

# Competitive Handbook



## Our Vision

***“That Gymnastics Townsville will be a leader in the provision of enjoyable, high-quality gymnastic sports programs, whilst maintaining a strong community focus.”***

## Our Mission Statement

***“To deliver a dynamic gymnastics inspired pathway through a variety of accessible high-quality programs in which all participants experience enjoyment and success.”***

**GYMNASTICS** is one of the world's most popular spectator sports. Its history dates back to ancient Greece, evolving into today's modern Olympic apparatus - Floor, Pommel, Rings, Vault, Parallel Bars, Uneven Bars, Beam and High Bar.

Through controlled warm up and stretching activities, games, and skills performed on the apparatus, children are taught the enjoyment of movement. The overall emphasis, particularly in our Gymnastics For All classes is on **FUN** and **LEARNING**.

Our programs provide the enjoyment and challenge that you or your child are seeking. The co-ordination, flexibility, fitness, and discipline learned through gymnastics forms an excellent basis for other sports, or as a unique and challenging sport within its own right.

## KEY STAFF

### WAG Head Coach – **Kristen Walker**

Email: [kristenw@gymtsv.com.au](mailto:kristenw@gymtsv.com.au)

Kristen started her gymnastics coaching career at Gymnastics Townsville in 2005 as a Junior Trainee Coach. Kristen has been involved with gymnastics for over 20 years, first as an athlete, moving into coaching and then managing programs. With a passion for developing an exciting and successful gymnastics program that focuses on more than just teaching cartwheels. The WAG Program in 2022 strives to offer girls and young women the opportunity to learn and develop independence, resilience and the ability to find balance between their commitments. Kristen coaches the WAG senior squad and manages the entire WAG Program from level 1-level 10.

### WAG Junior Squad Program Leader – **Karla Scott**

Email: [karlas@gymtsv.com.au](mailto:karlas@gymtsv.com.au)

Karla started her journey with gymnastics at the age of 5 when she was caught climbing football goalposts at her local park. Competing as a WAG athlete over the span of 12 years and representing Queensland at both Border Challenge Championships and National Championships as a state team member. While still training at senior level, Karla began her coaching career at Gymnastics Townsville in 2013. She has since gained experience and knowledge of the sport with Gymnastics Queensland and Victoria, where she coached for 4 years as well. Now back in her home club, Karla has a passion for developing quality programs that are successful at engaging younger athletes and preparing them for a long and successful career through to senior gymnastics. Karla coaches within and manages the WAG Junior Squad program including all classes in WAG Level 3-6.

### WAG Foundations Program Leader – **Caitlyn Fraser**

Email: [caitlynf@gymtsv.com.au](mailto:caitlynf@gymtsv.com.au)

We are excited to have Caitlyn back as part of the senior coaching team in 2022. Caitlyn has been working at Gymnastics Townsville since 2016 and has been a valued member of the club community. Caitlyn started her coaching at Barron Valley Gymnastics in 2013 where she previously competed as an athlete. Caitlyn has a passion for developing athletes in the Level 1 – Level 4 area and in 2022 is the WAG Foundations Program Leader. Caitlyn is responsible for the programs and athletes in WAG Level 1- Pre-level 3.

### MAG Head Coach – **Matthew Walker**

Email: [mattw@gymtsv.com.au](mailto:mattw@gymtsv.com.au)

Matt started gymnastics at the age of 10 in a Brisbane based program. Competing as a MAG Open level's gymnast Matt attended National Championships over 5 years as a member of the Queensland State Team. Before retiring as an athlete Matt attended the Vitaly Scherbo International in Las Vegas as a representative for Australia. Turning his focus to coaching Matt started at Brisbane Grammar Gymnastics Club before moving to YMCA Bowen Hills in 2012 and then making the move to Cairns to be the MAG head coach at Barron Valley Gymnastics. Matt has coaches MAG athletes on both Queensland and Australia with his team of boys from Townsville. Matt is passionate about coaching men's gymnastics and spends his time developing the Gymnastics Townsville MAG coaches to provide high quality programs targeted to boys!

