



## Competitive Program Handbook 2017/2018

POR T HOPE HEARTS GYMNASTICS CLUB  
330 Ward Street, Unit 11-13  
Port Hope, Ontario  
L1A 4A6  
905-800-0854  
[heartsgymnastics@gmail.com](mailto:heartsgymnastics@gmail.com)  
[www.heartsgymnastics.com](http://www.heartsgymnastics.com)

COMPETITIVE SEASON July 1st 2017 – June 30th 2018

## **MESSAGE TO NEW MEMBERS**

Welcome to the competitive program!

We are excited to have you in our very successful competitive program. As we only have a one-day assessment for new members, all new members are placed on a probationary period of 90 days to determine their suitability for our team. The competitive program is rigorous and requires a lot of dedication and mental and physical endurance. At the end of the 90-day probation, we will reassess each child's response to the demands of training and make sure that the program is the right fit for your child. In some cases, even though a child might demonstrate the necessary skill for the competitive program, the demands of the program may not be what they are looking for. In this case, it may be in your child's best interest to pursue a less intense gymnastics program.

Please also be aware that competitive gymnastics is more demanding of parents than recreational programs. The time commitment, financial obligation, necessary travel, and club involvement expectations are much higher.

This information package should help to make you aware of everything that this year's competitive season will entail.

## **BEFORE TRAINING COMMENCES**

Please make sure the following is completed:

- Accounts are in good standing from previous season
- Competitive contract is signed and handed in
- First months training fees are paid

## **GYM CLEANING AND ROUTINE MAINTENANCE**

Once annually, during summertime, we do a deep clean of the gym to get it ready for the upcoming year. This requires a lot of work from a lot of volunteers. It is one of the competitive team obligations to assist us during this big clean, to show respect for the gym and help contribute to keep it running successfully.

## **FINANCIAL OBLIGATIONS**

Being a part of the Hearts Competitive team involves financial obligations. Please be prepared for multiple expenses. This is not an exhaustive list, and other expenses may arise throughout the year. This list is a guideline only and not a price guarantee. However, please make sure to budget for the following at a minimum:

- Monthly training fees (between \$200-\$350/month)
- Annual GO Insurance Fee (\$135 for levels 1-5, \$250 for 6+)
- Competitive suit (approximately \$150-\$200)
- Practice suits (\$25-\$100 each)
- Competitive warm-up track suit (approximately \$150)
- Black shorts (\$15+)
- Competition fees (\$80-\$150 per competition)
- Coaching fees at competition (\$20/competition)
- Travel fees and hotel costs (to and from competition, overnight if needed)
- Grips (\$45-\$80)
- Medical tape (\$6/roll)

- Routine choreography for Level 6+ (\$200+)

## **WITHDRAWAL POLICY**

Withdrawal of your child (or children) from the competitive program between the commencement of training in July 1<sup>st</sup> – May 31<sup>st</sup> will result in a cancellation fee equal to an additional one month's training fee upon written notification of your child's (or children's) withdrawal from our competitive program. This policy will be upheld regardless of the length of membership in the competitive program, other circumstances or injury. The cancellation fee will be waived if the child (or children) returns to Hearts Gymnastics recreational program.

If a child who has withdrawn from the competitive program decides they wish to return to the program, they must reapply and be reassessed. Their return to the program is not guaranteed, and they may be moved into another program at the discretion of the coaching staff.

## **REMOVAL POLICY**

All new athletes are placed in the competitive program on a trial basis. At the end of the 90-day “trial” period, they may be asked to switch to a different team, remain on the same team, or switched to a different program. This decision is made in the best interest of the athlete, and is at the discretion of the coaches. Returning competitive athletes are not placed on probation, however as there are limited spots available on each team, it should not be expected that a returning athlete be guaranteed a spot.

If an athlete proves to be unreasonably disrespectful, aggressive, or reckless, or if they are not putting forth their best efforts, they will be issued a verbal warning that their behavior needs to improve. If this improvement is not forthcoming, the athlete will be removed from the team. If an athlete is removed for any reason, their training fees for that month will not be refunded. At no time can the Gymnastics Ontario (GO) Fee, suits/tracksuit costs, or competition fees be refunded.

## **PUNCTUALITY**

Athletes are expected to be ready to start their class promptly at the scheduled start time. Early arrival is encouraged, however, everyone will begin class at the same time. Late arrival is a frustrating issue for coaches, as it impacts the training of all the athletes on their team, and usually means less training time for everyone as they waste time waiting for the late-comer to catch up. It may also mean that the late athlete does not complete a proper warm-up, putting them at greater risk of injury. All gymnasts must warm up in our gym before they begin training, even if they are arriving after another sport/activity.

