

**2022 - 2023  
TROOPERS DEMO  
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 adhere to the new Health and Wellness criteria.

**INTRODUCTION**

Welcome to the 2022-2023 season and congratulations to all gymnasts who have been invited to take part in the **GYMTASTICS GYM CLUB** Troopers Demo Team Program.

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

**1.0 OBJECTIVES/GOALS**

- a) To develop the love for the sport as well as a strong sense of discipline and commitment.
  
- b) To attend Gymfest, incorporating both dance and advanced recreational skills within the CanGym program all while having a positive team experience
  
- 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 TROOPER TEAM STRUCTURES

The owners and coordinators of **GYMTASTICS INC.** 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

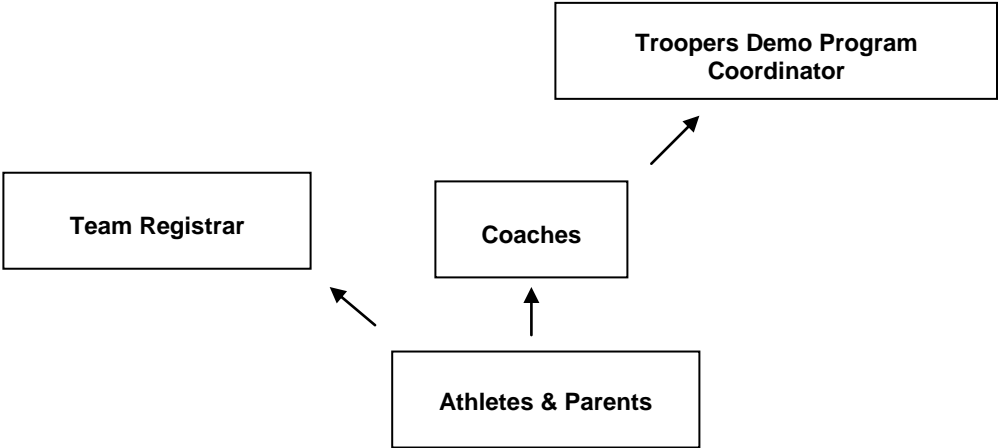
The program structure is subject to adjustments from time to time as the provincial, national and international rules require. The program names and the varying program streams/directions can be amended and modified by **GYMTASTICS GYM CLUB** from time to time, as required.

#### 3.0.2 COACHING AND ADMINISTRATIVE STAFF (Subject to change)

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

<b>Gymtastics Gym Club Troopers Demo Team</b>
<b>Group #4 (11+ Years)</b> 7 Hours/Week
<b>Group #3 (9 + Years)</b> 7 Hours/Week
<b>Group #2 (8 – 11 Years)</b> 6 Hours/Week
<b>Group #1 (6 – 9 Years)</b> 4 Hours/Week

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 programs that it manages. The AGF provides member clubs with a forum to establish the rules and regulations for various recreational activities. For more information, please consult their website at [www.abgym.ab.ca](http://www.abgym.ab.ca)

#### 4.0 TERMS OF THE COMMITMENT

Before each gymnastics year, approximately in June, **GYMTASTICS GYM CLUB** announces the number of spots that it will offer for the upcoming gymnastics year, based on staffing, budget and space considerations. The number may vary from year to year. **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 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**.

4.0.5 **GYMTASTICS GYM CLUB** Troopers Demo team is a performance team that promotes gymnastics. Trooper team members must be willing to have their photos taken and displayed.

#### 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](http://www.gymtastics.ca) using Visa or MasterCard. We have planned for holidays, training camps, special events and missed training days. Withdrawal from the program results in the loss of the last months (June) training fees, annual Membership fee and service fees. 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 gymnasts involvement in the program if the training fees are late or unpaid.**

5.0.4 After the 15<sup>th</sup> of each month, any unpaid training fees and athlete accounts will be assessed a 1.5% 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 or transferable.**

### 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 1<sup>st</sup> to June 30<sup>th</sup> of every year. This amount is non-refundable or transferable to another gymnast, for any reason whatsoever. The prices are an estimate only and are subject to change annually 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 (or vice versa), 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 meet athlete accounts.** All Trooper athletes will be asked to set up a meet account with **GYMTASTICS GYM CLUB** of funds that are used for various competitions and teamwear. At the end of the year, the balance will be rolled over to the next competitive season.

## **7.0 CLOTHING & ACCESSORIES**

7.0.1 Each gymnast is required to purchase the official **GYMTASTICS GYM CLUB** bodysuit, track suit and any other item determined, according to the specifications of **GYMTASTICS GYM CLUB**.

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

## **8.0 ALBERTA GYMNASTICS FEDERATION & OTHER FEDERATION REGISTRATION**

8.0.1 Each 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). That 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

8.0.2 The registration fee paid to the Alberta Gymnastics Federation (AGF) automatically registers the member to the Gymnastics Canada Gymnastique (GCG), so that an athlete does not need to purchase any additional insurance or pay any membership fees to participate in Canada.

