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Please read it thoroughly. You will find answer to questions you may have regarding Competitive Programs

Competitive Handbook

For Hopes & Competitive Members & Family

**Competitive Philosophy**

* We believe that the athletes are ultimately responsible for the success of their own involvement and progress in gymnastics. We do not believe in forcing them to do what they do not want or are not ready to do.
* We believe in assisting children to reach their maximum potential recognizing that only a select few will have the capacity and emotional fortitude to achieve the highest competitive level.
* We believe that parents and coaches are active supporters of athletes and their efforts, but they are not a substitute for personal drive and motivation.
* We believe that gymnastics should build character, rather than destroy it. At the same time, a certain level of discipline and authority is necessary in order to minimize injury and risk while promoting an environment that is conducive to the growth and development of all athletes.
* We believe that gymnastics should be a positive experience in children’s lives and that through it, they may get to know more about themselves, about life in general and about the challenges that come with it.
* We believe in being honest with each gymnast and his/her parents about the athlete's progress and potential and the sometimes-difficult road to success.
* We encourage and promote open communication between coaching staff, members and their parents. We believe that an honest and open exchange of information and ideas is fundamental to a healthy club atmosphere. The onus is on both staff and parents to ensure that concerns are addressed in a constructive and professional manner.
* We believe that team performance, cohesion and spirit are best developed when each athlete takes responsibility for his/her own actions.
* 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.

**Precision Gymnastics versus Academy of Gymnastics**

Every athlete that registers in our Hopes & Competitive Program are registered with Precision Gymnastics. If they are moving from our recreational Program in Camrose, they will be registered with Precision Gymnastics as soon as they enter in the Competitive Program (If they are moving for Precision Recreational Program, no changes. The change from Academy of Gymnastics to Precision Gymnastics, if it occurs, is automatic and does not require anything from your side). This does not mean they will have to train in Wetaskiwin, it all depends on the schedule your daughter is following!

**Competitive Gymnastics Streams**

PROVINCIAL STREAM

* Xcel Bronze, Silver, Gold, Platinum, Diamond & Sapphire: Competes optional routines and requirements at Invitationals and Xcel Provincial Championships.
* Compulsory Levels 1-5: Competes compulsory routines and requirements at Invitationals and at Alberta Compulsory Championships.
* Levels 6 & 7: Competes optional routines and requirements at Invitational the staff and Provincial Championships, as well as for a berth on the Zone Team to Alberta Winter Games (only occurs every two years).
* Level 8: Competes optional routines and requirements at Invitationals, Provincial Championships as well as for a berth on the Alberta Team to Western Canadian Championships.

NATIONAL STREAM

* GEMS Program: Is an entry level program for athletes 8-10 years of age preparing for competitive streams with the goal of entry to higher levels of competition. The focus remains on strong essential basic elements on all events. Athletes in this program compete in Levels 3-7 while in this program.
* Canadian Youth Program (formerly called Aspire): Is an advanced level program for athletes 10-11 years of age with the goal of entry to higher levels of competition including the National and High Performance programs. The focus remains on strong essential basic elements on all events as well as the inclusion of key advanced elements.
* Levels 9 & 10: Competes optional routines and requirements at Invitationals, Provincial Championships and competes for a berth on the Alberta Team to Western Canadian Championships, Canadian Championships and Canada Winter Games (Level 10 only - occurs every four years).

Please note:

Participation in the outlined levels is determined by the individual gymnast’s ability to meet the skill requirements established by all rules and regulations set forth by the Alberta Gymnastics Federation (AGF), Gymnastics Canada (GymCan), the International Gymnastics Federation (FIG), and the club staff.

Athletes may be grouped with others from different programs ex: Xcel athletes may be in the same group with Compulsory athletes. The level descriptions are meant to explain the difference in requirements.

**Membership**

We offer three levels of Membership:

* Basic Membership: this is the first **mandatory** level of membership. It covers insurance and give you access to some rebates (Drop in, Birthday Party, Special events etc…). As soon as your register with us, this membership is automatically added to your first invoice (if your daughter move from recreational to comp, she already possesses this membership and it will not be added on your invoice).
* Provincial Membership: this membership is optional but it is mandatory if you plan for your daughter(s) to attend Provincial Championships, Alberta Xcel Championships or Alberta Compulsory Championships. *(If you are uncertain, contact Nancy or Yves to get a better picture.)*
* National Membership: this membership mandatory if your daughter(s) is competing in National stream.

**Tuition**

1. Your competitive fees are expected at the beginning of the month. If you cannot pay your fees by the due date, please contact us right away to set up a payment plan.
2. Competitive fees are calculated for the entire year, then divided by 10 to get a monthly amount. It does not pro-rate even if there are more or less practices in some months!
3. Make up class for competitive are not mandatory or automatic.
   1. Precision Gymnastics will do its best to accommodate parents request when athletes cannot attend based on coaches availability.
   2. Precision Gymnastics will try to organize make up classes when the regular training is canceled due to competitions or other events but to be clear, this is not mandatory and may not happen!
4. Floor choreography fees are not included in your monthly fees.

