

FLIPS

WAG / MAG

PRE COMPETITIVE / COMPETITIVE

HANDBOOK

2019-2020

INTRODUCTION

Welcome to the 2019-2020 season of the Athabasca Flips Gymnastics Club, we are looking forward to a fun and successful year! This handbook will provide all competitive families with important information about our program. Should you have any additional questions please feel free to contact Davin at davin@athabascaflips.ca or a member of the Executive.

MISSION STATEMENT OF FLIPS GYMNASTICS CLUB

To provide quality gymnastics instruction for all ages and all abilities emphasizing fun, fitness, safety, community and progressive development at all levels.

CLUB COMPETITIVE PHILOSOPHY

Flips Gymnastics Club is a not for profit organization dedicated to the promotion and development of the full physical and mental potential of each individual.

BOARD OF DIRECTORS and ANNUAL GENERAL MEMBERS MEETINGS

Flips Gymnastics Club is run by a volunteer Board of Directors. Parents are welcome to attend Board meetings, which are typically held monthly with the Annual General Meeting held in September each year.

COMPETITIVE PROGRAM

COMPETITIVE PROGRAM GOALS:

- To provide the opportunity for each gymnast to reach their full potential.
- To promote overall personal development including self-discipline, motivation, courage, dedication and good sportsman ship.
- To follow the standards established by the Alberta Gymnastics Federation to ensure all technical and program requirements are being met.
- To provide the opportunity for each gymnast to demonstrate and compete for Athabasca Flips
- To have fun while learning and developing new skills.
- To promote team spirit among the gymnasts. Gymnasts will be expected to display enthusiasm not only for their own achievements but also for the accomplishments of the team as a whole.

STRUCTURE OF COMPETITIVE PROGRAMS

GIRLS PRE- COMPETITIVE - JO 1- 3

GIRLS YEAR ONE, TWO and THREE PROGRAM

These programs focus on age-appropriate athlete development using elements and skills from the JO program and the Aspiration Program in areas such as strength, flexibility and skill/progression.

Ages 5-7 Training Hours: 6 hours

COMPETITIVE PROGRAM – WAG (JO) PROGRAM

This program is designed for new and returning competitive gymnasts who have shown exceptional talent and love of gymnastics. These gymnasts will be working on skills appropriate to their competitive level. Conditioning plays an integral role in the competitive program. These gymnasts may be invited to attend several competitions reflective of their ability level during the competitive season (December through May)

BOYS PRE-COMPETITIVE PROGRAM

All male athletes will be considered as pre-competitive gymnasts, regardless of age, until such a time that they are able to meet the AGF requirements to compete at Level One. This program focuses on age-appropriate athlete development in areas such as strength, flexibility and skill/progression. The boys will train 6-9 hours per week. Athletes may be eligible to attend select events.

Ages 5 and up Training Hours: 6-9 hours

ALBERTA GYMNASTICS FEDERATION GUIDELINES

Age groups and skill requirements for the different competitive levels are finalized at the Annual General Meeting of Alberta Gymnastics Federation in the Fall of each competitive season, and are subject to change every year. The current levels and age classifications (subject to change) are as follows:

FEMALE

JO LEVELS:

Level 4: Regional Stream. This is an introduction to competition. The routines are comprised of compulsory elements. Athletes will compete at events in the Edmonton area, Northern Zones and may be invited to attend other special out-of-town competitions to wrap up the season.

Level 5: Provincial Stream. The routines are comprised of compulsory elements. Gymnasts will compete in Provincial Invitational competitions and the Northern Zones competition to qualify for Provincials.

Levels 6&7: Athletes may compete in Provincial Invitational competitions, Northern Zones and dependent upon their performance may qualify for the Provincial Championships.

Level 8-10: Gymnasts at this level may compete in Provincial Invitational competitions, may automatically qualify for Provincials, and dependent upon their past performances may compete in the AGF sanctioned Trials to Westerns to win a berth on the Alberta

team for the Western Canadian Championships. Level 9 gymnasts under 13 years of age and all Level 10 gymnasts may also have the opportunity to qualify for a spot at Canadian Nationals.

AGE CLASSIFICATIONS

All age categories are determined by the gymnast's age on January 1st, NOT their age at the time of competition.

Participation in each Level is determined by the individual gymnast's ability to meet the skill requirements set out by the Alberta Gymnastics Federation and will be decided by the gymnast's coach. The official AGF level for a gymnast in a given year is set by the level a gymnast is registered in during sanctioned events (Northern Zones/Provincials/Trials to AB Winter Games). A gymnast may compete in a different level (either higher or lower) in non-sanctioned Invitational meets as recommended by their coach, prior to sanctioned events.