8.0.3 Additional registration fees will be required for access to services and membership in foreign countries (particularly the U.S.). Those costs are the responsibility of each athlete and are charged from as travel requires it.

8.0.4 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.

#### **9.0 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**.

9.0.1 In the event the training schedule is modified, **GYMTASTICS GYM CLUB** will determine the need and the schedule for make-up training. There will be NO make up classes while a coach is away at a competition. Every effort will be made to have them train with another group.

9.0.2 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

#### **10.0 VACATION TIME**

**GYMTASTICS GYM CLUB** recognizes the need for athletes and coaches and their families to take holidays at various times during the year. However, 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.

10.0.1 Trooper 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.

10.0.2 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.

10.0.3 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.

10.0.4 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 TERMINATION/INTERRUPTION OF COMMITMENT**

11.0.1 **GYMTASTICS GYM CLUB** may immediately suspend/discipline 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.

11.0.2 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.

11.0.3 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.

11.0.4 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.

## **12.0 CLUB TRANSFERS**

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

12.0.2 If a Trooper 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.

12.0.3 However, if due to unsettled financial commitments (i.e. fees or other outstanding commitments), **GYMTASTICS GYM CLUB** is not willing to release the gymnast from his/her 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.

## **13.0 PROMOTIONAL OBLIGATIONS**

### **13.0.1 PUBLIC DEMONSTRATIONS/DISPLAYS**

Each Trooper athlete 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 as much as possible to be available at those scheduled events. As **Gymfest** requires a group routine in which the girls work the majority of the year towards, it is a **mandatory event**.

### **13.0.2 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. Please consult our Privacy Policy for these matters (available in the office).

13.0.2.1 **GYMTASTICS GYM CLUB** Trooper 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. Please consult the Privacy Policy for these matters.

### **13.0.3 YEARLY TEAM PICTURES**

All Trooper gymnasts are expected to attend the annual team picture day, wearing the designated **GYMTASTICS GYM CLUB** Team uniform.

#### 13.0.4 **GYMTASTICS COMPETITIONS AND HOSTED EVENTS**

13.0.4.1 **All Trooper parents and athletes will be required to volunteer at GYMTASTICS GYM CLUB hosted events.** More information with volunteer expectations will be handed out prior to an event.

### 14.0 **ATHLETE FACILITIES AND SERVICES**

#### 14.0.1 **CHANGE-ROOMS/WASHROOMS**

14.0.1.1 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 entrance cubicles and not in the change rooms/washrooms. No cell phones allowed in change/washroom.

#### 14.0.2 **GYM & PERSONAL TRAINING EQUIPMENT**

14.0.2.1 The 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.

14.0.2.2 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.

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

14.0.2.4 Gymnasts will be required from time to time to bring some of their own personal pieces of training equipment (e.g., 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.

14.0.2.5 **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.

#### 14.0.3 **GENERAL HEALTH ASSESSMENT & MEDICAL INFORMATION CARD**

14.0.3.1 **Each athlete with a pre-existing medical condition or injury MUST return a Medical Consent Note from a Medical Doctor within thirty (30) days of commitment** signing in order to remain a member of the program. If this is not done, the gymnast will be refused access to the training gym until the proper medical note is provided, or unless otherwise permitted by **GYMTASTICS GYM CLUB**.

### 15.0 **SUPPORT PROGRAMS & FUNDRAISING**

#### 15.0.1 **Team Mandatory Volunteer Commitment**

**Gymtastics Gym Club 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.**

### 15.0.2 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.

## 16.0 TRAVEL TO VARIOUS EVENTS

### 16.0.1 RESPONSIBILITY/ACCOUNTABILITY

16.0.1.1 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 **GYMTASTICS GYM CLUB** nor request services on its behalf.

### 16.0.2 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 child. If parents do not feel at ease with their child's participation in an assigned event (for any reason whatsoever), then **GYMTASTICS GYM CLUB** strongly suggests that they refrain from accepting the assignment. **All Athletes must attend all Gymnastics and AGF sanction events that they are eligible for; such as Gymfest.**

16.0.2.1 **GYMTASTICS GYM CLUB** distributes a "Participation Agreement Form" to gymnasts for selected events, which includes financial and organizational information needed for the parent and athlete to make a decision on whether or not to take part in a given event.

16.0.2.2 In order to confirm a child's participation at an assigned event, the Participation Agreement permission sheet must be signed and returned to the **GYMTASTICS GYM CLUB**. Failure to return the appropriate forms may result in the athlete not being allowed/able to participate in the event(s) in question. Failure to do so may also result in the withdrawal of the privilege to participate in future events.

