



Xperience Gymnastics

2019-2020 Competitive Program

This document is intended for all competitive and developmental programs at Heels Over Head Xperience Gymnastics for the competitive season starting July 1st, 2019 and ending June 30th, 2020.

Parents of athletes are to read through the document and knowledge of this document during your online registration through the Amilia software. In addition parents are to read through the UVGC (booster club) package and sign the corresponding membership agreement.

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Club Overview

"Heels Over Heads Xperience Gymnastics Club is committed to providing quality gymnastics instruction to Pembroke and surrounding area in a safe, exciting, fun and progressive environment."

Heels Over Heads Xperience Gymnastics Club was started in 2010 as a decision to privatize the existing Upper Valley Gymnastics Club in order to provide more consistent and stable management to the club. It is our goal to be able to see our club grow in both size and programs offered. We are governed by 2 different sport organizations – Gymnastics Ontario (GO) and Gymnastics Canada (GCG) – and must abide by the policies and procedures set out by each of these organizations.

At that time UVGC (in existence since 1995), changed it's mandate to concern itself solely with raising funds to aid the competitive programs run at Heels Over Head Xperience Gymnastics. In many cases, the fees assessed to the member cover only a fraction of the full cost of delivering training to competitive athletes. Much of the balance of the cost of athlete training is derived from recreational programs, fundraising and volunteerism to displace paid expenses.

Competitive Program Overview

Our competitive program offers several levels of participation opportunities. Athletes enter these programs by invitation only and are administered under the direction of our competitive head coach. Athletes can have the opportunity to compete at varying levels – Invitational, Provincial and National level gymnastics. Competitive levels of gymnastics offered at the club include: Pre-competitive, JO 1-10 and National in the Womens Artistic Disciplines and Pre-competitive, Interclub, Provincial and National in the Mens Artistic Disciplines.

Pre-Competitive

The pre-competitive program is for both boys and girls between the ages of 4 and 7. These athletes train between 4 and 12 hours per week. This is an introduction to our competitive stream programs. The main focus of this program is to develop the physical attributes (strength, speed, power, endurance and flexibility) and body awareness as well as a strong base in skills to prepare them for one of the competitive streams as well as learning the joy of training in sport.

JO 1-2 / Invitational

This program is for girls and boys 7 years and older. Athletes in these programs are required to meet a certain skill level. They train 8 or more hours per week and compete at various degrees of Invitational level gymnastics. Competitions take place locally or as far away as the greater Toronto area. Athletes compete at 3 or more competitions per year set by the program directors.

JO 3-5 / JO 6-10 / Provincial

This program is for girls 9 and boys 8 years and older. Athletes in these programs are required to meet a certain skill level. They train 8 or more hours per week and compete at various degrees of Provincial level gymnastics. Each athlete at this level attends 3-4 qualifying competitions per year vying for the chance to go to Ontario Provincial Championships and possibly Ontario tour teams or Eastern Canadian Championships. These athletes also have the opportunity to attend invitational competitions for experience and the chance to compete against talent from other provinces and countries.

National

This program is for girls and boys 8 years and older. Athletes in these programs are carefully selected by our coaching staff. They train 16 or more hours per week and compete at various degrees of National level gymnastics. Each of these athletes must attend a minimum number of qualifying competitions per year vying for the chance to compete at the National Canadian Championships or potentially other national or international competitions. These athletes also have the opportunity to attend invitational competitions for experience and the chance to compete against talent from other provinces and countries.

Training Guidelines

Gymnasts are expected to:

- Come dressed to train in Leotard and optional shorts for girls and shorts and a tank top or t-shirt. Summer training will allow modest sports bra and shorts and shirtless for guys.
- Hair should be tied out of the way, buns should be low or avoided as not to interfere with rolls
- All jewelry should be removed for training, small stud earrings are acceptable
- Belly button rings, should be removed or taped
- Athletes should bring a water bottle and snack (for classes 3 hours and longer)
- Cell phones and electronics are to be left turned off in the lockers or preferably left at home
- Grips and other aids should be present at each practice (be especially mindful after competitions, that training grips and braces not be left at home).
- Individual chalk should be present at each practice.

