

MBG CONNECT

JUNE 2026



FROM THE COMMITTEE

The Club's Special General Meeting was held on 31 May 2026.

The resolution to remove the current Management Committee was not carried, with 246 votes against the resolution and 31 votes in favour.

The Committee would like to sincerely thank all members who participated in the process and took the time to vote.

The past year has been a challenging one for our club. There have been strong opinions, difficult conversations and a significant amount of time and energy invested by many people who care deeply about Maroochy Beach Gymnastics. With the SGM now concluded, we are pleased to put this process behind us and focus on the future.

Over the past 12 months, a great deal of work has been undertaken behind the scenes to strengthen governance, review and update policies, improve processes and ensure the club is operating in line with best practice. While there is still more work to do, we are proud of the progress that has been made and remain committed to continuing that work.

Most importantly, we are looking forward to getting back to what matters most, supporting our gymnasts, coaches, staff and families, and continuing to build a strong, positive and successful club for everyone.

Thank you for your ongoing support of Maroochy Beach Gymnastics.

BEHIND THE CHALK: A MESSAGE FROM THE CLUB MANAGER

I can hardly believe it has already been 12 weeks since stepping into the Club Manager role. It has been a busy, rewarding, and genuinely exciting period, and I wanted to take a moment to share what has been happening behind the scenes.

First and foremost, thank you.

To our coaches, parents, athletes, and volunteers for your warm welcome, patience, and ongoing support as we continue building a stronger foundation for our club.

Here is a snapshot of what we have been working on over the past 12 weeks.

SAFEGUARDING AND CHILD SAFETY

Supporting the safety and wellbeing of our athletes remains our highest priority. We have been actively implementing updated national safeguarding standards, and as part of this work we have established a Safeguarding Sub Committee to support ongoing development and compliance across the club.

This group will play an important role in ensuring our practices remain safe, consistent, and up to date. If you are wanting to be part of this process, please reach out to me.

As many of you already know, our MPIO Christina is an important point of contact for any concerns or guidance. She can be reached at mpio@maroochybeachgymnastics.com.au. If anyone is interested in supporting the MPIO role or interested to also become a MPIO, please reach out directly.

COMPLAINTS AND GRIEVANCES

A new Complaints and Grievances Policy has now been developed and implemented. This provides a clear, fair, and consistent process for all members of our community to raise concerns if needed.

COACH EDUCATION

Supporting our coaching team continues to be a key focus. All coaches have now completed safeguarding training as part of our commitment to best practice and ongoing development. This is the first step in a broader approach to strengthening coach education at MBG.

COMPETITIVE PROGRAM WAG

Within our Women's Artistic Gymnastics program, we have begun introducing more structure around testing and expectations. Athletes now have clearer benchmarks and a more consistent development pathway, helping support progression and long term success. Further information will be shared with families shortly.



COMMUNICATION AND FEEDBACK

We recently ran both a Parent Survey and a Coach Survey earlier this term. Thank you to everyone who contributed. Your feedback is already helping shape improvements across the club.

A new Parent Survey will be released soon as we continue strengthening how we communicate and connect with our community.

LOOKING AHEAD

There is still a lot to come. The focus remains on building a club where athletes are proud to belong, families feel informed and included, and coaches are supported to do their best work.

As always, my door is open. Please feel free to reach out with questions, ideas, or feedback.

FINDING OUR BALANCE HARNESSING COMPETITION NERVES

Competition season is an exciting time, but it can also bring nerves for athletes of all ages and experience levels. Whether it is a first competition or a state event, those feelings are completely normal.

A racing heart, butterflies in the stomach, or shaky hands are often signs that the body is preparing to perform. Rather than trying to eliminate nerves, we encourage athletes to recognise them as a sign that they care about what they are doing and are ready for the challenge ahead.

A simple shift from "I'm nervous" to "I'm ready for this challenge" can make a powerful difference.

One of the biggest hurdles for gymnasts can be comparison. In a sport where athletes perform side by side, it is easy to focus on what others are doing. We encourage our athletes to shift their attention back to their own performance and personal goals. Success is not always measured by a medal or a score, but by effort, improvement, and performing to the best of their ability on the day.

Parents play an important role in supporting this mindset. Simple questions such as "What do you want to feel most proud of today?" and "What's one thing you want to improve from last time?" can help athletes focus on their own journey rather than comparing themselves to others.

Visualisation can also be a powerful tool. Taking a moment to picture a calm, confident routine before stepping onto the competition floor, combined with slow and steady breathing, can help athletes feel grounded and prepared.

Over time, athletes learn that nerves are not something to fear. They are a natural part of stepping into something challenging, exciting, and meaningful, and often a sign that growth is about to happen.

ON THE CALENDAR

- June 8th Re-enrolment opens for Term 3
- June 12th Nambour Show Day - No Classes
- June 14th Recreational Carnival
- June 20th -21st AGDA Winter Training Invitational (Level 2)
- June 21st -22nd Border Challenge
- June 22nd No Classes
- June 27th Last Day Term 2
- June 28th July 7th Australian National Championships L8-10



BORDER CHALLENGE

Volunteers Needed! ♥

HELP US PREPARE AND RESET OUR GYM!



SATURDAY 20 JUNE
BORDER CHALLENGE PREP

FROM 4:00PM

- ✓ Move equipment
- ✓ Clear and organise athlete change rooms
- ✓ Set up competition areas
- ✓ General cleaning and organisation

Help us get the club competition ready! ♥



MONDAY 22 JUNE
HALL RESET

AFTERNOON - TO BE CONFIRMED

Once the draw is released

- ✓ Return equipment to normal setup
- ✓ Replace old equipment with new equipment
- ✓ General cleaning and organisation
- ✓ Prepare the gym for classes on Tuesday

Help us get the gym back up and running! ♥



Please email office@maroochybeachgymnastics.com.au if you can help

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