## CLASSES

Selection in Competitive programs is made after participating in Gym for All classes for a minimum of one term. Invitation into these groups involves an increase in the number of hours trained per week. Gymnasts in the competitive program focus on skill acquisition and development to a high level of technical specificity. Based on attitude and ability to perform these skills and routines, children may then be selected to start attending local competitions.

Progression to higher levels is through further selection by head coaches and based on skills and strength testing held throughout year. A greater degree of self-discipline and control is expected, and a commitment to increased training hours is required as children progress higher through the levels and competitive structure. Competitive gymnasts are offered the opportunity to compete in competitions locally through to National events.

Gymnastics Townsville strives to offer programs that allow athletes to develop at their own pace and progress through the Australian Level's Program. The gymnastics Townsville competitive structure allows gymnasts to gradually increase training hours and level of commitment, whilst aiming to allow gymnasts balance between gymnastics commitments, schooling, and other extracurricular activities. Please see below diagram for competitive structure.

### Senior Squad

WAG Level 7-10

MAG Level 6-10

### Junior Squad

WAG Level 6

WAG Level 5

WAG Level 4

WAG Level 3

MAG Level 5

MAG Level 4

MAG Level 3

### Foundations

WAG Pre-Level 3

WAG Level 2

WAG Pre-Level 2

WAG Level 1

MAG Pre-Level 3

MAG Level 2

MAG Level 1

MAG Pre-Comp

Foundations							
<u>WAG &amp; MAG</u>	<u>Level</u>	<u>Training hours</u>	<u>Training break down</u>	<u>Hourly Rate</u>	<u>Term Rate</u>	<u>Weeks per year training</u>	<u>Rego Price 2023</u>
WAG	1	4	2 x 2hr sessions	\$8.88	\$355.00	40 + Optional holiday training	TBA
WAG	2	4	2 x 2hr sessions	\$8.88	\$355.00	40 + Optional holiday training	TBA
WAG	Pre-level 3	6	2 x 3hr sessions	\$6.82	\$409.00	40 + Optional holiday training	TBA
MAG	1	4	2 x 2hr sessions	\$8.88	\$355.00	40 + Optional holiday training	TBA
MAG	2	6	3 x 2hr sessions	\$6.82	\$409.00	40 + Optional holiday training	TBA

Junior Squad							
<u>WAG &amp; MAG</u>	<u>Level</u>	<u>Training hours</u>	<u>Training break down</u>	<u>Hourly Rate</u>	<u>Monthly Rate</u>	<u>Weeks per year training</u>	<u>Rego Price 2023</u>
WAG	3	9	3 x 3hr sessions	\$5.52	\$194.70	47 weeks - Holidays as per schedule below	TBA
WAG	4	12	3 x 4hr sessions (older) 4 x 3hr sessions (younger)	\$5.50	\$258.50	47 weeks - Holidays as per schedule below	TBA
WAG	5&6	16-18hrs	4 x 4hr session Optional 1 x 2hr morning training	\$5.50	16hrs - \$344.70 18hrs - \$387.80	47 weeks - Holidays as per schedule below	TBA
MAG	3	9	3 x 3hr sessions	\$5.52	\$194.70	47 weeks - Holidays as per schedule below	TBA
MAG	4&5	12-14hrs	4 x 3hr sessions Optional 1x2hr morning training	\$5.50	12hrs - \$258.50 14hrs - \$301.60	47 weeks - Holidays as per schedule below	TBA

