

Competitive Athlete Training and Meets Policy (Program 2)

WHISTLER GYMNASTICS

OPERATIONS

Policy Name: COMPETITIVE PROGRAM TRAINING & MEETS

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1.0 Purpose

To outline policies and procedures specific to competitive athlete training, participation in meets, and associated commitments and financial considerations within Whistler Gymnastics.

2.0 Scope

This policy applies to all athletes, parents, and coaches involved in competitive, pre-competitive, and interclub programs at Whistler Gymnastics (Oros Whistler and applicable to Pemberton Interclub).

3.0 Definitions

- **WG:** Whistler Gymnastics.
- **WAG:** Women's Artistic Competitive Gymnastics.
- **TG COMP:** Trampoline Competitive Gymnastics.
- **Interclub:** Programs transitioning into the competitive stream competitions, full-year, by invitation programs.
- **BC Xcel / CCP:** Provincial competitive programs in Women's Artistic Gymnastics.
- **TG CP:** Trampoline Canadian Pathways.
- **HC:** Head Coach.
- **PM:** Program Manager.
- **ED:** Executive Director.
- **BM:** Business Manager.
- **ATS:** Athlete Travel Subsidy.
- **ATF:** Athlete Travel Fundraising.

4.0 Competitive Athlete Training (Oros Whistler and Pemberton Interclub)

4.1 Admission and Program Standards

Admission to competitive, pre-competitive, and interclub programs is by club invitation only, based on athlete readiness, coaching, and space availability. Competitive training programs are set based on:

- Safe and adequate equipment for the training level.
- Training needs of current and future athletes as identified by program management and coaching staff.
- Availability of suitable coaches (NCCP standards and WG assessment).
- Coaching coverage for other groups not being affected.
- Training hours being available without interfering with prime-time hours.
- Meeting minimum group numbers (with option for higher hourly group rate if not met).

4.2 Program Structure and Levels

The WG COMP Flow Chart visually illustrates competitive program categories and levels offered.

- **Women's Artistic Competitive (WAG):** Includes Interclub (Performance Levels), BC Excel, and Canadian Competitive Program (CCP) up to entry into the national program at CCP Level 8. For athletes nearing national stream entry, new training plans must be devised as sustaining or advancing at this level within current club limits may be difficult.

- **Trampoline Competitive (TG COMP):** Includes Developmental/Interclub CANJUMP, TG CP Provincial Level 1-4, and up to entry into TG CP National Level 5. Similar to WAG, for athletes nearing/entering national stream (Level 5), new training plans are necessary due to club limits.

4.3 Communication on Developmental Pathway and Costs

Clear annual communication on competitive athletes' potential developmental pathways, WG's offerings, and associated costs (fees and added expenses) is undertaken by club program management with athletes, parents, and coaches. This is particularly crucial for athletes nearing or entering higher limits of current programming or identified for future national-level performance.

- Options beyond club capacity may include partnered training, traveling to suitable clubs, or complete transfer to clubs offering higher performance programs. Added training hours can serve as a temporary transitional solution.
- Parents must understand club limitations at higher levels and consider alternatives. The club will not change programming limits or focus resources on individuals if parents do not follow suggestions for higher training.
- WG aims to suggest better alternatives where athletes can continue to develop with more training hours, higher-level peers, and deeper coaching resources.
- Parents are responsible for the significant costs at higher national levels for added training and meets. WG provides limited financial assistance through Athlete Travel Subsidy (ATS) and allows fundraising via Athlete Travel Fundraising (ATF).

4.4 Competitive Program Commitment

Dedication and commitment from athletes and families are expected for participation in the competitive program. This includes:

- WG's right of program/class/coach/athlete placement and to designate training hours/schedule.
- Class attendance and punctuality.
- Athlete and parental behaviors and conduct.
- Adherence to WG policies and procedures.
- Accountability for on-time program attendance and punctuality.
- Accountability for timely registration, fee, and billing payments (requiring a current credit card).
- Attendance at included meets.
- Attendance at the mandatory fall competitive parent's meeting.
- Involvement in designated parent participation programs (e.g., Whistler Summer Classic). Failure to comply can jeopardize continuation in the program and result in restriction, suspension, or removal. This commitment is outlined in the Competitive Parents' Handbook, and parents sign a Competitive Financial Commitment form upon registration.

