



**2016-2017
WAG Parent's Guide**

TEAM ADVENTURE



A child's activity center

ARTISTIC GYMNASTICS (WAG) TEAM ADVENTURE

Welcome to Team Adventure!!!

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.

210 Leonard St
Regina, Saskatchewan
S4N 5V7
Phone: 306-789-3133
Fax: 306-789-3533
E-mail: comp@gymadv.ca

Management Staff
Danny Cooke
danny@gymadv.ca
Devlin Williams
devlin@gymadv.ca

Women's Artistic Gymnastics (WAG) Team Adventure Programs

Junior Olympic 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 Junior Olympic Level 1 (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 Junior Olympic Level 2 (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.

Junior Olympic Provincial Artistic Program Level 3+

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 Junior Olympic program is developed by Gymnastics Canada with having levels from 1-10. Set compulsory routines are made up until Level 5; Levels 6-10 have required skills that 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.

Junior Olympic levels are divided into:

Level 1 (GymCat)	Level 6
Level 2 (GymCat)	Level 7
Level 3	Level 8
Level 4	Level 9
Level 5	Level 10 (National level)

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/wk or more begins on May 15, 2016
- Registration for athletes training less than 6 hours a week begins on May 15, 2016
- 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 less than 6 hours/wk (10 month program)

- Payment for 2016-2017 season begins September 1st, 2016 and ends June, 2017
- Membership fees are added to September payment
- Buyouts for commitments are processed in December and June (if applicable)
- Summer training is optional and can be paid for on a weekly basis

For Athletes that train 6 hours/wk or more (12 month program)

- Payment for 2016-2017 season begins July 1st, 2016 and ends June, 2017
- Membership fees are added to September payment
- Buyouts for commitments are processed in December and June

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.

2016-2017 Important Dates

Training Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Women's Artistic Gymnastics							
Level 5 – 14 hrs	4:00-7:00	4:00-8:00		4:00-8:00	4:00-7:00		
Level 4 – 12 hrs	4:00-7:00	4:00-7:00		4:00-7:00	4:00-7:00		
Level 3 – 12 hrs		4:00-8:00		4:00-8:00			1:00-5:00
Level 2A – 9 hrs			4:45-7:45		4:45-7:45		2:00-5:00
Level 2B – 6 hrs			4:45-7:45		4:45-7:45		
Level 1A – 4 hrs		6:00-8:00				11:15-1:15	
Level 1B – 4 hrs	5:00-7:00					2:30-4:30	
Trampoline and Tumbling							
T&T A – 12 hrs	4:00-8:00	4:30-7:30	4:00-8:00		4:00-8:00		
T&T B – 9 hrs		4:30-7:30		4:30-7:30			4:00-7:00
T&T C – 6 hrs				4:30-7:30		2:00-5:00	
FC A – 6 hrs		4:30-7:30				2:00-5:00	
FC B – 4 hrs					4:30-6:30		12:00-2:00

Summer Training Schedules

- During the summer months (July & August), athletes have condensed training, allowing for the same amount of overall required hours to occur in a shorter period of time, allowing for family trips and holidays.
- Summer training may be arranged by completing the Summer Competitive Training Brochure and returning to the office, indicating which required weeks of training to attend.

2015-2016 Fee Structure

		3hr / 10 month	4hr / 10 month	6hr / 12 month	9hr / 12 month	12hr / 12 month	14hr / 12 month	15hr / 12 month
		Sept-June	Sept-June	July - June	July - June	July -June	July -June	July - June
Option 1	Monthly Payments	\$154.35	\$193.20	\$256.20	\$332.85	\$426.30	\$459.64	\$470.40
	Yearly Tuition	\$1,543.50	\$1,932.00	\$3,074.40	\$3,994.20	\$5,115.60	\$5,515.68	\$5644.80
One-time fees paid at registration	Team Adventure Fee	\$75	\$75	\$75	\$75	\$75	\$75	\$75
	GymSask Fee	\$63	\$63	\$63	\$63	\$123	\$123	123
	OGAR Fee	\$15	\$15	\$15	\$15	\$15	\$15	\$15
Commitments	Volunteer Hrs (\$60/buyout)	3	4	6	8	10	11	12
	Cleanings (\$60/buyout)	1	2	4	5	6	6	6
	Bingos (\$125/buyout)	0	2	4	5	6	6	7

- Monthly & Yearly Tuition prices include GST.
- Yearly Tuition is paid monthly. 1st month payment due prior to the beginning of training.
- Parents can choose which tuition option they prefer (monthly or yearly), as well as the option to pay fees with no commitments required. Both of these can be indicated on the athlete registration form