Senior Squad							
<u>WAG &amp; MAG</u>	<u>Level</u>	<u>Training hours</u>	<u>Training break down</u>	<u>Hourly Rate</u>	<u>Monthly Rate</u>	<u>Weeks per year training</u>	<u>Rego Price 2023</u>
WAG	7 to 10	16-20hrs	4x4hr session Optional 2x2hr morning training	\$5.50	16hrs - \$344.70 18hrs - \$387.80 20hrs - \$430.80	47 weeks - Holidays as per schedule below	TBA
MAG	6 to 10	16-18hrs	4x4hr session Optional 1x2hr morning training	\$5.50	16hrs - \$344.70 18hrs - \$387.80	47 weeks - Holidays as per schedule below	TBA

# Holiday Schedule

Junior Squad						
<u>WAG &amp; MAG</u>	<u>Level</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5 &amp; Week 1 2024</u>
WAG	3	January 2nd-8th	April 10th-16th	June 26th-July 2nd	September 18th-24th	December 21st-January 4th
WAG	4	January 2nd-8th	April 10th-16th	June 26th-July 2nd	September 18th-24th	December 21st-January 4th
WAG	5&6	January 2nd-8th	April 10th-16th	June 26th-July 2nd	September 18th-24th	December 21st-January 4th
MAG	3	January 2nd-8th	April 10th-16th	June 26th-July 2nd	September 18th-24th	December 21st-January 4th
MAG	4&5	January 2nd-8th	April 10th-16th	June 26th-July 2nd	September 18th-24th	December 21st-January 4th
Senior Squad						
<u>WAG &amp; MAG</u>	<u>Level</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5 &amp; Week 1 2024</u>
WAG	7 to 10	May 15th-21st	June 26th-July 2nd	July 3rd-July 9th	September 18th-24th	December 21st-January 4th
MAG	6 to 10	May 15th-21st	June 26th-July 2nd	July 3rd-July 9th	September 18th-24th	December 21st-January 4th



## CLASS HOLIDAYS – JUNIOR AND SENIOR SQUAD

Exemptions during scheduled training times will only apply on a case-by-case basis. An exemption application must be made to the operations manager for additional class holidays or suspension of fees with one month's notice provided.

## MAKE-UP CLASSES

Make-up classes are not available in competitive programs due to the nature and specificity of these classes. In accordance with the club's credit and refund policy, please see below conditions.

### Training fees:

1. Medical (Injury / Sickness) – CREDIT given, no administration fee deducted
  - If a participant in any program is injured or away sick a medical certificate must be provided for the time that they will be away from their classes in order to be eligible to receive a CREDIT on their fees, to be used for the next term. A Credit/Refund Application Form must be completed and submitted together with the medical certificate. These forms are to be received by the Club within 2 weeks of the date of the injury or the beginning of absence due to sickness. No administration fee applies.
2. Medical (Injury / Sickness) – REFUND provided, with a 20% administration fee deducted.
  - Chronic injuries and illnesses will be reviewed on a case-by-case basis. A refund of fees may be possible where the gymnast can no longer attend gymnastics based on medical advice.
  - A Credit/Refund Application Form must be completed and submitted together with the medical certificate indicating that participation in gymnastics is not possible for an extended period.
  - A 20% administration fee will be deducted from any refund.
3. Gymnast no longer wants to do gymnastics or is leaving town – Refund 2 weeks from the date the Club is informed, less 20% administration fee
  - If a gymnast chooses to no longer attend gymnastics training, a Credit/Refund Application Form must be completed and submitted, or a letter sent to the Club.
  - A refund is only available for those classes remaining in the term that are not attended, commencing from 2 weeks after the date that the request is received by the Club; a 20% administration fee will be deducted from any refund.
  - No refund is available for those classes or part-classes already attended.
  - No refund is available for any classes not attended prior to the expiration of two weeks after the Club is formally notified of the gymnast's intention to leave permanently.
4. Bereavement – Refund from the time of death less 20% administration fee, or Credit
  - In the case of a death in the gymnast's family, at your discretion either a credit or a refund is available for those classes not attended; a 20% administration fee will be deducted from any refund, if this option is chosen.
  - Please advise the Club as soon as possible; fees will be credited or refunded from the date of death, not date of notification.

