

**2022 - 2023
PRE-COMPETITIVE, TEAM STARS,
AND COMPETITIVE
TEAM MEMBER
AND PARENT HANDBOOK**



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Welcome to our TEAM!

Welcome to the place where a lifetime of dreaming has become a reality. Our dream has always been to operate a program that stands for quality. A program that has earned the respect of the community and the province. TEAM is the second step in our process and now YOU are a vital part of the process and an important part of our DREAM.

Welcome to the place where children can live their dreams, and with the support of very special people (YOU and the **GYMTASTICS GYM CLUB** Staff), these dreams can be accomplished. Here is a place where as a team, the athlete, the coaches and the parents, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

Our “Club” Culture, Philosophy, Structure and Goals

We believe in the quote “from little things Big things grow”.

GYMTASTICS GYM CLUB is a child centered and family friendly facility that promotes the sport of gymnastics, health and fitness in a safe and positive atmosphere.

Our goal is to support and create programs for all levels of athletes starting from the young preschooler, and recreational student to the pre-competitive, developmental athlete all the way to an Elite athlete. Our aim is to achieve high performance standards and teach “great” gymnastics at each level without giving dominance and preference to one particular program.

To achieve these high standards and goals with so many athletes in our programs, we must have a broad perspective, set team and group programming goals and have good communication concentrating on teamwork with the head coaches and coordinators of each program. The **GYMTASTICS GYM CLUB** management policy is to support and work with the employees, coaching staff, coordinators, sport specialists, volunteers and parents to focus on assisting the athletes in our programs to achieve “THEIR GOALS”.

As professional coaches it is our wish to share our talents and experience to achieve high levels of performance with our groups. As a team of coaches we will focus on proper planning at each level considering the athlete's physical ability, emotional, social and mental maturity to motivate the athlete to achieve “THEIR PERSONAL BEST” results.

“Success is measured not so much by the position that one reaches in life, but by the obstacles that have been overcome while trying to succeed.”

INTRODUCTION

Welcome to the 2022-2023 season and congratulations to all gymnasts who have been invited to take part in the **GYMTASTICS GYM CLUB** Pre-competitive, Developmental and Competitive Programs.

This Member's Handbook/Commitment contains general and specific guidelines that **the member (child) and his/her family (parents/guardian)** are expected to abide by for the entire duration of the commitment term.

REMINDER:

All families must understand and are required to adhere to the new Health & Wellness criteria.

1.0 OBJECTIVES/GOALS

- A) Develop a love for the sport as well as a strong sense of discipline and commitment.
- B) To identify potential female/male gymnasts and to develop and support them at the developmental, provincial, national and international levels.
- C) To instill in the athletes the qualities of good sportsmanship, honesty, loyalty, courage, confidence and respect for oneself and others.

2.0 PROGRAM PHILOSOPHY

- a) We believe that each athlete/family is ultimately responsible for the success of their own involvement and progress in gymnastics.
- b) We believe in assisting children to achieve their highest level potential according to each individual's capabilities.
- c) We believe parents and coaches are active supporters of athletes and their efforts, but cannot act as substitutes for a child's personal drive and motivation.
- d) We believe that gymnastics should be a positive experience, about life in general and the challenges that come with it. Everyone is responsible for achieving this, including parents, athletes, coaches and **GYMTASTICS GYM CLUB** staff.
- e) We believe that gymnastics should build character rather than destroy it, while at the same time, a certain level of discipline and authority is necessary in order to minimize injury and risk and to promote a safe environment conducive to the growth and development of all athletes.
- f) We believe in being honest with each gymnast and his/her parents regarding the athlete's progress, potential and the difficult road to success.
- g) We encourage and promote open communication between the coaching staff, members and their parents. We believe that an honest and open exchange of information and ideas is fundamental to a healthy atmosphere. The onus is on both staff and parents to ensure that concerns are addressed in an immediate, constructive and professional manner.
- h) We believe that long-term emotional and physical development of an athlete should not be jeopardized for short-term gain. We do not support the "winning at all costs" approach.
- i) We believe that team performance, cohesion and spirit are best developed when each athlete takes responsibility for his/her own actions.

3.0 COMPETITIVE STRUCTURES

The owners and coordinators of **GYMTASTICS GYM CLUB** are responsible for the overall supervision and direction of all programs. As such, they determine the number of spots available for the upcoming year. That number is determined at the beginning of the season based on business priorities and may be subject to change during the year.

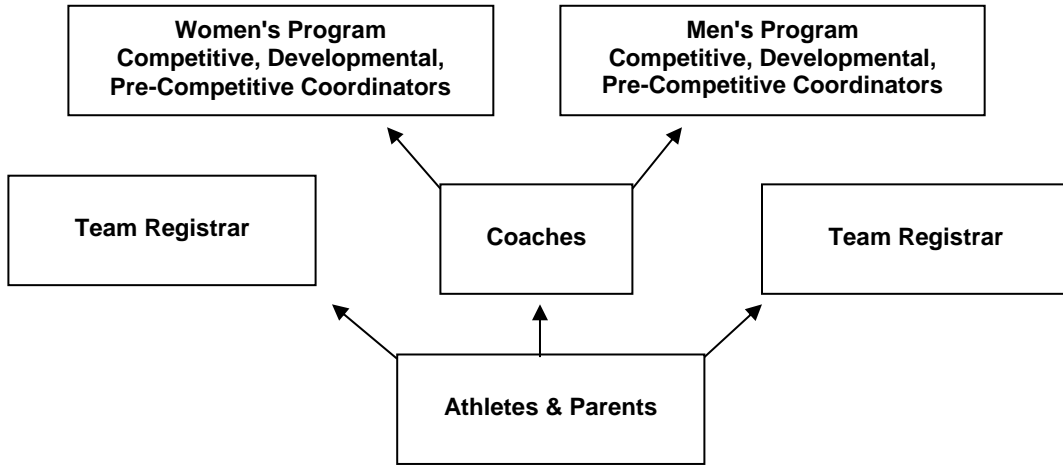
3.0.1 PROGRAM STRUCTURE AT GYMTASTICS GYM CLUB

