



Niddrie Gymnastics
Squad Parent Handbook

2026



OUR PHILOSOPHY

Young children have energy to burn. We strive to make the most of this natural quality by enabling them to **experience, investigate, interact** and **develop** in the wonderful world of gymnastics. We strive to **deepen** and **strengthen** children's **physical, social** and **natural abilities** by giving all gymnasts the opportunity to reach their full potential in a **safe, caring** and **positive** environment.

OUR VALUES

TRUST

Trust is the heartbeat of our club. *It is the core value that connects our gymnasts, coaches, staff and families from day one.*

SUPPORT

We are one gymnastics family. *We care for each other; we respect one another, and we work together to make great things happen.*

GROWTH

Growth is our goal. *We focus on the little wins, we celebrate progress, and we encourage our gymnasts to be confident, resilient, and courageous in life, not just in gymnastics.*

HAPPINESS

The gym is our happy place. *We all belong here. We have fun and laugh out loud. We create lifelong friendships and memories, and nobody gets left behind.*

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WELCOME

We'd like to take this opportunity to warmly welcome you into our Niddrie family for 2026.

Niddrie Gymnastics is a Not-for-profit community club and as such, relies heavily on parental involvement and help in a variety of different ways throughout the year.

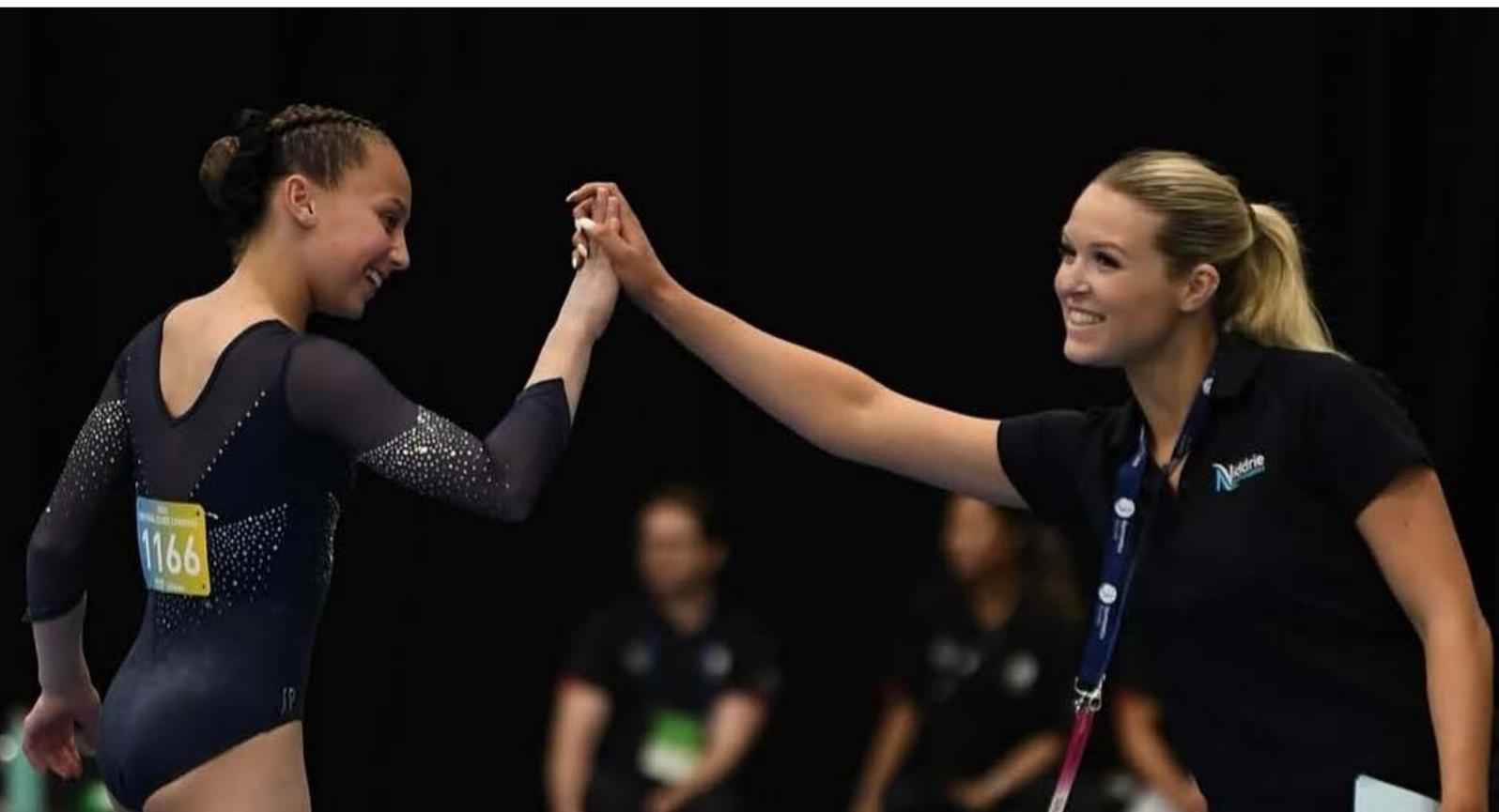
Our Committee and staff have put together the following Squad Booklet to inform you of the clubs' expectations of you, as a parent of a Squad child.

