

# GYMNAST CHECK IN

## WAVERLEY GYMNASTICS CENTRE

Gymnast check ins are an opportunity to hear from our gymnasts firsthand how they are tracking in terms of training, school, friends, and life outside of the gym. They are an informal chat held with all of our squad gymnasts twice a year either as a squad together or in smaller groups of 1-3 gymnasts. They are also an opportunity for our Child Wellbeing Manager and High Performance Manager to build rapport with our gymnasts and ensure they are feeling both listened to and supported.

These check ins are a part of our overall wellbeing strategy to:

1. Educate our gymnasts on who else they can talk to if they are worried or are feeling unsafe
2. Empower our gymnasts to have a voice and raise any questions or concerns they may have

Gymnast check ins will be conducted by:



**Kate Wallis**  
High Performance Manager  
0451 103 367  
hpmanager@wgc.org.au



**Monica Ellis**  
Child Wellbeing Manager  
0424 141 509  
childwellbeing@wgc.org.au

Check ins will take place twice a year and can be held during/after a regular training session in the gym or at the start or end of an online training session. For check ins that are held as part of an online training session we ask that parents be within listening range but allow their daughters to contribute independently.

Squad	Check In 1	Check In 2
Pre Squad Foundation Squads	Group discussion with each squad as a group with the High Performance Manager and Child Wellbeing Manager, and assisted by each squad's Child Safe Champion representative.	Group discussion with each squad as a group with the High Performance Manager and Child Wellbeing Manager, and assisted by each squad's Child Safe Champion representative.
Development Squads ALP Squads International Squads	Group discussion with each squad as a group with the High Performance Manager and Child Wellbeing Manager, and assisted by each squad's Child Safe Champion representative.	Casual, informal, individual or small group gymnast discussion with the High Performance Manager and/or Child Wellbeing Manager.