



TEAM ADVENTURE

**2015-2016
WAG Parent's Guide**

A child's activity center

ARTISTIC GYMNASTICS (WAG) TEAM ADVENTURE

Welcome to Team Adventure!!!

Team Adventure is made up of three programs: Women's Artistic Gymnastics (WAG), Trampoline and Tumbling (T&T) and Cheer.

Team Adventure is governed by Gymnastics Adventure Assoc. Inc. and T&T Adventure Club Inc. The program and facility is run by A-mazing Adventures Inc.

Coaching Philosophy

Team Adventure encourages athletes, through positive reinforcement, individualization and quality coaching, to strive toward his or her personal best at whatever level of achievement they aspire to.

Facility Philosophy

A-mazing Adventures is an activity facility that provides opportunity for active living and play. Through this process, A-mazing Adventures is a safe and welcoming environment that promotes physical activity of children, youth and families.

The staff and coaches of A-mazing Adventure are very excited about the upcoming competitive season. We are very fortunate to have a great coaching and administrative staff. In addition, our 28,000 sq. ft. exceptionally equipped facility is the envy of many in Canada.

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Parent's Guide

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Women's Artistic Gymnastics (WAG) Team Adventure Programs

GymCat Artistic Program

This developmental program is designed for young girls who seek greater challenges and benefits from the sport of gymnastics. This program focuses on conditioning, strength, flexibility and specific skill development while having FUN.

GymCat Beginner (4 hrs-6hrs/week)

The beginner program is the first step toward competitive gymnastics. Children with exceptional ability in strength, flexibility, coordination and mental focus are targeted for this program.

A child must be 6 years of age to compete in a GymCat competition. Basic skills and routines are performed and evaluated by GymCat judges. Every GymCat receives an award based on ranked scores of bronze, silver or gold. Generally there are two GymCat beginner meets per year. Attending GymCat competitions is **not** a prerequisite for being a member of the GymCat team.

GymCat Advanced (6 hrs - 9 hrs/week)

The advanced program is a progressively more difficult program than the beginner program. A gymnast must be recommended, through evaluation, to be a member of the "Advanced Team".

In order to compete in a GymCat Advanced competition, specific skills and routines are required. The gymnasts will perform routines and will be evaluated by GymCat judges. Every Advanced GymCat will receive an award, based on ranked scores of bronze, silver and gold. There are 2-3 advanced GymCat competitions per year. These competitions are voluntary but it is strongly recommended that advanced GymCats attend at least one competition per year.

Provincial Artistic Program

Women's Artistic Gymnastics is an incredibly challenging sport, demanding strength, power, flexibility, agility, courage, and combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch.

The provincial program is developed by Gymnastics Saskatchewan. Required skills are incorporated into routines. Provincial gymnasts will compete in up to 5 competitions per season. The season's competitions are determined by the Women's Artistic Gymnastics coach. They are judged by Provincial and National judges. Awards are based on all around scores and event placement. The top 8 gymnasts in each event and all around receive awards.

Gym Sask Competitive levels are divided into:

- Provincial 1
- Provincial 2
- Provincial 3
- Provincial 4
- Provincial 5

Women's artistic gymnastics consists of four events:

- Vault
- Uneven Bars
- Beam
- Floor

TEAM ADVENTURE

General Information

Registration Procedures:

- All outstanding fees from the previous year must be paid in full before an athlete is permitted to register for the new season
- Registration for athletes training 6 hours or more a week begins on June 1, 2015
- Registration for athletes training less than 6 hours a week begins on July 1, 2015
- Registration and Electronic Funds Transfer forms are attached and must be filled out in order to be considered registered

Methods of Payment:

Payments are made through Electronic Funds Transfer (EFT) which can be set up through MasterCard, visa or a bank account. Payments are transferred automatically the first of each month. The EFT form is attached to this guide.

For Athletes that train 6 hours or more per week (12 month program)

- Payment for 2015-2016 season begins July 1st, 2015 and ends June, 2016
- Membership fees are added to July's payment
- Buyouts for commitments are processed in December and June

For Athletes that train less than 6 hours (10 month program)

- Payment for 2015-2016 season begins September 1st, 2015 and ends June, 2016
- Membership fees are added to September payment
- Buyouts for commitments are processed in December and June
- Summer training is in addition to this commitment and can be paid for on a weekly basis

Methods of Communication:

Competitive Blog

Important information will be posted to the blog, including upcoming events and messages from our coaches. It is your responsibility to check our blog frequently.

