



2025-2026  
TEAM 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 whereas a team, the athlete, the coaches, and the parents, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

## **OUR MISSION**

**To reach as many people as possible through the sport of gymnastics and help them grow to be the best that they can be.**

## **OUR VISION**

At Gymtastics our goal is to support and create programs for all levels of athletes starting from the young preschooler to the competitive level. Our coaching philosophy focuses on each individual's personal growth emotionally, physically, and mentally. Gymtastics uses the fun, fitness, and fundamentals of gymnastics to reach as many people as possible through the sport and help them grow to be the best they can be. We believe that it is not necessarily the final product that is important but the learning process that matters most. We pride ourselves on being child centred and creating a family friendly environment. Our mission is to help every child reach their fullest potential.

## **OUR HISTORY**

Gymtastics boasts a rich history that began in 1991 when we humbly started in the basement of Midlands United Church. Founded by the visionary Darlene Fedyna, Gymtastics embarked on a journey that would transform it into a powerhouse of athleticism and community. Twinkle, our beloved mascot, became a symbol of the spirited enthusiasm that defines our gym. In 2001, we took a significant leap forward by moving to our current location, setting the stage for a new era of growth. The pivotal moment came in 2007 when Travis Oxley joined our team, eventually becoming a partner in 2010. With Darlene's retirement in 2023, Travis assumed the role of sole owner, steering Gymtastics towards continued success.

## **OUR PHILOSOPHY**

**"At Gymtastics everybody is a star just for being who they are."**

**"From little things Big things grow."**

**Darlene Fedyna - Founder of Gymtastics**

We believe in assisting athletes to achieve their highest-level potential according to each individual's capabilities.

We believe parents and coaches are active supporters of athletes and their efforts.

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.

We believe in being honest with each athlete and his/her parents regarding the athlete's progress, potential and the difficult road to success.

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.

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.

We believe that team performance, cohesion and spirit are best developed when each athlete takes responsibility for his/her own actions.

## **COMPETITIVE STRUCTURE**

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.

## **COMMUNICATION**

At Gymtastics, we prioritize clear and effective communication to ensure a seamless experience for everyone involved. Our communication order is designed to streamline information and support. Athletes can always turn to their dedicated coaches for guidance and feedback, creating a direct line for skill development. The coordinator serves as the intermediary, managing team logistics and fostering smooth interactions between athletes and coaches. For any financial inquiries, the team registrar is the go-to contact, ensuring a focused and specialized approach to monetary matters. Ultimately, Travis Oxley, the owner, oversees the entire operation, providing strategic direction and leadership. This communication hierarchy ensures that each member of the Gymtastics community receives the attention and assistance they need at the appropriate level, fostering a collaborative and supportive environment.

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

Emails:

Team Registrar

[teamregistrar@gymtastics.ca](mailto:teamregistrar@gymtastics.ca)

WAG Program

[wag@gymtastics.ca](mailto:wag@gymtastics.ca)

MAG Program

[mag@gymtastics.ca](mailto:mag@gymtastics.ca)

Team Stars

[teamstars@gymtastics.ca](mailto:teamstars@gymtastics.ca)

Troopers

[troopers@gymtastics.ca](mailto:troopers@gymtastics.ca)

Pre-Competitive Women's

[womensprecomp@Gymtastics.ca](mailto:womensprecomp@Gymtastics.ca)

## REGISTRATION

### Terms of 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.

The commitment is based on the written recommendation(s) made at any time by their Team coordinator, 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.

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

## ALBERTS GYMNASTICS FEDERATION

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](http://www.abgym.ab.ca)

Each pre-competitive, developmental, and competitive athlete 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 Gymtastics Membership Fee

## YEARLY MEMBERSHIP

Membership fees are (attached to your team registration and are also) payable online at [www.gymtastics.ca](http://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.

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

This fee is charged annually and is Non-Refundable.

The yearly membership fee must be paid at the time of registration along with the Team registration package. This fee covers the period of July 1<sup>st</sup> to June 30<sup>th</sup> of every year. This amount is non-refundable or transferable to another athlete, 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.

In the event an athlete moves from program to program the difference in the yearly membership fee must be paid in accordance with the amounts stated above.

## Yearly Training Fees Policy

### Monthly Payments:

- Training fees are due on the **first of every month** and must be paid via our online registration system.
- A **valid credit card** (Visa or Mastercard) is required to be on file for all team program members. Please note that debit cards are **not** accepted.

### Non-Sufficient Funds (NSF) Policy:

- A charge of **\$30.00** will be applied to **all** payments declined due to NSF.

It is the responsibility of the parents to ensure that their account information is current and accurate. Competitive fees not paid by the 10th of the month may result in the suspension of training.

- In cases of NSF, the club may request payment via cash, certified cheque, Visa, or Mastercard.

### Financial Standing:

- Athletes must maintain a good financial standing with the club to continue training and participate in events.

- The club may suspend or terminate an athlete's participation if training fees are overdue.

