

## - IMPORTANT UPDATE FOR CLUB MEMBERS -

Dear Members,

We hope you are all in good health? We miss seeing everyone in the gym. We have loved seeing photos and videos of our members doing gymnastics at home. We are pleased to reconnect and provide you with an update on what has been happening behind the scenes and our plans for the future.

### **Behind the scenes at Energetic**

At the end of March we were required to close our gymnastics facility. Although this was not an easy thing to do, we know that it was the right thing to do. We are relieved that the news stories we were seeing from Italy and New York have not happened here in Australia and hope that it stays this way.

After we closed the facility we had to quickly put the club into hibernation mode. We put all gymnastics fees on hold and we asked all of our coaches to stand down. We have been paying close attention to government announcements about the JobKeeper program and rent relief for commercial tenants. We have applied for the Job Keeper program and although most of the coaching team were not eligible for this, in the last week we have been able to reactivate a small number of staff. We have asked our real estate agent and landlord to waive our rent in accordance with the government guidelines and hope they will provide this support to our small family business.

We have been involved in lots of gymnastics meetings that are happening behind the scenes. We have connected with the other clubs in the Gippsland region and participated in webinars with clubs from all over Australia and the USA. Alistair has been involved in meetings every week through his voluntary role on the Gymnastics Victoria Board. It has been really helpful for us to be involved in a sport where everyone can come together and help each other out.

We have been really impressed with some of the online activities that other clubs have started to offer their members. We are pleased to see that the sport of gymnastics is ready to open its doors again. Although we don't know when this will be, it is time to get organised for this.

### **New timetable coming soon**

We can't wait to bring the Energetic Gymnastics community together again. We have already started work on a new and exciting class timetable for the future. As soon as we are allowed to open our doors we will be ready to go. Everyone that was enrolled with us at the end of March will be given priority access to our future classes. Online registration for future classes will be available soon.

### **Online activities for gymnasts and families**

We don't want to wait for more government announcements before we see you all again. Starting next week we will be offering a range of online activities with opportunities for everyone to connect with their gymnastics friends and for families to keep fit and healthy from home. These activities include;

The logo for Energetic Gymnastics features the word "Energetic" in a large, orange, cursive script font. Below it, the word "GYMNASTICS" is written in a smaller, orange, sans-serif, all-caps font.

- **Chalk Bucket Chats**

Online catch ups for Squad Gym members and coaches. Make sure you join the Energetic Gymnastics Squad Gym group on Facebook and that you have given us your current email address. We will send out the timetable soon.

- **Endorsed by Energetic Gymnastics**

Our coaches are searching far and wide to bring you the best selection of free online activities. If we think these activities are great we will give them our endorsement and share them with you. This content will be free to access and suitable for three different types of participants; gymnasts that want to improve their strength, technique, or choreography, children and families that want to have fun and improve their fitness and preschoolers and their parents.

- **Gymnastics at Home**

For those looking for more, we are partnering with one of our favourite gymnastics clubs in Melbourne to offer online gymnastics lessons. For \$10 per week the whole family can have access to a secure online platform which includes the following weekly classes; Gymnastics, Ninja, KinderGym, Acrobatics and Workouts. To express interest in this and see a sample online class send an email to [info@energeticgym.com.au](mailto:info@energeticgym.com.au)

### **Keeping children safe online**

We want to remind everyone that at Energetic Gymnastics we have strict child safety policies and guidelines in place. It is important to remember that all interactions between coaches and gymnasts need to occur in public places and where there are multiple children and adults present. Every staff member at the club participates in ongoing child safety training. During this time of isolation, it is normal for gymnasts to want to connect with their coach. Your children might want to talk to their coach on social media, through a private text message or through other online communication channels. If Energetic Gymnastics staff members receive these requests they will be politely ignored. If you or your child would like to communicate with the club this can be done publicly on the Energetic Gymnastics Facebook Page, Squad Gym Group or via the main club email address.

We look forward to seeing you again soon and in the meantime hope that you are OK and managing to find ways to stay physically and mentally healthy.

Please don't hesitate to reach out with any questions or suggestions you may have.

Take care,

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