Please bookmark the blog: www.gymnasticsadventure.ca/parents-information

E-mail

Our primary method of communication will be via e-mail so it is very important that you provide us with a valid e-mail that you check regularly.

Phone

We will make phone calls if the matter is urgent or very time sensitive.

2015-2016 Tuition Fees

Policies

- ◇ All outstanding fees from the previous year **MUST** be paid in full prior to registration for the new year.
- ◇ No reduction in fees are allowed for any voluntary absences from training (i.e. vacation).
- ◇ There will be an interest charge of 3.25% per month for accounts more than 30 days in arrears. If your account is overdue by 14 days, your child will not be permitted to train, or compete at any competitions.
- ◇ A \$25.00 NSF charge will apply each time an electronic funds transfer is denied.
- ◇ Fees are based upon a yearly fee for anyone training 6 or more hours per week and are divided by 12 to arrive at a monthly amount, which is withdrawn the first of every month starting July and ending in June.
- ◇ Fees are based upon a 10 month calendar for anyone training less than 6 hours per week and are divided by 10 to arrive at a monthly amount, which is withdrawn the first of every month starting in September and ending in June
- ◇ If an athlete is injured and cannot train or participate in workouts for more than a month, a fee adjustment for tuition only may be considered if a doctor's note is provided. The administration office must be contacted when an athlete cannot train due to injury.
- ◇ Injured athletes are expected to participate in training activities as much as possible. It is very important that conditioning and working specific skills continue. This allows the gymnast to return to pre-injury levels more quickly.

Please see attached 2015-2016 Competitive Fee Structure (pg. 15)

PRACTICE CANCELLATIONS

Inevitably, there will be practise cancellations due to conflicts, most often due to competitions. We will also cancel training on statutory holidays and Christmas break so our staff can enjoy time with their families.

REFUND POLICY

If your athlete chooses to leave Team Adventure, at any time, a one month's notice is required and the charges for that month will be applied to your account.

FAMILY and MULTIPLE DISCIPLINE DISCOUNTS

Team Adventure is pleased to provide family discounts for families with more than one child registered in a competitive program of 6 hrs or more per week:

Fees: 20% discount will apply to the 2nd and 3rd child's fees

Bingo: no discount

Cleaning and Volunteer Commitments: 20% off the total number of hours

Team Adventure is pleased to provide athletes who wish to participate in more than one Team Adventure Program with a discount.

Fees: 20% discount will apply to the lowest tuition amount

Bingo Commitments: no discount

Cleaning and Volunteer Commitments: 50% off the total number of hours

2015-2016 Membership Fees

Policies

- All membership fees are non-refundable.
- Membership fees are included as part of July's tuition payment for 12 month program and September's tuition for 10 month program.
- If a gymnast moves up a level during the year, the difference in Gymnastics Saskatchewan Fees must be paid at that time.

2014 - 2015 Membership fees

1. Gymnastics Saskatchewan Membership (September 1st to August 31st)
Pre-competitive (Gym Cat): \$63.00
Women's Artistic Provincial: \$123.00
2. Optimist Gymnastics Association of Regina Membership (OGAR): \$15.00/child
3. Gymnastic Adventure Membership \$75.00

The decision to join Team Adventure is a significant commitment. The tuition and membership fees are based on a yearly basis (12 months) for anyone training 6 hours or more per week. Anyone training 6 hours or less per week is a 10 month commitment.

Athletes do not move onto and off the team based on illness, vacations, camps or schedule conflicts. If an athlete is injured and cannot train for more than a month or participate in workouts, a tuition adjustment may be considered if a doctor's note is provided.

We are unable to pro-rate tuition as we are responsible for full-time coaching salaries as well as rent payments whether an athlete is absent or not. Please consider this policy before you make a commitment to our programs. If you disagree with this policy, you may want to seek a program which prices tuition on a per use basis.

