as deemed appropriate by the coaches.
- Any Mitcham RG Club registered gymnast who wishes to attend a gymnastic training camp or competition outside of Mitcham RG Club requires prior written permission from the Squad Coach and Manager.

SECTION H – BREACHES OF CONTRACT/TERMINATION

- The Squad Manager and Squad Coaches reserve the right to suspend training for any squad gymnasts not abiding by the above procedures. A meeting between the gymnast, parent/caregiver, Squad Manager, and/or Child Safe Officer and if necessary coach will then take place. The Squad Manager and Squad Coaches have the right to permanently remove a squad gymnast not abiding by the above procedures after their second warning.
- As per the Rules (Constitution) of the Mitcham Rhythmic Gymnastic Club Inc. 3.8 Suspension or Expulsion.

“Subject to giving a member an opportunity to be heard or to make a written submission, the Committee may resolve to suspend or expel a member upon a charge of conduct detrimental to the interests of the Club.”

- The club reserves the right to suspend training for any squad gymnasts whose fees are not paid by the required date, unless prior permission/extension has been granted by the Treasurer. The gymnast will be entitled to resume training once these fees are paid.
- The club may withdraw a gymnast from squad for reasons of failure to pay fees. In this instance a verbal and written warning will be issued prior to such withdrawal.
- Should a parent/caregiver wish to withdraw a gymnast from squad other than for reasons of serious illness or injury they must give a minimum of 1 term’s notice in writing. Failure to do so may incur payment of 1 term’s fees in lieu of notice.

SECTION I – INTELLECTUAL PROPERTY

- Gymnasts & parent/caregivers are advised that should a gymnast leave the club the routines and music remain the intellectual property of the club and may not be used by the gymnast once they have left the Club, unless written permission has been granted by the Squad Coaches and/or Club President.

This contract has been formulated and approved by the Management Committee of the Mitcham Rhythmic Gymnastic Club as at December 2024.

We.....(name of gymnast & parent)

hereby agree to abide by the 2024 Squad Contract

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Gymnast’s Signature	Date	Parent’s Signature	Date