		3hr / 10 month	4hr / 10 month	6hr / 12 month	9hr / 12 month	12hr / 12 month	14hr / 12 month	15hr / 12 month
		Sept-June	Sept-June	July - June	July - June	July -June	July -June	July -June
Option 2	Monthly Payments w/ NO Commitments Required	\$178.35	\$254.20	\$347.87	\$455.79	\$568.80	\$607.14	\$633.32
	Team Adventure Fee	\$75	\$75	\$75	\$75	\$75	\$75	\$75
One-time fees paid at registration	GymSask Fee	\$63	\$63	\$63	\$63	\$123	\$123	\$123
	OGAR Fee	\$15	\$15	\$15	\$15	\$15	\$15	\$15

Team Apparel

- All athletes are required to purchase the competitive uniform
- Provincial level athletes are required to purchase a tracksuit
- Fittings for uniforms and track suits will occur the week of Sept 19th-23rd at the beginning of training.
- Each athlete must be accompanied by a guardian who will sign off on the sizing.
- There is no refund for ill fitting items.
- **Items must be paid in full before order is placed.** Parents who do not pay for team apparel or miss the order deadline will be responsible for any additional fees associated with late orders.

TEAM ADVENTURE IS NOT RESPONSIBLE FOR LOST OR STOLEN CLOTHING.

Approx Cost:	GymCat	Provincial Athlete
Uniform	\$110.00	\$175.00
Tracksuit	\$150.00	\$150.00



TEAM ADVENTURE



Athlete Registration Form

Women's Artistic Gymnastics

Level: _____ Hours: _____

Trampoline and Tumbling

Level: _____ Hours: _____

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 _____

Training Options:

I prefer to pay: Monthly
 Yearly

I prefer: To work my commitments
 To payout my commitments monthly

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: _____

A-MAZING ADVENTURE INC, GYMNASTICS ADVENTURE ASSOCIATION INC, T&T ADVENTURE CLUB INC WAIVER & RELEASE OF LIABILITY

* 210 Leonard st * Regina, Saskatchewan, S4N 5V7 *Tel: (306) 789 3133

DISCLAIMER: A-MAZING ADVENTURE INC IS NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PRACTICING, TRAINING, TAKING CLASS, COMPETING, PARTICIPATING IN OPEN GYM, SPECIAL EVENTS, DEMONSTRATIONS OR SHOWS, OR IN ANY OTHER WAY INVOLVED IN GYMNASTICS, CHEERLEADING, PRESCHOOL OR TEAMS AT A-MAZING ADVENTURE INC FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF A-MAZING ADVENTURE INC OWNERS, OFFICERS, AGENT OR EMPLOYEES.

In consideration of my participation, I hereby release and covenant not to sue A-mazing Adventure INC the A-mazing Adventure INC Board of Directors and officers, Gymnastics Adventure Association Inc and T&T Adventure Club INC and any of their employees, teachers, coaches or agents from any all present and future claims resulting from ordinary negligence of A-mazing Adventure INC, or others listed for property damage, personal injury or wrongful death, arising as a result of my engaging in or receiving instruction in gymnastics, cheerleading or any other activities or any activities incidental thereto, wherever, whenever or however the same may occur. I hereby voluntarily waive any and all claims resulting from ordinary negligence, both present and future, that may be made by me, my family, estate, heirs or assigns. Further, I am aware that gymnastics and cheerleading are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that gymnastics, cheerleading and related activities always involve certain risks, including but not limited to death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage and serious injury to virtually all bones, joints, muscles and internal organs and that the mats, pits and other safety equipment and apparatus provided for my protection, including the active participation of a coach or teacher who will spot or assist in the performance of certain skills may be inadequate to prevent serious injury. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated. I understand that participation in gymnastics, cheerleading and related activities involves activities incidental to active participation in gymnastics, including moving from event to event, conditioning, stretching and other activities which may leave me vulnerable to the reckless actions of other participants who may not have complete control over their actions or knowledge of the risks involved and hereby agree to accept my and all inherent risks of property damage, personal injury or death. I further agree to indemnify and hold harmless A-mazing Adventure INC and all other listed for any and all claims arising as a result of my engaging in or receiving instruction in A-mazing Adventure INC activities or any activities incidental thereto, whenever, wherever or however the same may occur. I understand that this waiver is intended to be as broad and as inclusive as permitted by the laws of the Province of Saskatchewan and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the Province of Saskatchewan. I affirm that I am of legal age and am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and or remedies which may be available to me for the ordinary negligence of A-mazing Adventure INC or any person listed above.

A waiver must be completely read, understood, filled out and signed for each participant.

