

## Competitive & Precompetitive Team Policies & Parent Information

Welcome to the 2023-24 Gymnastics season, and congratulations to all gymnasts who have been selected and welcomed back to take part in the Airbourne Gymnastics Competitive and Precompetitive Team.

Please take a moment and read this document thoroughly, as it contains important information that you need to know. If you have any questions or concerns regarding anything contained herein, or throughout the season, please email the Board of Directors at [weyburngymclub@gmail.com](mailto:weyburngymclub@gmail.com). This is our confidential email, and only the Board has access to it.

### Season

Our gymnastics year runs from September to August. **As part of the team, your commitment is for the entire season. Tuition is due upon registration, however you may choose to make monthly payments.**

Our groups train as follows:

- Pre-CCP group train 1.5 hrs x 2 days per week from September through April
- CCP Level 1/2 group train 2.0 hrs x 2 days per week from September through May
- CCP Level 3 group train 2.5 hrs x 2 days and 2 hrs x 1 day from September through June
- CCP Level 4+ group train 9 – 13 hrs per week (over 3-4 days) from September through June
- Xcel groups train 7-13 hrs per week (over 2-4 days) from September through June

Athletes do not have to try out for a spot each year once they are part of the team. However, if the coach feels that a gymnast is struggling she may be moved down a group or asked to join the recreational program. Athletes may also be asked to move up within the groups at the recommendation of the coach. This will only occur if there is space available in the group. Priority is given to those athletes that are dedicated, always work hard, and have the required skills to move up.

### Annual Training Fees

Each level of training has different training hours and costs. You can find the fees and training hours for each level on our website under the competitive tab. These fees are for the entire season, and are due upon registration. Due to the length of the season, and the cost of gymnastics, we do offer the ability to make monthly payments towards your fees. If you choose to do the monthly payments, please note that these payments must be made online via Amilia.

### Registration

All registration is done online via AMILIA. Once you have been assigned to a group, you must login to your Amilia account and register your athlete in the correct training group. Please note that all registration needs to be **completed by Aug 25/2023**.

At the time of registration you will be asked to pay your Annual GymSask Insurance and admin fee.

If you choose the monthly payment option, all payments will be taken out on the 17<sup>th</sup> of each month beginning September 17, 2023.

It is your responsibility to advise the club immediately if there are any changes to (or issues with) the payment method you have set up. Amilia has made some changes to their programming – and you can now go in and update your payment information if something changes – however it does **not** update any instalments that are set up. Therefore, instead of using the payment change form this year, if your payment information has changed you must login to Amilia and change your payment method. Once that is done, you must email the club at [weyburngymclub@gmail.com](mailto:weyburngymclub@gmail.com) to advise of the change. We will go in and update the instalment payments with the new information. Please note you must do this a minimum of 10 days prior to your instalment to give time for the update to occur. **All returned payments will be charged a \$25 returned payment fee – there are no exceptions to this policy.**

### **Lottery Ticket Fundraiser**

This is the only club fundraiser that all gym families participate in and all of the funds raised go to the club to assist in paying some of the rent on our facilities and to keep our class costs down. As a competitive athlete, your child is in the gym significantly more than any other group and therefore the commitment is more than a recreational family.

The fall lottery will be a cash lottery, and each competitive family will be required to sell one book in the fall lottery, as well as one set of tickets in the winter lottery. Each book contains \$100 worth of tickets. If you have multiple children participating in our club, you will only be required to sell 2 books total as a family

As an option, you can choose to opt out of selling lottery tickets with a one-time payment of \$200.

Additional ticket books will be available to be sold. For each additional book sold, you will receive a \$10 credit on your account to be used to offset competition chargebacks.

### **Commitment Hours**

As the club grows, our need for volunteers grows as well. The exponential growth of the club, and our continued efforts to keep costs down, means that those who use the club the most should share in the workload towards maintaining a successful club. For the 2023-24 season you will be asked where you would like to commit to when registering. Please note that there will be a parent meeting in early September where you can sign up for specific events at that time. This is not intended to be a large burden – but many hands help things to run smoothly.

- Join the board of directors
- Participate in the 2 “Big” cleans of the gym each year (Winter/Spring)
- Participate on the fundraising committee (Sorting competitive fundraisers, compiling orders, contacting parents etc)
- Participate on the special events committee (Showcase – set up, clean up, cook burgers; team building – potlucks, hotel bookings, team suppers; community involvement – adopt a family, parade of lights etc)

If meeting a volunteer commitment isn't possible for your family, there is a buyout available of \$250

Please note that if the selection you choose is full, you may be asked for a second choice!

Sign up for specific items will be done at during the parent meeting in early September!

### **Competition suits/track suits**

In 2022-23 we replaced our gym suits – so there may be some used ones around that can be used in 2023-24 if your athlete is new or if they have outgrown their suit from last season.

Level 1-2 will be required to wear the sleeveless competition bodysuit

Level 3-9 gymnasts will be required to wear a ¾ sleeve competition bodysuit.

All CCP / Xcel athletes are required to have the team jackets for competition. These were new jackets in the 2021/22 season, and they are normally used for a 3 year cycle.

### **Regular training**

It is very important to attend scheduled training times. If your child is unable to attend a class, a parent or guardian must advise the coach via the Team App. If athletes miss class three days in a row with no notification from a parent, they may be asked to leave the program.

Please do not send your athlete to class if they are sick. Illnesses go through a training group very easily, so if your child is ill with cold, flu, gastrointestinal symptoms, please advise the coach through the app and keep them at home until they are feeling better!