Competition Guidelines

Gymnasts are expected to:

- Bring a bag in which they can carry around their grips, a bottle of water and a snack
- Wear their competition suit and their warm-up suit
- Have their hair tied back securely
- Have all nail polish removed (also from their toes!)
- Do not wear more than one pair of ear studs
- Don't wear any other jewelry
- Gymnasts are NOT allowed to leave the competition floor during the competition
- Gymnasts are NOT allowed to go talk to their parents
- Swimming or especially a soak in the hot tub the day before or of the competition is **strongly** discouraged, please soak after to help recoup

Remember at all times that gymnasts and spectators are representing our club and should behave and enjoy accordingly!

Fees for competitions will be paid to UVGC.

UVGC Obligations

All members are required to commit to and fulfill the obligations as set out by UVGC our fundraising club. UVGC is responsible solely for raising funds to help off-set the costs of training and competing of competitive athletes. This may include but is not limited to, covering the costs of coaches traveling to competition, subsidising training fees, subsidising uniform costs, etc.

Fees, Refund and Cancellation Policy

Xperience Gymnastics competitive program training fees are calculated based on an overall rate each year. All training fees take into consideration general holidays, shutdowns and other Xperience Gymnastics event closings. In some months gymnasts train more hours than in others but fees are calculated on a yearly basis and broken down into monthly payments for your convenience. Every athlete at Xperience Gymnastics must be registered with Gymnastics Ontario. This registration fee provides coverage under the Gymnastics Ontario Accident Insurance Policy

with it's carrier, as well as Gymnastics Ontario membership fees which grants access to competitions registration.

Refunds for classes trained or for meet related expenses (including provincial registration and meet fees) are non-refundable. Should your child wish to withdraw from the program for any reason, requests must be presented in writing and payment in full for the next calendar month of training will be applied.

Heels Over Head Xperience Gymnastics reserves the right to reassess membership in the competitive program at any point. Reasons to cancel membership may include but are not limited to arrears in payment of fees, lack of dedication to the program, etc.

Testing to re-evaluate membership in the competitive program may be required at the end of a competitive season to secure a membership in the next season.

Fundraising

Although the vast majority of fundraising for the program is done by UVGC (the booster club), the proceeds from these endeavours go directly into offsetting your competitive program. Xperience Gymnastics does some limited fundraising. This is primarily done through joint efforts with UVGC such as our annual Gymnaestrada and the hosting of Competitions.

WAG program Routines & Music preparation

As a club, Xperience Gymnastics policy is to provide each competing WAG (womens artistic gymnastics) level 6 and higher athlete as well as Excel program athletes a personalized floor and beam routine to suit each individual athletes taste and natural movement. Floor routine creation and preparation will for the most part be done outside of regular class time and our choreographers charge a flat rate for this service of \$50 regardless of the time required to teach individual routine. Typically floor routines are kept for 2 seasons and adjustments and changes are made when needed throughout that period. These fees should be paid directly to your choreographer. Should music need to be cut for an athlete, a \$20 fee may be applied for music preparation.

Media, Promotion and Public Relations

Throughout the year Xperience Gymnastics receives opportunities to promote the athletes and club with local print, live and internet media organizations. In addition, our website is updated regularly to reflect club news and results. These promotional opportunities include results, information and photographs of our club, coaches and athletes. As a member of Xperience Gymnastics competitive program you are required to permit the use of your child's name and/or photograph for promotion and partnership opportunities. Consideration, only under special circumstances, to exclude a member will require the approval of Xperience Gymnastics.

Communication

Notices to the member and/or athlete may take place verbally (in person or by telephone), by post, electronic mail or through Xperience Gymnastics' internal member mailbox system. In addition, information will be regularly posted on the bulletin boards in the facility, and on our website (www.xperiencegymnastics.com). Please check these on a regular basis for up-to-date information. Your daughter/son's coach will provide you with an e-mail address and contact number to call should you have questions or concerns.

Lockers

Xperience Gymnastics has a limited number of lockers to be assigned for athletes and staff. At the beginning of each season, each competitive program athlete will be assigned a locker by the Head Coach. Placement of lockers is assigned by staff. Athletes are responsible for ensuring that the lockers are kept clean. Xperience Gymnastics is not responsible for lost or stolen items.

