

ELK VALLEY GYMNASTICS

COMPETITIVE TEAM HANDBOOK



902 6TH AVE
FERNIE BC
250 430 0010
elkvalleygymnastics.com

Updated July 2023

WELCOME AND CONGRATULATIONS!

We would like to take this opportunity to welcome your family to the Elk Valley Gymnastics “*Competitive Team Program.*” This handbook is being provided to ensure both parents and gymnasts have a clear understanding of what it means to be a member of EVGC’s competitive program, and the commitments required.

We have found that a strong family commitment is essential to the success of our athletes. Your support for your child, as well as support and respect towards the coaches who will be working hard to help your children achieve their individual goals, is crucial.

Please thoroughly read this handbook. Additional information can be found on our website. The website and UpLifter registration/account program and online calendar are our parent’s tool for communicating with our office and viewing/ updating your individual accounts.

Once again, thank you for making the commitment to participating in our Competitive Team Program, and we look forward to spending many years with your child.

Sincerely,
Elk Valley Gymnastics



EVGC Team Philosophy

To be successful in the competitive program at Elk Valley Gymnastics, gymnasts must first possess a strong **DESIRE** to be a competitive gymnast. There are many fulfilling aspects to being a competitive gymnast, but there are also certain aspects that are less appealing: the conditioning, the need for repetition, the aches, and pains, etc.

Regardless of these things, if a gymnast still has the desire to come back into the gym, repeatedly, and passionately “wants it”, they more likely possess the **DISCIPLINE** to do what it takes to become successful. They must be willing to give 100% to everything they do, even the things they do not enjoy doing. When they don’t feel like coming to practice, they must possess the **DEDICATION** to come regardless, realizing that the time put into this sport is a necessary factor. Combined, these “3 D’s” are the foundation on which we build our program.

We also feel that for the gymnast to succeed in a healthy fashion, it is important that **ALL** persons involved, (coaches, gymnasts and parents) work together. For healthy working relationships to exist we feel it is essential that the lines of communication are open between all three parties.

CHAMPIONS FOR LIFE

It is our mission at Elk Valley Gymnastics to help our athletes strive to be the best they can be, in an environment that is both competitive and nurturing. We believe each child is given different gifts, talents and abilities and it is our mission to bring their abilities to fruition.

At Elk Valley Gymnastics Club we have athletes competing CCP (Canadian Competitive Program) 1-3 and 6-7. We also have athletes competing in Xcel Bronze, Silver, Gold programs and starting in the 2023-2024 season is that we will have a full Performance group going to competitions with us. Each level and program has different requirements. It is up to the coach to place gymnasts in a program where they will be the most successful.

Moving up Competition levels:

Artistic athletes rarely move levels during the competitive season. There are set required skills that athletes must be able to perform safely before moving up a level it is at the discretion of the Manager and Coach as too when a gymnast will move up and when they are ready to compete. This means that if there is a skill that your gymnast is unable to perform without the aid of a coach they will not compete the skill, this may result in a child being asked to compete at a later time in the year giving them more time for practice.

Level 1-3, 6 and Xcel Bronze, Silver, Gold gymnasts may participate in other sports activities in the off-season. It is highly recommended for Level 7/8 to dedicate their time to gymnastics exclusively. If your athlete is doing other activities in the off-season please be careful so they do not over-train. If any pain or injuries occur make sure to seek professional help immediately. Off-season June - November.



STUDENT GUIDELINES:

PRACTICE ATTIRE

- All female gymnasts must practice in a single-piece leotard shorts optional
- **Hair must be pulled back for every workout. Please make sure this is done before arrival.**
- NO GUM
- Bring a water bottle!