## COMPETITION NOMINATIONS

The Head coaches will invite gymnasts to nominate for events in accordance with the Annual Competition Attendance Plan. These invitations will also be subject to each individual gymnast's competition preparedness. If you receive a nomination email for a competition your child's coach and the Head Coaches have determined that your gymnast is ready to compete. All gymnasts **MUST** return their competition nomination and pay the nomination fees prior to the nomination closing date.

If payment is not received by the closing nomination date your child will not be nominated to compete. Once a child has been nominated (and paid for by the due date) and the closing day passed a refund will **ONLY** be available should a medical certificate be provided.

A levy will be charged to all gymnasts representing the club at competitions / events where club officials are required to be in attendance. This subsidy is a means of recognising the contribution of our staff and minimising the financial impact upon them. The official's subsidy assists the club to ensure that a full complement of capable officials (including managers / coaches / judges) can accompany the team. The maximum official's subsidy that will be charged to a gymnast for any event is \$180 for major travelling events.

## COMPETITION LEVIES

- Any competitions held at Gymnastics Townsville where classes are cancelled to accommodate the event, classes will be considered the same as a public holiday and no class fees will be charged to family accounts
- Levies only apply for competitions held outside of normal training hours and contribute to payment for additional coach wages, accommodation, and travel expenses.
- Levies are applied to ensure that the club has appropriate officials at the events and that Gymnastics Townsville is abiding by the fitness award standards for all staff attending.

## COMPETITION ATTENDANCE

An Annual Competition Attendance Plan is developed every year by the Head Coaches of each discipline. This plan will indicate which levels will be competing at which events throughout the year and can be seen below in the next pages. Due to legal restrictions on team travel for athletes under the age of 12 all events where travel is required away from Townsville will need to be organised by the individual family. Costs may include accommodation, ground transport and food while away. We encourage you and your family to consider this when deciding whether to nominate your son or daughter for an event.

Please note that in 2022 the Competitive uniform is compulsory for attendance at competitions

### Foundations

In the Foundations program attendance at three out of five Round Robin competitions is required to maintain athlete's position within the program. Performing at these events can be a rewarding part of each athlete's gymnastics development. In the foundations program gymnasts do not compete against each other, instead they compete and receive feedback from judges in the form of a coloured ribbons. Once your athlete moves into the Junior Squad Program they will start competing for overall placings.

## Junior Squad

Junior squad athletes are expected to attend all regional events offered including, Townsville, Mackay, Cairns and Atherton. The competition calendar below details these event dates for 2023. There is also the chance for gymnast to nominate for State Club Championships which is a team event in Caloundra and be selected by the Head Coaches as part of the Gymnastics Townsville team. Finally, if gymnasts achieve a qualifying score for their level, they may be offered the opportunity to compete at Junior State Championships.

## Senior Squad

Senior Squad athletes are required to compete throughout the year. Their competition attendance and plan for the year will be decided with the head coaches. With focus towards competing at State Championships & State Clubs. When a gymnast is in level 7-10 (WAG) and level 6 optional-10 (MAG) they will have the opportunity to represent Queensland at the Australian Championships and if selected (WAG Level 10 & MAG Levels 8, 9 & 10) represent Australia at International events around the world.

## COMPETITION ATTENDANCE PLAN - FOUNDATIONS

Event	Location	Event Date	Estimated Nomination fee	Official Subsidy
Round Robin #1	Townsville Gymnastics Townsville	20-21-May	\$55.00	TBA
Round Robin #2	Burdekin Lower Burdekin Gymnastics Academy	30-Jul	TBA	TBA
Round Robin #3	Townsville Gymnastics Townsville	20-21-May	\$55.00	TBA
Round Robin #4	Ingham	27-Aug	TBA	TBA
Round Robin #5	Townsville Gymnastics Townsville	10-12 Nov	\$55.00	TBA