MALE LEVELS

Provincial Pathway Program: Entry competitive level. "The purpose of the Provincial Stream Program is to provide a beginner level gymnastics program.

These competitors may or may not move on to the National Stream Level.

Provincial Stream competitions will also accommodate the late beginners in our programs."(Courtesy: Alberta Gymnastics Federation)

All provincial athletes are eligible to attend invitational competitions and

Provincial Championships as determined by the coaching staff. Provincial 4 athletes may be eligible to attend Western Championships based upon their performances. Provincial Levels 1 through 4 are currently offered at Flips.

AGE CLASSIFICATIONS

All age categories are determined by the gymnast's age from September 1 St - August 31St of a given year.

Participation in each level is determined by the individual gymnasts ability to meet the skill requirements set out by the Alberta Gymnastics Federation and will be decided by the gymnast's coach.

TRAINING ATTIRE

FEMALE

Gymnasts must wear a proper fitting leotard (dance and aerobic wear are not considered suitable attire) – shorts are permitted during certain training activities

provided they are fitted and worn over a leotard. Only bare feet or gymnastics slippers are allowed in the gym. A suitably sized gym bag to carry supplies in will be helpful. No watches, rings, necklaces, bracelets, friendship bracelets or dangling/hoop earrings will be allowed for safety reasons. Hair should be fixed tightly so that it is not in the gymnast's face at any time. Loose hair can cause difficulty while spotting and may cause injuries on certain apparatus. All gymnasts should have a supply of their own gymnastics tape.

MALE

Male gymnasts must wear proper fitting attire that would include T-shirt and shorts. Loose fitting clothing, pockets and non-tucked T-shirts present a safety hazard both to the gymnast and the coach. A gym bag to carry supplies in will be helpful. No watches, rings, necklaces, bracelets, friendship bracelets or dangling/hoop earrings will be allowed for safety reasons. All gymnasts should have a supply of their own gymnastics tape.

ATTENDANCE

It is very important that each gymnast attends every training day possible. We realize that from time to time due to illness, injury or holiday, etc., that your child will be unable to attend. We ask that if your child is feeling unwell, you do not send them to training. We do not wish to have any illness spread to other athletes and while we appreciate your child's dedication they are often lacking the energy to complete a training day when they feel poorly. Please call or text Davin if your child be will absent at (780) 699-7685 or via email us davin@athabascaflips.ca.

No make-up classes will be offered. Preparedness for competition includes attendance. Regular attendance at training is an important aspect of an athlete's progress. Prior to a competitive event, attendance is of the utmost importance. If you plan to be away for practices close to a competitive event, please speak with your child's coach to see if this will affect their preparedness for the upcoming event. If so, we ask that you do not register your athlete for this event. This determination will be at the discretion of the Head Coach and all decisions will be final.

It is the parent's responsibility to inform the Head Coach about any extended absences during the training year. Be aware that deadlines for events may come up during your absence. By notifying the Head Coach you may be able to make arrangements for upcoming events.

PRACTICE CANCELLATIONS

On occasion, there may be some class cancellations due to coaches meetings/courses. The competitive program will not run regularly scheduled classes on competition weekends. There will be NO make-up classes offered or credits given for days missed due to these occurrences as we have factored this into your yearly program cost.

Classes that are cancelled for other reasons may be made up if time allows at the discretion of the Head Coach.

PARENT-GYMNAST COMMUNICATION

Parents are welcome to observe training at any time; however, they will not communicate with the gymnasts or coaches in any way while classes are running. Giving verbal directions or hand signals to the gymnasts is distracting and may interfere with what the coach is trying to accomplish. All parents, whether recreational, competitive or members of the board will not enter into the floor area unless approved by a coach. If the guidelines are not adhered to, a review to implement restricted viewing times may be required.

PARENT-COACH COMMUNICATION

Parents are welcome to approach their gymnast's coach with questions or concerns before or after class. Be aware that the coach may not have the time to fully address your question or concern at that time. Consider booking an appointment to allow the coach to give their undivided attention to the situation. Should you feel unable to approach your coach directly we encourage you to contact the FLIPS President at president@athabascaflips.ca. Please approach us as soon as possible if you feel an issue needs our attention. Often we are unaware of certain situations and waiting until the end of the season to address them does not allow for enough time to rectify the situation. We appreciate your cooperation in this matter.

