

MBG CONNECT

APRIL 2026



FROM THE COMMITTEE

WELCOME TO OUR FIRST NEWSLETTER! WE ARE EXCITED TO SHARE MORE OF WHAT IS HAPPENING ACROSS THE CLUB AND KEEP EVERYONE CONNECTED WITH THE WORK BEING DONE BEHIND THE SCENES. THE COMMITTEE HAS BEEN REVIEWING AND UPDATING OUR POLICIES TO ALIGN WITH BEST PRACTICE, GOVERNANCE STANDARDS, AND CHILD SAFE FRAMEWORKS. YOU CAN VIEW THE UPDATED POLICIES [HERE](#). WE HAVE ALSO INTRODUCED OUR PUBLIC STATEMENT ON SAFEGUARDING, CHILD SAFE STANDARDS AND UNIVERSAL PRINCIPLES, WHICH YOU CAN VIEW [HERE](#).

WE HAVE OPENED AN EXPRESSION OF INTEREST FOR A MEMBER PROTECTION INFORMATION OFFICER (MPIO) TO FURTHER STRENGTHEN OUR COMPLAINTS AND SUPPORT PROCESSES. THE MPIO ROLE PROVIDES MEMBERS WITH A CLEAR, CONFIDENTIAL, AND INDEPENDENT POINT OF CONTACT TO SEEK GUIDANCE, RAISE CONCERNS, AND BETTER UNDERSTAND THE APPROPRIATE PATHWAYS AVAILABLE. THIS IS AN IMPORTANT STEP IN ENSURING OUR CLUB CONTINUES TO PROVIDE A SAFE, SUPPORTIVE, AND WELL GOVERNED ENVIRONMENT FOR ALL MEMBERS. MORE INFORMATION CAN BE FOUND [HERE](#).

AS WE HEAD INTO COMPETITION SEASON, WE WISH ALL OUR ATHLETES THE VERY BEST AND LOOK FORWARD TO CELEBRATING THEIR EFFORTS AND ACHIEVEMENTS.



BEHIND THE CHALK JUNIOR DEVELOPMENT

THIS TERM HAS BEEN ALL ABOUT HELPING OUR YOUNGEST GYMNASTS SETTLE IN AND FEEL COMFORTABLE IN BOTH THE GYM ENVIRONMENT AND WITH THEIR COACHES. A BIG FOCUS HAS BEEN ON BUILDING THOSE EARLY HABITS LIKE LISTENING, FOLLOWING INSTRUCTIONS, AND LEARNING HOW TO MOVE THROUGH CIRCUITS WITH CONFIDENCE.

OUR ATHLETES HAVE BEEN WORKING ON THE FUNDAMENTALS, BUT JUST AS IMPORTANTLY, HAVING A GREAT TIME WHILE DOING IT. AT THIS STAGE, IT'S ABOUT DEVELOPING BODY AWARENESS, UNDERSTANDING WHERE THEY ARE IN SPACE, WHAT THEIR BODIES CAN DO, AND BUILDING THE FOUNDATIONS FOR FUTURE SKILLS IN A REALLY POSITIVE WAY.

FAMILIES MAY HAVE NOTICED A VARIETY OF NEW ACTIVITIES, DRILLS, AND EQUIPMENT BEING INTRODUCED THROUGHOUT THE TERM. WE'RE ALWAYS LOOKING FOR WAYS TO KEEP SESSIONS ENGAGING, FUN, AND CHALLENGING, WHILE STILL EMBEDDING STRENGTH, BALANCE, COORDINATION, AND AERIAL AWARENESS. IT'S NOT ALWAYS EASY ADAPTING FULL-SIZED GYMNASTICS EQUIPMENT FOR CHILDREN AGED 1-6, BUT THE GOAL IS TO CREATE AN ENVIRONMENT WHERE THEY'RE LEARNING WITHOUT EVEN REALISING IT, WALKING OUT OF CLASS TIRED, SMILING, AND SAYING, "THAT WAS FUN!"

IN JUNIOR DEVELOPMENT, HAVING A STRONG LESSON PLAN AND THE RIGHT TOOLS IS ESSENTIAL, BUT IT'S THE COACHES WHO BRING IT ALL TO LIFE. I'M INCREDIBLY PROUD OF OUR COACHING TEAM. THEY DO AN AMAZING JOB DELIVERING THE PROGRAM AND REPRESENT BOTH MBG AND OUR VALUES EXCEPTIONALLY WELL.

