



Competitive Program Handbook

2024 – 2025

QUINTE BAY GYMNASTICS CLUB
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ABOUT US:

Quinte Bay Gymnastics Club (QBGC) is a not-for-profit organization that is run by a volunteer board of directors composed of community members and parents. We would encourage any parents that have an interest in the board to become involved. The board and parent volunteers share in the responsibilities of forming various committees which in turn help to oversee a variety of non-coaching activities that occur within the club.

INFORMATION FOR NEW AND RETURNING MEMBERS:

Competitive Season: July 1, 2024 – June 30, 2025

COMPETITIVE FAMILY COMMITMENTS

All fundraising and volunteer requirements must be fulfilled by **April 30th** of the respective Competitive Season. Any additional volunteer hours or fundraising above the requirement **cannot** be transferred into the next season. All volunteer sign-up opportunities are sent via email. Follow the *Sign-up Genius* link that is provided in the email.

Fundraising:

As part of your commitment, all competitive families **must** participate in fundraising.

- Each Competitive Family must fundraise a combined minimum total of **\$200**.
- Showcase Tumbling Families with an athlete born in 2018 must sell a combined minimum total of **\$100**.

There is a **mandatory \$100 chocolate fundraiser** in August. Monies from this fundraiser go toward the year-end competitive banquet and awards. The cost of the chocolates is upfront, so when you sell your box of chocolates you keep the money. When available, additional boxes of chocolates may be purchased, and this cost would go towards your family's fundraising quota.

There are a variety of fundraisers offered throughout the competitive season. The fundraisers for the 2024- 2025 season are as follows:

- **Mom's Pantry** – September 3 to September 22, 2024
- **DFS Holiday Wrap Up** – September 23 to October 11, 2024
- **Greenery with CC Farms** – October 7 to October 25, 2024
- **Halenda's Pepperoni Sticks** – October 28 to November 15, 2024
- **Mom's Pantry** – TBD
- **DFS Spring** – TBD
- **CC Farms Spring Planters** – TBD
- **Mabel's Labels** – Ongoing fundraiser located on QBGC website

There is always a buyout option (Except for the \$100 chocolate fundraiser) for those who do not wish to partake in any fundraising opportunities. If you do not fundraise the required amount as of **April 30th**, the monetary difference will be owed. Please contact Barb (admin@quintebaygymnastics.com) for any additional information regarding buyout options.

Fundraising is important for the club given that all monies generated through fundraising are used to purchase new equipment and training aids. Fundraising has enabled QBGC to purchase new matting for the beam area, beams, rod floor pieces, rod floor carpet, tumble track padding, blocks, boards, and other miscellaneous equipment. These equipment purchases provide the most benefit to our competitive

gymnasts and as such all competitive families must contribute to QBGC's fundraising efforts.

Volunteer Hours:

- **Each** competitive **family must** volunteer **30** hours
- Showcase Tumbling Families with an athlete born in 2018 must volunteer **20** hours
- For any **additional child** in a competitive program, 10 hours is added to a **maximum** of 40 hours per family

Please note that if you have a parent, brother, sister, aunt, uncle, grandma, grandpa, friend, etc that would like to join you in completing your volunteer hours, QBGC would welcome their help. The more family/friends that have signed up for a volunteer opportunity, the more hours that go towards your family quota. If you are having trouble completing your hours, please **contact Barb**. Please do your best to communicate with her as early as possible and well before the **deadline of April 30th**. If you do not complete your volunteer hours, you will be billed \$25 for every hour missed. **Any amount owing will be posted to your account at the end of April and will be due with your May tuition.**

Below are several available opportunities. Please note that all dates are subject to change. There is also a buyout option for those who do not wish to partake in volunteer hours. Please contact Barb for details regarding this buyout option.

Volunteer Opportunities:

Gym Cleanings - QBGC is cleaned nightly by a professional cleaning company. However, throughout the year a more in-depth cleaning is necessary and we will require volunteers to complete these tasks. Some examples of this include washing walls, cleaning pits, storage area organization, and kitchen cleaning. Opportunities are sent via email so please be sure to check your email and sign up where possible. Please let Barb know if you require any assistance navigating the sign-ups.

Front of Club Cleaning Dates:

- Saturday, August 24, 2024 – 8:00AM-11:00AM
- Saturday, November 23, 2024 – 5:00PM-8:00PM
- Saturday, March 29, 2025 – 5:00PM-8:00PM

Gym Cleaning Dates:

- Saturday, August 24, 2024 – 8:00AM-11:00AM
- Saturday, November 30, 2024 – 5:00PM-8:00PM
- Saturday, March 29, 2025 – 5:00PM-8:00PM

Hosted Competitions - QBGC hosts 2-3 competitions per year. Parent volunteers are an essential component in the successful running of a Meet given that there are over 30 volunteer spots per day that need to be filled. Volunteer opportunities include but are not limited to cooking, cleaning, assisting judges, tearing down the gym, putting the gym back together when the Meet is over, etc. Meet dates can be found on our website under the Competitive tab.

