

- All gymnasts must wait outside of the swinging doors for their coach.
- All gymnasts must wear appropriate athletic clothing and their hair tied back.
- Jewelry is not permitted.
- Personal belongings must be stored within the boxes in the gym and not left on the floor.
- **Parents or siblings are not permitted in the Gym** or the Activities room upstairs.
- Parents may only speak with a coach before or after classes.
- All gymnasts must be dropped off and picked up from inside the Physical Education Centre (PEC) within 5mins of the start and finish time of class.
- Parents should contact the Gymnastics Office if for any reason they are going to be late arriving to pick up their child. Please try to avoid this situation.
- Food or drink is not permitted inside the PEC with the exception of water inside a water bottle. For those competitive squads training longer hours there may be exceptions to this rule.
- All gymnasts must obey instruction from the coach.
- All gymnasts must act in an appropriate manner towards coaches, other gymnasts, property of MLC and property of other gymnasts.
- Gymnasts must not use equipment unless they are being supervised by a coach.
- Athletes must observe facility usage rules and respect the PEC accordingly
- Gymnasts are to follow designated walkways in the gym whenever possible to avoid disrupting other groups.

**Please Note:**

Failure to abide by gym rules will be addressed by the MLC Gymnastics Program Coaches and Managers. Re-occurring failure to follow the rules may result in a request to withdraw from the program.

**Further Information**

If you would like further information, please write to the MLC Gymnastics Club at 207 Barkers Road, Kew 3101, or via facsimile on (03) 9274 8168 or via email



# General Gym Club Rules

Gym Club Manager – Leslie Burrows – burrowla@mlc.vic.edu.au  
General Gymnastics Manager – Allyse Taylor – taylorar@mlc.vic.edu.au  
Squad Manager – Anna Francis – francia@mlc.vic.edu.au  
Cheerleading Coordinator – Eliza Ogg – oggem@mlc.vic.edu.au  
Dance Coordinator – Venessa Frew – frewv@mlc.vic.edu.au  
Club Bookkeeper – Tina Tsolos – tsolost@mlc.vic.edu.au  
Administration – Ros Sagnelli – sagnelr@mlc.vic.edu.au