2015-2016 Other Costs to Consider

OTHER COSTS TO CONSIDER:

✓ **Choreography fee (provincial gymnasts only)**

Is based on what the choreographer charges and will be in addition to tuition fees.

✓ **Competition Fees**

Competition fees include competition costs, entry fees, travel and accommodation. Coaches and judges expenses will be split evenly among all athletes attending the competition. Please see Parent's Guide to Competition in this handbook for more information (pg. 11)

Team Apparel

- All athletes are required to purchase the competitive bodysuit:

Provincial Suits (for provincial gymnasts) \$120.00 - \$160.00

GymCat \$55.00 - \$75.00

Practice Suits \$60.00 - \$75.00

- If your child requires a track suit please let the office know. To reduce the cost of shipping, we will only place one order per year.

Track suits \$150.00 - \$200.00

- All provincial level athletes are required to have a practice and competitive bodysuit and a tracksuit. Fittings for bodysuits and track suits will occur in November.

TEAM ADVENTURE IS NOT RESPONSIBLE FOR LOST OR STOLEN CLOTHING.

2015-2016 Commitments

Commitments include:

Cleanings
Bingo
Volunteering



Policies

- Commitments cannot be carried forward from one year to the next or from one member to another
- Commitments cannot be transferred from one activity to another (ie. Cleaning to bingo, etc.)
- Commitment buyouts will occur in December and June
- 50% of commitments (excluding Volunteer commitment), must be completed by December or will be charged
- Parents are responsible for finding substitutes for their commitments

Please see cleaning, bingo and volunteer commitments on 2015-2016 Fee Structure (pg. 15)

CLEANING:

Every family is required to participate in cleanings throughout the year. You will be asked to sign-up for cleanings at the beginning of the year and a schedule will be posted.

Please see CLEANING COMMITMENTS on 2015-2016 Fee Structure (pg. 15)

The cleaning chairperson, who is a parent volunteer, will be at the gym to assist you with your first cleaning and provide you with instructions. Each cleaning takes approximately 2 hours to complete.

If you are unable to attend a scheduled cleaning, you are responsible to find a substitute. The cleaning chairperson can also assist you in doing this. The chairperson can be contacted at cleaning@gymadv.ca If you do not attend or find a substitute, a no show charge of \$60.00 will be posted to your account. You may buyout your cleanings in December and June at \$60.00 per cleaning.

Responsible family members, friends and children 14 years and older can participate with cleanings. Children and adults are required to clean during scheduled cleanings rather than play on the equipment.

2015-2016 Commitments

Bingo

Every family is required to work Bingos throughout the year for the Optimist Gymnastics Association of Regina (OGAR), Gymnastics Adventure and T & T Adventure.

The Bingo hall is located:

Regina Bingo Palace - 190 Broad Street N

Please be at the Bingo Hall 15 minutes before your shift

Please see BINGO COMMITMENTS on 2015-2016 Fee Structure (pg. 15)

Every 3 months Bingo shifts sign up sheet will be posted. If you cannot attend the Bingo you signed up for, you are responsible to find a substitute to fill your Bingo shift. If there is an emergency and you can not show up for a bingo, please call the Bingo Coordinator. If you do not give the required 24 hours notice to the Bingo Coordinator, a \$125.00 charge will be posted to your account. The bingo hall does evaluations on charity groups and there is a possibility of losing our license if we do not have the required workers. You may buy out your Bingos in December and June for \$125.00 per bingo.

You can share a bingo shift; however, this is only allowed for 6 hour bingo shifts. If you need to do this, you must remain at the hall until your replacement arrives. It is a club policy that absolutely no one under the age of 16 will be allowed to work a bingo. Please keep in mind when working a bingo that you represent our team and what our team stands for. Be positive and respectful in what you say and do.

Bingo Coordinator—Pinky Durning 306-949-6850

Volunteering

Team Adventure relies on volunteers to ensure that we can run competitions and bring in extra funds for the team.

Please see VOLUNTEER COMMITMENTS on 2015-2016 Fee Structure (pg. 15)

If you do not fulfill your volunteer commitment requirements, your account will be charged at the rate of \$60 per hour. You may buy out your volunteer hours for \$60 per hour in December and June.