ACCESSIBLE CUSTOMER SERVICE

The *Accessibility for Ontarians with Disabilities Act, 2005 (AODA)* was passed by the Legislative Assembly of Ontario with the goal of creating standards to improve accessibility across the province. The AODA allows the government to develop specific standards of accessibility that are designed to help make Ontario more accessible.

One of the specific standards that has been developed and made law is the Accessible Standards for Customer Service. These standards detail specific requirements for all services. The standards pertain to all employees and volunteers.

In general, service providers must deliver service in a way that preserves the dignity and independence of people with disabilities. As such, QBGC requires **ALL parents/guardians/volunteers** who will be volunteering at competitions or in our facility to be aware of this policy. A copy of this document and signature form are available in the following areas:

1. A printed copy is available in the office area
2. On our website www.quintebaygymnastics.com under the 'Competitive' tab

PAYMENT INFORMATION

Monthly Tuition Fees:

Fees will be processed automatically on the first business day of each month via your preferred payment on file. If fees are not paid by the 10th of each month a late fee of \$10 will be added to the account.

Generalized Additional Fees and Fee Schedule:

***Please see the individual breakdown sent via email between June - August for your athlete's specific fee schedule.*

- July 2024 - Base GO Fee: **\$45**
- August 2024- Chocolate Fundraiser: **\$100**
- September 2024 - Competitive GO Fee: **See below**
- October 2024 - **1st Meet Fee: \$170**
- November 2024- **2nd Meet Fee: \$170**
- December 2024 - **3rd Meet Fee: \$170**
- January 2025 – **Competitive Development Registration Fee (per family): \$50**

Competitive GO Fee varies from \$113.00 (Invitational & Interclub), \$254.25 (Provincial) or \$367.25 (National) depending on the level and program of the athlete. Your athlete's specific amount will be posted September 2024 to your family account in.

*****NOTE:** Any **additional** Competitions such as Eastern Canadian Championships, Ontario Championships, Tour Selection, Team Ontario/Canada Meets, Invitationals, Training Camps and Clinics are **not included** within the scheduled fees and will be added to your account when/if applicable.*

WITHDRAWAL POLICY

All competitive programs are a one-year commitment and run from July 1, 2024 to June 30, 2025. If you choose to withdraw before the end of the program you must provide the club with a '**Notice of Withdrawal**' via email to comp@quintebaygymnastics.com. Regardless of when the notice is provided, you will be charged for the following month's tuition fee, during which time your child is welcome to train. Along with payment of the following month's tuition fee, you will be charged for any outstanding fundraising and volunteer hours at a rate of \$25 per hour.

NOTE: QBGC is not responsible for parental conflict as it relates to payment, volunteer hours, fundraising, etc.

2024-2025 HOLIDAY AND PLANNED CLOSURES

- July 1, 2024 – Canada Day
- August 5, 2024- Civic Holiday
- September 2-7, 2024 – End of Summer Break
- October 13-14, 2024 – Thanksgiving Weekend
- October 31, 2024 – Halloween
- December 23 – January 5, 2025 – Winter Break
- February 17, 2025 – Family Day
- April 18 & 20, 2025 – Good Friday & Easter Sunday
- May 18-19, 2025 – Victoria Weekend

INCLEMENT WEATHER

You will be notified via email as soon as possible if QBGC must close due to inclement weather or any other unforeseeable reasons. Make-up classes **may be** scheduled based on availability; however, weather closures are taken into consideration when determining monthly tuition fees.

PUNCTUALITY & ARRIVAL TO TRAINING

All gymnasts are encouraged to be on time and ready to begin class at their scheduled time. We do, however, understand that athletes will arrive as soon as they can for training after school. Early arrival is encouraged but all competitive gymnasts are required to wait until the coach officially begins the practice before they proceed with any gymnastic skills. Playing or fooling around is not permitted while waiting.

GROOMING AND ATTIRE

Gymnasts are expected to be neat and clean both at the gym and during competition. It is recommended that an athlete have multiple leotards/singlets and that they are laundered after each wear. During training, girls must wear a gymnastics leotard with the option of spandex gymnastics shorts or leggings. Boys must wear a singlet with shorts that must be above the knee. T-Shirts, belly tops, sports bras, leotards with skirts and loose athletic shorts may not be worn in the gym and will result in the inability to participate until proper clothing is attained. This is for the safety of both the athlete and the coach.