The program structure is subject to adjustments from time to time as the provincial, national and international rules require. The program names and the varying program streams/directions can be amended and modified by **GYMTASTICS GYM CLUB** from time to time, as required

COACHING AND ADMINISTRATIVE STAFF (Subject to change)

POSITION	Section 1.01 RESPONSIBILITIES
Gymtastics Inc. <ul style="list-style-type: none"> • Owners/President/Vice President • Director/General Manager of programs 	<ul style="list-style-type: none"> • Plan, implement and supervise all technical aspects of all programs • Administrative responsibilities and duties • Club representation at all levels of the sport structure • In charge of club maintenance
<ul style="list-style-type: none"> • Team Registrar/Office Administrative Staff/Team Athlete Account Manager 	<ul style="list-style-type: none"> • Administration, Accounting of Athletes Accounts • Registration (Monthly training fees)
<ul style="list-style-type: none"> • Men's Program Coordinator(s)/Head Coaches (Competitive/Developmental/Pre-Competitive) 	<ul style="list-style-type: none"> • Plan, implement and supervise all aspects of the Men's Program • Administrative responsibilities and duties • Coach within the Men's Program • Register for events/follow up with injuries & refunds • Organize hotel rooms/travel plans for coaches • Athlete Attire
<ul style="list-style-type: none"> • Women's Program Coordinator(s)/Head Coaches (Competitive/Developmental/Pre-Competitive) 	<ul style="list-style-type: none"> • Plan, implement and supervise all aspects of the Women's Program • Administrative responsibilities and duties • Coach within the Women's Program • Register for events/follow up with injuries & refunds • Organize hotel rooms/travel plans for coaches • Athlete Attire
<ul style="list-style-type: none"> • Men's Program Coaches (Competitive/Developmental/Pre-Competitive) 	<ul style="list-style-type: none"> • Coaching duties • Assist in the development and implementation of the assigned technical aspects in the Men's Program
<ul style="list-style-type: none"> • Women's Program Coaches (Competitive/Developmental/Pre-Competitive) 	<ul style="list-style-type: none"> • Coaching duties • Assist in the development and implementation of the assigned technical aspects in the Women's Program
<ul style="list-style-type: none"> • Dance Instructor(s) 	<ul style="list-style-type: none"> • Dance Instruction for the Women's Program

3.0.2.1 **COMMUNICATION TIER:**



3.0.3 **ALBERTA**

The Alberta Gymnastics Federation (AGF) is the governing body for Artistic Gymnastics in Alberta and as such, determines the rules for the various Competitive and Pre-Competitive programs that it manages. AGF provides member clubs with a forum to establish the rules and regulations for various competitive activities. For more information, please consult their website at www.abgym.ab.ca

4.0 TERMS OF THE COMMITMENT

GYMTASTICS GYM CLUB gymnasts are not guaranteed an automatic spot in the team programs from year to year. Each case is dealt with on an individual basis.

4.0.1 The commitment is based on the written recommendation(s) made at any time by their coach or the head coach, which are offered to the selected athletes at the start of the commitment term or at any other time during the year when **GYMTASTICS GYM CLUB** deems it appropriate.

4.0.2 The commitment covers **July 1 to June 30** unless otherwise specified.

4.0.3 **Annual training fees are based on an estimated/approximate average number of training hours per week over the course of the entire season. Actual hours in any given week may vary according to training demands, competition/camp schedules, statutory and civic holidays. The yearly fees are divided into 10 equal monthly payments.**

4.0.4 **GYMTASTICS GYM CLUB** will place all NEW athletes on a "trial basis" in order to assess their suitability for a particular program. Upon review of these athletes after the trial period, a revised recommendation may be issued to the athlete. After the trial period the coach or head coach may sit down and discuss the future of the athlete at **GYMTASTICS GYM CLUB**.

5.0 YEARLY TRAINING FEES

5.0.1 Monthly training fees will be paid through the online registration system on the first of every month using Visa or MasterCard. Membership fees are also payable online at www.gymtastics.ca using Visa or MasterCard. Service fees are non-refundable. We have planned

for holidays, training camps, special events and missed training days. Withdrawal from the program results in the loss of the last month (June) training fees and annual Membership fee. One month written notice must be provided, from the beginning of the month.

5.0.2 There will be a \$30.00 fee charged on all **N.S.F. declined payments. Parents must do their due diligence and keep their account updated with current information.** In this case, **GYMTASTICS GYM CLUB** reserves the right to require payment by cash or certified cheque, Visa, or MasterCard.