SUPERVISION

IMPORTANT REMINDER: Gymnasts WILL NOT use any equipment or be in the gym area unless directed by their coach. This extends to anytime your athlete is at the club. There will be no unsupervised use of equipment during any set up and teardown for events or any other time that there are no coaches to directly supervise. Parents will be responsible for their athletes conduct during these activities and will find suitable activities off the floor or ensure daycare is provided.

GYMNASTS' CODE OF CONDUCT

Gymnasts will be expected to:

- Arrive on time for class prepared to work
- Follow the coaches' instructions at all times
- Treat other gymnasts and their coach with respect and courtesy at all times
- Remain with the group unless permission is requested and granted from the coach
- Inform coach of any absence

- Leave all valuable items, such as, cell phones, iPods etc. at home. The club assumes no responsibility for items that have gone missing.
- Keep competitive change rooms / bathrooms clean. Coaches have the authority to have gymnasts tidy up the competitive change rooms / bathroom at any time if they become unsightly.

Discipline

Failure to adhere to the Gymnast's Code of Conduct and/or Class Rules may result in temporary removal for an individual class or series of classes. If an athlete consistently fails to adhere to the policies stated above, their position with the competitive program will be re-evaluated and a meeting will be called between the coach and the parents. The gymnast may be asked to leave the Competitive Program.

FOOD

No food or drinks (except a water bottle at appropriate locations) are permitted in the training area. Any snacks should be eaten in the viewing area. All Gymnasts must respect the club and clean up after themselves. Athletes are encouraged to bring healthy snacks to fuel their bodies for the intense conditioning they undergo.

COMPETITIVE AND DEMONSTRATION ATTIRE

All Competitive gymnasts representing Flips Gymnastics Club in competitions and demonstrations will be required to have and wear a team competitive uniform such as a long-sleeved competitive leotard for girls and a team singlet, longs and shorts for boys as well as a team tracksuit. These costs are not covered by registration fees and are the gymnast's responsibility.

Due to the length of time to custom make these suits, all orders are taken in September. Clothing may not arrive until the end of December. Please keep in mind that athletes grow and parents may need to consider this when ordering.

HOLIDAYS

Modified training for Competitive athletes may be offered over Christmas and Spring Break. Parents wishing to remove their child from training during these times should be aware there is no waiving of fees for missed classes. Weekly summer training may be offered and is not included in your yearly fees. Monthly program fee payments are offered for member convenience only and do not reflect the actual monthly cost of the program.

GYMNASTICS MEETS

The Head Coach will decide which competitive events gymnasts participate in and at which level. Competition fees must be paid to our club by our deadline or the gymnast will not be entered in the competition. Consent forms must be completed for each meet.

Please keep in mind that competitions are selected to assist your child in preparation for a successful year. Competitions are an integral part of the program and participation is encouraged.

If you elect to attend Northern Zones and your gymnast qualifies for a spot at Provincials, the expectation is there that your gymnast will attend the event. It is important to discuss the competition schedule with your coach if you plan not to participate in some meets. A list of competitive events will be provided to you as soon as the AGF schedule is finalized. The meets your gymnast is expected to attend will be listed. The competition schedule handed out at the beginning of the season is tentative and subject to change.

It is also important to note that DEADLINES must be adhered to due to space availability at the event in each category. Flips sets the deadlines prior to the event deadline to ensure we have ample time to submit a team registration. At no point should a parent contact a club or AGF directly to attempt to register an athlete without permission from the Head Coach. This has been reaffirmed by AGF and other clubs as to keep the communication via club to club only. Failure to follow the rule may result in cancellation of registration by our club without refund of fees

TRAVEL

It is the responsibility of parents to organize any travel and accommodations required for gymnasts attend a meet.

BEHAVIOR AT COMPETITIONS

PARENTS

Parents are expected to act appropriately at competitions. Respect, good sportsmanship and manners are required. Parents should not:

- signal to, wave at, talk to or otherwise distract any gymnast while on the competition floor
- enter the competition floor (only gymnasts and coaches are allowed)
- enter into conversations/discussions regarding the competition with judges or coaches before, during or immediately after the competition
- make public displays or use inappropriate language

All parents are ambassadors of Flips Gymnastics Club and are expected to adhere to our club's Parent/Spectator Policy guidelines at all times.

GYMNASTS

Gymnasts must arrive fully prepared for meets and events a minimum of 15 minutes prior to the start of warm-up. Failure to be punctual may result in removal from the event.