Long hair must be securely tied back and away from the face with elastics and fish clips. **Bobby pins** are **not** permitted in the gym given that they can fall out and become a safety concern. All jewelry, including watches, must be left at home. Stud earrings are however permitted.

PERSONAL BELONGINGS

All personal belongings not required for training must be left in the changeroom lockers and not brought into the gym. This includes items such as backpacks/bags, footwear, coats, and clothing. Cell phones, iPods, iPads, and other electronics must also be safely secured. Athletes may bring a water bottle, lunch pail, and a small drawstring or grip bag for items such as chalk, grips, ankle weights, or other necessary items for training as requested by their coach into the gym and store them in the white cubbies.

QBGC is not responsible for any lost or stolen items. **Lock use** is strongly encouraged to ensure personal belongings stay secure. Locks must be taken off each night and belongings brought home as lockers are for single day/night use only.

COMPETITION WEAR

All competitive athletes are expected to wear the current competitive attire during any QBGC represented competition and/or event. Competitive attire must be kept in pristine condition. If they are not, you will be required to purchase another. Please follow the laundering instructions that are provided with the garment. Handwashing and hanging to dry is always best.

2024-2025 Team Jackets and Pants

- All competitive athletes must have our current team jacket.
- Jacket cost in 2023/2024 - \$68
- **Pants for Females:** Girls are to wear all black leggings. They must be tight to the leg all the way down to the ankle. Leggings cannot have logos, designs, meshing, or colours, including the waistband.
- **Pants for Males:** Boys are to wear all black track pants. The matching track pants to the team jacket are available in the boutique for purchase. Pants cannot be fleece, shiny or have logos, stripes, designs, and colours.
- **Name on sleeve:** Adding a name is permitted; however, it **MUST** be done by "**GLI Promotions**". This is the company that supplies and embroiders our jackets. GLI has the appropriate specifications for lettering, placement, font and colour to ensure our jackets remain the same. GLI Promotions address is 250 Sidney Street, Belleville. Their website is glipromotions.ca, phone is 613-962-3663 and email is glipromos@gmail.com. Please contact GLI directly if you would like to have this done.
- **Footwear:** If athletes choose to wear socks onto the competition floor for march-in, they must be all black, otherwise they are to have bare feet. Slide-on sandals/shoes can be worn at competitions before marching in and between events.



2024-2025 Competition Leotards/Singlets

It is required that your athlete has the new competitive singlet or leotard or singlet. Please see below the suit your athlete will need.



Male Singlet & Shorts (*24-25 is last season of this suit/shorts) – All Male TG athletes

Singlet & Shorts cost in 2023/2024 - \$75 & \$48

Shortsleeve Leotard (*24-25 is last season of this suit)

Shortsleeve Leotard cost in 2023/2024 - \$98

- WAG Developmental 1, 2 & 3
- WAG Compulsory 2 - 3
- WAG Compulsory 4 - 5
- WAG Sr Compulsory (Level 4-5)

- TG Jr & Sr Interclub
- TG Jr & Sr Provincial
- TG Jr High Performance
- TG Sr High Performance (Up to Level 4)



*NEW 24-25 Season Longsleeve Leotard

Longsleeve Leotard cost in 2023/2024 - \$170

- WAG Sr Optional (Level 6+)
- WAG High Performance

- TG Sr High Performance (Level 5+)



Female Competition Shorts (TG & WAG)

Shorts are optional to wear at competitions for all TG & WAG athletes; however, if an athlete chooses to wear shorts, club uniform shorts must be purchased and worn.

Shorts cost in 2023/2024- \$26



Acrobatic Athletes

Individualized competition leotards will be selected for partnerships that match music each season.

NEW 24-25 Team Training Suit

All competitive athletes must have a current team training suit. There will be a new one for the 2024-2025 season. These suits do not have to be worn as a uniform to every practice so athletes can continue to wear their fun suits as well as training suits to practice.

Training suits are to be worn when requested or when representing QBGC outside our facility such as development camps, clinics, and training at another club.

The training suit is always to be packed and brought to competitions in your athlete's bag as a backup suit in case something happens to their competitive suit.