## COMPETITION ATTENDANCE PLAN – JUNIOR SQUAD TERM 2

Event	Location	Event Date	Estimated Nomination fee	Official Subsidy	Junior Squad Level 3	Junior Squad L4-6
Gymnastics Townsville Colour Championships	Gymnastics Townsville	23-Apr	\$30.00	TBA		
Gymnastics Townsville Team Challenge	Gymnastics Townsville	20-21-May	\$70.00	TBA		
Winter Welcome	Cairns Barron Valley Gymnastics	28-29 May	TBA	TBA		
True North Challenge	Momentum Townsville	10-11 June	TBA	TBA	WAG Only	WAG Only
State Clubs	Caloundra Indoor Stadium	25-30 Jun	\$99.00	TBA	MAG Only	

## COMPETITION ATTENDANCE PLAN – JUNIOR SQUAD TERM 3 & 4

Event	Location	Event Date	Estimated Nomination fee	Official Subsidy	Junior Squad Level 3	Junior Squad L4-6
Momentum Classic	Atherton Momentum Gymnastics	15-16 July	TBA	TBA	WAG Only	WAG Only
Barron Valley MAG Classic	Cairns Barron Valley Gymnastics	23-Jul	TBA	TBA	MAG Only	MAG Only
Junior Regionals	Mackay Gymnastics Club	5-6 Aug	\$104.00	TBA		
Gymnastics Townsville Junior Invitational	Gymnastics Townsville	19-20 Aug	\$70.00	TBA		
Junior State Championships	Sleeman Sports Centre, Chandler Brisbane	16-20 Sep	TBA	TBA	MAG only - pending qualification	Pending Qualification
Regional Team Challenge	Sleeman Sports Centre, Chandler Brisbane	16-20 Sep	TBA	TBA	Pending Selection	Pending Selection
Tropical Townsville	Gymnastics Townsville	10-12 Nov	\$70.00	TBA		

### COMPETITION ATTENDANCE PLAN – SENIOR SQUAD

Event	Location	Event Date	Estimated Nomination fee	Official Subsidy	Senior Squad
Raise the Bar	Cairns Barron Valley Gymnastics	26-Feb	TBA	TBA	
GT Control Test	Gymnastics Townsville	5-Mar	\$60.00	TBA	
Senior Regionals	Gymnastics Townsville	18-19 Mar	\$104.00	TBA	
Senior States	Brisbane Sleemans Sports Complex	31-Mar-3rd Apr	\$165.00	TBA	
Gymnastics Townsville Colour Championships	Townsville Gymnastics Townsville	23-Apr	\$30.00	TBA	
Nationals	Gold Coast Carrara Stadium	21-25 May	TBA	TBA	Pending Selection
Gymnastics Townsville Team Challenge	Townsville Gymnastics Townsville	20-21-May	\$70.00	TBA	
State Clubs	Caloundra Indoor Stadium	25-30 Jun	\$99.00	TBA	
Border Challenge	Caloundra Indoor Stadium	25-30 Jun	TBA	TBA	Pending Selection
Tropical Townsville	Townsville Gymnastics Townsville	10-12 Nov	\$70.00	TBA	

## CLUB UNIFORMS

### Training Uniform:

- Tight fitting shorts/tights
- Tight fitting shirts or singlet
- Crop tops or leotard (if comfortable)
- WAG Level 3-10 are to wear the club training leotard for all Saturday training sessions
- WAG Gymnasts are required to wear their hair in a bun if their ponytail is longer than their eyes when flipped forward. All buns must be secured with hair ties and scrunchies. Gymnasts are allowed to wear their hair in braids as long as the end of the braids are not long enough to hit their face during training.

### Competitive Uniforms:

- Uniforms are detailed in the below chart for each level
- Uniforms are compulsory part of gymnastics and competitions
- Please see below for ordering details for all uniforms – Ordering is the responsibility of the parent, Gymnasts **WILL NOT** be able to attend events without the correct uniform
- There are a number of 2<sup>nd</sup> hand uniforms often barely worn available through reception – please see the reception team if you wish for your gymnast to try on any items.
- If your child has outgrown any part of their uniform and you would like to sell it 2<sup>nd</sup> hand please see reception for instructions on how to do this.

