

MBG CONNECT

MAY 2026



FROM THE COMMITTEE

Over the past few months, there has been a lot happening within the Club, and we understand that this may have felt uncertain at times for families.

Throughout it all, our focus has remained on supporting our athletes, our staff and our wider community, and making sure the Club continues to be a positive and stable environment for everyone.

We know that there are some formal processes underway, including an upcoming Special General Meeting. We are working through everything carefully with the best interests of the Club at the centre of our decisions. If you have any questions or concerns, please feel free to reach out via email or come and have a chat with us.

We've had a very successful competition season so far, and it's been fantastic to see the hard work of our athletes and coaches reflected in their performances. With States just around the corner, we're looking forward to finishing the season strong.

We really appreciate the patience and support shown by our families and community, and we will continue to keep you updated as things progress.

BEHIND THE CHALK: DIFFERENT TYPES OF GYMNASTICS

Gymnastics is not just one sport, but a collection of different disciplines, each with its own focus and style. There are many forms of gymnastics within the sport. Trampoline gymnastics focuses on height, aerial awareness, and controlled landings, while rhythmic gymnastics combines movement, flexibility, and apparatus like ribbon and ball performed to music. Acrobatic gymnastics is partner based, built on balances, lifts, and teamwork that requires timing and trust. Teamgym and parkour bring a more fitness and creative movement focus.



At MBG we mainly work within artistic gymnastics, which is split into Women's Artistic Gymnastics (WAG) and Men's Artistic Gymnastics (MAG).

WAG includes vault, bars, beam, and floor, focusing on strength, coordination, control, and performance quality through structured routines. It builds confidence through precision, body awareness, and consistency across all four apparatus.



MAG includes floor, rings, pommel horse, vault, parallel bars, and high bar. This discipline places a strong emphasis on strength, power, control, and technical precision, alongside dynamic and controlled movement across a range of apparatus.

While not all gymnastics disciplines are offered at MBG, understanding the wider sport helps athletes and families see the many pathways gymnastics can offer as they grow.

ON THE CALENDAR

- May 4th Labour day (gym is closed)
- May 7- 13th Senior MAG & WAG and Junior MAG State Championships
- May 16-17th AGDA Invitational (WAG Level 3)
- MAY 30th SGM 5:00pm

THIS TERM

- June 14th Recreational Carnival



AROUND THE CLUB



Last week we had our brand new set of rings installed. These are now in use across the club, supporting our MAG program as well as our Junior Development and recreational classes.

It's a great addition that allows athletes at all levels to continue building strength, control, and body awareness on safe, high quality equipment.

Alongside this, all equipment across the club has also been checked and certified for safety. Regular inspections are an important part of what we do to ensure every athlete is training in a safe, well maintained environment where they can focus on learning and progressing with confidence.

We are proud to be a high quality, state of the art gymnastics facility, continually investing in our equipment and environment to support the best possible experience for our athletes.

FINDING OUR BALANCE DEVELOPING CAPABLE, CONFIDENT ATHLETES

At MBG our focus is on building strong, capable athletes from the ground up.

Progress in gymnastics does not come from rushing skills, it comes from consistency, control, and strong foundations that hold up over time. Every session is an opportunity to reinforce the basics that will support more advanced skills in the future.

We place a strong emphasis on body awareness, coordination, and the ability to move with control under pressure. These qualities take time to develop and are built through repetition, clear coaching, and athletes learning to understand their own movement.

To support this, we regularly assess progress in different ways. In our recreational program, the final three weeks of term are used to revisit key skills, reinforce learning, and check consistency in a fun and supportive way. Which skills are focused on this term in each level can be found in your GIRLS Gymnastics Newsletter. In our competitive program, athletes complete structured skill and strength testing to track development more formally and guide their next steps in training.

While progress can sometimes feel gradual from the outside, these foundations are exactly what allow gymnasts to move forward safely, confidently, and with lasting strength.

COACHES CORNER CHRISSY

Chrissy's gymnastics journey began in 1995 at Keppel Coast Gymnastics, where she started coaching after enrolling her energetic three year old son.

Since then, she has built extensive experience across MAG, Kindy Gym, judging, and program coordination. After moving to the Sunshine Coast in 2006, she took on key roles in both MAG and WAG programs including MAG head coach.

In 2010, Chrissy began leading the Junior Program, creating her unique themed training approach, much of it designed and built by hand. She has also presented at Gymnastics Queensland Congress, sharing her ideas with coaches across the state.

Chrissy brings creativity, experience, and a genuine love for the sport to our gymnastics family.