GYMNAST RULES AND CONDUCT

- All gymnasts are expected to attend all scheduled practices. If for any reason it is impossible to attend a practice, please notify Moa as soon as possible. A text can be sent to 250 430 1430 email to: coach@elkvalleygymnastics.com
- Gymnasts should attend 100% of your required training sessions. Attendance will be taken and less than 80% attendance will require evaluation of the gymnast to remain in the level and or team she/he was placed. Decreased attendance reduces the rate of progress, and competition readiness, but more importantly creates safety issues.
- Make-up classes will be offered on most No school Fridays and Saturdays only. This year athletes will unfortunately not be able to make up classes by jumping into another class during the week.
- Gymnasts cannot talk back to coaches, eye rolling or disrespect of any kind
- No unkind or vulgar language directed to coaches or teammates
- No unsportsmanlike conduct was directed toward fellow gymnasts. Remember gymnastics is an individual sport, however, it is very much a team sport at EVGC and we should support our team members and friends.

TEAM PARENTS

Congratulations again for having your child invited to participate in our gymnastic competition teams! As was mentioned in our welcome letter, Team gymnastics requires a “family” commitment. Team gymnastics is a tough, year-round sport that requires long hours and

complete dedication and without full family support, a gymnast may not succeed. The EVGC competitive commitment is from Sept – June, plus summer classes for returning athletes. We ask that parents respect these dates and have their children attend all practices within this time. **Gymnasts are expected to attend the 4 practices before all competitions, the only exception is if the athlete is very sick. Failure to do so may result in not being able to compete.** This may mean training during Spring or Winter Break. If there is a reason to miss practice please make sure to tell Moa by email or text as soon as possible.

Along with moral support and encouragement comes the necessity for financial support as well. By allowing your child to accept a position on our competitive team we ask that you are aware of all that this position entails.

Competitive Gymnastics

- Ever increasing practice hours depending on the gymnast's level
- Increasing tuition costs depending on the gymnast's level
- Travel requirements (sometimes airfare is necessary), weekends away from home. Possibility of school time missed
- A team member commits to competing each year
- Parents must commit to trusting their coaches to do what is in their child's best interest.
- Parents must commit and understand the financial responsibility associated with competitions, practice and uniform purchases.



VOLUNTEER COMMITMENTS

Elk Valley Gymnastics is a non-profit organization that relies heavily on fundraising and volunteers. Volunteer hours will go towards helping with club events, fundraising and gym cleaning. Volunteer positions for fundraising events will be posted on our website as well as emailed out. Volunteer hours can be carried out by any member of the family over the age of 12. Some volunteer hours may be carried out by helping out with building things for the gym. If you have talents in this area please let the office know.

All competitive families will be required to have at least one adult member of the family attend our Annual General Meeting on Sept 17th, 2023.

Elk Valley Gymnastics thrives off our volunteers. The fundraising allows us to keep registration fees lower and have the ability to purchase equipment. We require all families to volunteer their time to help with our events and fundraising. Families of CCP and Xcel will be required to submit 2 post-dated cheques of \$250 for their volunteer commitment. One Cheque will cover volunteer commitments from Sept-Dec and the other from January - June. Once your commitment has been met, cheques will be returned. The first cheque will be cashed the last week of December and the second first week in June if commitments are not met. All hours will be recorded in the Sign-Up Genius app. Please make sure that you have signed in and out for each of your volunteer shifts. Cheques need to be submitted by Sunday, Sept 17th. 2024.

Volunteer Commitments for both CCP and Xcel Parents include but are not limited to:

- 1 Bottle Drive**
- 1 Concession**
- 1 book of raffle tickets**
- 1 set up/take down shift at the Rocky Mountain Tumble**
- 1 volunteer shift during the Rocky Mountain Tumble**

Performance Team:

- 1 set up/take down shift at the Rocky Mountain Tumble**
- 1 volunteer shift during the Rocky Mountain Tumble**

Dates of these Volunteer Events will be given out at the Parent Meeting on Sept 17th.

Each volunteer commitment will be given a dollar amount that will be charged if the commitment is NOT completed. Except for the Rocky Mountain Tumble shifts, those are mandatory for your gymnast to compete.