### Ordering Uniforms:

#### **GKD – LEOTARDS ONLY**

GKD are responsible for our leotards, shorts and longs. Please see instructions for ordering below:

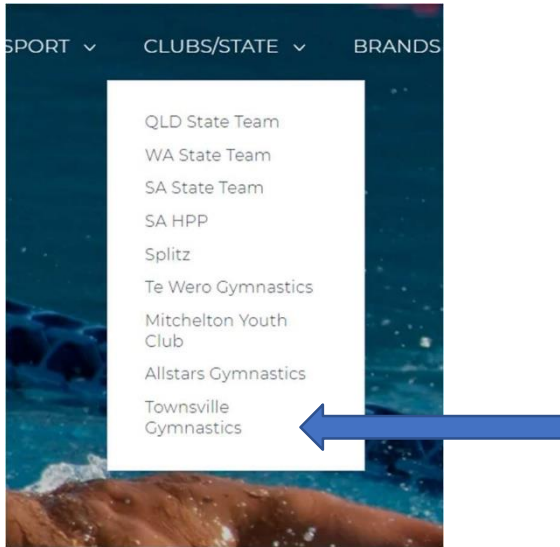
**Step 1:** Go to the ProSportswear website. <https://prosportswear.com.au/>

**Step 2:** At the top of the screen, select the tab option “Clubs/State”.





**Step 3:** A drop down menu will appear. Select “Townsville Gymnastics”.



**Step 4:** The Townsville Gymnastics page will appear. The password to access the leotard products is “townsville22”.



Please enter you code that has been provided to you by Townsville Gymnastics to enable you to order your club leotard.

A password input field with the placeholder text "Password" and a right-pointing arrow icon.

Once logged-in, all the leotards, long pants and shorts will appear. Please create an account to order your items (Thank-you).

Should you have any issues with access, please contact the Prosportswear office on telephone 07-3090 3999.

\*\*Sizing chart is located in the bottom left hand corner of the page in the menu items. Please use this to measure your gymnast for sizing of GKD uniforms

\*\*There are a few try on leotards available from reception should you be unable to determine your son or daughters sizing.

Any problems getting access, please contact GKD Gymnastics' office on 07-3090 3999 or send an email to [sales@gkdgymnastics.com](mailto:sales@gkdgymnastics.com)

**Delivery times can be up to 8 weeks. Please order promptly to ensure arrival in time for events.**

### **GMD – TRACKSUITS, BAGS, ACCESSORIES**

GMD is our supplier for tracksuits, club shirts, bags and all accessories including guards and loops. Please follow the instructions below to purchase these items.

**You can access this via this direct link:** <https://www.gmdirect.com.au/collections/gymnastics-townsville>

**Alternatively, you can access the club uniform webstore via the following steps below:**

1. Visit [www.gmdirect.com.au](http://www.gmdirect.com.au)
2. Click on "Club Uniforms" tab on the main menu
3. Click on "Gymnastics Townsville" from the list

If there are any issues please contact GMD directly. Turnaround time is only approximately a week on these items and the webstore will be updated with approximate delivery times should it ever be longer due to an event.

## GUARDS & LOOPS

When ordering loops, please see you son or daughter’s coach so the correct measurement is taken. The coach will give you the measurements, so you can order the loops kit (bag for loops, loops & gloves).

When ordering guards, you will need to outline your son or daughter’s hand on an A4 piece of paper with a 20cm scale, so you can email this with your order (this will ensure the correct size). Please use Reisport branded guards with buckles where possible from GMDirect. As we live in a warm climate the leather in the guards does stretch. We recommend going down a size if your son or daughter is on the border line. Guards are unfortunately not some that gymnasts can “grow into” and need to fit correctly for safety.

Measure from base of palm (where wrist creases) to the tip of the middle finger.