Snacks and Beverages

Since the majority of classes run for multiple hours, a short break may be taken during class times. This is a good opportunity to use the bathroom and have a small snack. Due to the healthy lifestyle we promote as well as the short term training disadvantages incurred by some foods, we ask that you only send healthy snacks for break times (if you are unsure what to send with your child a list of suggestions can be provided upon request). We ask all athlete to bring a bottle of water to practise to avoid dehydration (electrolyte drinks ie. Gatorade/Powerade are also acceptable, but water is preferred). All other drinks will not be allowed in the gym.

Returning to Training after an Injury

In 2012 Gymnastics Ontario instituted the Gymnastics Ontario “Return to Play” form. Coaches may request that a “Return to Play” form be completed, signed by the attending physician/physiotherapist, and submitted to the Head Coach prior to the athletes return to training. The form provides the coaches with information on the parameters for the specific athletes’ safe return.

A Good Sport Parent Guidelines

It is the responsibility of the Head Coach, in consultation with the rest of the coaching staff to assess each child based on their individual development. Xperience Gymnastics coaching staff has a wealth of experience and knowledge and work as a team to place our athletes appropriately and help them reach their individual potential and goals. Regular communication takes place throughout the year to provide you with updates on your daughter/son’s progress. If at any time you would like to discuss this progress, please contact your daughter/son’s coach directly to make an appointment.

Here are some guidelines to assist you in enjoying your child’s competitive experience.

- 1. Do not compare your child with others** – every child progresses in their own way and at their own pace. Our coaches are experts at working with many individual abilities and personalities and make decisions that are only in the best interest of each gymnast.
- 2. Let the coaches’ coach** - Please do not talk to your gymnast or any other gymnast during practice. It is important for the gymnast to stay focused on what they are doing during practice, and distractions can lead to serious injury. Hand signaling is also not permitted. If you need to get a message to your child, please inform the desk or a coach and they will deliver it.
- 3. Remain positive at all times** – Please support your child but leave the coaching to the coaches. Your primary role is to be supportive, interested, encouraging and caring. Parents provide the opportunity for their children to participate in the sport and help make it a positive and healthy experience.
- 4. Progress is not measured on skill alone** – In the sport of gymnastics a child can progress in a number of ways that are not always visible to the parent. The coaching staff work many hours with your children and are familiar with each child’s ability as a gymnast.

Therefore, they are best qualified to assess their potential. Avoid complicating the task of being a good parent by also trying to be the coach, sport trainer and disciplinarian.

5. **Be patient** – be honest with yourself about your child’s athletic ability, their competition attitude, sportsmanship and skill level. Remember that children learn on their own time... not ours.
6. **Do not vent in the lobby area** – believe it or not, most negative talk follows the athletes in to the gym. It is passed on to other children and to their coaches creating a tense environment for all. Complaints and frustrations should first and foremost be discussed with your child’s coach. We cannot address problems we do not know about, and other parents cannot help addressing your issues. If you are not satisfied with the response you receive, then your next step is to contact the Head Coach/Program Director.
7. **Stay Informed** – we offer many resources to our members to help keep them informed. Please ensure that you read your mail (electronic and hard copy), check your folder/mailbox in the lobby, that you peruse the bulletin boards in the lobby and visit our website (www.xperiencegymnastics.com) and facebook page regularly throughout the year. Ensure that you attend the AGM and various parent meetings held throughout the year.
8. **Get Involved** – Be part of your child’s life at the gym. Help us make it a place that we can all be proud of and at home. Volunteer your time, experience and ideas to help us grow. Your support is important.
9. **Questions** – address your questions to the knowledgeable staff – we can provide you with an immediate answer or seek out the information you require through the appropriate channels (Gymnastics Ontario, Gymnastics Canada etc.) **Please do not contact these organizations directly.** For Technical matters the Head Coaches in each discipline are the direct links to these organizations, for operational matters the Head Coach has a communication avenue – these are the official spokespersons for Xperience Gymnastics.