Training suit cost in 2023/2024 - \$60

COMPETITIVE PROGRAMS AND DESCRIPTIONS

Competitive Age

- Competitive age is determined by the age your athlete will be by December 31, 2025

Certificates versus Awards

- If your child is attending ODP Meets, they will receive a certificate with scores, are not ranked against each other, and are awarded Gold, Silver, Bronze or Merit on each event based on the score they achieved versus the Ontario set standard score.
- If your child is competition age 7 or 8 in the WAG Compulsory/Optional or Xcel program, they will be ranked at competitions and are eligible to receive ribbons and/or medals; however, scores cannot be published or flashed at competitions. If your child is competition age 9+ in the WAG Compulsory/Optional or Xcel, they will be ranked at competitions and eligible to receive ribbons and/or medals. Scores can be published and flashed at competitions.
- If your child is competing Interclub Tumbling in Showcase, athletes will receive a certificate and not compete against others as they will submit goal cards to the judges for achievement and feedback.

WOMEN'S ARTISTIC GYMNASTICS (WAG)

Gymnastics Ontario WAG Competitive Streams:

Ontario Development Program (ODP)

ODP was created with the Sport Canada Long Term Athlete Development principles in mind to provide a more positive introduction to competition by changing the focus and philosophy regarding awards and ranking at competitions for this age group. ODP helps to improve the level of physical preparation in our gymnasts, as well as improve the level and quality of gymnastics being performed within this age group. ODP also helps in the development of a more 'rounded' gymnast using all areas of basic movement to increase basic skills.

Xcel Program

The program was adapted by Gymnastics Ontario from USA Gymnastics, is in its third year of running, and has quickly become popular in Ontario. The Xcel program was designed to offer competition outside the traditional Compulsory Program. Xcel allows athletes to compete individualized routines against other athletes in Ontario. There are 3 levels within the Xcel program: Bronze, Silver, and Gold.

Compulsory Program

There are five levels in the compulsory program that a gymnast may progress through. At each level of the compulsory program a gymnast must learn a specific routine for each event. As such each athlete, at that level, is competing in the same routines and will be judged accordingly. The athletes top two scores in levels 3-5 from the three competitions are then averaged and ranked against the other competing athletes in Ontario that are within the same age grouping and level. Athletes age 9+ are then invited to compete at Ontario Championships based on overall ranking.

Optional Program

Athletes compete in Levels 6 and higher. They will normally attend three qualifying competitions where their top two scores are averaged and ranked against other competing athletes in the same age group and level within the province. Generally, athletes who rank in the top 32 may qualify for Ontario Championships. Athletes competing level 7 and higher may then qualify for Eastern Canadian Championships while those competing level 9 and higher may qualify for National Championships. Athletes aged 14+ may also compete at WAG Tour Selection where the top qualifiers are selected for Team Ontario which then allows them to compete at an international competition.

2024-2024 WAG Groupings

Developmental 1 & 2

- ODP Levels 1-3 & Xcel Bronze/Silver
- 6-10.5 hours per week
- Attend 2 ODP Competitions & 1 Xcel Competition
- Optional QBGC Showcase

Developmental 3

- ODP Levels 3-5 & Xcel Silver/Gold
- 9-12 hours per week
- Attend 1 ODP Competitions & 2 Xcel Competition
- Optional QBGC Showcase

Compulsory 2

- Level 2
- 9 hours per week
- Attend 3 Invitational Level 2 Competitions
- Optional QBGC Showcase

Compulsory 3, Compulsory 4-5 & Sr Compulsory

- Levels 3-5
- 10-14 hours per week
- Attend 3 Ontario Qualifying Competitions
- Attend Ontario Championships if qualify

Sr Optional & WAG High Performance

- Levels 6+
- 11-18 hours per week
- Attend 3 Ontario Qualifying Competitions
- Attend Ontario Championships if qualify
- Additional Competitions could include Easterns & Tour

A note about WAG Athlete's moving up to the next competitive level

Compulsory/Optional Levels:

Women's Artistic Gymnastics (WAG) in Ontario is extremely competitive, and athletes need to perform excellent routines to qualify for the Ontario Championships. In Provincial categories, the top qualifying score is generally above 38 points overall which is an average score of 9.5 for each event. Overall, the average qualifying score is nearly 37 points, which is what Gymnastics Ontario recommends for an athlete before moving on to the next level. Athletes should be scoring at least 36.5 - 37.0 points and show mastery of the next level skills before expecting to move onto the next level.

ACROBATIC GYMNASTICS (ACRO)

Acrobatic gymnastics is the newest competitive discipline to QBGC. Partnerships of duos or trios work together and perform routines consisting of acrobatic moves, dance, and tumbling which is set to music. Acrobatics is practiced in men's groups/pairs, women's groups/pairs, or mixed pairs.