**Tuition Adjustment**

In case of injury, fees are still due if athletes still train on a modified training plan. If the athlete cannot train at all for a minimum of 2 weeks (with doctor note), fees will be adjusted accordingly.

**Withdrawal and Tuition**

Our Competitive Program is a 10 month Program, running from September to June. If a member wants to withdraw before the end of the Program, some rules apply.

Withdrawal before January

The following tuition month is still due! (i.e., if the withdrawal is requested in December, January tuition is still due).

Withdrawal from January to June

* If the withdrawal occurs before the 15th of the month, only the current month is due.
* If the withdrawal occurs after the 15th of the month, ½ of the following month tuition is due.

**Competition Fees**

* Competitions fees are set up in our Uplifter store. It is your duty to pay your fees on time. Competitions often fill up quickly and are full before the deadline! Keep that in mind to avoid regrets.
* We charge a small amount above real competition fees to cover our admin fees
* If for some reason your daughter cannot attend, a refund is pending the host policy, not ours!
* When host offers attire (bodysuit or else) please keep in mind that often the deadline for the attire is earlier than the competition registration deadline. Do not wait until the last minute to register or your daughter will not receive the gifted attire.
* Traveling, food or accommodation are not included in the competition fees and are at your expense.

**Competition Attendance**

Attendance at competitions is mandatory. We require athletes registered in our Competitive Programs attend at least 6 competitions a year:

* Three mandatory home competitions (Chilly Challenge, Winter Wonderland Warm Up and All Around Alberta Meet)
* Three additional competitions of your choice to choose in our competition calendar

*Please note that according to circumstances, we may exceptionally allow athletes to replace one of the three mandatory competition with another one from our competition calendar.*

**Competition Attire**

Our official competition attire package is mandatory. We usually change the attire package every 2 years (season 23-24, season 25-26, season 27-28, etc…). The package composition can vary from season to season as well as from competitive group to group and is usually composed with a competitive suit or 2, a track jacket plus eventual other **optional** items such as tights, back pack, flip-flops, water bottle, grip bag, etc…

**Floor Routine Choreography**

To compete, athletes need a choreographed floor routine. Precision Gymnastics does use choreographers to create these individual routines. The fees related to the choreographer are not included in your monthly tuition and are at your own charge.

**Communication**

Communication with Members

All communication has to be done by email! (We accept text message or other communication way as social media, etc…). Communication regarding: fees, athlete injuries, competitive attire, withdrawal, registration, competition modification and more has to be done by email to: [yves@academyofgymnastics.ca](mailto:yves@academyofgymnastics.ca) (this is the only way both side can have a proof it. Of course, this is not limited only to these descripted areas but to everything that may direct to conflict…).

Communication with minor athletes

Minor athletes are not allowed to text message, phone or social media message an adult coach or club administrator without including an adult related to her (parent, legal guardian, …) as a witness. **This principle goes both ways!** (Coaches/club administrators are not allowed to solely communicate to minor athletes).

**Safety for athletes**

* Athletes are not allowed to be in a private room with a coach/club administrator without an adult witness. The adult witness can be another parent (or other), but not another club administrators or coach. Room doors have to stay open at all times during the meeting. The meeting cannot happen behind room equipment. It has to happen where it can be viewed from outside.
* If in exceptional situations a minor athlete has to travel with a coach, an authorization form needs to be signed by the minor’s parent or legal guardian.
* Athlete cannot stay in the same room (hotel or other) as the coaches!

**Cell Phone Policy**

* Athletes are not allowed to bring a cell phone into the washroom or into the change room.

**Social Media**

* Members or athletes are not permitted to post negative comments about a gymnastics location that is affiliated to Academy of Gymnastics, Precision Gymnastics or Upside Down Academy.
* Athletes or Members cannot post negative pictures/”memes”, with inappropriate clothing or sexual content related to our business.

**Competition Calendar DRAFT**

* November 19: Chilly Challenge, Camrose. Mandatory
* *December 9-10: Trials to Alberta Winter games (AWG)*
* January 28: Winter Wonderland Warm Up, Camrose. Mandatory
* *February 16-18: Alberta Winter Games*
* February 22-25: Copeland Classic, Spruce Grove
* March 6-10: Gymnastics in the Park, Sherwood Park
* *March 22-24: Trials to Westerns*
* April 11-14: Provincial championships
* April 19-21: Provincial Xcel Championships
* *April 18-20: Westerns Championships*
* May 3-5: All Around Alberta Meet, Wetaskiwin. Mandatory
* May 9-12: Grizzly Invitational, Kellowna
* May 23-26: Summit 24, Canmore