COMMUNICATION

Communication is the key to success in our program. All information regarding your gymnast will be provided by the office. If you have questions about your child's progression, practices or anything with competitions please contact Moa through email at coach@elkvalleygymnastics.com. If you have any questions regarding registrations and billing please contact Cristina through email at info@elkvalleygymnastics.com and if you have any questions regarding volunteer hours please contact fundraising@elkvalleygymnastics.com

Please check our website and your emails and online calendar often to find pertinent information regarding our Competitive Team Program.

Injuries:

Injuries Outside the gym:

Please ensure that your child's coach is well-informed of any serious joint or muscle injuries that your child has incurred outside of the gym. Our trained coaches will adapt the exercises to ensure that your child's safety is intact and the injury is not irritated further. The sooner we know about an incident and its specifics the better adaptations we will be able to make. It is rarely necessary to miss training for a simple injury. It is important to keep up with strength, flexibility, team bonding and mental training so as not to be left behind after the injury has healed.

Injuries Inside the gym:

If an injury has occurred at EVGC during training time, your child's coach will inform you how it happened, and what first aid has been provided. Most injuries in the gym simply require ice. In the event of a serious injury, protocol dictates that we call 911 for medical assistance and then call the parent. A coach will accompany your child to the clinic should that be necessary. If an injury persists for more than a few days, you may want to consider seeking medical attention. Please keep the coach updated on your child's health at all times.

If your child becomes injured they are still a team member, and (with doctor's approval) they are required to return to the gym for restricted training. An injured gymnast will be given a specific work-out plan tailored to what they are capable of doing, which will include extra conditioning or flexibility. (i.e. if a gymnast has an ankle injury, they would have an extended bar workout plus additional conditioning.) In some cases, the workout plan will be shorter than their regular hours. If hours are restricted due to injury, fees will be adjusted accordingly with a doctor's note. We will hold injury days as a credit on your account, to be used for future fees.

You are strongly encouraged to have a good relationship with a trusted physiotherapist or another sport-related care provider. Gymnastics can be hard on a growing body and having professional assessments and therapeutic care can be a tremendous benefit.

DISCIPLINE

In most cases, discipline problems are minor and will be handled quickly and easily in the gym during workouts. With discipline issues, we typically give them two warnings before we give a consequence. Consequences range from a brief time-out period to being sent home (in extreme or persistent behavior.) In the event that the situation continues either with a **child or parent**, we will set up a conference to discuss the problems that we are having. If the situation cannot be resolved, we will ask the athlete and the family to leave our team.

Uplifter

EVGC's registration is done through our Uplifter online portal. Please make sure your account is up to date with your credit card and that it is set to take auto payments. If you had trouble last year please contact the Manager to make sure it is set up correctly.

Please make sure your account is set as the Member as a parent with your birthdate - MUST be over 17 yrs and have your gymnast set as the Participant with correct birthdates.

TEAM COSTS

EVGC is a non-profit organization with a parent-run board, We rely on fundraising to help offset our costs. There will be fundraising events that happen throughout the year that will be for both the club and specifically the competitive team. These fundraisers will help with the costs of team jackets and bodysuits, water bottles and bags.

At Elk Valley Gymnastics we believe that the training, educational opportunities and emotional support that we offer our athletes are valuable and important. The coaches not only spend time in the gym coaching your child, but they spend time at home working on skill development plans for each athlete, practice structure, reviewing educational materials and videos, and countless hours conferring as a coaching staff regarding the teams and individual gymnasts.

In order to give our parents the most economically friendly cost plan possible, Elk Valley Gymnastics tuition is charged monthly according to the hours your gymnast is training. All months will be charged at 4 weeks per month. There may be extra training days added as we

get closer to competition season in Cranbrook, as well as training over spring and winter break. We will let you know the exact dates closer.

The yearly fees to expect:

Monthly Fees: Dependant on hours trained per level

Competitions: approx. \$160-\$200 per competition

All EVGC gymnasts are required to attend our Rocky Mountain Tumble May 31st-June 2nd 2024 and the Key City Competition March 1-3rd 2024

Performance, CCP 1 and Xcel Bronze - required to attend Key City Classic in Cranbrook and RMT in Fernie only.