Gymnasts may NEVER:

- approach any judge or judging panel before, during or after the competition unless requested to do so
- leave the competition floor during the meet without permission from their coach
- enter the spectator area until the competition is over without permission from their coach
- use any equipment, play games, or fool around during waiting times

All gymnasts are representatives of Flips Gymnastics Club and as such are expected to show exemplary behaviour and good sportsmanship at all times. Athletes should have Competitive bodysuits and tracksuits available at all times during competitions and march-ins when requested by the coach.

COMPETITION EXPENSE

The costs incurred by a gymnast to participate at Competitions, whether local or out-of-town are the sole responsibility of the family of the gymnast participating in any or all of these events. Flips will add a proportional fee to the registration to cover the cost of coach expenses which may include, but are not limited to travel, hotel, and wages during the event.

PRIVATE LESSONS

Private lessons are available throughout the year. These may be for routine polishing and/or skill development. Cost is determined by the individual coaches and ranges from \$30 - \$50/hour, but payment must be processed through the office. If you want to secure a private lesson, notify the office. The Head Coach will then discuss with the athlete's coach to determine the need. Rates will be set at this time and provided to the parent. Due to scheduling private lessons may not be available and will need to be scheduled within a timely manner.

2019-2020 COMPETITIVE COMMITMENTS

FEES

The Competitive program is a yearly program. Fees are calculated on the total number of hours trained per year divided by ten months. The fees per month are NOT necessarily reflective of the number of hours trained in a given month. The Training Fee, as determined by this formula, is applicable for September to June.

Summer Competitive Camps are at an additional cost and schedules will be provided to parents prior to the camps running

Annual Fee payment arrangements are mandatory at time of registration. Families may choose to pay fees monthly via credit card or electronic cheque through the online registration system, or make payment in full.

The Annual Membership Fee for:

- Provincial Competitive gymnastics is \$215.00.
- JO WAG athletes \$125
- Pre-competitive programs is \$60.

The Annual Membership Fee MUST be paid IN FULL by start of competitive Season. These fees are subject to change dependent on notification from AGF and are non-refundable.

Refunds for program registration will be given at the discretion of the Board. No partial refunds will be given on monthly fees due to absence for holidays or other activities as chosen by families.

Please note that any gymnast with fees in arrears at the end of June will not be permitted into the competitive program for summer camps or fall training until all arrears have been settled and payment of all past fees has been arranged. Any family in arrears for 30 days will be charged a \$20.00 administration fee.

NSF cheques are subject to a \$25 fee. Any family, whose fees fall sixty (60) days in arrears may be suspended from the club until arrears have been paid in full.

COMPETITIVE PARENTS COMMITMENT

Due to the number of hours of training required, the hourly cost for the competitive program is markedly reduced when compared to the recreational program. Because of this a commitment is required from Competitive parents and requires participation in various fundraising and maintenance endeavours throughout the year (i.e. cleaning bees, working at Competitions & Special Events, fundraising, maintenance, Board of Directors positions).

PARENT CONCERNS:

As with any organization, parents may from time to time have concerns they would like to address. Please ensure that all questions are submitted to the Board. Your concern will be reviewed and forwarded to the correct party for follow up in a timely manner.

OTHER SUPPLEMENTARY FEES

With any competitive sport there will always be other costs associated with the program. Although they are mentioned throughout the handbook, we have listed them for your convenience.

Uniforms – Athletes are required to purchase club competition clothing.

Costs may fluctuate

MAG – Competitive Boys - singlet, shorts, longs & tracksuit

MAG – Pre-comp – shorts and t-shirt. Tracksuit optional

WAG – Pre-comp – sleeveless bodysuit. Tracksuit optional

WAG – Competitive Girls – long sleeve bodysuit and tracksuit

PARENT CODE OF CONDUCT

Please review the Parent/Spectators' Code of Conduct Agreement attached to your package. It will require a signature once reviewed.

Ten Commandments for Gymnastics Parents!

Do not try to impose your ambitions on your child. Gymnastics is his/her activity and your gymnast must progress at his/her own speed. One of the great things about gymnastics is that it does not matter whether you finish first or last, but rather the wonderful lessons each gymnast learns from striving to do his/her very best.

Be supportive. Encourage your son/daughter to participate and to strive to do their best. "Did you have fun? What did you learn today? Did you make a new friend?"

Be the parent, not the coach. Very special bonds should exist between you and your gymnast. The Coach's task is the technical part; yours is the love, support, encouragement, health and well being part. Trust your Coach and be a **STRONG** parent.

Acknowledge your child's fears. It is normal to have fears when learning new skills or going into your first competition. Assure your gymnast that this is normal and that the coach has many progressions for each new skill. Also explain that everyone must learn to compete well.