### Interest on Unpaid Fees:

- Unpaid training fees and account balances will incur a **3% interest charge** after each month.
- Athletes with outstanding balances exceeding **\$500.00** will be prohibited from training.
- Interest charges will be applied after a **30-day written notice** if the balance remains unpaid.

### SUMMER COMMITMENT

Mandatory summer weeks must be purchased along with the team package to secure your spot on the team.

### ATHLETE ACCOUNT

**Individual Athlete Accounts** - All Team Stars, Pre-Competitive, Developmental, and Competitive athletes will have an athlete account with **GYMTASTICS GYM CLUB**. These funds will be used for various competitions, events, and team attire. Visa and MasterCard are accepted only.

**Payment Schedule:** Athlete account charges will be added to your registration account and invoiced in four equal installments on the following dates:

- October 9, 2025
- November 13, 2025
- February 12, 2026
- March 12, 2026

Account balances can be monitored at any time through the Team Manager. Should additional funds be necessary before the season concludes, we will issue an invoice to your account.

Please be aware that overdue accounts will incur an interest charge of 10% per month. At the end of the competitive season, a comprehensive report will be provided, and any surplus funds will be transferred to the subsequent season.

### COMPETITIONS AND TRAINING CAMPS

Athletes are responsible for fees for training camps, event, and competitions.

Athletes will be responsible to pay for the full coaches cost share.

Gymnastics will follow Alberta Gymnastics Federations expense forms to determine mileage and meal subsidy.

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.

### **CLOTHING AND ACCESSORIES**

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

Team Stars, Developmental, Pre-Competitive and Competitive Women's athletes are required to purchase the official **GYMTASTICS GYM CLUB** developmental bodysuits 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**.

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

### **FLOOR ROUTINE COSTS**

Women's competitive athletes, **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 Women's Coordinator(s) and Choreographer. Floor routines are usually used for 2 competitive seasons. It's advised to have a budget of between \$100 and \$500 for a cycle.

### **MAKE-UP TRAINING/CREDITS/REFUND**

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. There will be NO makeup classes while a coach is away at a competition, training camp or mock meet.

If an athlete is unable to participate in any aspect of their program due to injury or illness for a period of more than four weeks, the athletes may request a refund of training fees for that period of inactivity. The request must be supported by a letter from a physician. Please advise the Head coach and Team registrar as soon as possible to arrange and modifications can be arranged or a leave of absence from training can be granted.

### **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

athlete's individual time off. Any potential National level athlete must discuss with their Program Coordinator in June to plan all holidays for the remainder of the season.

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.

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.

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

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 Program Coordinator.

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

## **TERMINATION/INTERRUPTION OF COMMITMENT**

**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.

Athlete's wishing to withdraw from the present commitment must have an exit meeting with their parents, coach, and program coordinator. The program coordinators 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.

The athletes deciding to withdraw from their present commitment must provide **GYMTASTICS GYM CLUB with thirty (30) day notice in writing from the beginning of the month**. Withdrawal from programs will result in the loss of the last month's (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.

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.

## **CLUB TRANSFERS**

GYMTASTICS GYM CLUB will only officially release an athlete once all financial obligations have been fully and satisfactorily honored.

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

## **VARIOUS PROMOTIONAL OBLIGATIONS**

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, etc.

GYMTASTICS GYM CLUB Team athletes 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.

## **YEARLY TEAM PICTURES**

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

## **VOLUNTEER COMMITMENT**

Periodically, Gymtastics will seek volunteers to contribute to various events, including the Grizzly Classic, Alberta Gymnastics Federation events, Gymnastics Canada events, and our own home events. We strongly encourage all families whose children are participating to actively participate in these events. Your involvement not only enhances the success and smooth execution of these occasions but also fosters a sense of community and shared responsibility within the Gymtastics family. Your support is invaluable, and together, we can make these events memorable and enjoyable experiences for everyone involved.

## **FUNDRAISING**

Participation in non-mandatory fundraising events is welcomed at Gymtastics, where various opportunities such as "Fill Your Freezer," "Bow River Meat Market," and "Cocoa Brooks" will be scheduled. The funds generated from these events are earmarked for maintaining current equipment and acquiring new apparatus to enhance our facilities. Your support in these endeavors plays a crucial role in sustaining the quality and growth of our equipment, ultimately contributing to an enriched experience for all Gymtastics participants.

## **ATHLETE FACILITIES AND SERVICES**

### **Change-Rooms/Washrooms**

Change-rooms/washrooms are made available for use by the athletes 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/washrooms. No Cell phones allowed in change rooms/washrooms.

## **GYM & PERSONAL TRAINING EQUIPMENT**

Gym 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.

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 athlete at fault.

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

Athletes may be required to bring some of their own personal pieces of training equipment (Example: grips, wristbands, tiger paws, weight belts, elastic waist bands, ankle weights, personal beam mats, spray bottles, skipping ropes, 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.

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

## **PARTICIPATION AGREEMENT PROCESS**

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

**Compulsory championships and Alberta XCEL championships.** Program Coordinators will advise if an athlete is not eligible or does not meet **Gymtastics Gym Club** standards to attend.