- 6-9 hours per week
- Age 8+
- Attend 2 Ontario Cup Qualifying Competitions
- Attend Ontario Championship
- Optional competitions based on qualification could include:
 - Canadian National Championships
 - Tour or other International Competitions

POWER TUMBLING (TG)

Jr Interclub Tumbling- SHOWCASE

Showcase is the first level of Interclub Tumbling. Athletes born in 2018 must compete at this level. Athletes born in 2017 and 2016 are also eligible to compete at this level. The Showcase level of Interclub Tumbling does not have set competition tumbling passes, the athlete will showcase what skills and passes they are capable of. Showcase-level athletes will receive a certificate/award and not compete against others as they will submit goal cards to the judges for achievement and feedback.

- 3-6 hours per week
- Ages 7-9
- Attend 2 Interclub Competitions
- Optional QBGC Showcase

Jr and Sr Interclub Tumbling

Athletes in Jr and Sr Interclub born in 2016 or later are progressing through the last 3 levels of Interclub Power Tumbling which are Beginner, Intermediate and Advanced. Interclub tumbling prepares athletes for provincial level programming.

- 3-6 hours per week
- Ages 8+
- Attend 2 Interclub Competitions
- Optional QBGC Showcase

Jr and Sr Provincial Tumbling

Athletes are trying to achieve a predetermined qualification score, as set by Gymnastics Ontario while competing against others from across the province. Achievement of this score would then qualify the athlete making them eligible for Ontario Provincial Championships as well as other qualifying opportunities such as Eastern Canadian Championships or Provincial Tour.

- 6 - 7.5 hours per week
- Ages 9+
- Attend 3 Ontario Cup Qualifying Competitions
- Optional competitions based on qualification could include:
 - Ontario Championships
 - Eastern Championships
 - Tour Selection (Age 13+)

Jr High-Performance Tumbling

Athletes are trying to achieve a predetermined qualification score, as set by Gymnastics Ontario while competing against others from across the province. Achievement of this score would then qualify the athlete making them eligible for Ontario Provincial Championships as well as other qualifying opportunities such as Eastern Canadian Championships or Provincial Tour. Athletes in Jr High Performance are working towards mobilizing to National levels.

- 8- 9 hours per week
- Ages 9+
- Attend 3 Ontario Cup Qualifying Competitions
- Optional competitions based on qualification could include:
 - Ontario Championships
 - Eastern Championships
 - Tour Selection (Age 13+)

Sr High-Performance Tumbling

Athletes at this level will be training with the goal of representing the province and/or country through several national and/or international events.

- 9-12 hours per week
- Ages 11+
- Competitions include:
 - Ontario Cup
 - Ontario Championships
 - Elite Canada
 - Canadian National Championships
- Optional competitions based on qualification could include international assignments from Gymnastics Canada such as World Cups and World Age Group events.

TIPS FOR ATHLETES AND PARENTS

Gymnastics is **NOT like school or other sports** where you 'move up' each year. Many times, athletes repeat levels throughout their careers. Sometimes it is more important to master a level than to move on prematurely. Moving on before an athlete is ready can lead to many difficulties such as bad habits, fear, struggles in competition, etc. Your coach and the Competitive Program Director for your specific discipline

know what is best as it relates to gymnastics and building your athlete's confidence

Here are some tips to consider when thinking about competitive levels, competition, and why you do gymnastics.

- Keep focusing on getting better
- Where you rank depends on who else shows up, what matters more is that you are improving your shapes and skills
- Gymnastics is a journey, all about learning and life lessons
- Keep learning, listening, growing, and improving and you will go far in the sport of gymnastics
- Remember gymnastics is about having fun and pushing yourself to get better every day
- Don't compare yourself to others; you are on your own unique path
- Trust in your coaches that your path is the best one for you
- Remember to work hard, be a leader, and learn to use obstacles as fuel to make you stronger

COMPETITIONS

Competitions are mandatory for all competitive athletes. As such, anyone who cannot commit to competitions should not be in a competitive program. QBGC is not responsible for scheduling conflicts and as such athletes are expected to compete at their respective scheduled competitions.

Parents and athletes **MUST** be aware of certain behaviours that are not permitted at a competition site.

Athletes must be responsible for their belongings such as grip bags, warm-up clothing, etc. These items must be removed from the competition floor at the end of the athletes' session.