5.0.3 Athletes and their families must be in good financial standing with the club in order to keep training and be allowed to represent GYMTASTICS GYM CLUB at various events. **GYMTASTICS GYM CLUB reserves the right to temporarily or permanently discontinue a gymnast's involvement in the program if the training fees are late or unpaid.**

5.0.4 After each month, any unpaid training fees and athlete accounts will be assessed a 3% interest charge. Athletes may not train if the outstanding balances are more than \$500.00 in arrears. Any outstanding account balances will be charged interest after a 30-day written warning and notification.

6.0 YEARLY MEMBERSHIP FEE **This fee is charged annually and is Non Refundable.**

6.0.1

Registration/Membership Fees

Includes Athlete, Coach, Club, Alberta Gymnastics Federation fees, Gymnastics Canada Gymnastique (GCG) fees, athlete, coach and club insurance fees, GYMTASTICS GYM CLUB membership fee and GST.

6.0.2 The **yearly membership fee** must be paid at the time of registration. This fee covers the period of July 1st to June 30th of every year. This amount is non-refundable or transferable to another gymnast, for any reason whatsoever. The prices listed are an estimate only and are subject to change based on Gymnastics Canada Gymnastique, Alberta Gymnastics Federation, and insurance company increases.

6.0.3 In the event a gymnast moves from program to program the difference in the **yearly membership fee** must be paid in accordance with the amounts stated above, at the moment of the change.

6.0.4 **Individual Athlete Accounts.** All Team Stars, Pre-Competitive, Developmental and Competitive athletes will be asked to set up a meet account with **GYMTASTICS GYM CLUB** of funds that are used for various competitions and team wear. At the end of the year, the balance will be rolled over to the next competitive season.

7.0 FLOOR ROUTINE COSTS

7.0.1 Women's competitive gymnasts, **production fees** for individual floor routines (Choreography and/or music) are paid over and above "regular" training fees. **GYMTASTICS GYM CLUB** will act at times as a facilitator for the purchase of floor music and in some instances the music will be included in the choreography invoice. In all cases the cost is also paid over and above the "regular" training fee. All decisions relating to choreography and music are the responsibility of **GYMTASTICS GYM CLUB**, the coach and women's coordinator(s). Notwithstanding this, floor routines are usually used for 2 seasons.

8.0 CLOTHING & ACCESSORIES

8.0.1 Competitive gymnasts are required to purchase the official **GYMTASTICS GYM CLUB** competitive bodysuit/singlet, tracksuit and competitive training suit when stated.

8.0.2 Team Stars, Developmental, Pre-competitive and Competitive women's gymnasts are required to purchase the official **GYMTASTICS GYM CLUB** developmental bodysuit and any other item determined, according to the specifications of **GYMTASTICS GYM CLUB**. Pre-competitive boys are required to purchase black shorts, men's singlet and any other item determined, according to the specifications of **GYMTASTICS GYM CLUB**.

8.0.3 Team Members may be asked to purchase costumes for themed events.

9.0 ALBERTA GYMNASTICS FEDERATION & OTHER FEDERATION REGISTRATION

9.0.1 Each pre-competitive, developmental and competitive gymnast is required to pay a **Membership Fee** to the Alberta Gymnastics Federation, which includes registration to the provincial body and insurance coverage (information on the policy is available at the business office upon request). This amount is collected by the club and paid to AGF at the time of commitment signing. **This amount is included in the Yearly Gymnastics Membership Fee**, as stated in article 6.0

9.0.2 The registration fee paid to the Alberta Gymnastics Federation (AGF) automatically registers the member to the Gymnastics Canada Gymnastique (GCG). Athletes do not need to purchase any additional insurance or pay any membership fees to participate in Canada.

9.0.3 Additional registration fees, travel insurance for coaches, will be required for access to services and membership in foreign countries (particularly the U.S.). These costs are the responsibility of each athlete.

9.0.4 An athlete whose registration status with **GYMTASTICS GYM CLUB** or the Provincial (AGF) or the National Federation (GCG) is not in good standing will **not** be allowed to represent **GYMTASTICS GYM CLUB** at any type of event and may be temporarily suspended from attending practice, unless otherwise specified.

10.0 MAKE-UP TRAINING/CREDITS/REFUNDS

Although every effort is made to notify the members as far as possible in advance of schedules and events, it is understood that changes will occur, **sometimes on very short notice**.

10.0.1 There will be NO makeup classes while a coach is away at a competition, training camp or mock meet as stated in article 4.0.3.

10.0.2 In the event of a severe injury, extended illness or other special MEDICAL circumstance, an athlete may request, **in writing to GYMTASTICS GYM CLUB Team registrar**, a waiver of fees for time lost. A medical note from a physician indicating the nature of the illness/injury or other medical circumstance and the **expected time for recovery must** accompany the request. An extended absence from the competitive program may result in removal from a particular group and therefore a change in fees. All modifications to training must be approved or recommended by the Head Coach. **GYMTASTICS GYM CLUB** reserves the right to modify fees in accordance to the nature of the medical circumstance.

11.0 VACATION TIME

GYMTASTICS GYM CLUB recognizes the need for athletes and coaches and their families to

take holidays at various times during the year. Because vacation times vary from one family to another and because **GYMTASTICS GYM CLUB** still remains responsible for the costs associated with staff coverage during those holidays; training fees are NOT adjusted to reflect each gymnast's individual time off. Any potential National level athlete must discuss with their coach in June to plan all holidays for the remainder of the season.