Participant Name (first and last): _____

Participant DOB: _____

Male/ Female: _____

Class: _____

Street Address: _____

City: _____

Province/State: _____

Postal Code/Zip: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Participant Signature: (over 19 years of age): _____

Date: _____

If under 19 years of age:

Parent/Guardian Name (first and last): _____

Parent/Guardian Signature: _____

Date: _____

2016-2017
Personal Information Protection and Electronics Documents Act
"PIPEDA" FORM

PARTICIPANT'S NAME: _____
 (PLEASE PRINT)

Privacy of personal information is governed by the Personal Information Protection and Electronics Documents Act ("PIPEDA"). This policy describes the way that A-Mazing Adventure Inc / T&T Adventure Club Inc / Gymnastics Adventure Association Inc, Gymnastics Saskatchewan and Gymnastics Canada collects, uses, retains, safeguards, discloses and disposes of personal information, and states A-Mazing Adventure Inc / T&T Adventure Club Inc / Gymnastics Adventure Association Inc, Gymnastics Saskatchewan and Gymnastics Canada commitment to collecting, using and disclosing personal information responsibly. This policy is based on the standards required by PIPEDA, and A-Mazing Adventure Inc / T&T Adventure Club Inc / Gymnastics Adventure Association Inc, Gymnastics Saskatchewan and Gymnastics Canada's interpretation of these responsibilities. This Policy can be found on the Gymnastics Saskatchewan website, www.gymsask.com – as part of the Operations Policy Manual.

I consent to give A-Mazing Adventure Inc / T&T Adventure Club Inc / Gymnastics Adventure Association Inc, Gymnastics Saskatchewan and Gymnastics Canada permission to gather my personal information for the following purposes:

- a. Name, address, phone number, and date of birth for the purpose of registering with A-Mazing Adventure Inc / T&T Adventure Club Inc / Gymnastics Adventure Association Inc, Gymnastics Saskatchewan and Gymnastics Canada.
- b. Name, address, photos, videos, competition results, phone number, cell phone number, fax number and email address for the purpose of communicating about programs, events and activities.
- c. Date of birth to determine eligibility, age group and appropriate level of competition.
- d. Personal health information including provincial health card numbers, allergies, emergency contact and past medical history for use in the case of medical emergency.
- e. Name, address, phone number, cell phone number, fax number and e-mail address for the purpose of providing information to A-Mazing Adventure Inc / T&T Adventure Club Inc / Gymnastics Adventure Association Inc, Gymnastics Saskatchewan and Gymnastics Canada for insurance coverage, managing insurance claims and conducting insurance investigations.

Signature: _____
 (by parent, if participant is under 18 years of age)

Date: _____

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

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 Pre-Authorized Debit)			
<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			
Chequing Account		Savings Account	
Financial			
Branch Address:			

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

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*

Dated this _____ day of _____, 20_____

Signature

2016-2017 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.
- ◇ 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.

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

2016-2017 Membership Fees

Policies

- All membership fees are non-refundable.
- Membership fees are processed in September.
- If a gymnast moves up a level during the year, the difference in Gymnastics Saskatchewan Fees must be paid at that time.

2016 - 2017 Membership fees

1. Gymnastics Saskatchewan Membership (September 1st to August 31st)
Pre-competitive (Gym Cat): \$68.00
Women's Artistic Provincial: \$128.00
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.

2016-2017 Commitments

Bingo

Every family is require 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 2016-2017 Fee Structure

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 2016-2017 Fee Structure

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.

2016-2017 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

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 2016-2017 Fee Structure

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.

2016-2017 Commitments

Fundraising

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

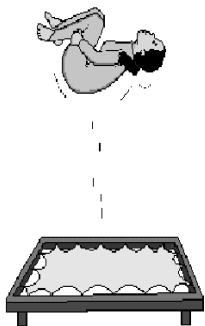
- Mom's Pantry
- Meat
- Mabel's Labels
- Dieleman Christmas gift program
- Signage

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/ADMINISTRATION RESPONSIBILITIES

- Please call or e-mail the gym directly regarding any questions you have about fundraising, cleanings, Bingo credits or fees.
- Presently, most administrative correspondence is sent by e-mail. Information will also be posted on the Competitive Blog and on the billboard at the Gym.

Training Start Dates

12 mth program (6 hrs or more)

Start Week of July 4th, 2016
End Week of June 26th, 2017

10 mth program (less than 6 hrs)

Week of Sept 1st, 2016
End Week of June 26th, 2017

Important Dates to Remember (Gym Closed):

Canada Day July 1st
August Break August 1st
Labour Day September 5th
Thanksgiving October 10th
Remembrance Day November 11th
Christmas Break December 21st – January 4th
Family Day February 20th
Easter Break March 14th—16th
Victoria Day— May 23rd

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 for competitions

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 to fundraising.



"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
- ◆ ZERO tolerance for bullying

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
- ◆ HAVE FUN

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
- ◆ ZERO tolerance for bullying

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.

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.

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**