16.0.2.3 If participation to an event is cancelled by **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 events organizing committee).

16.0.2.4 If a gymnast (or his/her parents) cancel his/her previously confirmed attendance to an event, the member (and his/her parents) may be responsible for all costs.

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

### 17.0.1 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. **All**

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

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

17.0.1.2 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.

17.0.1.3 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 **GYMNASTICS GYM CLUB.**

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

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

17.0.1.6 **GYMNASTICS 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.

17.0.1.7 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 **GYMNASTICS GYM CLUB.**

17.0.1.8 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.

#### 17.0.2 **APPEARANCE & DRESS CODE**

17.0.2.1 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. **GYMNASTICS GYM CLUB** will determine the acceptability of any hairstyle.

17.0.2.2 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.

17.0.2.3 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. Male gymnasts must wear singlet and shorts, longs/or tight fitted T-shirt (muscle shirt). No loose/baggy t-shirts will be permitted.

#### 17.0.3 **SPECIFIC GYM RULES**

17.0.3.1 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.

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

#### 17.0.4 **MEDICAL PROBLEM PROTOCOL/REHABILITATION PROCEDURE**

17.0.4.1 **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 for the much younger ones) 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.

17.0.4.2 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 member will also inform **GYMTASTICS GYM CLUB** Team Registrar of any other information that pertains to the medical aspects of the injury.

17.0.4.3 After an injury and rehabilitation period, a **medical doctor's written permission and or clearance** is required prior to the athlete resuming training. Doctor's note is to be given to the Team Registrar.

#### 17.0.5 **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. Due to the athletes working on Gymfest routines which require ALL athletes, the athletes should not be missing training at least 2 months before this event unless for sickness or injury. If an athlete continually misses training a limited position in the routine may be placed in lieu.

17.0.5.1 Athletes must attend all regularly scheduled training sessions.

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

17.0.5.3 In the case of a late arrival, an absence, or an early departure from training, the member is requested to notify **Gymtastics Gym Club** Office at (403) 254-9010 or  
Emergency gym line: (403) 225-8305.

17.0.5.4 In non emergency cases **GYMTASTICS GYM CLUB** can be reached through email: [inquire@gymtastics.ca](mailto:inquire@gymtastics.ca), or call the office 403-254-9010.

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

17.0.5.6 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.

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

#### 17.0.6 DEMONSTRATIONS

17.0.6.1 **An athlete MUST be able to safely perform his/her expected routines at least TWO weeks prior to departure for an event** (unless exceptionally exempted by **GYMTASTICS GYM CLUB**), in an environment similar or equal to that of the regulation environment (mats, no spotting, full routine, full difficulty and high level of execution). In the case where the athlete is unable to perform those requirements, he/she may not be authorized to attend the event. As a result, there may be **no refund** for that event. If any athlete is pulled out of an event it will be the responsibility of the parent for all cost.

17.0.6.2 **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 event.** During event, parents wishing to address their child must first obtain the consent of the child's coach. Similarly, children are not allowed to leave the event floor without their coach's permission, in order to avoid disqualification.

17.0.6.3 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 it is first received by the club.

17.0.6.4 All athletes are required to wear the official club Trooper team uniform unless otherwise specified.

17.0.6.5 All athletes traveling with a **GYMTASTICS GYM CLUB** delegation will be required a certain dress code for various trips. All athletes traveling to events where there is going to be a formal reception/activity, must bring appropriate attire for the occasion.

#### 18.0 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.

18.0.1 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

18.0.2 Grounds for disciplinary action that could lead to suspension or expulsion at the athletes 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(es) or training sessions
- 

### **19.0 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 are 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.**

- **I understand that I am required to adhere to the new Health & Wellness criteria.**

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- I understand all Verbal, Physical, Social and Cyberbullying will NOT be tolerated. I promise to respect the rights of others.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- 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.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- All athletes must avoid any actions or activities that might negatively affect learning, performance of the safety of one-self or others.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- 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**.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- Profanity of any kind is strictly prohibited on club premises and at events/competitions.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- 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.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- 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.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- 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.

\_\_\_\_\_ Parent      \_\_\_\_\_ Athlete
- 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.

\_\_\_\_\_ Parent      \_\_\_\_\_ 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 Gymnastics in a positive and respectful manner \_\_\_\_\_  
Initials
  
- All parents must show respect to all other parents/family/children of **Gymnastics Gym Club.** \_\_\_\_\_  
Initials
  
- Athletes must attend all regularly scheduled training sessions. If away for any reason, coaches must be notified through the Gymnastics office or by direct email to 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 **Gymnastics Gym Club.** \_\_\_\_\_  
Initials
  
- Any form of verbal, or physical abuse WILL NOT be tolerated. \_\_\_\_\_  
Initials
  
- The Gymnastics 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 program
- Expulsion of the parent/athlete