If training is cancelled, the coach will attempt to schedule a make up class. Training may be cancelled (Fridays/Saturdays/Sundays) without makeup during competition times if the team is away. The coach will advise if there are any cancellations.

Athletes may take time with their families at various times throughout the year. It is encouraged to limit time off during competition time as those practices will help your athlete gain confidence for the competitions.

Injuries can occur in any sport. Please advise the coach if your athlete has sustained an injury at or outside of the gym. Many injuries can be trained around by training other parts of the body while allowing the injury time to heal – but the coach must be aware of the issue. If the injury prevents the athlete from participating in training in any capacity or requires significant icing while training, the coach may ask that the athlete remain home to rest.

In the event of a severe injury, extended illness or other special medical circumstance, a medical note from a physician is required. It should state the nature of the issue and the expected time for recovery. In these situations, a waiver of fees for time lost may be requested by submitting a written request to the Board for consideration. Please note that Gym Sask fees are non-refundable under any circumstances.

Any concussion or suspected concussion will require a note from the athlete's physician clearing them for return prior to commencing to train again.

### **Summer Training**

There are summer training camp dates set up for CCP levels. For CCP 3+ you are strongly recommended to attend at least one week of summer training at our gym. Other training opportunities are emailed out when the club receives the information.

## **Competitions**

When registering all CCP /Xcel athletes will have the costs of the compulsory competitions added separately to the registration process. As we are using an estimated competition cost, any difference will be added to or credited to your account when the costs are confirmed.

CCP Level 1 & 2 athletes are required to attend 2 competitions per year. CCP Level 3+ /Xcel athletes are required to attend 3 competitions per year. If your athlete attends a 4<sup>th</sup> competition or qualifies for Provincials those fees will need to be paid when registering or it will be added to your account.

CCP Level 3+ /Xcel are eligible to qualify for Provincials. The qualification scores are determined by GymSask, and it is based on their best scores (usually 2) of 3 competitions attended. Your athlete works very hard all year to make the qualifying score, and the goal is to get to Provincials. It is anticipated that if your athlete qualifies for Provincials they will attend. In 2023-24 Provincials will be held in Saskatoon on the May 10-12th weekend. Please keep those dates open!

Gymnasts must be able to perform their competition routines TWO weeks prior to competition in an environment similar to the competition. In the case where the athlete is unable to perform to the coach's expectations, she may not be allowed to compete at the event. There is no refund for missed events.

## **Competition Costs & Fundraising**

When the team attends a competition there are additional costs that the club incurs. These include honorariums for coaches, mileage, accommodations. All athletes that register for a competition will share in these costs, and they will be added to your Amilia account as soon as all costs are in for each competition. We estimate that these costs will be approximately \$50-75 per athlete per competition based on our limited experience with the new guidelines.

To assist in paying for these costs, the Board organizes 3-4 fundraisers each year that directly benefit competitive athletes. In previous years there was a Bottle Drive, In Good Taste, Clara Clark Sheets & Jack Links fundraisers. **All profits** from these activities go directly to the athlete's accounts. After each fundraiser that your athlete participates in a credit will be placed on their Amilia account.

The difference between the costs and the fundraising is due and payable by the end of the season.

## **Gym Rules**

Gymnasts must come to training with a body suit. They are allowed to wear shorts with their body suit. No loose/baggy t-shirt/tank tops or capris are allowed!

We do not want to restrict parents access to the facility, therefore you should feel free to come into the facility, remaining in the viewing area or the CCP entrance. We do ask that you try to watch only on scheduled watch days to minimize disruptions. Experience has shown that parents in the facility are distracting to the athlete and the entire training group. Athletes that are distracted can become a danger to themselves and to their training group.

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, with the exception of stud or very small hoop earrings. Rings, necklaces, anklets, watches are not to be worn during training.

Gymnasts are **not** allowed to use their personal cell phones during break time. It is preferable that they be left at home and not brought to the gym. If they are brought to the gym athletes will be required to leave them in their lockers/gym bags during training time.

There is not a snack break for those gymnasts training two hours or less. They may bring a snack to be eaten before class starts. Anyone training longer than two hours will have a snack break – and it is very important that your athlete has appropriate snacks to refuel their bodies at this time. Good sources of carbohydrates are the best for this purpose. Snacks must be nut free.

Always remember to bring a water bottle. We do have a water bottle they can use to refill their water bottle. Please make sure their name is on it – and remind them to bring it home each day to be cleaned!

Coaches are allowed to use disciplining means such as “time-outs”, additional sets of conditioning exercises or verbal warnings. Parents will be notified if there is an issue that needs to be addressed. Disruptions, not paying attention, misusing equipment are dangerous to the athlete and their teammates. Gymnasts are required to stop and look at their coach while corrections/appraisal is being given. No attitude will be tolerated. Gymnasts will be given first a warning. If it happens a second time they will need to sit out for 5 minutes. If it happens a third time, gymnasts parents will be notified and they will be sent home for the day.

Athletes are required to show respect to the gym. Please pick up after yourselves and leave the gym clean for everyone to use. Athletes are required to show respect to the other gymnasts in the groups. Treat others as you want to be treated.

If athletes are not willing to compete for and earn a position on “the team”, we have recreational classes available where everyone is welcome and there is no pressure to develop skills or routines for performances or to earn a place on “the team”.

If the athlete leaves the program before the required time, they may not be allowed back into the program. Priority is given to those gymnasts that want to commit to the program.