## **CLASS ABSENCE**

Competitive athletes are not permitted to miss classes, and those who miss more than 20% of their classes over the competitive season (September-June) will be at risk of forfeiting their spot on the team. In the case of illness, please call or email the office before class begins. Parents are asked to keep their child home if they are contagious, have flu-like symptoms, fever, nausea, or communicable skin infections. Athletes who are sick or complain of illness will be sent home.

Injuries are not an excuse to miss practice, although the coach may suggest a reduced training time, as important strength and flexibility conditioning and some training can still be performed regardless of injury.

Competitive gymnastics is an intensive program with a lot of physical and mental demands on a child. It is wise to discuss your child's gymnastics commitments with their teacher, and to make sure to encourage discipline in regards to school work and time management.

### **PROPER COMPETITIVE TRAINING ATTIRE**

All competitive gymnasts are required to wear a gymnastics leotard/suit while training. Shorts overtop are optional. Tank tops/t-shirts are not allowed. Long hair is to be tied up and out of the gymnast's face. Bobby pins are not allowed in the gym. No jewellery is to be worn, with the exception of stud earrings. Competitive gymnasts must present a professional athletic appearance at practice, as they are the role models in our gym.

### **MINIMUM TRAINING REQUIREMENTS**

These training hours are the *bare minimum* commitment required for each level. It is not in an athlete's best interest to be moved to a higher level if they cannot commit to the minimum amount of training required. Athletes who can commit to more training will always progress faster and perform better, so it is recommended to train for as much time as possible.

Level 2 – 6 hours/week – \$273.60/month  
Level 3 – 8 hours/week – \$284.90/month  
Level 4 – 12 hours/week – \$307.50/month  
Level 5+ – 16 hours/week – \$335.75/month

### **WINTER SHOW/END OF YEAR OPEN HOUSE**

As a fundraiser and a way to promote our club, we have two Open Houses a year. As part of the competitive team, your child's attendance at both shows is mandatory, as they will be taking part in a demonstration group routine to help promote the competitive program. Parent volunteers are necessary to run these events, and it is required that every single competitive athlete and/or their parents sign up to help with at least one of the needed areas. A list of volunteer positions will be posted in the front office.

### **UNDERSTANDING COMPETITIVE LEVELS**

Our gym trains competitive athletes in the Gymnastics Ontario Junior Olympics program, Levels 2-10. We do not train Level 1. Those girls who are aged 9 or older, and in Level 3 or higher, have the opportunity to qualify for Ontario Provincial Championships. Qualification depends on their overall score (averaged from their best two competitions). Level 2 athletes cannot qualify for Championships.

Unlike in other activities, an athlete is not guaranteed to move up to a new level each year. Likewise, athletes will often skip a level or two when they are ready to move up. Staying in the same level for an extra year or two is not to be viewed as a failure of

the athlete or the coaches – sometimes, certain skills and levels take longer to master for some children than others.

We will not move a child up prematurely – children will only be placed in a level once they have 100% of the skills required for that level. It is not fair to an athlete to go into competition at a lower start value than their competitors.

Parents especially are asked not to put pressure on your child to “move up,” nor to criticize their coach for a lack of progress. Trust that your coach knows what’s best for your child, and that the coach always has each child’s best interest at heart. We encourage parents to focus on other values that gymnastics teaches, such as sportsmanship, dedication, discipline, athleticism, and leadership.

It may also become necessary to move a child up a level or to a different team during the regular season. This may or may not entail an increase in training hours and therefore monthly fees.

All competitive athletes are placed on a 1-year contract. At the end of the season (June 2018), they are required to attend tryouts for a reassessment. Those who do not attend tryouts will be assumed to not be interested in re-joining the team. Returning athletes are not guaranteed a place on the competitive team in the upcoming season, as teams will be made based on the potential of all applicants, with limited spaces available.

## **SUMMER TRAINING**

Summer is arguably the most important training season of the year. This is the time when we focus most on developing new skills and conditioning. It becomes much more difficult during the year for an athlete to progress at the same speed as they can during summer. Summer training is also factored into the training rates. We understand families take vacation time/holidays in the summer, and exceptions can be made for a small period of absence, but commitment to the competitive team includes the expectation to train in the summer.

## **MONTHLY FEES**

Monthly training fees are based on a 12-month period, factoring in that some months have more training days and some have fewer, with no rate fluctuations. Fees are invoiced on the 1<sup>st</sup> of every month, and will be charged an additional fee of \$10.00 if not paid by the 15<sup>th</sup>. Bounced or NSF cheques are subject to a \$50.00 penalty. The club does not pro rate monthly fees for illness, vacations, other absences and injuries less than 30 days in duration. Contact the office if an injury extends beyond 30 days. The inescapable fact is that rearranging how revenue is collected does not change how much revenue is needed to cover the costs of operating the class. If we were to adjust one family’s fee downward that would require us adjusting another family’s fee upward in order to make up the shortfall, which is hardly fair to the other families. Wherever possible, Hearts Gymnastics will do everything in its power to arrange for make-up practices as needed, but this is subject to availability and should not be considered a guarantee.