We value our squad families commitment to the children, their coaches and our community.

We look forward to work with you during 2026.

The Niddrie Team

Working *with* us
to create great club
culture.



2026 CALENDAR

Please note: NO gymnastics classes will be held on public holidays.

TERM 1:

Tuesday 27th January – Thursday 2nd April

No classes on Monday 9th March (Labour Day)

Sunday 15th March - Uniform try on day and Working Bee

TERM 2:

Monday 20th April – Saturday 27th June

No classes on Saturday 25th April (Anzac Public Holiday)

No classes on Monday 8th June (King's Birthday)

Events:

Sunday 17th May - Junior Squads In-house Comp (Gymstar 4-6, JDS and ALP Level 2-3)

Sunday 14th June - Club Championships (All squads)

TERM 3:

Monday 13th July – Saturday 19th September

Events:

11/12th July - Niddrie Invitational (ALP Level 2-4)

1/2 August - Niddrie Invitational (ALP Level 5-7)

(Training will be cancelled for all Saturday afternoon classes these weekends)

TERM 4:

Monday 5th October – Friday 11th December

No classes on Tuesday 5th November (Melbourne Cup Day)

Events:

25th October - Gymstar Invitational (all squads and other clubs)

29th Nov - Squad Awards Day

12th/13th Dec - End of Year Display

Once all event dates have been finalised, they will be published on our website:

niddriegymnastics.org.au/calendar

GENERAL INFORMATION

Our Committee

It is vital to maintain a strong committee that ensures the successful running of our club. The committee requires at least one representative from each squad level to attend regular monthly meetings.

This also ensures that all members from each squad are kept informed of what is happening within the gym. Meetings are held on the last Tuesday of each month upstairs in the kitchen and run for approximately 1 hour. If you are interested in joining the committee, please attend a meeting, speak to any member of the committee or email committee@niddriegymnastics.org.au

Different fields that also need attention from a committee member may include being a part of one of the sub-committees. These include Fundraising, Uniforms, Marketing, Maintenance, Sponsorships and Grants.

As our older gymnasts approach the end of their gymnastics journey, the club loses the support of their parents who help in the committee and around the club when their child retires. As such, it is essential that we always have the continued support of the younger level gymnasts' family members on committee.

In 2017 the State Government released new Child Protection Laws and as a club we must comply with the State Governments Child Protection standards, therefore all Committee members will need a Working with Children Check.

Apply free online at www.workingwithchildren.vic.gov.au

To contact our Committee please email : committee@niddriegymnastics.org.au

Gym Rules, Policies and Procedures

Niddrie Gymnastics has a copy of the clubs Rules, Policies and Procedures. These documents, along with other valuable information, can be viewed on the club's website - www.niddriegymnastics.org.au/policies

Please take the time to familiarise both yourself and your child with the clubs' rules, policies and procedures.

Registration/Enrolment Fee

The annual registration fee is to be paid separate to Term fees. The fee covers administration costs and includes registration and insurance with Gymnastics Victoria and Gymnastics Australia for the calendar year (expiring on December 31st). This is NON-REFUNDABLE.

A breakdown of our 2026 Enrolment Fee is:

Competitive Squads - \$200

(ALP Level 3 -10 and Gymstar Level 4-10)

Fundraising levy: \$20

Niddrie Enrolment/Admin Fee: \$40

Gymnastics Victoria Registration (incl Insurance) Fee: \$115

Club Tshirt: \$25

Non-competitive Squads - \$120

(JDS)

Fundraising levy: \$20

Niddrie Enrolment/Admin Fee: \$30

GV Registration (incl Insurance) Fee: \$45

Club Tshirt: \$25

GENERAL INFORMATION

Fees

More information can be found in the Policies section of the website. Invoices will be issued at the beginning of each term. Direct debit payments (fortnightly) will reflect fees for each squad. Payments will be credited to each term invoice. A full year payment is an option which applies for a 3% discount. The Payment policy MUST be adhered to, and the Club reserves the right to withdraw its services if payments are not made in accordance with these terms.