ON THE CALENDAR

- APRIL 2nd Term 1 Finish
- APRIL 10th-13th State Clubs MAG & WAG
- APRIL 18th-19th WAG Senior Regionals
- APRIL 20th Term 2 Commences
- APRIL 25th Anzac Day
- APRIL 26th MAG Grand Prix





AROUND THE CLUB

EXCITING DEVELOPMENTS ARE HAPPENING BEHIND THE SCENES, WITH A NEW DEDICATED STRENGTH ROOM CURRENTLY BEING FITTED OUT AT MBG. THE SPACE WILL FEATURE STATE OF THE ART, COMMERCIAL GRADE EQUIPMENT TO SUPPORT THE PHYSICAL PREPARATION OF BOTH MAG AND WAG ATHLETES. STRUCTURED STRENGTH TRAINING PLAYS AN IMPORTANT ROLE IN IMPROVING PERFORMANCE, BUILDING RESILIENCE, AND REDUCING INJURY RISK. THIS NEW FACILITY WILL SUPPORT MORE TARGETED AND PROGRESSIVE STRENGTH PROGRAMMING AND BETTER INTEGRATION WITH SQUAD TRAINING, WHILE GIVING COACHES THE TOOLS TO DELIVER MORE EFFECTIVE, ATHLETE-SPECIFIC CONDITIONING. FINAL TOUCHES ARE UNDERWAY AND IT WILL BE READY FOR USE VERY SHORTLY.

FINDING OUR BALANCE BUILDING STRONG ATHLETES

CONFIDENCE IS ONE OF THE MOST IMPORTANT SKILLS A GYMNAST DEVELOPS, AND IT PLAYS A CRITICAL ROLE IN BOTH PERFORMANCE AND WELLBEING. IN GYMNASTICS, CONFIDENCE ISN'T SOMETHING THAT APPEARS OVERNIGHT, IT IS BUILT GRADUALLY THROUGH EXPERIENCE. BY TRYING NEW SKILLS, REPEATING THEM, AND LEARNING THROUGH BOTH SUCCESS AND SETBACKS, ATHLETES BECOME MORE COMFORTABLE AND CAPABLE IN A SAFE AND SUPPORTIVE ENVIRONMENT.

A BIG PART OF THIS PROCESS IS HELPING GYMNASTS UNDERSTAND THAT IT'S OKAY TO FEEL UNSURE AT TIMES. WITH GUIDANCE FROM COACHES AND CONSISTENT EXPOSURE TO SKILLS, THEY LEARN TO MANAGE FEAR, TRUST THE PROCESS, AND BACK THEMSELVES. SMALL WINS OVER TIME BUILD A STRONG FOUNDATION OF SELF-BELIEF. THIS TYPE OF CONFIDENCE EXTENDS FAR BEYOND THE GYM, SUPPORTING RESILIENCE, INDEPENDENCE, AND A POSITIVE MINDSET IN EVERYDAY LIFE.

FOR THOSE INTERESTED IN LEARNING MORE, WE HAVE CREATED A SHORT VIDEO EXPLAINING HOW CONFIDENCE IS DEVELOPED IN OUR PROGRAMS. THE VIDEO WAS CREATED BY MEGAN FROM OUR COMMITTEE, WHO BRINGS A BACKGROUND IN EDUCATION AND A PASSION FOR MINDFULNESS AND WELLBEING, OFFERING A PRACTICAL LOOK AT HOW THESE IDEAS COME TO LIFE IN THE GYM. <https://youtu.be/16HJjp0gBCw?si=iTu8r3TgUgn3vHLD>



COACHES CORNER VLAD

VLAD IS OUR WAG SENIOR & HEAD COACH AND HAS BEEN A VALUED MEMBER OF MAROOCHY BEACH GYMNASTICS FOR 11 YEARS. HE IS PASSIONATE ABOUT HELPING ATHLETES OVERCOME CHALLENGES AS THEY LEARN NEW SKILLS, AND TAKES GREAT PRIDE IN SUPPORTING THEIR JOURNEY FROM EARLY DEVELOPMENT THROUGH TO COMPETITION SUCCESS. VLAD IS PARTICULARLY DRIVEN BY SEEING ATHLETES GROW IN CONFIDENCE, RESILIENCE, AND INDEPENDENCE BOTH INSIDE AND OUTSIDE THE GYM.

SINCE 1998, VLAD HAS COACHED AT 22 AUSTRALIAN NATIONAL CHAMPIONSHIPS AND HAS SERVED AS AN AUSTRALIAN NATIONAL TEAM COACH, INCLUDING AT THE 2011 WORLD CHAMPIONSHIPS AND THE 2012 OLYMPIC GAMES.

WHAT VLAD VALUES MOST IN HIS ATHLETES IS RESPECT, GOOD MANNERS, AND A STRONG WORK ETHIC. HE BELIEVES THESE QUALITIES ARE JUST AS IMPORTANT AS SKILL DEVELOPMENT, FORMING THE FOUNDATION FOR LONG-TERM SUCCESS NOT ONLY IN GYMNASTICS, BUT IN LIFE.

