

North Peace Gymnastics Team Program Handbook



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Joining North Peace Gymnastics Team

Congratulations on your invite to the NPGA Artistic Gymnastics Team! We're excited to have you joining our team of dedicated gymnasts. NPGA's Team gymnasts compete in Xcel and perform in Interclub Performance and Performance Plus. Our team competes:

- Xcel levels Bronze, Silver, Gold, Platinum and Diamond

Our Team performs:

- Interclub Performance
- Interclub Performance Plus

Joining the NPGA Team is an **annual commitment**. When reserving your position on team, you're making a commitment to your team for the entire season – from September through June with optional but recommended Summer Training.

Your commitment as an athlete includes:

- Listening to your coaches
- Being ready to train hard for each scheduled practice
- Strengthening your body through exercise and conditioning
- Strengthening your mind through focus and concentration
- Respecting your coaches, the equipment and your teammates
- Strengthening your relationships through positive communication
- Being accountable and responsible for your actions

Participating on a gymnastics team instills self-esteem, leadership skills, sportsmanship, discipline and respect. These are characteristics we hope our team members use outside of gymnastics throughout their lives. Our goal is to provide every gymnast with a safe and fun learning experience, while motivating them to excel to their highest individual potential. We are committed to providing a positive gymnastics experience through quality instruction and encouragement. We hope to produce not only strong gymnasts, but outstanding and confident young role models.

The purpose of this handbook is to give families and gymnasts a better understanding of the expectations of all team gymnasts, their families, and their coaches. If you have any questions or concerns after reading this handbook, please let us know. We look forward to working with your gymnast to help them reach their gymnastics potential.

Cost of Gymnastics

Gymnastics is not an inexpensive sport. Of course, we're not aware of any youth sports that are truly inexpensive. There are numerous fees associated with team gymnastics.

Fortunately, we offer Fundraising options to assist in offsetting these expenses. This section will review the expected costs of a season of Team gymnastics with North Peace Gymnastics Association.

Tuition

Team tuition is an annual cost for participation and covers training from September to June. Any additional training (school breaks) and summer will be charged in addition to the annual tuition.

For ease of payment, we divide the annual gymnastics tuition into monthly payments. Families must have a valid credit card on file for monthly charges of gymnastics tuition and/or meet fees. Athletes must be current on all fees and monthly charges to represent North Peace Gymnastics at competitions and continue to train with the team. If an athlete's account is negative, for any reason, they will be ineligible to compete and/or train.

If an athlete wishes to withdraw from the program a 30-day notice must be provided prior to the end of the current month.

Meet Fees

The **Meet Fee** charge includes fees for meets, coaches, and awards. Meet fees are charged as competitions are posted and registration and payment must be paid by the due date. No late registrations will be accepted. Meet fees range from \$125.00-\$225.00 per meet. Coach fees are \$60/meet (unless otherwise stated).

In person gymnastics meets are usually Fridays, Saturdays, and Sundays (although recently there have been several meets that start on Thursdays). Your gymnast will only compete for one session (about 3 – 5 hours) during the weekend. Exact session times are released by the host gym about 2-3 weeks prior to the meet and will be shared with families as soon as we receive them.

Refund policies for meets are set by the host club and NPGA cannot refund a meet fee unless the host club approves it.

Scratch: If a gymnast is injured (with a doctor's note) and has to scratch from a registered meet prior to the scratch deadline, a credit for that meet will be issued within fifteen days (15) of receipt of refund from the host gym. If refund is not received from the host gym, no credit will be issued.

Music & Choreography Fees

Gymnasts will incur costs related to choreography for Floor and Beam routines. Depending on the level, choreography fees are between \$150 and \$300 and include both the Floor and Beam competition routines for their level. Routines are usually kept for 2 years.

All song choices must be approved by the Club and Choreographer.

Music fees range from \$40 to \$150 depending on the song chosen. Custom arrangements begin at \$150. Music MUST be licensed to the gym for use in competitions. If a gymnast needs to update their routine mid-season, choreography and music fees may be charged again.

Other Fees

Competitive and Performance gymnastics may incur many additional fees, but we do our best to make affordable decisions. Listed below are the expected costs to consider in addition to tuition & meet fees. Please note, many of these prices are not finalized by vendors until early Fall and are estimated below.

- **Gymnastics BC Membership:** Membership is required to join team. Membership is approximately \$170 per year for Xcel and \$100 per year for Interclub. The membership is annual and expires in August of every year
- **Team Competition Leotard:** A team competition leotard (different from the team trainer) is required for participation in team. Team leotards range from \$75.00-\$200.00/each and suits may change each season.
- **Team Warm-ups:** Pricing is approximately \$100 and includes a jacket
- **SUMMER TRAINING (INC. ALL HOLIDAYS)-** Summer training is critical to your athletes' success during the meet season. Although it is not a requirement, it is highly encouraged. Summer training and or school holiday training is not included in your Team Season fees and is billed separately
- **Volunteer hours-**each level of gymnastics has a volunteer requirement that helps to off set the cost of gymnastics. For families who can not complete the volunteer requirement their hours can be paid out at a rate of \$50/hour

Attendance

Gymnastics is a sport based on repetition and consistent training. Time for recovery is also important and built into the training schedule.