The majority of the volunteer hours are completed by volunteering at our club competitions. Other opportunities would be helping with fundraisers, socials, equipment maintenance, building maintenance and special cleanings.

2015-2016 Commitments

Fundraising

There are a variety of fundraisers available for you to participate in throughout the year. Some examples of fundraisers:

- Mom's Pantry
- Meat
- Mabel's Labels
- Dieleman Christmas gift program
- Signage

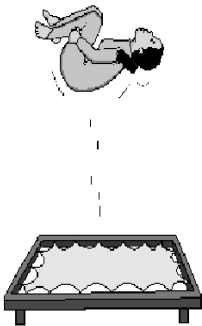
Fundraising efforts help to offset competition costs and club costs. Fundraising information will be distributed throughout the year. Gymnastics Adventure Board of Directors is responsible for choosing the fundraising programs for the year.

JUDGING

Judges are an essential part of the gymnastics world. As a team, when we send athletes to compete at in-province competitions, we are required to provide one judge for every 6 pre-competitive (gymcat) athletes and one judge for every 4 provincial/national athletes. For a club our size that means we need a lot of judges.

Judging requires a large commitment of time, first to get certified and then to do the actual judging.

To compensate for this and, perhaps, to encourage more people to consider becoming a judge you will receive credit on your volunteer commitment. When clubs are short of judges, they will pay judges to judge for their competitions. The amount a club pays is based on the judging level you have achieved. **Judging certifications occur in November and are run through Gym Sask. Please let the office know if you are interested in judging this season.**



Communication Policy

PURPOSE:

This communication policy is to provide for courteous, respectful and effective communication among all our members.

ALL COMMUNICATION SHOULD BE:

- honest
- respectful
- accurate
- non-abusive
- after 24 hours if there is an emotional concern - please wait 24 hours before contacting A-Mazing Adventures.

MEANS OF COMMUNICATION:

1. WITH COACHES:

- Please make an appointment through e-mail or by phone to speak with your child's coach.
- Under no circumstances should you approach your coach prior to class or after without an appointment.
- Devlin Williams and Danny Cooke are available for appointments if you require further action.

2. ACCOUNTS/ADMISTRATION RESPONSIBILITIES

- Please call or e-mail the gym directly regarding any questions you have about fundraising, cleanings, Bingo credits or fees.

Training Start Dates

12 mth program (6 hrs or more)

Start Week of July 6th, 2015

End Week of June 27th, 2016

10 mth program (less than 6 hrs)

Week of Aug 31st, 2015

End Week of June 27th, 2016

Important Dates to Remember (Gym Closed):

Canada Day July 1st

August Break August 3rd

Labour Day September 7th

Thanksgiving October 12th

Remembrance Day November 11th

Christmas Break December 23rd – 26th

New Years December 31 and January 1

Family Day February 15th

Easter Break March 25th—27th

Victoria Day— May 23rd

Parents Guide for Competition

Policies

- You will be informed in advance of all competition details. It is your responsibility to respond with a signed waiver form and the required entry fee by the date specified to avoid late charges. All forms will be posted to Team Adventure Blog.
- There will be a \$25.00 charge for late waiver and entry fee. There is no guarantee that a late registration will be accepted by the host club.
- **The club reserves the right to refuse a registration if submitted past the deadline or if your account is in arrears.**

Tips

- It is crucial that you refrain from coaching your child before or during the competition. You will be interfering with the ability of your child to focus on the strategy prepared by his/her coach.
- Parental strategies that we encourage you to employ include the following : "Good Luck" "Try your best" "hit your routine" "I love you".
- If you find that you are nervous, try to place some distance between yourself and your child in order not to affect him/her.

Meet Etiquette for Athletes and Family

Whether your meet is in your facility or in another gym, it is important that you and your athlete remember that hosting a meet takes a great deal of work. It is very important to have your registrations in on time so that the schedule can be made and sent out to the participating clubs. When the host gym receives the registrations, they finalize the sessions and schedules which takes time. Please DO NOT call the host gym for information. The proper etiquette is to ask your own coaches or office. It is his/her responsibility to furnish you with this information. Sometimes there are unforeseen problems that might cause a delay in this information being communicated, so be patient.

Unfortunately meet schedules change. Please consider this before making travel arrangements and please be flexible with your travel.