CCP 2/3, Silver - required to attend 3 meets minimum

CCP 6/7 and Gold – required to attend 5 meets minimum

Competitive wear (Bodysuit, Jacket, Black Leggings, black socks, Competition bag)

Competition Jackets: \$150 each

Competition Suits: Depending on style \$110 - \$160 each

2023/2024 Season will be a transition year for our suits and jackets, those that are in need or would like a new suit or jacket will be purchasing our brand-new team attire. Those that still fit their last year's attire are welcome to continue with it until next year.

The performance team will use last year's suits for their first year, we have used and unused options for purchase.

Traveling for competitions will be a necessity. We encourage parents to carpool and we will notify of any hotel deals associated with the competition.

In circumstances where gymnasts will be away from the gym for vacations please let the manager know as soon as possible. When given a month's notice, we will adjust fees for two or more weeks.

All accounts will be charged on the first day of the month unless you have emailed the office and arranged a different payment plan. All training fees and insurance will be split into 10 equal payments from Sept - June. December and March will have competitive camps during the breaks that will be optional but those months will be charged as full months.

Competitions and team wear will be charged through accounts on the first of the month that the competition is happening.

LATE FEES: payments are considered “late” when they are received after the 10th of the month due to declined credit cards or insufficient funds. The late payment will be \$10.00. If a family is 3 months delayed in payments their child will be unable to continue to train or compete until payment or payment arrangements can be made.

CHOREOGRAPHY

Level 6/7/8 and Xcel Program need floor/beam routines choreographed generally every 2 years. Music is selected by the coach but each athlete will be asked to bring a few music suggestions.

Routines will begin mid-Oct and will be done during practice as well as specific routine days. If you rather book a private to learn your routines please contact Moa.

The cost for a private is \$50.00/h, please note that usually more than 1h is needed to learn a full routine. Once the choreography is thought it is each athlete's responsibility to memorize the routine. During routine days a good way to easier memorize routines can be to take notes or record with their own phone or tablet.

Remember that it takes hard work to perfect routines, it does not happen overnight and each move will need a lot of work before it will look good.



DEPARTURE FROM THE TEAM

Our coaches are always preparing each child for the upcoming competition year because that is the goal of “Team” gymnastics. By accepting your gymnast's place on the team, we ask that parents encourage gymnasts to stay for the duration of the 10 months.

It is the responsibility of team members to notify Elk Valley Gymnastics in writing 30 days prior to your intention to withdraw from the program and the effective date of the withdrawal.

Verbal notification is not accepted. **ONLY A WRITTEN OR EMAILED WITHDRAWAL NOTICE** is acceptable. Each family will also have to pay for any already registered competitions before departure.

PARENT CONDUCT

1. Please make every effort to have gymnasts at practice on time.
2. Encourage good diet and sleeping habits.
3. Please do not train your child at home
4. Leave the coaching to the coaches and give them the support they need in order for them to do the best job they can.
5. **Communicate with your child's coach at coach@elkvalleygymnastics.com. If you have last-minute changes, are not able to attend or are running late feel free to text Moa at 250-430-1430.**
6. Reward effort rather than results.
7. All parents are expected to be advocates of the gym and their coaches and in setting a GOOD example not only to other parents but most importantly, to their child. Bring any concerns to coaches or the main office. Please refrain from gossiping amongst parents.
8. Parents ARE NOT permitted at practices, except to pick up the last 5 minutes of practice. Please abstain from coaching and commenting to your child or coaches during any training/private sessions. Each family will be able to watch 2 practices throughout the year if they wish. Parents must book them through the office. To ensure practice is not disrupted we ask that there is one parent per practice, must stay the entire practice with no in and outs, no siblings and refrain from communicating with coaches or gymnasts throughout training.