Fees are based on the number of weeks per term and the number of training hours per week. Our fee structure can be found on our website [HERE](#).

NIDDRIE GYMNASTICS is a NON-PROFIT ORGANISATION, managed by an Honorary Committee and we rely upon the timely payment of fees in order to operate efficiently and effectively, including payment of our coaches, paying rent for our premises, the purchase of new equipment and general maintenance of our facilities.

You can view our full fee policy and all other policies on our website [here](#)

Public Holidays / Heat Policy

In extreme heat above 36 degrees, our Heat policy will take effect. For senior squads however, will be at the discretion of individual coaches.

No squad classes will be held on public holidays. The only exception will be for squads with upcoming competitions as training will be essential. These training sessions will be communicated by coaches and staff.

Competition Days: In-House

We rely heavily on the assistance of parents at our in-house events. We need and appreciate help with setting up and packing up the equipment. This occurs approximately 4-5 times per year and usually take around 30 mins.

As a squad parent you are required to offer your assistance throughout the competition days in a variety of duties including serving in the canteen, door duties, selling raffles tickets or cooking a BBQ. If you are rostered on while your child is competing, you will still be able to watch her compete in-between fulfilling your duties.

More information about our Squad Volunteer Levy can be found on page 6.

All volunteers will need a Working with Children Check.

Apply free online at www.workingwithchildren.vic.gov.au

GENERAL INFORMATION

Volunteer Levy

As part of your commitment to squad, members are required to pay an upfront Volunteer Levy each year. This levy will be credited to your account after you have volunteered at your allocated event. More information will be sent out once event dates have been finalised.

Level	Amount	Expected to Volunteer
JDS level 1	\$100	2 shifts PLUS pack, set up
ALP Level 2	\$100	2 shifts PLUS pack, set up or food for judges
ALP Level 3	\$150	3 shifts PLUS pack, set up or food for judges
ALP Level 4 - 6	\$250	5 shifts PLUS pack, set up or food for judges
ALP Level 7 - 10	\$250	5 shifts PLUS pack, set up or food for judges
Gymstar Level 4 - 6	\$200	4 shifts PLUS pack, set up or food for judges
Gymstar Level 7 - 10	\$250	5 shifts PLUS pack, set up or food for judges

A 'shift' consists of but not limited to; help at our events:

- BBQ/Canteen
- Door
- Raffles
- Judges Hospitality
- Working Bee

The club will determine other 'shift' opportunities throughout the year.

You can view our full Volunteer policy and all other policies on our website [here](#)

Squad Parent Viewing Policy

Niddrie Gymnastics has a "No Viewing" policy applying to all Squad groups.

This policy applies to all training sessions during the term including school holiday programs and clinics. We do however, at two selected times in each term, have "Open Training" sessions where family is welcome to watch their child for one session of training. Please keep noise to a minimum and take calls outside.

Open training sessions for 2026 are:

- TERM 1: 2 - 7 Feb and 23 - 28 March**
- TERM 2: 27 April - 2 May and 15 - 20 June**
- TERM 3: 20 - 25 July and 7 - 12 September**
- TERM 4: 12 - 17 October and 30 Nov - 5 December**

The policy is in place for the following reasons:

- Children can be distracted by parents watching them and lose concentration.
- This distraction and lack of concentration can lead to gymnasts losing focus and risking injury.
- The waiting area is very small and when it's full of parents, the noise and activity is distracting to gymnasts and coaches.
- Coaches can be distracted by parents talking to them while the parents are in the waiting area.

COMPETITIONS

The current competition calendar can be found on the Gymnastics Victoria website [here](https://www.vic.gymnastics.org.au/events/calendar).

Gymnastics Victoria: [vic.gymnastics.org.au/events/calendar](https://www.vic.gymnastics.org.au/events/calendar)

Event entry

The GV competition calendar

The Competition calendar for Gymnastics Victoria ALP Events is released at the start of every.