- No athlete may leave the competitive floor to talk with people in the viewing area until the last competitor of that session has performed. Failure to abide by this rule can result in athlete disqualification by the meet director or CCJ/head judge.
- Parents are not permitted to address any judge or meet officials during a competition. Any concerns, questions or comments may only come from a registered club coach given that Gymnastics Ontario has set standards by which a coach may address judges and meet officials. Failure to abide by these rules can result in not only the athlete being disqualified, but the entire team could also be disqualified from the competition as well as other competitions later in the season.
- WAG athletes must ask the judges at the event for permission to leave the floor for a washroom break.
- All judges and officials must be treated with respect.
- Under no circumstance may a parent enter the competitive floor area. In the event of serious injury, a parent will be invited to be present during first aid treatment.
- It is important to support your team and fellow gymnasts. As such, during the awards ceremonies all competing gymnasts must remain on the competition floor until the last award for that session is given. Leaving prior to the completion of awards could result in severe deductions to the athlete's final score and/or disqualification.

Competition Dates

Competition details including the exact date and time your athlete competes will be shared once they have been confirmed by the Host Club which is **approximately 2 weeks before the meet**. Most competitions include Friday and some even Thursday as part of the weekend competition and as such you can expect that some of your competition dates will take place on a Thursday or Friday.

Parents will receive an email from the Competitive Coordinator with Meet Schedules once they are ready for distribution. Parents can access the information on the QBGC website Competitive Tab as well as the Gymnastics Ontario website using the following links.

All Disciplines Calendar: <http://www.gymnasticsontario.ca/calendar/>

WAG Events Calendar: <https://www.gymnasticsontario.ca/wag-event-calendar/>

TG Events Calendar: <https://www.gymnasticsontario.ca/tt-event-calendar/>

ACRO Events Calendar: <https://www.gymnasticsontario.ca/acro-aero-event-calendar/>

TRAINING DURING COMPETITION WEEKEND

There will be no training on the weekend of your athletes' competition given that coaches will also be away at the competition. You will be notified via email if the class will be running, otherwise please expect that there to be no training. Important dates are always posted on the competitive calendar which can be found on our website under the competitive tab.

TRAINING HOURS

QBGC is a child-centered facility where a child's physical and emotional development remains the priority with skill level being secondary. Gymnastics training hours are set so that an athlete may remain competitive while still attending school and/or participating in other sports and activities. Some athletes may be requested to train during school hours, which should not interfere with academics. If needed, QBGC will provide a letter for your athlete's school. However, parents are responsible for communicating with their athlete's school/teacher and if necessary, arranging for an alternative homework schedule. It is always good practice to discuss your athlete's training schedule with their teacher regardless of whether they will need to miss school or not.

Training hours are set two times per year to reflect the age and level of the athlete. Staff availability is also a consideration when determining training hours. Training times during the school year will be different than the summer schedule.

It is important to note that the summer months are the most crucial time to gain new skills and as such, athletes are expected to attend summer training. We do, however, understand that athletes may miss a few practices due to summer plans and vacation.

It is also possible that group training times and days may need to be changed for a variety of reasons such as coach schedules, gym scheduling, group sizes, etc. As such, should changes become necessary families will be notified as soon as possible.

ATHLETE MOVEMENT DURING THE SEASON

Every athlete is placed twice in a competitive season, once for the summer and again for the school year given that athletes are constantly being assessed and monitored. Even though an athlete may be in a competitive group for the year or longer it does not guarantee them a spot in the program each year. It is important to understand that this is a competitive program and as such it is a privilege to be a part of the team. It is possible that an athlete may move to another group during the regular season and if this were to occur the athlete's training hours could increase or decrease depending on the change which in turn may affect the fee structure.

ABSENTEEISM AND CLASS CANCELLATIONS

Club closures will be posted on the club's app, website, Facebook, Instagram, and voice mail. Singular class cancellations will also be posted this way and emailed individually to the families. If your athlete will be missing a class, please email comp@quintebaygymnastics.com to ensure we are aware, **or you can report an absence through your parent portal.**

If a coach must cancel a class, it will be the coach's responsibility to provide a make-up class at an alternate day/time. Make-up classes or training with an alternative group are not possible or provided if an athlete misses a class.

If there are two or fewer athletes in attendance at any given class, the class will be considered a private or semi-private lesson and due to the learning intensity, physical endurance, and safety of the athlete, the class time will be reduced. Parents will be contacted and instructed to pick their athlete up at the halfway point of their regularly scheduled class.

INJURIES AND ILLNESS

Gymnastics is a high-risk sport where injuries do occur. If an injury occurs, depending on the severity, the athlete may still be able to adapt their training to partake in conditioning to maintain strength and flexibility. The Club does not pro-rate monthly training fees for illness, vacation, or other absences, including injuries less than forty-two days in duration. Please contact the office if an injury exceeds forty-two days.

Following an injury, a note from a medical professional and/or Return to Play Form (Schedule A) is required before the athlete can return and fully participate.

Please do not send your athlete to the gym if they are ill with fever, cough, sneezing, skin infections, or other communicable disease, as they will be sent home. As well, athletes who come to the gym complaining of joint pain, headache, fatigue, or dizziness will also be sent home.