ALWAYS follow the host gym's rules. Here are a few rules that are common to ALL meets:

- ◆ No flash photography
- ◆ No parents or siblings in the competition area
- ◆ No food or drinks in the gym
- ◆ No parents are allowed to approach the judges
- ◆ No spectators are allowed on any equipment
- ◆ No profanity
- ◆ No unsportsmanlike behavior
- ◆ No destruction of gym property

Competitive Dress Code

All gymnasts must wear the competitive or pre-competitive club body suit. All provincial and national level athletes must wear the club track suit for march in.

Stretch and Warm-Up

Gymnasts should arrive 15 minutes early to check in and get organized and changed for warm-up. Stretching and warm-up should be done as a team. Any athlete that arrives for warm-up more than 15 minutes late may not be allowed to compete in the competition due to safety concerns and rules of competition.

Athletes representing Team Adventure as a Gym Sask team member must abide by the guidelines set out in the Gym Sask Code of Conduct.

**For more information on competitions and insurance please visit Gymnastics Saskatchewan—
www.gymsask.com**

Competition and Travel Costs

Athletes that attend competitions are responsible for their entry fees as well as the coaches' and judges' travelling expenses. The travel expenses will be divided by the number of athletes who attend the competition.

Being A Winning Parent

TRAINING SESSIONS

- Please ensure that your child arrives on time for training in the proper gym attire.
- Encourage your child in her/his activities and help them to foster respectful attitudes towards the coaches and officials.
- If you have any concerns about our programs, please come and speak to us directly so that we can address your concerns.
- **Please do not interrupt** training to speak with a coach. If you have a question, please make an **appointment** with your child's coach. This can be scheduled by calling or e-mailing the office.
- ***Under no circumstances may a parent approach a coach during training hours.***
- ***Please note that no outside food or drink is allowed in our facility. We encourage you to enjoy our café!*** An exception to this is that competitive athletes are encouraged to bring a snack from home to eat during their break.

◦ **ACCOUNTABILITY**

- It is your responsibility to support and uphold the rules and regulations of Team Adventure.
- Be honest with yourself about the goals and dreams you have for your child.
- Recognize that you can have a major effect on the success or failure of your child's performance.

◦ **RESPECT**

- Respect the coaches for their knowledge and their capacity to contribute to your child's growth and development.
- If conflict arises throughout the year, respect your coach and child and make **arrangements to meet** at a time that is convenient for both.

◦ **ACTION**

- Every time you work at positively communicating with your child and your child's coach, a winning gymnastics environment is developed.
- Accept your child for who he/she is.
- Encourage your child through positive reinforcement.
- Know your child's goals, dreams, challenges, limitations and achievements.



PARENT CODE OF CONDUCT and POLICY GUIDE

The Code of Conduct as outlined by Gymnastics Saskatchewan along with the Risk Management Handbook are enforced by Team Adventure. The code of conduct and policy guide are available on our website. These policies will be strictly adhered to; please ensure that you are familiar with them.

Team Adventure Parents' Responsibilities

- ◆ conduct myself according to the policies outlined in the GymSask Risk Management handbook
- ◆ provide positive support for my child and his/her coach
- ◆ pay my monthly and competition fees on time

Team Adventure Athletes' Responsibilities

- ◆ To abide by the rules and policies of Team Adventure
- ◆ To respect my fellow athletes as well as coaches and officials
- ◆ To provide positive moral support to my fellow athletes

Being A Winning Athlete

Dress Code

- ✓ All gymnasts are encouraged to wear bodysuits during training
- ✓ Long hair must be tied back off the face
- ✓ No jewellery other than stud earrings
- ✓ Specific competition suits and track suits are required

Team Spirit

Although gymnasts and Tumblers train and compete on an individual basis, we encourage our athletes to recognize the importance of the team element in gymnastics. Since many of the competitions we attend recognize "Team Effort" as a category, we seek to foster "Team Spirit" in every aspect of our Club - from daily practice to competitions and in Club - related social activities



"TEAM"

*Together everyone
achieves more!*

"CODE OF CONDUCT AND CODE OF ETHICS"