11.0.1 Team Stars, Pre-competitive, developmental and competitive athletes going on holidays/vacation at any time when training is regularly scheduled are advised that training fees will not be waived nor adjusted, nor is **GYMTASTICS GYM CLUB** obligated to schedule make-up training. An effort may be made by **GYMTASTICS GYM CLUB** to provide a home training program.

11.0.2 No training will be offered on civic or statutory holidays, except under special circumstances as determined by **GYMTASTICS GYM CLUB**. Those special circumstances often refer to the preparation needs of athletes for upcoming meets.

11.0.3 Each gymnast is expected to attend training, as dictated by his/her schedule. Members are expected to notify their coach and **GYMTASTICS GYM CLUB** when they will be absent from regular training sessions (BEFORE PRACTICE), and to specify the expected duration of such absences.

11.0.4 All competitive team athletes' families are asked to plan holidays around competitions and to understand that competition season (usually November-May) is not an ideal time for extended holidays. Athletes require consistent and appropriate preparation for their competitions. Extended breaks can cause psychological, physical setbacks and hazards for the athlete. For planned holidays/vacations, the club requires **at least four (4) weeks written notice**. It is the responsibility of each athlete's parents to notify their child's coach.

11.0.5 In exceptional circumstances, **GYMTASTICS GYM CLUB** may exempt very young and new Pre-Competitive, Developmental and Competitive athletes from training during holiday breaks.

12.0 TERMINATION/INTERRUPTION OF COMMITMENT

12.0.1 **GYMTASTICS GYM CLUB** may immediately suspend any athlete (up to and including termination), depending on the nature/severity of the situation. There are a number of reasons specific to each situation that might justify such termination, including safety concerns for the athlete.

12.0.2 Athlete's wishing to withdraw from the present commitment must have an exit meeting with their parents, coach and program coordinator. The program heads will do their utmost to address concerns and may adjust programming, grouping or training to encourage the athlete to remain in a **GYMTASTICS GYM CLUB** program.

12.0.3 Athlete's deciding to withdraw from the present commitment must provide **GYMTASTICS GYM CLUB with a thirty (30) day notice in writing from the beginning of the month**. Withdrawal from programs will result in the loss of the last months (June) deposit fee and annual registration fee. Fees for services already rendered or for expenses already contracted are 100% non-refundable. If an athlete withdraws before the end of a given month, the applicable monthly training fees are 100% non-refundable. Team attire is non-refundable however there may be an opportunity to sell used attire to new team members.

12.0.4 In order for **GYMTASTICS GYM CLUB** to make an informed decision regarding the potential release of financial responsibilities, each notification of withdrawal must

include an explanation of the decision to withdraw. Generally, medical reasons will be considered a sufficient cause. Other reasons will be assessed on a case-by-case basis.

13.0 CLUB TRANSFERS

13.0.1 GYMTASTICS GYM CLUB will only officially release a gymnast once all financial obligations have been fully and satisfactorily honored.

13.0.2 If a Team Star, Pre-competitive, Developmental or Competitive gymnast decides to terminate his/her commitment and/or to leave the club mid-season (either by choice or is asked to terminate his/her commitment and/or to leave the club, **GYMTASTICS GYM CLUB**) the gymnast can be released from his/her commitment with **GYMTASTICS GYM CLUB** and be named to a different club at any time.

13.0.3 Unsettled financial commitments (i.e. fees or other outstanding commitments), **GYMTASTICS GYM CLUB** is not willing to release the gymnast from his/her financial commitment and/or membership of the club. The gymnast may still train at a different club. For unfulfilled payment commitments it is possible court action may apply under contract law.

14.0 PROMOTIONAL OBLIGATIONS

14.0.1 PUBLIC DEMONSTRATIONS/DISPLAYS

Team Stars, Developmental or Competitive athletes may be assigned to a number of demonstrations and other various promotional events at appropriate locations, throughout the duration of the commitment. It is understood that demos may take place during school hours, weekends or holidays. Each athlete will endeavor to be available at those scheduled events.

14.0.2 VARIOUS PROMOTIONAL MATERIALS

Each year, **GYMTASTICS GYM CLUB** will produce and publicly display promotional materials, with the intent of promoting and marketing its status, successes, programs, activities, athletes and staff. Example: Facebook, Twitter, Instagram, **GYMTASTICS GYM CLUB** website...

14.0.2.1 **GYMTASTICS GYM CLUB** Team Stars, Pre-Competitive, Developmental and Competitive gymnasts agree to have their biographical information, pictures and any pertinent audio-visual materials used for these purposes without direct financial compensation by **GYMTASTICS GYM CLUB**. Any special circumstances preventing or limiting this must be discussed and agreed upon by **GYMTASTICS GYM CLUB** in advance with the member.

14.0.3 YEARLY TEAM PICTURES

14.0.3.1 All Team Stars, Pre-Competitive, Developmental and Competitive gymnasts are **expected** to attend the annual team picture day, wearing the designated **GYMTASTICS GYM CLUB** team uniform.

14.0.4 GYMTASTICS COMPETITIONS AND HOSTED EVENTS

14.0.4.1 All Team Stars, Pre-Competitive, Developmental and Competitive parents and athletes will be required to volunteer at competitions/events that **GYMTASTICS GYM CLUB** chooses to host. This includes Developmental events and Competitive Invitational Competitions or AGF sanctioned events held at **GYMTASTICS GYM CLUB**.