Gymstar events are not finalised until May as clubs usually apply for those events later in the year, but they are also published as soon as they are confirmed

Early into Term 1, we advise families of which events we will be entering and where the event is located. We advise families to keep the entire weekend free until the dates and times are advertised.

Unfortunately, it is impossible for GV to publish exact days and times for events until after the entries close which is 4 weeks prior to an event. The host club is then given 2 weeks to organize their work order.

Entries and payment

Our gymnasts need to be entered into competition as soon as it is open, to ensure spots, this is often up to 6 weeks before a competition. Once our entries are accepted, Niddrie Gymnastics is then required to pay for all entries. You will then be invoiced for the competition fee. All entry fees will include a coaches wages levy of \$40 per competition.

Refunds

Each competition has an entry closing date, withdrawals before this date is at the discretion of the host club.

After the close date withdrawal and refunds from competitions can only be requested with a medical certificate and will incur an admin fee, determined by the host club, as well as a \$10 Admin fee from Niddrie Gymnastics.

Coaches Levy

For all competitions that require regional, interstate or international travel, we will require a coaches levy of:

- **Regional travel** – A one-off levy for the year, invoiced with the first regional competition.
To cover the travel costs of coaches – based on 1 night away - **\$40**.
ie. Geelong, Mornington and Albury
- **Interstate travel** – This levy applies to each competition it applies to.
To cover the travel costs of coaches – based on 4 nights away - **\$400**
ie. National clubs carnival
- **International travel** - This levy applies to each competition it applies to.
To cover the travel costs of coaches – based on 6 nights away - **\$850**
ie. Hawaii comp after 2024

You can view our full Coaches Levy policy and all other policies [here](#)

COMPETITIONS

State Team Selections

A credit of \$250 per gymnast will be given to each selected gymnast to help with Victorian uniform costs.

A Levy will be applied to each gymnast who is selected into a State Team and requires a club coach to be in attendance.

Judges

To enter into any competition all clubs must supply their own judges, we highly encourage parents to become judges for our club. It is a great opportunity to get to know the sport and become a part of the gymnastics community and help out our club.

If you would like to become a judge (no experience necessary) please contact our events manager:

donna@niddriegymnastic.org.au

Squad Uniforms

Squad training leotard

Children training in the ALP Squad Program must have the compulsory training leotard. Your child's coach will communicate as to the preferred day/s for wearing the training leotard.

Compulsory Club uniform for competing ALP Level 2 - 10 & Gymstar Levels 5 - 10:

- All children competing in competitions outside the club, must wear the Niddrie Club leotard, Club Tracksuit and Backpack.
- ALP 7 - 10: please try on your uniform at the start of each year, new orders will be taken after Squad Registration day.
- The long sleeve competition leotards should **not** to be worn during normal training sessions.

Second-hand items:

Second-hand items can be arranged amongst families through our facebook page:

<https://www.facebook.com/groups/niddriegymnasticsbuyswapsell>

UNIFORMS

2026 SQUAD Uniforms - Gymstar

Uniforms can be purchased second hand if available, please check sizes at the start and end of the year to ensure you have enough time to order if your child needs a larger size.

GYMSTAR LEVEL 4

<p>COMPULSORY</p> <p><i>If competing</i></p>	Short sleeve leotard	\$ 90	
	Tracksuit - Can be bought separately	\$ 70 Pants \$ 100 Jacket	
	Competition Backpack	\$45	
<p><i>For name embroidery on the Backpack, please go to Caps n More, in the Essendon Fields Airport Terminal</i></p>			
<p>OPTIONAL</p> <p><i>While competing</i></p>	Competition Shorts <i>Nike Pro or other shorts are not to be worn over the leotard during competition</i>	\$35	

GYMSTAR LEVEL 5 - 10

<p>COMPULSORY</p> <p><i>If competing</i></p>	Long sleeve competition leotard <i>Please note: a new competition leotard will be introduced in 2027</i>	\$ 420 <i>Or can be rented from the office for \$30 per wear.</i>	
	Tracksuit - <i>Can be bought separately</i>	\$ 70 Pants \$ 100 Jacket	
	Competition Backpack	\$45	
<p><i>For name embroidery on the Backpack, please go to Caps n More, in the Essendon Fields Airport Terminal</i></p>			
<p>OPTIONAL</p> <p><i>While competing</i></p>	Competition Shorts <i>Nike Pro or other shorts are not to be worn over the leotard during competition</i>	\$35	

UNIFORMS

2026 SQUAD Uniforms - ALP

Uniforms can be purchased second hand if available, please check sizes at the start and end of the year to ensure you have enough time to order if your child needs a larger size.