Size	Measurement (inches & cm)
0	Up to 6 ½"----- Up to 16.5cm
1	6 ½" – 7"-----16.5cm- 17.5cm
2	7" – 7 ½"-----17.5cm- 19cm

## MAG COMPETITION UNIFORM TABLE

Competition Uniforms	Images	Foundations	Junior Squad		Senior Squad
			L3	L4-6	
		L1-PL3	L3	L4-6	L7-10
Club Competitive Shirt (GMD)		✓	✓	✓	✓
Competition Leo L1-3 (Pro Sports)		✓			
Competition Backpack (GMD)			✓	✓	✓
Competition Tracksuit (GMD)			✓ *Only Pants	✓	✓
Loops (GMD)			✓	✓	✓
Training Leo L4-10 (Pro Sports)				✓	✓
Competition Leo L4-6 (Pro Sports)				✓	✓
Uneven Bar Guards (GMD)				✓ *L4 Approval by coach	✓ X 2
Competition Leo L7-10 (Pro Sports)					✓

## WAG COMPETITION UNIFORM TABLE

Competition Uniforms	Images	Foundations		Junior Squad		Senior Squad
		Pre-Comp	L1-2	L3	L4-5	L6-10
Competition Shorts (Pro Sports)		✓	✓	✓	✓	✓
Club Competitive Shirt (GMD)		✓	✓	✓	✓	✓
Competition Leo (Pro Sports)				✓	✓	✓
Competition Longs (Pro Sports)				✓	✓	✓
Competition Backpack (GMD)				✓	✓	✓
Competition Tracksuit (GMD)				✓	✓	✓
Loops (GMD)				✓	✓	✓
High Bar Guards (GMD)				✓	✓	✓ X 2
Ring Guards (GMD)					✓	✓ X 2

## COMMUNICATION

Unfortunately, current restrictions limit our ability to run full team meetings. Instead, we will release information newsletters each term regarding upcoming events, training goals and important information.

At any time, parents are welcome to discuss progress, technique, or program questions with coaches. We would ask that this is confined to after class, and not whilst classes are in progress. Meetings with your child's coach and/or Kristen or Matt can also be arranged at a mutually convenient time by contacting the club (see emails above).

Any concerns or complaints should be directed to the head coach or Program Leader via email or phone. Notices and a club newsletter are regularly sent to the athletes allocated email address, and our notice board is updated regularly.

If your child will be absent from training, please email your relevant head coach or program leader and they will pass on to the coaches of your child's class.

## STRENGTH & SKILLS TESTING

We will be running strength and skills testing throughout the year to track gymnast's development, identify areas of improvement, determine class suitability and ensure gymnasts are on track to succeed on their individual pathways. Results will be available via the MAG or WAG Head Coach after the testing has been complete. These dates have been outlined in the MAG & WAG calendars.

## RECOMMENDED MEDICAL SPECIALISTS

### Physiotherapist:

1. NQPC - North Queensland Physiotherapy Centre Kirwan – (07) 4723 2233
  - Having physiotherapy with a trained physiotherapist can help you to recover from injury quicker, whilst educating you how to best manage the injury long-term and prevent re-injuring yourself. Reducing pain and stiffness, restoring movement, and improving overall function are typically the primary concern for the physiotherapist, and typically some sort of home exercise prescription will be indicated to further assist recovery
2. Pride Human Performance Annandale – (07) 4766 9477
  - The treatment of acute or chronic injury and conditions to improve quality of life. Our Physios use hands-on techniques, exercise and patient education and work closely with other stakeholders (doctors, coaches, other health practitioners).

### Sports Psychologist:

1. Body Mind and Flow – Dr Sue Jackson
  - Developing performance psychology skills can improve productivity, resilience, and enjoyment in the high performance space. Sue is experienced in providing targeted trainings designed to help participants experience optimal mental states in their work and performance.
  - <https://www.bodyandmindflow.com.au/>