15.0 ATHLETE FACILITIES AND SERVICES

15.0.1 Change-Rooms/Washrooms

15.0.1.1 Change-rooms/washrooms are made available for use by the gymnasts for the duration of this commitment. **GYMTASTICS GYM CLUB** is not responsible for any lost

or stolen items. All gym bags and personal items are to be kept in the front or back entrance cubicles and not in the change/wash rooms. No Cell phones allowed.

15.0.2 **GYM & PERSONAL TRAINING EQUIPMENT**

15.0.2.1 Equipment on the premises is the property of **GYMTASTICS GYM CLUB** and as such, cannot be removed from the premises by any individual, unless authorized by **GYMTASTICS GYM CLUB** in exceptional circumstances and for set periods of time.

15.0.2.2 Equipment must be used with all of the necessary precautions and with respect for the fact that it is the property of a large number of different users. Equipment that is damaged as a result of negligence or vandalism will be replaced or repaired and costs related to this will be the responsibility of the parents of the gymnast at fault.

15.0.2.3 Gymnasts are required to notify **GYMTASTICS GYM CLUB** of any defective parts or pieces of equipment.

15.0.2.4 Gymnasts will be required from time to time to bring some of their own personal pieces of training equipment (Example: grips, weight belts, elastic waist bands, ankle weights, personal beam mats, spray bottles, skipping ropes, wrist bands, straps, water bottles, etc.) to the club. Athletes are fully responsible for these articles and must keep them under their personal supervision at all times.

15.0.2.5 **GYMTASTICS GYM CLUB** is not responsible for personal articles lost or stolen from club property. A "lost-and-found" basket is provided on site and will be emptied monthly.

15.0.3 **MENTAL SKILLS ASSESSMENT (COMPETITIVE ATHLETES ONLY)**

15.0.3.1 **GYMTASTICS GYM CLUB** may require the completion of a Mental Skills Assessment for individual athletes. The information will remain confidential between the athlete and **GYMTASTICS GYM CLUB** and will be used solely for sport-specific psychological and **performance improvement purposes**.

15.0.3.2 An athlete who is unable to deal with the psychological pressures that are a natural by-product of developmental or competitive gymnastics or who shows consistent adverse reactions to the above mentioned pressures, may be asked to discontinue training and/or competing (for the sake of his/her well-being).

16.0 **SUPPORT PROGRAMS & FUNDRAISING**

16.0.1 **Team Mandatory Volunteer Commitment**

Gymtastics Gym Club we will be hosting our annual "Silent Auction". Team members will be asked to donate a minimum \$50.00 item to the event. Failure to meet your donation commitment will result in a charge of \$50.00 to your athlete account. Please see Volunteer Commitment Contract.

16.0.2 Non-mandatory Fundraising

Various non-mandatory fundraising events will be scheduled, some of which include, "Fill Your Freezer", "Bow River Meat/Rocky's Sausage Haus & Perogies". The funds raised are designated to maintaining equipment, new equipment purchase. Other fundraisers such as the online auction will be organized at the beginning of the year to help support the teams.

17.0 **TRAVEL TO VARIOUS EVENTS**

17.0.1 **RESPONSIBILITY/ACCOUNTABILITY**

17.0.1.1 Unless assigned to a particular and specific function in advance and as part of the traveling delegation, parents, friends and siblings **ARE NOT** official members of the team and as such, cannot act on behalf of **GYMNASTICS GYM CLUB** nor request services on its behalf.

17.0.2 PARTICIPATION AGREEMENT PROCESS

Participation at various events as representatives of **GYMNASTICS GYM CLUB** is NOT a right; it is a privilege. Conversely, parents are not obligated to accept all assignments for their child. If parents do not feel at ease with their child's participation in an assigned event (for any reason whatsoever), then **GYMNASTICS GYM CLUB** strongly suggests that they refrain from accepting the assignment. **All Athletes must attend all AGF sanction meets that they are eligible for; such as Provincials, Trials to Westerns, Trials to Nationals, Westerns and Nationals, Alberta Compulsory championships and Alberta XCEL championships.**

17.0.2.1 **GYMNASTICS GYM CLUB** distributes a "Participation Agreement Form" up to 5 months before each selected meet to gymnasts and families, which includes financial and organizational information needed for the parent and athlete to make an informed decision on whether or not to take part in that given event.

17.0.2.2 In order to confirm a child's participation at an assigned event, the Participation Agreement permission sheet must be signed and returned up to 5 months before the event to **GYMNASTICS GYM CLUB**. This is based on meet registration deadlines and meets filling up quickly. Failure to return the appropriate forms may result in the athlete not being allowed/able to participate in the event(s) in question. Due to this early commitment there is always a chance that before a meet your child may need to withdraw due to a number of different circumstances.

17.0.2.3 If participation to an event is cancelled by **GYMNASTICS GYM CLUB**, all prior payments will be reimbursed to the member by the **GYMNASTICS GYM CLUB**, so long as they are themselves collected back from the original recipients. It is understood that some amounts may or may not be refundable (this often depends on each event's organizing committee).

17.0.2.4 If a gymnast (or his/her parents) cancels his/her previously confirmed attendance to an event, the member (and his/her parents) may be responsible for all costs. If there is a medical reason that your child can no longer attend a meet then there may be a full or partial reimbursement provided to you depending on that specific meet policy as well as timing of the withdrawal. A medical note must be provided before the event.