ALP JNR DEVELOPMENT SQUAD

<p><i>For name embroidery on the Backpack, please go to Caps n More, in the Essendon Fields Airport Terminal</i></p>	Training Leotard	\$90	
	Backpack (Optional)	\$45	

ALP LEVEL 2 & 3

<p>COMPULSORY <i>If competing</i></p> <p><i>For name embroidery on the Backpack, please go to Caps n More, in the Essendon Fields Airport Terminal</i></p>	Training and competition leotard	\$ 90	
	Tracksuit - Can be bought separately	\$ 70 Pants \$ 100 Jacket	
	Competition Backpack	\$45	

UNIFORMS

ALP LEVEL 4 - 10

<p>COMPULSORY</p> <p><i>For name embroidery on the Backpack, please go to Caps n More, in the Essendon Fields Airport Terminal</i></p>	<p>Training Leotard</p> <p><i>Compulsory for away trips</i></p>	\$ 90	
	<p>Long sleeve competition leotard</p> <p><i>Please note: a new competition leotard will be introduced in 2027</i></p>	<p>\$ 420</p> <p><i>Or can be rented from the office for \$30 per wear.</i></p>	
	<p>Tracksuit</p> <p><i>Can be bought separately</i></p>	<p>\$ 70 Pants</p> <p>\$100 Jacket</p>	
	<p>Competition Backpack</p>	\$45	
<p>OPTIONAL</p>	<p>Hoodie</p> <p><i>Compulsory for away trips</i></p>	\$65	
	<p>Plain black or Navy track pants or tights</p> <p><i>Compulsory for away trips</i></p>	Parents to provide	

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Niddrie Gymnastics Parent Code of Conduct

To ensure that parents enjoy their child's sport of gymnastics both in training and when their child competes at all events representing Niddrie Gymnastics, the following guidelines and recommendations are provided:

- Encourage children to participate if they are interested. If they are not, don't force them.
- Focus on participating, reaching goals, and reduce the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each competition is accepted without disappointment.
- Encourage children to always play by the rules.
- Do not criticise children in front of others, reserve constructive criticism for more private moments.
- Remember children are involved in sport for *their* enjoyment, not yours.
- Remember a child learns best by example. Applaud a good routine from all Clubs competing at comps.
- Accept decisions of all judges as being fair and made to the best of their ability. Do not raise issues of disagreement publicly.
- Do not criticise opposing Clubs or supporters by word or gesture.
- Set a good example by your own conduct, behaviour and appearance.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Avoid use of derogatory language based on gender, race or impairment & Support Coaches with all decisions.

Gymnast Code of Conduct

- Show respect to all coaches, judges, officials and other gymnasts.
- Listen to your coach and follow their instructions.
- Respect fellow club members by providing support and encouragement.
- Be a role model for gymnastics, other gymnasts and your club.
- Always show good sportsmanship, regardless of results.
- Bullying is never accepted and will not be tolerated at our club.
- Do not use derogatory language based on gender, race or impairment.
- Always train with a positive attitude, to be the best gymnast that you can be.
- Be punctual to training and competitions.
- Take care of the Club's equipment.
- Keep the locker rooms and bathroom area clean and tidy.
- Immediately notify your coach if you injure yourself.
- Enjoy your gymnastics.

RESOURCES FOR PARENTS



Working with Parents in Sport

Gymnastics Victoria have partnered with Working with Parents in Sport, a UK based organisation that aims to support sporting organisations, clubs, parents and coaches to ensure children can have the best possible experience.

All Niddrie Gymnastics families now have access to the platform, which you can access by following the steps below.

- Visit the Working with Parents in Sport online shop by clicking [here](https://www.parentsinsport.co.uk/shop-2/) or cut and paste into your browser: <https://www.parentsinsport.co.uk/shop-2/>
- Add the '**Parents in Sport Members Area**' option to your basket
- Proceed to the checkout. You will then be prompted to apply a coupon code. Your unique code is **vv295nt7mdk3a**
- Click **apply coupon**, this will zero out the price. You can then proceed to the next screen and enter your details to complete the registration process.

You will have instant access to the members area available on the main menu bar under Members > Members Area.

Select from the right hand side menu to access the coaches corner, parent zone and the high performance area.

They have some great Ebooks under the Gymnastics Australia heading:

- Engage!
- Great Sports Parenting

Enjoy!