For your gymnast to be successful we encourage 100% practice attendance. We understand life happens and practices may be missed on occasion. Please contact your coach as soon as you're aware of any practices or competitions that will be missed. There are no refunds for missed meets, practices or events. Even a few days out of the gym may affect a gymnast's confidence – and meet performance!

Excessive absences from practices may prevent a gymnast from competing.

Gymnasts must be able to consistently perform skills of their level the week before a meet to safely represent North Peace Gymnastics at competition. **It is the Team Coaches final decision whether a gymnast competes for North Peace Gymnastics.**

For safety reasons, gymnasts may not train in any way with other clubs or coaches while they are on the North Peace Gymnastics Team without advanced consent.

- Injured athletes are still encouraged to attend practices for flexibility, strength, and for team bonding purposes.
- Doctor's notes are required if your child cannot participate in their normal everyday gymnastics practice. Doctor's notes are also **REQUIRED** to return athletes to full training after an injury. This includes a return to sport plan. It is critical that your child's coach is made aware of any physical limitations of the gymnasts so that they can keep their body safe and help with recovery time.

Expectations

Participating in our Gymnastics team is a privilege and there are expectations for training and competitions, for both gymnasts and families. Our gymnastics team is operated with the belief that all athletes will perform to their personal potential.

Gymnast Expectations

Participation in gymnastics is a serious commitment. As part of joining the North Peace Gymnastics Team, you're making a commitment to yourself, your teammates and your coaches.

Gymnasts are expected to:

- **Be present!** Arrive to practice on time and ready to participate (appropriate workout clothes, jewelry off, gum thrown away, and hair tied back). Put away your phone or tablet, because they're not allowed during practice.
- **Be supportive!** Support yourself, your teammates and your coaches. Everyone has strengths and weaknesses. Gossiping and negative behavior toward teammates or coaches will not be tolerated. It's your job to support your teammates and coaches, to reach their best potential.
- **Be positive!** Maintain a positive attitude when faced with fears and frustrations. All gymnasts will experience this at some time. You must face them, learn from them, and overcome them!
- **Be Respectful!** Treat all team members, coaching staff, facility staff and facility equipment with respect and courtesy. Be quiet when your coaches are talking and ask permission to leave the gym at any time. Answer your coaches when asked a question. Follow instructions given by coaches. Respect coaching decisions! Decisions are based on the best interest of each gymnast.

- **Train Hard!** Be ready to work when you arrive for your training sessions. Although gymnastics is always fun, training is hard work. **The more you put into the training, the more you will get out.** It is not unusual to practice a skill thirty or forty times in a practice, or to run a routine 10 to 20 times. Be prepared to work hard, knowing it will pay off during the competitive season.
- While on team, you may only train with the North Peace Gymnastics Team - you may not train with another gymnastics club or coach unless permission is given by NPGA.

Family Expectations

Participation in gymnastics is a serious commitment. When your child joins the North Peace Gymnastics Team, you're making a commitment to your child, their teammates and their coaches. That means you need to:

- **Be Present!** Help your child arrive on time for training sessions and be ready to train, in appropriate workout clothes, with their hair tied back.
- **Be Supportive!** Your gymnast is counting on you to support her gymnastics efforts. Support your athlete, team members, coaching staff, and gymnastics program through success and failure. Families are expected to conduct themselves in an encouraging manner that is appropriate for a children's sport and facility. All families are expected to display excellent sportsmanship at all times. Please refrain from negative discussions regarding other teams, gymnasts, coaches, judges, or facilities. The use of profanity, raised voices, or disruptive behavior towards coaching staff, facility staff, or children, will not be tolerated and subject for removal from the facility/meet.
- **Be positive!** Maintain a positive attitude when you or your gymnast faces fears and frustrations. All gymnasts (and families) will experience this at some time. You must help your gymnast face them, learn from them, and overcome them! Gossiping, negative behavior, and/or rude or belittling comments towards the gymnastics program, coaches or other athletes will NOT be tolerated and subject for removal from the program.
- **Be Respectful!** For safety reasons, families are NOT allowed in the gym during practice or training. Please respect coaching decisions! Decisions are made based on the best interest of each gymnast individually. Any concerns should be addressed by email or phone and not at the door before or after training times. If necessary, notify the club via email or phone to schedule a time to meet with coaches to discuss concerns.
- **Communicate!** Inform coaching staff ahead of time if you will be on vacation, miss a practice, running late, or leaving early. Let us know if you have any issues or concerns.

Competition Expectations

Competing/Performing at a meet is both exciting and scary! Don't worry, we'll help you through the process, and we'll be right there with you during your session.

Meet Hair Guidelines

- Hair must be securely fastened off the face for safety reasons. It's a GymBC deduction if the gymnast's hair is not "secured away from the face so as to not obscure her vision of the apparatus".