18.0 BEHAVIOR RULES

Gymnastics is a difficult and demanding sport. In order to develop excellence and safe participation, an individual must contribute a great deal of time, effort and perseverance. Some of the pre-requisites for quality performance and learning are a clear, focused and well-prepared mind and a well-conditioned body. Where a gymnast's actions are not specifically covered in the list of potential infractions, yet are considered by the coaching staff to have a negative impact upon the club, the athlete or other people, appropriate disciplinary or corrective measures will be considered by **GYMNASTICS GYM CLUB**. The action taken will be dependent on the circumstances surrounding the incident or behavior.

18.0.1 General

Gymnastics is a sport where appearance and behavior are extremely important. Gymnastics carries with it a universal internal code of conduct and expected behaviors. **GYMNASTICS GYM CLUB athletes must appear clean, neat and well-behaved at all times and MUST behave according to the highest possible standards.**

18.0.1.1 All athletes must avoid any actions or activities that may negatively affect learning or performance of the safety of one-self or others.

18.0.1.2 A positive approach to nutrition and other health-related matters is very important and should be practiced by the athlete. It should also be supported and encouraged by his/her family.

18.0.1.3 An athlete taking any prescribed medication must inform **GYMTASTICS GYM CLUB**. The International Olympic Committee (IOC) and the Canadian Olympic Committee (COC) ban many drugs and that list changes from time to time. **GYMTASTICS GYM CLUB** will enforce and cooperate with the sport authorities with respect to all doping rules and regulations.

18.0.1.4 Tobacco, drugs, and alcohol have negative health consequences and should be avoided altogether. Smoking, drinking alcohol or taking drugs by any athlete will not be permitted whether within the facility, outside of the facility, club premises or while representing **GYMTASTICS GYM CLUB**.

18.0.1.5 Profanity of any kind is strictly prohibited on club premises and at events.

18.0.1.6 The use, possession or facilitation to possess illegal drugs will not be tolerated.

18.0.1.7 **GYMTASTICS GYM CLUB** encourages members and their families to place the utmost emphasis on academic achievement. In the case of academic problems, members are encouraged to discuss the matter with the coaches.

18.0.1.8 Athletes displaying unusual and potentially self-endangering behaviors during training (perhaps as a result of stress in other dimensions of their life) may be removed temporarily from training without any notice whatsoever. This decision rests with **GYMTASTICS GYM CLUB**.

18.0.1.9 For obvious safety reasons, parents are reminded not to distract their child, or any other athlete, during practice. **Parents wishing to address their child during practice are asked to obtain the consent of their child's coach prior to doing so.** Similarly, children are not allowed to leave the training floor without permission from their coach.

18.0.2 Appearance and Dress Code

18.0.2.1 Hair is to be tied up, kept off the face and should be of a length that does not cause distraction during training. It should not appear unkempt or present a risk of entanglement in the apparatus or elsewhere. **GYMTASTICS GYM CLUB** will determine the acceptability of any hairstyle.

18.0.2.2 **Extreme hair and nail fashions (and colors) will NOT be accepted and each case will be dealt with individually by GYMTASTICS GYM CLUB. Only neutral-colored nail polish and hair coloring will be considered acceptable during competition season.**

18.0.2.3 Jewelry is not allowed during training, with the exception of stud or very small hoop earrings. Rings, necklaces, anklets, watches and various body piercings are not to be worn during training.

18.0.2.4 Female gymnasts must wear a one-piece bodysuit of the kind used in

training or competition. Long, 3/4 short or sleeveless suits are acceptable. Competitive male gymnasts must wear singlet and shorts, longs/or tight fitted T-shirt (muscle shirt). No loose/baggy t-shirts will be permitted.

18.0.2.5 Tops or pants with cut-off sleeves or legs and any attire with holes, rips, and frayed ends are NOT acceptable.

18.0.3 Specific Gym Rules

18.0.3.1 **Viewing training for parents, siblings, friends, and family members is a privilege and not a right. It is understood that this privilege can also be given or taken away.** Parent viewing is permitted in the mezzanine area. Though due to distractions, pressure and the nature of progress, we ask parents to limit viewing to bi-weekly or one a month.

18.0.3.2 There is not a formal snack break during training for those athletes who are training two hours or less. Athletes may bring a snack that can be eaten within five minutes or in between events or bring a bottle of water/electrolytes/juice or other sort of drink during training. **NO HOT FOOD OR JUNK FOOD ALLOWED**. Food and other drinks will be restricted to the common area of the facility. Please refrain from eating in the washrooms.

18.0.3.3 Athletes and family members must abide by the posted Gym Rules.

18.0.4 Medical Problem Protocol/Rehabilitation Procedure

18.0.4.1 **Injuries, aches and pains MUST be reported to the athlete's coach before training begins, or as they happen.** It is the responsibility of the gymnast (and of his/her parents) to inform the staff of injuries, pains and aches created as a result of training or from other activities that the athletes may participate in.

18.0.4.2 In the case where an athlete is injured during training or in other circumstances, **GYMSTASTICS GYM CLUB** must be kept up to date about details of the diagnosis, the rehabilitation protocol established by health professionals and of the expected duration of the rehabilitation. The member will also inform **GYMSTASTICS GYM CLUB** of any other information that pertains to the medical aspects of the injury.

