



THE
Glennie
SCHOOL

Glennie Gymnastics

Information Handbook



All She Can Be®

WELCOME

OUR VISION

Gymnastics is for all persons, enriching their lives through the gym sports.

MISSION STATEMENT

To promote and develop participation in gymnastics through the provision of equipment and services of the highest quality, regardless of age or ability.

OUR GOAL

Identify and respond to the needs of girls and boys in gym sports.

- Develop an efficient network of coaches to deliver the service.
- Provide programs that fulfil the needs of all gymnasts.
- Identify new business opportunities in sponsorship and marketing.

WHY JOIN GYMNASTICS?

The fellowship of gym is very real. The friendship between gymnasts and coaches is quite unique at Glennie.

To help someone else is a pleasure. Girls and boys learn to assist each other and to interact and learn from each other.

GYM IS FUN!

Opportunities for both competition and recreational Gymnastics are real. Each gymnast is an individual.

Gym offers the opportunity to travel, to become a qualified judge, coach or trainee. In addition to this, Gym provides the opportunity to develop fine and gross motor skills, hand-eye co-ordination and spatial awareness, all of which convey strong links between mathematics and education - a proven fact by experts throughout the world.

WHO CAN JOIN?

Gymnastics is available to all girls and boys at a recreational and competitive level. Glennie Gymnastics is open to Glennie and non-Glennie students in afterschool classes. It's not only for the children but for the young at heart with weekly adult classes.

To participate in the Gymnastics programs available, gymnasts and parents are required to adhere to all rules and regulations of the club.

GYM RULES

To participate in the Gymnastics program, gymnasts agree to the rules set out which include the following:

UNIFORM

Gymnastics uniform items for both girls and boys may be purchased at the Gymnasium Office. All gymnasts are required to wear club leotards to all competitions. Comfortable, but not baggy clothing is acceptable for after school training.

CLUB SAFETY RULES

Safety rules are to be followed; these are displayed on the notice board along with emergency procedures.

- Only Gymnasts in after school lessons are allowed on equipment
- All gymnasts must remain in the building between the commencement and finish of classes. Children are to be collected from inside the Gym.
- Registration forms which include medical conditions and advice must be completed on commencement of lessons.

JUNIOR YEARS WALK OVER

As the Gymnasium is situated at Sutton Hall on the Senior Campus, we offer a walk over from the Glennie Junior Years to the Gym (Prep to Year 6). Permission forms are available from the office's of both the Junior Years and the Gym. These forms must be signed by a parent/guardian. This service is free of charge.

PROGRAMS

KINDERGYM

This program is for boys and girls from 1 – 5 years. Children enjoy learning through play in a happy environment while mixing with other children. The program is designed to assist in the development of fine and gross motor skills while at the same time, learning social skills and having fun.

Kindergym classes are run on a “pay as you come” basis as we know children can quickly become unwell and mums are sometimes unable to attend. (Kindergym classes run to the State School terms).

GYM FUN

For younger students from 5 to 8 years, this program is a great opportunity to begin learning the fundamentals and enjoying Gymnastics, in an environment of professionalism and in a fully equipped Gymnastics centre.

Gym Fun refers to the fundamentals, fitness and friendship within a sport where young gymnasts can achieve at their own level, without the necessity of competition. There are 6 Levels to the Gym Fun program and children are rewarded with a certificate as they become more confident and competent and progress through each level.

Due to the popularity of the GymFun program, we are unable to take 'walk-ins' for a free trial on Monday and Friday afternoons. Parents wanting to book in for a free trial for their child/children are asked to contact 07 4688 8730. If the phone is unattended, please leave a message (as we receive the phone messages by email) and Gym Staff will return your call as soon as possible.

RECREATIONAL GYMNASTICS

Tuesdays and Thursdays are the perfect opportunity for Junior Years students to participate in after school gymnastics classes. This program offers the chance to learn tricks, make friends and if interested the chance to compete in competitions. These lessons are for children from 8 to 12 years.

HIGH SCHOOL GYMNASTICS

When girls come to Glennie it is important to have an outlet such as gymnastics to make new friends, keep fit and to feel a sense of achievement. We find this program is generally great for the borders at Glennie but is open to Glennie and non-Glennie students. These lessons are for children from 13 to 18 years.

MEN'S GYMNASTICS (MAG)

Glennie Gymnastics supports both recreational and competitive boy gymnasts to develop their skills, strength and flexibility.

Our twice weekly program teaches boys co-ordination, agility, focus and self-discipline. Men's Gymnastics develops healthy minds and bodies for now and later in life.

ADULT GYMNASTICS

Adults are invited to get involved in Glennie Gymnastics by joining our adult classes. This is a class for fun and all levels of fitness and skill.

COMPETITIVE SQUAD

At Glennie Gymnastics we have developed a strong competitive squad program for girls who wish to be more competitive and train extra hours. With limited spaces available girls can trial to be a part of this program at any time and should contact our head coach. The training is very structured and its main goal is to help girls achieve their personal best while enjoying such a great sport.

LESSON TIMES AND PRICES

For the most up to date information on classes available, cost, dates and times, please contact the Glennie Gym

P: 07 4688 8823 or

E: gymclub@glennie.qld.edu.au

OPPORTUNITIES

Gymnastics offers training and study, recognised throughout Australia, to become an accredited coach, judge or trainee (refer below). Job employment in this field is very real and recommended for students who may be entering tertiary studies as an extra source of income.

TRAINEESHIPS

The Glennie School Gymnastics employs student trainees. This program offers students in Year 11 and 12 the opportunity to gain a Certificate II in Sport (Coaching). Traineeships are paid positions.

ACCOMPLISHMENTS

Over the last five years Glennie Gymnastics has gone from strength to strength and developed a great competitive program. Some outstanding results include:

- Gymnasts have advanced through all 10 competitive levels.
- Gymnasts have represented Queensland and won medals.
- Multiple Regional Champions
- State Medallists

Most importantly, at Glennie Gymnastics, we strive to help each gymnast reach their full potential and applaud the efforts of all who work towards achieving their own personal goals.



FEES

- Fees cover insurance and coaching.
- Squad levels are also required to pay their registration fees to Queensland Gymnastics.
- Participation in competition attracts additional costs.

For information on Glennie Gymnastics fees, please contact the Gym Admin Office



CONTACT DETAILS

Office hours 3:30pm–5:00pm, Monday to Friday during school term

Gym Administration Officer

P: 07 4688 8823 or 07 4688 8730

E: gymclub@glennie.qld.edu.au



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