Be positive. Cheer and applaud at competitions. Think and say positive things about the experience; the learning that took place, the new friends, the coaching, the judging.

Teach goals other than always having to win. At one age group or level your child will be at the top of the heap; move up and he/she will be at the bottom; there are many uncontrollable factors. Doing his/her best at practice and at the meet is a much better goal. Besides the real competition is with him/herself and the concept of perfection, not against other gymnasts. The other gymnasts may become lifelong friends.

Do not expect your child to become an Olympian. There are over 60,000 gymnasts in our country and only 7 are chosen every four years to go to the Olympics. Shoot for a happy, confident, strong, flexible, coordinated, mentally alert, emotionally and physically fit young person.

Support your gym. Gymnastics clubs all seem to struggle for survival. Find ways to bring in new students, explore ideas for raising money for those new mats or bars. Give positive suggestions for improvement when you see something that no one else seems to notice.

Learn about health and nutrition. Gymnastics is one of the most demanding and difficult of all sports. No one has ever been too strong or too healthy or too much in shape. Help your child to understand the value of eating healthy foods, of getting proper rest, of being physically fit, and of being emotionally strong yet being considerate of others.

See the BIG picture. We often tend to see only our own little area and only at the present moment. Look at what is good for everyone all the time. This great sport is also great life training. The discipline of striving for perfection; the discipline of being physically, mentally and emotionally fit; the ability to make quick decisions; the knowledge of what one can and cannot do; the realism of the competitive aspect of sport; keeping a positive attitude; etc. are all BIG picture items. Enjoy!!

Adapted from George Henry 2004

Parents'/Spectators' Code of Conduct Agreement

- I will encourage good sportsmanship by demonstrating positive support for all gymnasts, coaches, and officials at every event and practice.
- I will treat officials, coaches, and all gymnasts with respect and avoid ridicule or sarcasm.
- I will praise all gymnasts just for participating, regardless of their athletic skills.
- I will remember to look for positives with all gymnasts.
- I will remain calm when gymnasts make a mistake and help them learn from their mistakes.
- I will remind all gymnasts not to get down on themselves when things do not go well.
- I will try not to take myself too seriously when it comes to my involvement in youth sports, reminding myself that youth sports are for children, not adults.
- I will remind myself and all gymnasts to laugh and keep a sense of humour.
- I will teach gymnasts by giving them a good example of sportsmanship:

Winning Without Gloating Losing With Out Complaining

It is imperative that parents/spectators conduct themselves in a proper manner. Use of profanity, verbal, or physical harassment towards officials, staff, coaches, or gymnasts, will not be permitted.

I understand that failure to abide by the policy and the above code of conduct will result in the following:

- First offence: parents/spectators being asked by a club representative to stop the inappropriate behavior
- Second offence: parents/spectator being ejected from the activity, competition and/or event
- Third offence: parents/spectators being banned from all club activities.

I also understand that physical violence or threats of physical violence will result in an immediate and permanent ban from all league activities.

Parents Signature Date

Parents Signature Date

Parents Signature

Parents Signature

Flips GYMNASTICS CLUB

COMPETITIVE TEAM AGREEMENT 2019-2020

This is to confirm that we have read and understand the Flips Gymnastics Club Pre-Competitive and Competitive Team Parent Handbook 2019-2020.

I agree to follow the regulations and expectations as outlined in the Handbook.

ATHLETE

I, _____, have read and agree to follow the athlete's items in the Handbook. As well, I have initialled that I have read and will follow the following specific items:

Found	Item	Initial
V.4.	Training Attire	_____
V.5.	Attendance	_____
V.9.	Supervision	_____
V.10.	Gymnast's Code of Conduct	_____
V.11.	Food	_____
V.12.	Competition and Demonstration Attire	_____
V.14.c)ii)	Behaviour at Competitions	_____

Athlete Signature

PARENT(S)

I, _____, have read and agree to follow the parent's items in the Handbook. As well, I have initialled that I have read and will follow the following specific items:

Found	Item	Initial
V.5.	Attendance	_____
V.6.	Practice Cancellations	_____
V.7.-8.	Parent-Gymnast & Parent-Coach Communications	_____
V.10.c)	Parent/Spectator Code of Conduct Policy	_____
V.13.	Vacations	_____
V.14.	Gymnastics Meets	_____
V.16.a)-f)	2019-2020 Competitive Commitments	_____

Further, I realize that to succeed, my child must participate in a variety of activities, many at a financial charge that are geared to assist in my child's development.

My role will be as a supportive and positive fan, leaving coaching to the professionals

Parent Signature

Parent Signature