18.0.4.3 After an injury and rehabilitation period, a **medical doctor's written permission and or clearance** is required prior to the athlete resuming training.

18.0.5 ATTENDANCE

Improvements in performance and physical development require consistency in training. The training schedules are designed to trigger an appropriate training response. Lateness, absenteeism and early departures may lead to uneven development and a lowered performance potential. Athletes, who do not attend training regularly as required, are highly susceptible to injury and less capable of safely performing the required skills.

18.0.5.1 Athletes must attend all regularly scheduled training sessions.

18.0.5.2 In the event that an athlete is sick or unable to attend training, he/she (or his/her parents/guardian) **MUST** notify **GYMSTASTICS GYM CLUB** prior to the absence.

18.0.5.3 In the case of a late arrival, an absence, or an early departure from training, the member is requested to notify **Gymstastics Gym Club** staff by email, or call the emergency number 403 – 225 – 8305.

18.0.5.4 In non-emergency cases **GYMSTASTICS GYM CLUB** can be reached

through email: inquire@gymtastics.ca , 403 – 254 – 9010.

18.0.5.5 Repeated absences, late arrivals and early departures will result in corrective measures taken by **GYMTASTICS GYM CLUB**.

18.0.5.6 Athletes who wish to train at other facilities with other coaches (while they are away for any reason) MUST obtain prior approval by **GYMTASTICS GYM CLUB** head coach.

18.0.5.7 Coaches and other staff ARE NOT to be disturbed at home, unless specifically authorized by the staff person.

18.0.6 Competition

18.0.6.1 Competition is NOT a practice. For any meet, athletes will only be allowed to compete skills they have successfully shown in training a minimum of 5 training days prior to a meet. It is mandatory to attend all training days the week prior to a competition.

- Level 9 athletes may be allowed to compete only certain apparatus for medical reasons only if the coach feels it is the best decision
- Level 8 athletes and lower must be prepared on all 4 apparatus in order to attend a meet
- If an athlete misses 5+ consecutive training days they must return to training consecutive days before participating in a competition, mock meet or training camp.
 - Level 8+ – 8 consecutive days
 - Level 6/7 – 6 consecutive days
 - Level 4/5 – 4 consecutive days
 - Level 2/3, Team Stars – 2 consecutive days
- Any un-sportsman like behavior demonstrated by an athlete at a competition will result in immediate dismissal from the event with no refund

18.0.6.2 **Parents, siblings or friends of developmental or competitive gymnasts are prohibited to talk to judges or evaluators about scores/evaluations at competition/evaluations.**

18.0.6.3 **For obvious safety reasons, parents, siblings or friends are NOT allowed to talk to the gymnasts or to some other club's gymnasts during the entire duration of competition.** During competition, parents wishing to address their child must first obtain the consent of the child's coach. Similarly, children are not allowed to leave the competition floor without their coach's permission, in order to avoid disqualification.

18.0.6.4 Parents/Guardians are NOT allowed to contact the various federations or organizing committees of events/functions/meets to obtain information or to make requests of any nature. The parent/guardian is to obtain that information through **GYMTASTICS GYM CLUB**. Please remember that information can only be passed along to the member if the club first receives it.

18.0.6.5 All athletes are required to compete in the official club competitive wear unless otherwise specified.

19.0 DISCIPLINING

Discipline and respect for authority and for the applicable gym rules are paramount in gymnastics, partly because of the **inherent dangers associated with flight and inversion**. Coaches are responsible & accountable for their decisions and actions as professionals; consequently, they are afforded the authority to make decisions, as they deem appropriate. **Notwithstanding this, any form of verbal, physical or sexual abuse WILL NOT be tolerated at GYMTASTICS GYM CLUB.**

Coaches are allowed to use disciplining means such as "time-outs", verbal warnings and ultimately expulsion from the class (this being an extreme measure). Be it noted that a child expelled from a class is NOT being expelled from the building. The child is expected and must be told NOT to leave the premises, until the appropriate person arrives to take the child. Different coaches use different approaches to disciplining & different children require different approaches to being disciplined. Therefore, **GYMTASTICS GYM CLUB** recognizes the case-by-case nature of this matter.

19.0.1 Failure to meet the expectations for behavior and conduct shall result in some or all of the following consequences:

- Problem solving, monitoring or reviewing behavior expectations with athlete and reprimand
- Parental involvement
- Temporary removal of privileges
- Temporary suspension of athletes from program
- Involvement of police
- Expulsion

19.0.2 Grounds for disciplinary action that could lead to suspension or expulsion at the athlete's expense exist when an athlete has demonstrated unacceptable behavior such as:

- Conduct which threatens oneself or others
- Assaulting another person
- Possession or use of illegal drugs, alcohol or inhalants
- Theft
- Willful disobedience and/or open opposition to authority
- Use of display of improper or profane language
- Interfering with the orderly conduct of class(s) or training sessions

20.0 RESOLVING CONFLICTS WITH THE COACH

It's part of the nature of our sport that conflicts sometimes arise between parents and coaches. Conflicts are often the result of a difference of opinion between parent and coach over the career development of the parent's child. Additionally, lack of, or inadequate, or improper communication on the part of the coach or parent, compound the situation. **GYMTASTICS GYM CLUB** continually stresses the importance of good communication skills with coaches and makes it a regular topic in clinics and in coach's publications.