Gymnastics training requires full use of physical and intellectual readiness, as such, any compromise to these systems may subject an athlete to injury.

PARENT VIEWING

It is in the best interest of all competitive athletes that we ask parents to limit viewing to a maximum of **30 minutes** per training session given that the more you watch, the less progress you will notice in their abilities. Parents must watch from the viewing area upstairs and are asked not to coach their child from that area or at home. Periodically throughout the year, there will be competitions or other demonstrations where you can view your child's progress and there may be times when a coach might invite a parent into the gym to view a new skill or routine.

The viewing area will be closed Monday to Friday 8:00AM-4:00PM during Summer Camp which runs from July 2 to August 23, 2024.

PRIVATE LESSONS

Private and semi-private lessons are available at a cost of \$45 and \$65 (\$32.50 per athlete) per hour, respectively and can be of benefit to some athletes. Private and semi-private lessons are booked directly with the coach for your athlete. If your athlete's coach is not available, they will recommend an alternate coach. All lessons must be booked, in advance, and paid for through the office. Please email comp@quintebaygymnastics.com

CHOREOGRAPHY

WAG

There may come a time when you are notified that your athlete will require a personalized routine. When this happens, you will need to hire a gymnastics choreographer. It is the responsibility of the parents to hire a choreographer who has both dance and gymnastics experience as well as a good reputation for routine artistry and composition. If you are unsure about where to look, please check with your athlete's coach as they may be able to recommend someone for you. Choreography fees vary, are roughly \$250 per routine, and routines are generally kept for two years. However, if a coach feels that the routine no longer suits the athlete, or the routine does not accommodate the athlete's new skills and/or level it may be necessary to acquire a new routine before the two-year mark. All choreography must be arranged and paid for by the parent with the choreographer.

ACRO

You will be contacted when your athlete requires a personalized routine. All arrangements will be made through the Acro Program Director, all choreography costs must be paid for by the parent and will be shared equally within the respective duo or trio grouping.

PERSONAL EQUIPMENT AND SPECIAL PURCHASES

Athletes may be required to bring personal equipment with them to each class. You will be notified as to which items your athlete will require. Equipment will vary depending on the group and program; however, common items athletes may require as follows:

- Athlete/medical tape
- Chalk
- Sponges
- Grips & wristbands (WAG)
- Handstand Pegs (ACRO)
- Ankle Weights (TG)

COMMUNICATION

Your athlete's coach is an important person in their life given that they are together for several hours a week. As such, the coach must know if your child has any difficulties such as anxiety given that this can affect their performance in the gym. **GOOD COMMUNICATION BETWEEN THE PARENT AND COACH IS ESSENTIAL.** You can talk to the coach briefly before or after training, time permitting, about quick things such as absences, competitions, illness, injuries, etc but for matters that require more time, please send an email to make these arrangements. All communication must occur at QBGC. It is important to remember that many QBGC coaches are full-time students or have full-time jobs elsewhere and as such, may take a few days to return an email or phone call. Please be respectful of a coach's time off by not phoning or

texting coaches at their homes or on their cell phones. Please email comp@quintebaygymnastics.com for assistance.

Communication Guidelines

Parents are invited to talk to their child's coach **briefly** before or after regular training about absences, meets, scheduling, physical ailments, anxieties, or other questions that can be answered in a couple of minutes. For issues that cannot be resolved in a couple of minutes please request a meeting with the coach.

Questions about curriculum, coaching methodologies, and other issues at a program level should be documented in writing via email and sent to the respective Head Coach for that discipline. All directors welcome an individual parent's comments, concerns and/or suggestions and will give them due consideration. If you are happy with the program, tell others, if you are not, please tell us, and allow us to respond.

If you are not sure who to talk to, start with your child's coach. If you ask a director, staff member, or board member about your athlete's training, they will direct you to talk to the coach.

Below are the 3 stages of communication. Please move to the next stage should you not be satisfied with the results of the stage.

Stage 1 – Athlete's Coach

To schedule a meeting, please email the Comp Coordinator with coach's name and meeting request in the subject line

Stage 2 – Competitive Coordinator and/or Discipline Program Coordinator

Please email

Stage 3 – General Manager

Please email

Competitive Program Coordinator (**All disciplines**) – Tori Hollett (comp@quintebaygymnastics.com)

Women's Artistic Gymnastics Program Coordinator (**WAG**) – Justin Thompson (comp@quintebaygymnastics.com)

Trampoline and Tumbling Program Coordinator (**TG**) – Katelyn Thompson (tg@quintebaygymanstics.com)

Acrobatic Program Coordinator (**ACRO**) – Melissa Baitley (rec@quintebaygymnastics.com)

Administrator – Barb Mutton (admin@quintebaygymnastics.com)

General Manager – Tracy Teno (gm@quintebaygymnastics.com)

Communication Platforms

Email: Please ensure your email address is up to date on your account.