## **Participation Agreement and Event Commitment Policy**

GYMTASTICS GYM CLUB distributes a **Participation Agreement Form** up to five (5) months in advance of each selected competition. This form provides families with important organizational details and an estimated cost breakdown, allowing parents and athletes to make an informed decision regarding their participation in the event.

To confirm an athlete's participation, the signed Participation Agreement must be submitted to GYMTASTICS GYM CLUB no later than five (5) months prior to the event. This timeline is based on competition registration deadlines and the high demand for entry into many events. Failure to return the completed form by the specified deadline may result in the athlete being ineligible to participate in the respective competition(s).

Given the need for early commitments, we understand that unforeseen circumstances may arise that require an athlete to withdraw from a competition after confirming their participation.

If participation in an event is cancelled by the **GYMTASTICS GYM CLUB**, all prior payments will be reimbursed to the member by the **GYMTASTICS 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). If an athlete (or their parent/guardian) cancels a previously confirmed commitment to attend an event after the designated deadline, **the athlete and their family will be held responsible for all associated costs.**

In cases where the athlete is unable to attend due to medical reasons, a full or partial reimbursement **may be** considered. This is subject to the specific event's cancellation policy and the **timing** of the withdrawal. A valid medical note must be submitted **prior to the start of the event** in order to be eligible for any reimbursement.

## **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 an athlete'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 **GYMTASTICS GYM CLUB**. The action taken will be dependent on the circumstances surrounding the incident or behavior.

## **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. **GYMTASTICS GYM CLUB athletes must appear clean, neat, and well-behaved at all times and MUST behave according to the highest possible standards.**

All athletes must avoid any actions or activities that may negatively affect learning or performance of the safety of oneself or others.

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. Please ensure you send your athlete with a healthy snack.

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.

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**. Profanity of any kind is strictly prohibited on club premises and at events. The use, possession, or facilitation to possess illegal drugs will not be tolerated.

**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 Program Coordinators and coaches.

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**.

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

## **APPEARANCE AND DRESS CODE**

Hair is to be tied back, 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.

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

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

Female gymnasts may wear a one-piece bodysuit of the kind used in training or competition. Sleeveless suits and shorts 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.

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

### **SPECIFIC GYM RULES**

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 to once a month.

There is not a formal snack break during training for those athletes who are training for two hours or less. Athletes may bring a healthy 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.

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

### **MEDICAL POLICIES FOR GYMNASTICS INJURY AND TRAINING/REHABILITATION PROCEDURE**

All injuries, aches, and pains must be reported to the athlete's Program Coordinator and coach before training begins or as they occur. It is the responsibility of the athlete and their parents to inform the staff of any injuries, pains, or aches resulting from training or other activities.

In the case where an athlete is injured during training or in other circumstances, **GYMTASTICS 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 members will also inform **GYMTASTICS GYM CLUB** of any other information that pertains to the medical aspects of the injury.

**Required Documentation:** A dated medical certificate must be provided, detailing the nature of the injury and the expected recovery period.

**Training Fee Adjustments:** Gymnasts unable to participate in regular training for more than **four weeks** due to an injury are eligible for modified training fees. These adjustments will be based on the proportion of training the gymnast can attend, or the alternative training provided determined by Gymtastics Gym Club Management.

**Modified Training:** Adjusted training sessions will be provided to accommodate the gymnast's reduced physical capacity during recovery.

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

## **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. Athletes must be picked up from training in a timely manner, no later than 15 minutes after training has been completed.

Athletes must attend all regularly scheduled training sessions.

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

In the case of late arrival, an absence, or an early departure from training, the member is requested to notify the Program coordinator by email or call the emergency number 403-225-8305.

In non-emergency cases **GYMTASTICS GYM CLUB** can be reached through email: [inquire@gymtastics.ca](mailto:inquire@gymtastics.ca) , and by phone 403 – 254 – 9010.

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

## **COMPETITION**

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

For obvious safety reasons, parents, siblings, or friends are NOT allowed to talk to the athletes or to other club's athletes during the entire duration of competition.

## **COMPETITION PERFORMANCE**

Coaches at Gymtastics prioritize the well-being and success of our athletes during competitions or events. They adhere to specific protocols to ensure that athletes can fully participate and enjoy the experience. In the spirit of fostering a positive and supportive environment, the competitive team holds the authority to make decisions in the best interest of the athlete's safety and overall development. It is a testament to our commitment to creating a positive and nurturing atmosphere, where decisions are made with the utmost consideration for the athlete's welfare and growth. While unforeseen circumstances may necessitate the removal of

an athlete from a competition or event, our focus remains on providing a constructive and encouraging space for all participants.

Performance protocols:

Athletes must attend at least 80% of their practices in the 2 weeks leading up to the event.

Athletes must show full physical proficiency with their routines in the 2 weeks leading up to the event.

Athletes are able to demonstrate the mental or emotional proficiency necessary for the upcoming event.