



2024 GYMLEAGUE



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HANDBOOK

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GymLeague is FCGC
Gymnastics' Competitive
Stream.

It is designed for gymnasts
who love gymnastics and
the idea of competitions.

The program has set
training requirements and
events to ensure that they
are dedicating enough time
to developing physically
and mentally to excel
within the program.

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Continue to check iClass Portal to stay up to date
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STRUCTURE



Available at Flip Gymnastics
Williams Landing

Foundation 1

Age
5-10yrs

Foundation 2

Under
11yrs

Foundation 3

Under
13yrs

Only available at FCGC Footscray

Preparation League

Under
13yrs

Development League

Skills
based entry
requirements

Competition League

15yrs +

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EXPECTED COSTS

Class	Levy	Uniform Requirements	Events
Foundation 1	\$50	Club Leotard Sleeveless (no diamantes) \$90 Sleeveless (diamantes) \$110 Long Sleeve \$150	1x Practice Competition \$50 2x interclub competitions \$75 1x Flip Clup Champtionships \$75
Foundation 2	\$50	Club Leotard Sleeveless (no diamantes) \$90 Sleeveless (diamantes) \$110 Long Sleeve \$150	1x Practice Competition \$50 2x interclub competitions \$75 1x Flip Clup Champtionships \$75
Foundation 3	\$50	Club Leotard Sleeveless (no diamantes) \$90 Sleeveless (diamantes) \$110 Long Sleeve \$150	1x Practice Competition \$50 2x interclub competitions \$75 1x Flip Clup Champtionships \$75

This is not inclusive of training costs.

Foundation 1 gymnasts will train 2hrs per week (\$177 per month).

Foundation 2 & 3 gymnasts will train 4hrs per week (\$234 per month).

GymLeague levy is used to cover the cost of program development, coach and judge training, specialised injury prevention, strength and conditioning programs, routine choreography competition, administration and program running costs

FOUNDATION 1

Under 10yrs old as of 31/12/2024

Training Requirements

1 x 2hr class per week

Gymnasts can choose to train multiple days per week

Uniform

Club Leotard
(can be sleeveless or long sleeve)

Ensure to order 3 months prior to 1st event to ensure you have the uniform on time

Levy

Foundation 1 Levy = \$50

Competition & Events

Internal Practice Competition (no spectators) 31/8/24

Interclub Competition at Flip Gymnastics 22/9/24

Interclub Competition at FCGC Footscray 13/10/24

Flip Gymnastics Club Champs 16/11/24



FOUNDATION 2

Under 11yrs old as of 31/12/2024

Training Requirements

2 x 2hr class per week

Gymnasts can choose to train multiple days per week

Uniform

Club Leotard
(can be sleeveless or long sleeve)

Ensure to order 3 months prior to 1st event to ensure you have the uniform on time

Levy

Foundation 1 Levy = \$50

Competition & Events

Internal Practice Competition (no spectators) 31/8/24

Interclub Competition at Flip Gymnastics 22/9/24

Interclub Competition at FCGC Footscray 13/10/24

Flip Gymnastics Club Champs 16/11/24



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FOUNDATION 3

Under 13yrs old as of 31/12/2024

Training Requirements

2 x 2hr class per week

Gymnasts can choose to train multiple days per week

Uniform

Club Leotard
(can be sleeveless or long sleeve)

Ensure to order 3 months prior to 1st event to ensure you have the uniform on time

Levy

Foundation 1 Levy = \$50

Competition & Events

Internal Practice Competition (no spectators) 31/8/24

Interclub Competition at Flip Gymnastics 22/9/24

Interclub Competition at FCGC Footscray 13/10/24

Flip Gymnastics Club Champs 16/11/24



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