QBGC Facebook Page: <https://www.facebook.com/quintebaygymnastics/> Gym cancellations, events, etc can be found on our Facebook Page.

Website: www.quintebaygymnastics.com All competitions, fundraisers, forms, Parent handbook etc can be found on the website under the competitive tab. ***All important dates are on the Competitive Calendar on the website.***

CONFLICT RESOLUTION POLICY

Please refer to QBGC's Conflict Resolution Policy which can be found in our Policy Manual, located in the office.

GROUP PLACEMENT

The following criteria are taken into consideration when evaluating an athlete's placement:

- **Physical Abilities:** Each gymnastics level has prerequisites for physical abilities. These standards are designed to ensure safety, the ability to cope with training loads, skill execution and progression, plus success in competition. Don't expect a gymnast to move up a level if their physical abilities are not up to that level.
- **Behaviour:** Gymnasts must act respectfully, follow the gym rules, and be able to train independently.
- **Skill Acquisition/Progression:** Skill acquisition and individual progress can be extremely important, depending on the level the athlete is training, and as such will affect the placement of your athlete. Athletes should master, not just do, the skills in the next level before moving up.
- **Sportsmanship:** All athletes must be courteous to others. Disrespectful behaviours towards other athletes, clubs, or coaches will NOT be tolerated.
- **Commitment:** Commitment must be seen and should be evident as per the above sections. Parent commitment is also a consideration when selecting and removing athletes.
- **Competition Results:** The athlete's placement at meets, will contribute to the stream/group they should be in. While competition entails more than just winning, it is not in any athlete's best interest to place consistently at the bottom of their category.
- **Parent support:** All parents of athletes in the competitive program are expected to contribute to the Club. If parents are unable to support their athlete, coaches, and QBGC, the athlete may be removed from the competitive stream. An athlete may be removed from a program by the Board of Directors, General Manager or Program Coordinator. Parents must complete the required volunteer and fundraising quotas.
- **Attendance:** Attending 80% of an athlete's training days between September and May and 50% between June and August is considered 'good' attendance with exceptions being made for illness and injury. If an athlete misses more than 20% of their classes between September and May and more than 50% of their classes between June and August, their spot in the competitive program will be in jeopardy. Consistently leaving practice early or arriving late without notice, can also jeopardize their spot.

REMOVAL FROM PROGRAM

Coaches meet regularly to discuss their athlete's progress throughout the year. Much like other sports, **your athlete's placement as a competitive member should not be assumed from year to year.** Should an athlete's placement in the competitive program be at risk a Parent-Coach, Head Coach-Coordinator meeting will occur. There are a limited number of competitive spaces in our program and as such athletes will be chosen accordingly.

CHANGING PROGRAMS

There may come a time when a program or discipline (WAG, TG, ACRO) no longer suits the age, skill, or commitment level of the athlete. Should this occur, every effort will be made to ensure there is a smooth transition towards a different discipline or program. QBGC competitive programs have the best interest of each athlete at heart and as such we will place athletes in the programs where we feel they are best suited and have the most potential to develop and succeed.

If an athlete chooses to leave the competitive program completely, their spot will not be held and such they must be retested should they wish to return.

SNACK BREAKS

Any class that is 3 hours or longer will get a short nutrition break if needed in the kitchen. Please pack easy-to-eat, nutritious fuel for your athlete's body. For those athletes who do not have a 3-hour practice, please send your athlete with a few snacks as they may get hungry and need something quick to eat. A reminder we are a peanut and nut-aware facility and ask that you do not pack foods that contain peanuts or nuts.



Athlete “Return to Play” Form

To be completed by the Physician and Submitted to the participating club prior to their next scheduled class/training session.

Athlete/Participants Name:		Age:
Address:		Level:
Telephone:	Parent/Guardian Name:	
Date of Injury:	Event:	
Injury Occurred: <input type="checkbox"/> During Practice <input type="checkbox"/> During Competition <input type="checkbox"/> Outside of Gym		
Name of Physician:	Telephone:	
Nature of Injury:		
Circumstances/Limitations Under Which Athlete Can “Return to Play”:		

I understand that prior to returning to play the above information must be complete and all conditions described by the attending physician must be met.

Signature of Physician

Date

For Club Use Only:

Received:	Return to Play Date:
Authorized By:	