As members of Gymnastics Saskatchewan we must adhere to the rules, regulations, policies, Code of Conduct and Ethics established by the Association. The Code of Conduct can be accessed through the GymSask website www.gymnasticssaskatchewan.ca

" A gymnast shall at all times, reflect honesty, good sportsmanship, courtesy and respect towards others"

If a Team Adventure Gymnast does not abide by the Code of Ethics or Code of Conduct the Coach of Team Adventure is empowered to apply the following penalties at their discretion:

- ✓ Verbal reprimand
- ✓ Written reprimand to the gymnast a copy sent to parents
- ✓ Time out from practice
- ✓ Suspension from the program, event or competition for a determined length of time

Team Adventure Athletes' Responsibilities

- ◆ Abide by the rules and policies of Team Adventure
- ◆ Respect my fellow athletes as well as coaches and officials
- ◆ Provide positive moral support to my fellow athletes

The athlete is most important. The athlete is expected to:

- ◆ Train with a positive attitude
- ◆ Have the dedication to face and overcome obstacles
- ◆ Have the perseverance to keep training when the going gets tough
- ◆ Respect their coaches
- ◆ Respect their team mates
- ◆ Respect their parents
- ◆ Set reasonable goals
- ◆ Maintain good attendance

2015-2016 Season

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|------------|-----------|------------|-----------|-----------|-----------------------------------|--------------------------------------|
| Women's Artistic Gymnastics | | | | | | | |
| Level 4 – 16 hrs | 4:00-8:00 | | 4:00-8:00 | | 4:00-8:00 | 9:00-1:00 Choreo / Training | |
| Level 3 – 12 hrs | | 4:00-8:00 | | 4:00-8:00 | | 1:30-5:30 Choreo / training | |
| Level 2A – 9 hours | 4:45-7:45 | | | 4:45-7:45 | | | 1:00-4:00 |
| Level 2B – 6 hrs | | | 4:45-7:45 | | 4:45-7:45 | | |
| Level 1A – 4 hrs | | | | 5:00-7:00 | | 9:00-11:00 | |
| Level 1B – 4 hrs | | 5:00-7:00 | | | | 11:15-1:15 | |
| Trampoline and Tumbling | | | | | | | |
| T&T A – 12/14 hrs | | 4:00-7:00 | 4:00-7:00 | | 4:00-8:00 | | 1:30-5:30 (1:30-3:30 for 12hr) |
| T&T B – 9 hrs | 4:30-7:30 | | 4:30-7:30 | | 4:30-7:30 | | |
| T&T C – 9 hrs | 4:30-7:30 | | | 4:30-7:30 | | 2:00-5:00 | |
| T&T D – 6 hrs | | | | 4:30-7:30 | | | 10:00-1:00 |
| FC A – 6 hrs | | | | 4:30-7:30 | | 12:00-3:00 | |
| FC B – 3 hrs | | | | | | 2:00-5:00 | |
| Cheerleading | | | | | | | |
| Senior – 6 hrs | 7:00-10:00 | | 7:00-10:00 | | | | |
| Junior – 5 hrs | | | 6:00-8:00 | | 5:00-8:00 | | |
| Open – 9 hrs | | 5:00-8:00 | | | 6:30-9:30 | | 2:30-5:30 |
| Youth – 4 hrs | | | 5:30-7:30 | | | 12:00-2:00 | |
| Mini – 3 hrs | 4:30-6:00 | | | 4:30-6:00 | | | |
| Tiny – 3 hrs | | 4:30-6:00 | | | | 9:00-10:30 | |

