

# PARENT CHECK-IN

WAVERLEY GYMNASTICS CENTRE

Parent check ins are our opportunity to build relationships, engage in dialogue around holistic gymnast support and provide another platform for parents to discuss concerns or to raise any questions. In line with our gymnast check ins, these opportunities to connect outside of training are vital to the successful gymnastics partnership between the coach, parent, gymnast and management.

These parent check ins are an individual informal chat via phone or Zoom with each of our squad parents at least once a year, separate to incidental communication such as at drop off, pick up and all the other forms of communication that will occur organically.

These check ins are part of our overall High Performance Support Program and are a key new initiative in our Gymnastics Partnership. The overall goals of these check ins are:

1. To hear firsthand how parents feel their daughter is tracking in terms of training, school friends and life outside of the gym.
2. To provide the High Performance Manager, Development Coordinator and Foundation Coordinator the opportunity to build further rapport with our squad families and ensure all parents are feeling heard and supported.
3. To provide our squad families with opportunities to connect and build relationships with an additional member of the WGC coaching and management team should they have any feedback, questions or concerns.

These check ins will be conducted by:



Lara Bester

High Performance Manager  
0451 103 967



Jessica Haintz

Development Coordinator  
9887 9611



Belinda Kay

Foundation/Pre/ALP Lim Coordinator  
9887 9611

Parents will receive an email with details for the week and days that your squad has been allocated closer to the date.



We greatly value the opportunity to continue to gain insight into your daughters' gymnastics experience and to continually grow and nurture the holistic opportunities available as part of the Waverley Gymnastics Centre High Performance squad program.