Meet Guidelines

- Competition leotard, warmup pants and warmup jacket
- Team bag
- Water bottle
- Grips and wrist bands (if worn)
- Personal Chalk bag (if used)
- Any braces etc. an athlete uses

Meet Tips

- Make sure you have everything you need including competition leotard, warmup pants and warmup jacket. Have everything neatly packed in your team bag and don't forget a filled water bottle. Plan on leaving early for your meet! There is *always* major traffic, a snowstorm or some other road-block that is trying to make you late to your competition. Be aware and plan accordingly. You should plan to arrive at least 30 minutes before their session starts!
- When you arrive, if it's still the session before and your coach is on the floor coaching, take a few minutes to get a drink, eat a snack, **go to the bathroom**, check your leotard and **fix your hair**. You will not have time later! Meet the team and the coaches at the agreed upon location.
- At competition, gymnasts are expected to stay on the competition floor the entire time – from open stretch through final awards for their session.
- Gymnasts are expected to remain positive and refrain from speaking negatively about other gymnasts, teams, coaches, judges or equipment. Gymnasts are expected to encourage and cheer on their fellow competitors and teammates.
- **Families are not allowed on the competition floor for any reason during the meet!**
The team can be charged with a violation if a parent approaches the competition floor. Obviously, we don't want this, so **please do not approach your child during a competition!** Even if they are just *inches* away from

you, or they are upset, you need to stay back and let them focus on competing.

- During awards, please cheer for our entire team!
- If your child is injured, please stay in your seat, and a meet official or coach will get you if needed.
- No flash photography is allowed at a meet – ever!
- Be your child's biggest cheerleader! Focus on her performance, **NOT** her scores, and never compare to another gymnast. Remember, she is the **BEST!**

Team Communication: The most important part of a successful team program is communication. Anything pertaining to the NPGA gymnastics team will be communicated in writing by your child's coach or club administration via the following e-mail address: npga@telus.net or team@npga.ca

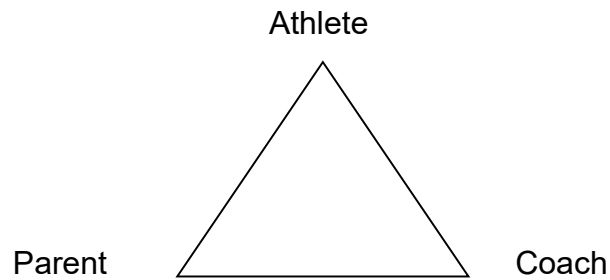
If you ever have questions or concerns, please feel free to call the gym at any time or send an e-mail. You will be replied to in a timely manner. Please be persistent in checking your e-mail on a daily basis as information is sent to team members regularly. We may also post information in the lobby and on our Facebook page.

Team Schedule: The gymnastics schedule is based on the school year calendar. There are roughly two months during the summer in which morning or evening practices may be scheduled, depending on other programs going on in the gym. A new team schedule is set with each new school year. The fall schedule is posted before the end of August. Expect groupings to change each season with athletes changing training groups/days.

North Peace Gymnastics is shut down a few times per year. During these periods the team schedule may be modified. It will always be communicated via e-mail. The gym is Closed for Truth and Reconciliation Day, Remembrance Day, Thanksgiving, Christmas and New Year, Easter and Victoria Day.

In Closing: The sport of gymnastics is a very complicated sport and constantly evolving. It is a full-time job just to keep up with the rule changes. Coaching is best left to the professionals, especially at the Competitive level. It is rarely useful for parents to challenge coaches on anything to do with the sport itself. Please remember the coaches are the experts in the sport. Gymnastics is a unique sport that requires highly specialized knowledge to coach. It is different than any other sport in this regard. Coaches at NPGA are always keeping current with the increases in difficulty, rule changes and new training techniques and equipment.

We love having everyone as part of our competitive program. We strive to have a friendly “family” type atmosphere, all the while having high expectations for the athletes. We believe in the parent/athlete/coach triangle of success in gymnastics. We are all a part of the triangle of success of the gymnast-each side must be strong and together for the athlete to be successful.



2024-2025 Parent & Gymnast Acknowledgement Form

Team Commitment

2024 to 2025 Season

I acknowledge that I have read, understand and agree to comply with the North Peace Gymnastics Team Handbook. Should I have any questions regarding rules or policies I will bring them to the attention of the coaching staff.

I understand that:

- tuition is a yearly charge that is payable in 10 monthly payments
- tuition is an annual cost for participation in the program, not an hourly or daily rate
- no adjustments, refunds or credits will be made due to missed training days etc.

I will positively support and encourage gymnasts, coaches, and the gymnastics program. Any actions that may be negative towards the gymnastics program will not be tolerated and a cause for dismissal from the program.

I understand that failure to comply with the responsibilities listed in this handbook may result in removal from practice or permanent removal from the gymnastics team.

Gymnast Name Printed

Gymnast Signature

Parent/Guardian Name Printed

Parent/Guardian Signature

Parent/Guardian Name Printed

Parent/Guardian Signature

Date

If you have any questions regarding any of the information outlined above, please contact NPGA @ 250-787-5327 or npga@telus.net