MEET CONDUCT

1. Realize that detailed information regarding your gymnast's competition session is usually NOT available until the week prior to the actual meet date. **DO NOT CALL** the host gym for information. Please check the internet for meet updates. Arrive at gym AT LEAST 30 minutes prior to warm-up time.
2. Parents ARE NOT PERMITTED on the gym floor during meets according to the BC Gymnastics Rules. Breaking this rule could result in disqualification of the gymnast and even the team!! **NEVER APPROACH A JUDGE OR MEET OFFICIAL.** If there is a problem with a score or age simply inform your coach and let them handle it.

3. Try to maintain a positive attitude with your child before, during and after the meet. Your attitude influences how your child feels and performs.
4. Never speak negative at a meet about other gyms, coaches etc...
5. Gymnasts are expected to stay with their team at all times during the warm-ups and meet. A gymnast is not allowed to go to the stands at any time during the meet to speak to parents.
6. ONLY coaches can determine the competitive readiness of the athlete. The coach may scratch an event at any time prior to or during a meet.
7. Gymnasts are expected to stay throughout the awards. DO NOT LEAVE UNTIL THE TEAM AWARDS ARE GIVEN.
8. Encourage positivity regardless how a gymnast does.
9. Good sportsmanship is a priority and all gymnasts and parents are expected to display good sportsmanship AT ALL TIMES! Never talk negative about another gymnast or team during meets.
10. Always speak positively about your coach in front of your child. This greatly affects your child's training

To all Team Parents:

Elk Valley Gymnastics is proud to be expanding our competitive program this year we have a wonderful group of competitive athletes. We ask that our returning athletes act as ambassadors to our new ones as they grow with our program.

Please keep in mind as parents that all children progress at different levels, skills will come with training and continued practice and conditioning. Sometimes athletes will have a period when they are learning a lot and quickly and sometimes that process will slow down. This is completely normal! From home, gymnasts need encouragement and support. Please leave all coaching to the coaches during practice.

All gymnasts will have a training journal that they will write in and record progress, goals for skills and personal bests. The coaches will keep track of skills mastered and ones that still need work. At the beginning of the year, a skill list will go home listing skills the girls will need to accomplish in order to compete. The coaches will email twice a year progress reports so that

parents are aware of skills that are mastered and those that gymnasts are struggling with.

COMPETITIONS

The Elk Valley Gymnastics Manager and Competitive Coordinator consider and decide which competitions each team will participate in during the season. Meets are chosen for various reasons; level of competition, travel experience, etc. EVGC will pick 7 competitions for this year, each level will have a minimum number of competitions they must attend. An online form to fill out will go out in early October. It will be due by November 1st latest. Please note that even tho our CCP1, Performance and Xcel Bronze can only attend the Cranbrook and Fernie competition we still want the form filled out since it contains other information. You will be registered for any competition filled out on the form and you will be charged for them even if you decide not to attend later on. Payment for competitions will be charged on the 1st of the month the competition is being held. The competition fee must be paid before your child competes. Our home competition is mandatory attendance unless your family has a prior commitment that is discussed with the Manager before the year begins.

UNIFORMS

Elk Valley Gymnastics requires competition uniforms for all team gymnasts. Uniforms/ Competition Leotards are on a two-year design cycle but we retain the right to replace them sooner if we so choose. We will hold a swap every September for parents to sell their child's suits if they grow out of them and size the gymnasts for new ones. Parents will be required to purchase the team suit and the Team Jacket.

Thank you for taking the time to read this handbook. Please understand Elk Valley Gymnastics' first priority is the children. We hope that this handbook has given you a better understanding of the terms necessary to participate in Elk Valley Gymnastics Competitive Teams.



Parents and gymnasts need to sign the Acknowledgement Form and the Parent-Child-Coach Contract and return them to Elk Valley Gymnastics so we can keep proper files. It is MANDATORY that the signature page is signed and that you understand that the Acknowledgement Form automatically renews each year. Remember, by signing this agreement you acknowledge your commitment and financial obligation to Elk Valley Gymnastics for each year your child

remains on the team. Gymnasts without signed forms will be unable to continue with training until a form is brought back and signed.

This will be given out at the Parent meeting on SEPT 17th, this is mandatory attendance for a parent of each child in order to be on the team.