Schedule may be subject to change

2015-2016 Fee Structure

| HOURS | TUITION MONTHLY RATE | GST | TUITION MONTHLY RATE | TUITION YEARLY RATE | Team Adv Fee | OGAR Membership \$15.00/ Family | Gym Sack Fee | Cheer Sack Fee | CLEANINGS PER | | YEARLY COMMITMENTS | | YEARLY BINGO | |
|-----------------------------------|----------------------|---------|----------------------|---------------------|--------------|---------------------------------|--------------|----------------|---------------|----------|------------------------|----------------------|--------------------|--------------------|
| | | | | | | | | | # of Clean | YR | Pay Out \$60.00/ clean | # of volunteer hours | Pay Out \$60.00/hr | # required to work |
| 8/9/10 Month Cheer Program | | | | | | | | | | | | | | |
| 3hr/8mon | \$97.00 | \$4.85 | \$101.85 | \$814.80 | \$120.00 | | | \$15.00 | 1 | \$60.00 | 3 | \$180.00 | 0 | \$0.00 |
| 4hr/9mon | \$127.00 | \$6.35 | \$133.35 | \$1,200.15 | \$120.00 | | | \$15.00 | 2 | \$120.00 | 4 | \$240.00 | 2 | \$250.00 |
| 5hr/9 mon | \$155.00 | \$7.75 | \$162.75 | \$1,464.75 | \$120.00 | | | \$15.00 | 3 | \$180.00 | 5 | \$300.00 | 3 | \$375.00 |
| 6hr/10mon | \$184.00 | \$9.20 | \$193.20 | \$1,932.00 | \$120.00 | | | \$15.00 | 4 | \$240.00 | 6 | \$360.00 | 4 | \$500.00 |
| 9hr/10mon | \$270.00 | \$13.50 | \$283.50 | \$2,835.00 | \$120.00 | | | \$15.00 | 5 | \$300.00 | 8 | \$480.00 | 5 | \$625.00 |
| 10 Month Program | | | | | | | | | | | | | | |
| 3hr | \$143.00 | \$7.15 | \$150.15 | \$1,501.50 | \$75.00 | \$15.00 | \$63.00 | | 1 | \$60.00 | 3 | \$180.00 | 0 | \$0.00 |
| 4hr | \$179.00 | \$8.95 | \$187.95 | \$1,879.50 | \$75.00 | \$15.00 | \$63.00 | | 2 | \$120.00 | 4 | \$240.00 | 2 | \$250.00 |
| 12 Month Program | | | | | | | | | | | | | | |
| 6hr | \$237.00 | \$11.85 | \$248.85 | \$2,986.20 | \$75.00 | \$15.00 | \$63.00 | | 4 | \$240.00 | 6 | \$360.00 | 4 | \$500.00 |
| 9hr | \$308.00 | \$15.40 | \$323.40 | \$3,880.80 | \$75.00 | \$15.00 | \$63.00 | | 5 | \$300.00 | 8 | \$480.00 | 5 | \$625.00 |
| 12hr | \$394.00 | \$19.70 | \$413.70 | \$4,964.40 | \$75.00 | \$15.00 | \$123.00 | | 6 | \$360.00 | 10 | \$600.00 | 6 | \$750.00 |
| 14hr | \$425.00 | \$21.25 | \$446.25 | \$5,355.00 | \$75.00 | \$15.00 | \$123.00 | | 6 | \$360.00 | 11 | \$660.00 | 7 | \$875.00 |
| 16hr | \$449.00 | \$22.45 | \$471.45 | \$5,657.40 | \$75.00 | \$15.00 | \$123.00 | | 7 | \$420.00 | 12 | \$720.00 | 7 | \$875.00 |

**2015-2016
Parent and Athlete Contract**

I/We have read and accept the Team Adventure team information and policies in the attached parents' guide. I/we agree to support team activities as outlined, and fulfill all obligations thereof.

_____ has my/our consent and permission to participate in the Team Adventure program at the _____ level for _____ hrs/week for _____ months for the 2015-2016 season.

As the coaching and administrative staff has made a professional commitment to the athlete, the athlete and his/her family also commit themselves to the completion of the entire season.

Athlete Parent/Guardian

Photo Release Waiver

I hereby authorize A-Mazing Adventures to publish photographs of myself and/or my minor child or children, and our names and likenesses, for use in A-Mazing Adventures print, online and video-based marketing materials, or any other publications.

I hereby release and hold harmless A-Mazing Adventures from any reasonable expectation of privacy or confidentiality for myself and for my minor child or children. Further, I attest that I am the parent or legal guardian of my child or children and that I have full authority to consent and authorize A-Mazing Adventures to use their likenesses and names.

Parent/Guardian Printed Name Parent Signature

Date Witness Signature



TEAM ADVENTURE

Gymnasts aspire to achieve Excellence.



