

Purposes:

- To ensure optimum health and safety of Athletes and Staff within the Gymnastics Club in regards to Healthy Eating.
- To outline the MLC Gymnastics Club policy on Gymnast diets and nutrition

Policy Definition
Healthy Eating Policy

Healthy eating is a vital part of good health. Lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

MLC Gymnastics Club acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all. Where possible, the Club ensures that a variety of healthy food choices are available at all events and activities. This applies to meetings, functions and events, and to all members, officials, gymnasts, and others taking part in Club activities.

Procedure and Application
Healthy Eating policy

MLC Gymnastics Club is committed to ensuring a healthy environment for all those associated with the Club and will ensure:

- That caterers used for events must be able to provide a variety of healthy food choices
- That healthy food choices will be available at all events where ever possible
- The promotion of the enjoyment of healthy eating and the role of food in relation to health; via newsletters, announcements and other appropriate vehicles
- The promotion of healthy food choices at events
- That healthy food choices will be displayed more prominently than other foods
- That healthy food choices will be priced competitively

Confidentiality and Reporting

All incidents and associated documentation are treated as strictly confidential and are only discussed with parties who are directly involved. For more information, please see the MLC Gymnastics Club Privacy Policy.

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

- 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