

Competitive & Precompetitive Team Policies & Parent Information

Welcome to the 2021-22 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. 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-JO group train 1.5 hrs x 2 days per week from September through April
- JO 1 group train 1.5 hrs x 2 days per week from September through May
- JO 2/3 group train 2.5 hrs x 2 days per week from September through May
- JO 3/4 group train 7 – 8.5 hrs per week (over 3 days) from September through June
- JO 4+ group train 9 – 13 hrs per week (over 3-4 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. For the 2021-22 season, you will have an option to make payments over the training period for your particular group.

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 22/2021**.

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 17th of each month beginning September 17, 2021.

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 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 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.

The details of the fundraiser are not finalized at this time. Each competitive family will be required to sell 2 books of lottery tickets. 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.

Competition suits/track suits

JO 1-2 will be required to purchase the sleeveless competition bodysuit which is approximately \$85 plus tax new.

JO 3-9 gymnasts will be required to purchase a $\frac{3}{4}$ sleeve competition bodysuit which is approximately \$150 plus tax new.

The bodysuit is not changing for the 2021-22 season at this time, so there may be used suits available when the sizing is done in the fall.

All JO 3+ athletes are required to have the team jackets for competition. These were new jackets in the 2018/19 season and we are looking at changing these for the 2021-22 season.

Regular training

It is very important to attend all 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.

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 all JO levels. For JO 3+ you are required 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

At this time, we are hoping that competitions will go ahead for the 2021-22 season as planned. Last season we removed all competition costs from the training costs, and did not add them back in for 2021-22 just in case. If competitions go ahead, the following will be in effect:

JO 1 & 2 athletes are required to attend 2 competitions per year. JO 3+ athletes are required to attend 3 competitions per year. Entry fees for competitions will need to be paid when submitting your registration form for that competition. Alternatively, they can be added to your Amilia account, and you can make the payment online.

JO 3+ 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 2021-22 Provincials will be held in Yorkton on the May 13-15th weekend if Provincials are able to go ahead. 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!

Currently our viewing area is still closed – that may change as we move into the fall. If you would like to watch your athlete, please contact the coach as the number of parents in the facility will be restricted and not all families will be able to watch at the same time. Watch times will be limited to the athlete's parents on Friday, Saturday or Sunday.

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. You must bring healthy food/snacks. These must be NUT FREE! NO junk food/slurpees will be allowed in the gym!

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.