

Creating a supportive environment for gymnasts at junior competitions

Gymnastics NSW shares the community's excitement ahead of the Foundation and Junior levels competition season. It is so special to see athletes from all over NSW come together to compete and demonstrate their skills and abilities.

For many, this competition season is a chance to participate at a state level for the first time. We want to ensure all athletes can experience fun and excitement in a safe and inclusive environment. In recognition of the importance of a young gymnast's positive experiences in foundational and junior level competition, we strive to create an environment where coaches can support athletes to achieve and celebrate their personal bests. These competitions promote participation, fun and the development of good basic gymnastic skills.

We understand the competition atmosphere can sometimes be overwhelming for these younger athletes, therefore they may require additional support and guidance of their coach. We encourage this support.

For the Foundation and Junior NSW competitions, athletes and coaches will not be penalised or deducted if it is necessary to support the gymnast by communicating, gesturing, or signalling during the actual performance or routine. Coaches will be permitted to provide reminders to the athletes, without interrupting the performance. These reminders may include leading an athlete through the performance from an unobstructive and unobtrusive position.

We believe that providing coaching support within the competition environment for our junior gymnasts will promote a fun and positive experience for all.

GNSW also encourages supportive crowd engagement to improve the experience not just for the athletes but for all. These young gymnasts are committed to the sport and are training to be their best, and they all deserve to be celebrated.

If you have any questions or concerns do not hesitate to contact any member of the GNSW team.