All statutory and civic holidays are factored into the training fees. Two weeks holiday at Christmas and two weeks holiday in the summer is also to be expected. Classes will be cancelled on these days with no make up classes offered. There will be no training for any competitive athlete during competitions, even if said athlete is not competing at that particular competition, unless otherwise specified. This is because our

coaches will be at competition with other athletes. If classes are cancelled due to gym closure, a make-up practice will be offered if possible.

Hearts Gymnastics reserves the right to cancel classes, or reduce the duration of a class due to low attendance, or coach illness, injury, or emergency. In this instance, parents will be called to notify them when to pick up their children.

A family with two or more children shall be eligible for a reduction in their monthly training fees. The second child's monthly training fee will be reduced by 10% from the lowest monthly training fee. The third child's monthly training fee will be reduced by 25% from the next lowest monthly training fee. Families with two or more children in the competitive program may make a single payment for any fees when invoiced.

## **BREAKS**

All competitive athletes who train 3 hours or more per day will have an approximately 15 minute break about halfway through their practice. It is recommended that competitive athletes bring a healthy snack or small meal to eat during this time, to replenish their energy.

## **NUTRITION**

WATER is the only beverage permitted in the gym. Gymnasts may also bring milk or juice for break time ONLY. Junk food of any kind is not permitted. Remember that these athletes are training at an elite level, demanding that their body be at peak performance. Junk food is not effective fuel for athletes, and coaches notice the crash-and-burn effect when your child is given sugar for snack.

Recommended snack choices are: fruit, veggies, pasta, crackers and cheese, leftovers, sandwich, protein bar, soup. Please send anything that needs to be warm in a thermos, as children will not have access to the microwave (wastes too much time).

## **COMPETITIONS**

Parents/gymnasts must be aware of certain behaviours that are not permitted at competition.

1. No gymnast may leave the competition floor until after the last competitor of that flight has finished. That means that gymnasts must be responsible for their own grip bags, warm up clothing, etc., as they are not allowed to speak with parents off the floor. Failure to abide by this rule can result in athlete disqualification by the meet director or head judge.

2. Under no circumstance may a parent enter the competitive floor area. In extreme cases of serious injury, a parent will be invited to be present during first aid treatment.

3. Parents are not permitted to address any judging or other meet official during a competition. Any concerns, questions or comments may only come from a registered club coach. Gymnastics Ontario has set standards by which coaches may address judges and meet officials. Not only can an athlete be disqualified, but the entire team may be disqualified from that and other competitions that season. All judges and officials must be treated with respect.

4. While waiting for a rotation to be called, gymnasts may have a light snack, but only if food is allowed on the floor.
5. Gymnasts must ask the judges at her most recent event for permission to leave the floor for a washroom break.
6. All competing gymnasts must remain on the competition floor during the awards ceremonies until the last award for that flight is given. It is important to support your team and fellow gymnasts.
7. Protests are permitted only at the Provincial Artistic Qualifying Competition level and can only be initiated by a registered club coach. If and when the coach feels a protest is necessary, the coach will approach the parents of the gymnasts to pay the protest fee (usually \$30). Protests are rarely successful and are usually ruled in the judge's favour, however the outcome can rule in the gymnasts favour if it is regarding faulty apparatus or missed technical elements.

NOTE: Parents will be notified of the approximate dates of competitions as soon as possible (usually 1-2 months prior). Confirmed schedules for each competition are not usually available until 1-2 weeks prior the meet. Most competitions now include Friday and even Thursday as part of the weekend competition activities. You may expect a few of our competition dates to fall on a weekday. We will email you a meet schedule as soon as we receive it.

## **CONTACT US**

If you ever have any issues, questions, concerns, or comments, don't hesitate to reach out to us! We do our best to respond in a timely manner. We can be reached via the following methods:

PHONE – 905-800-0854 (best time to reach us is between 2:00pm-4:00pm)  
EMAIL – [heartsgymnastics@gmail.com](mailto:heartsgymnastics@gmail.com)  
FACEBOOK – <https://www.facebook.com/heartsgymnastics/> (information about gym closures/class cancellations will also be posted here)

You may also schedule a meeting with your coach and/or Bev if needed. Meetings are available at the coach's convenience and must be scheduled on a weekday before the start of practice (4:30pm).