A Child's Adventure Centre

Women's Artistic Gymnastics

Level: _____ Hours: _____

Trampoline and Tumbling

Level: _____ Hours: _____

Cheer

Age: _____ Level: _____

Athlete's Name _____

Birth Date (dd/mm/yy) _____ Phone _____

E-Mail (for billing/communication) _____

Address _____

City _____ Postal Code _____

Parent's Name _____ Cell # _____

Work # _____

Parent's Name _____ Cell # _____

Work # _____

Doctor's Name _____ Health # _____

Allergies: _____

Recent Injuries _____

Operations in Past Two Years _____

Medications _____

Voluntary Self Declaration
(Completion of this section is optional)

I am an Indigenous (Aboriginal) person of North America: _____

I am, by virtue of my race/ethnicity or colour, a visible minority of Canada: _____

I have a disability: _____

I/We have read and accept the A-mazing Adventure team information and policies in the attached parents' guide. I/we agree to support team activities as outlined, and fulfill all obligations thereof.

Parent/Guardian Signature Date _____

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in the A-mazing Adventure Inc., Gymnastics Adventure Assoc. Inc. and T&T Adventure Club Inc., athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attend of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold harmless A-mazing Adventures Inc., Gymnastics Adventure Assoc. Inc. and T&T Adventure Club Inc., their officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event ('releases"). With respect to any and all injury, disability, death, or loss or damage to person or property, whether caused by the negligence of the releases or otherwise.

I have read this release of liability and assumption of risk, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participants Name (Printed) Parent's Signature

Date

Witness Name (Printed) Witness Signature

A-Mazing Adventures Inc. – Electronic Funds Transfer (EFT) Agreement

| CUSTOMER (ACCOUNT HOLDER) INFORMATION (Please print clearly) | | |
|--------------------------------------------------------------|----------|-------------|
| Name: | | |
| Mailing Address | | |
| City | Province | Postal Code |
| Telephone Number | | |

Choose one of the following two payment methods below, payment by Pre-Authorized Debit (PAD) or payment by Credit Card (Visa, MasterCard).

| PRE-AUTHORIZED DEBIT (PAD) PAYEE DETAILS | | |
|------------------------------------------|------------------------|----------------------|
| Company Name: A-Mazing Adventures Inc. | | |
| Mailing Address: 210 N Leonard Street | | |
| City: Regina | Province: Saskatchewan | Postal Code: S4N 5V7 |
| Telephone Number: 306-789-3133 | Fax: 306-789-3533 | |
| E-mail: info@gymadv.ca | | |

Account Information: The account that the Payee is authorized to draw upon is indicated above. A specimen cheque available for this account as been marked "VOID" and is attached to this authorization.

| OPTION 1 – BANK ACCOUNT INFORMATION (for PAD) | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------|--|
| <i>Instructions: Please complete to instruct your Financial Institution to make payments directly from your account. Return the completed form with a blank cheque marked "VOID" to the payee below.</i> | | | |
| Deposit Account | | Branch Transit | |
| Financial Institution Number | | | |
| Chequing Account | | Savings Account | |
| Financial Institution: | | | |
| Branch Address: | | | |

| OPTION 2 - CREDIT CARD INFORMATION | |
|------------------------------------|-------------------------------------------|
| Card Owner: | |
| Card Number: | |
| Expiry Date: | CVD (three digit number on back of card): |

A-Mazing Adventures Inc. – Electronic Funds Transfer (EFT) Agreement

Accuracy and Changes in Account Information: By signing this Authorization, we certify that all information contained in this form is accurate and we agree to inform the Payee, in writing, of any change in the information provided prior to the next due date of the EFT.

Valid Signing Authority: We warrant and guarantee that all persons whose signatures are required to sign on this account have signed this agreement below.

Authority To Debit Account: We hereby authorize the Payee to draw on our account indicated above with our Financial Institution or Credit Card, for the following purpose; *Tuition Fees, Commitment buyouts, Membership Fees and/or Competition Fees*

We understand and agree to this EFT arrangement and to the disclosure of any confidential information to any third parties as may be required to process the EFT in accordance with the CPA Rules.

Dated this _____ day of _____, 20_____

Authorized Signatory Name (please print)

Authorized Signatory Name (please print)

Please Submit form to administration office