

# 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 sometimes 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 have any concerns.
2. Empower our gymnasts to have a voice and raise any questions or concerns they may have.

Gymnast check ins will be conducted by:



Lara Bester  
High Performance Manager  
0451 103 967



Monica Frost  
Child Wellbeing Manager  
0424 141 509

Squad	Check In 1	Check In 2
<b>Pre Squad Foundation Squads National Squads Development Squads</b>	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.
<b>International Squads 1/2</b>	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.

Check-ins will take place twice a year and can be held during or before/after a regular training session in the gym and are normally in person. For any check-ins that are held online, we ask that parents be within listening range but allow their daughters to contribute independently.