4.4.1 Time Commitment: Competitive programs operate on a 10-month schedule (Sept to June), and athletes/parents must commit to the entire season and payment. Training schedules and times are subject to change by the PM and HC. Training groups requiring more than 2 weekly time slots may need to use non-prime-time slots. Added summer training (recommended 6 weeks for higher levels, minimum 4 weeks for younger/lower levels) is highly encouraged.

4.5 Progress Reports

Competitive athletes work towards achieving skills for competition in the later part of the 10-month season, which is divided into physical preparation, skill development, routine preparation/practice, and competition phases. Athletes have individualized training plans, and receive an interim progress report in December.

5.0 Meets

5.1 Meet Types and Determination

Competitive meet experiences are provided as determined annually by the HC, PM, and ED, best suited to athlete needs and the competitive program schedule and resources. Meets are categorized into three types. Refer to WG Financial Assistance for Athlete Travel for funding details and WG Travel Policy for travel details.

5.2 Type #1 - Included, Designated Meets/Events

- These meets are determined annually by the HC, PM, and ED (typically 3-4 qualifiers/trials or invitational meets within BC) to provide suitable competitive experiences.
- Fees for these designated meets are part of the athlete program fees and include meet registration, coaches' wage, and coaches' travel/accommodation. Athlete supervision, travel, and accommodation costs are the parents' responsibility and are not included.
- No refunds are provided except for meet registration with a medical certificate; other fee portions are still required.
- Athletes are expected to attend these mandatory meets as part of their competitive agreement.

5.3 Type #2 - Added Meets/Events

These are additional meets beyond the included plan, not substituting for designated meets. They can be sub-typed:

- **Type #2 A:** Added provincials, tryouts, or championships (e.g., BC Provincials, Zone tryouts for BC Games).
- **Type #2 B:** Optional invitational meets (e.g., Western Gymnaestrada, TG Western Canada Cup for L 1-4, or extra invitational meets in/out of province). The HC, PM, and

ED, in consultation with affected athletes/parents, determine attendance for added meets. Type 2B invitationals should enhance a whole group's experience, not just a single athlete, and are limited due to potential disruption.

- **Fees and Costs:** Athletes' families cover all costs for added meets. These are not eligible for ATS but groups can fundraise via ATF with BOD approval. Costs are billed after the event and include athlete/coach registration, coaches' wages, travel/accommodation, and potential sub-coaching costs. No refunds except for meet registration with a medical certificate; other group costs and cancellation charges are still billed.

5.4 Type #3 Western, National, and International Level Championships/Events

These include WG athletes qualified for designated provincial championships, national, or international events. If athletes/coaches qualify as part of Team BC or Team Canada, those organizations' policies and costs apply.

- **Fees and Costs:** Athletes' families cover all associated costs. These can be reduced by ATS and ATF funds. Costs are billed after the event and may include athlete/coach registration, coaches' honorarium/wages, team uniforms/costumes, Team BC/Canada administration fees, coach travel/accommodation, athlete travel/accommodation, and expenses for additional volunteer support staff.

6.0 Additional Pemberton Program Policies

Pemberton programs primarily focus on Gymnastics for All programs (Active Start, Fundamentals, Ninja's, Parkour, Teen Gym). Interclub/Xcel programming is the extent of competitive division programming allowed, following similar Type #1 Included Designated meet procedures as Whistler. Due to facility space/equipment limitations, Pemberton programs may have reduced offerings, including:

- Reduced total numbers in the gym at one time.
- Limited or no specific program offerings and camps.
- Trampoline programming integrated into GFA.
- Limited adult classes.
- Other access bookings (e.g., school field trips, parties) are offered only when facility space and coaching are available, with regular classes prioritized.