ATHLETE COMMITMENT CONTRACT (EXAMPLE) 2022 – 2023 Season

As an Athlete of **Gymtastics Gym Club**, there are a great deal of expectations and requirements. **Gymtastics Gym Club** has a reputation of EXCELLENCE and of projecting an image of the highest standard, we expect all its athletes and coaches to behave and conduct themselves in accordance to the highest standards of sportsmanship and civility at all times.

The following terms must be understood, so that the athlete will be able to attain all of the expectations: Parents and athletes must put their initials beside each point and sign at the bottom. **If this form is incomplete the athlete will not be allowed to start training.**

- | | | |
|---|-----------------------------------|------------------------------------|
| <ul style="list-style-type: none"> • I understand that I am required to adhere to the new Health & Wellness criteria. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • I understand all Verbal, Physical, Social and Cyberbullying will NOT be tolerated. I promise to respect the rights of others. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • Athletes will eat healthy. A positive approach to nutrition and other health-related matters is very important and should be practiced by the athlete. It should also be supported and encouraged by his/her family. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • All athletes must avoid any actions or activities that might negatively affect learning, performance of the safety of one-self or others. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • Smoking, drinking alcohol or taking drugs by any athlete will not be permitted whether within the facility, outside of the facility or while representing Gymtastics Gym Club. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • Profanity of any kind is strictly prohibited on club premises and at events/competitions. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • Athletes displaying unusual and potentially self-endangering behaviors during training (perhaps as a result of stress in other dimensions of their life) may be removed temporarily from training without any notice whatsoever. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • Hair is to be tied back, kept off the face and should be of a length that does not cause distraction during training. Jewelry is not allowed during training. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • Athletes must attend all regularly scheduled training sessions. If away for any reason, coaches must be notified through the Gymtastics office or by direct email to the athlete's coach. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |
| <ul style="list-style-type: none"> • An athlete MUST be able to safely perform his/her expected competition routines at least TWO weeks prior to departure for an event (unless exempted by Gymtastics Gym Club. In the case where the athlete is unable to perform to meet requirements, he/she may not be authorized to attend/compete/test at the event. It is understood there may be no refund for missed events. | <hr style="width: 100%;"/> Parent | <hr style="width: 100%;"/> Athlete |

Failure to meet the expectations for behavior and conduct shall result in some or all of the following consequences:

- Problem solving, monitoring or reviewing behavior expectations with athlete and reprimand;
- Parental involvement;
- Temporary removal of privileges;
- Temporary suspension of athletes from program;

PARENT'S COMMITMENT CONTRACT (EXAMPLE)
2022 - 2023 Season

The following terms must be looked at and understood. Parents must put their initials beside each point and sign at the bottom.

- **I understand that I am required to adhere to the new Health & Wellness criteria.** _____
Initials
- For obvious safety reasons, parents are reminded not to distract their child, or any other athlete, during training times. **Parents wishing to address their child during training are asked to obtain the consent of their child's coach prior to doing so.** Similarly, children are not allowed to leave the training floor without permission from their coach. _____
Initials
- Parent viewing is permitted in the mezzanine area. Though due to distractions, pressure and the nature of progress, we ask parents to limit viewing to bi-weekly or one a month. _____
Initials
- Athletes training 2 hours or less will not receive a formal snack break. Athletes may bring a snack that can be eaten within five minutes or in between events. Also they may carry a bottle of water. **NO HOT FOOD OR JUNK FOOD ALLOWED.** _____
Initials
- All parents must represent **Gymtastics** in a positive and respectful manner. _____
Initials
- All parents must show respect to all other parents/family/children of **Gymtastics Gym Club.** _____
Initials
- Athletes must attend all regularly scheduled training sessions. If away for any reason, coaches must be notified through the Gymtastics office or by direct email to the athlete's coach. _____
Initials
- Coaches and other staff ARE NOT to be disturbed at home or during personal time. _____
Initials
- Parents are NOT allowed to contact the various federations or organizing committees of events/functions/meets to obtain information or to make requests of any nature. The parent is to obtain that information through **Gymtastics Gym Club.** _____
Initials
- Any form of verbal, or physical abuse WILL NOT be tolerated. _____
Initials
- The Gymtastics office must receive an email or letter with the athlete's intent to withdraw thirty (30) days from the beginning of the month before payment adjustments will be made. If an athlete withdraws before the end of a given month, the applicable monthly training fees are non-refundable. Fees for services already rendered or for expenses already contracted are non-refundable. _____
Initials

Failure to meet the expectations for behavior and conduct may result in some or all of the following consequences:

- Temporary removal of privileges for parents
- Temporary suspension of athletes from the program
- Expulsion of the parent/athlete



2022-2023 Team Fundraising/Volunteer Agreement (Example)

Athlete: _____ Group # _____

It is a requirement of all team members to volunteer for our annual on line "Silent Auction". Team members will be asked to donate a minimum \$50.00 item to the event. Failure to meet your donation commitment will result in a charge of \$50.00 to your athlete account.

By signing below, I understand and agree to fulfill the mandatory volunteer commitment to Gymtastics Silent Auction.

Parent's Signature

Date

FOR OFFICE USE ONLY

Credit Card # _____

Exp. Date: _____

Charged on: _____

Charged by: _____

Deposited on: _____