

COMPETITIVE AND INTERCLUB GYMNASTICS AND TRAMPOLINE PARENT HANDBOOK

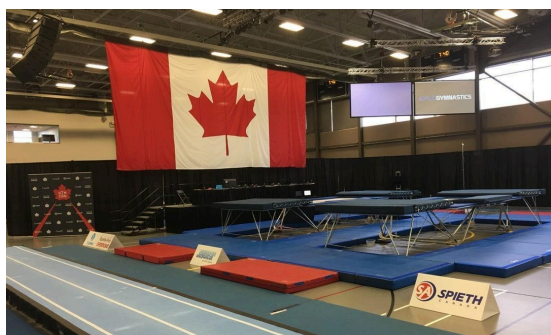


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Welcome and congratulations on becoming a member of the Whistler Gymnastics Competitive Team

WHAT IS COMPETITIVE GYMNASTICS

Welcome to the sport of competitive gymnastics - which is entirely unique as a sport and way of life. Gymnastic performance is a combination of artistry and physical ability. It can be a very technical, physical and time demanding sport. Gymnastics is recognized as a foundation sport for physical literacy. An [overview of the competitive olympic gymnastic disciplines](#) can be found in this appendix if you wish to read more.

Whistler Gymnastics offers a competitive stream/division with training for Provincial pre-competitive and competitive levels of competition in the disciplines of Trampoline and Tumbling (to Lev 4 up to entry into National L 5) and Women's Artistic Gymnastics (to Lev 7 CCP up to entry into a national program at CCP L8).

Athletes are invited and selected to become a member of a competitive team. Competitive Programs train from Sept to June. Additional summer training is highly recommended.

All athletes are expected to represent their club at selected competitions in BC. On occasion, opportunities may arise to compete out of the province.

Pre-competitive program levels (developmental/Interclub) are under the guidance of the competitive head coach or coordinator.

GOALS OF COMP

Training: Competitive stream levels are designed to provide development programs focused at learn to train, train-to-train and train-to-compete stages. They are suited to the athlete who wants to dedicate more time and effort to advance their skills, abilities and fitness levels.

Skill advancement: They are designed for athletes wanting to advance their skills beyond the fundamentals and who enjoy the challenge of skill development.

Competitive Challenge: Competitive programs are suited to athletes who are competitive in nature, like to perform, compete as an individual and part of a team, and experience travel and involvement in competitive events outside their club.

Team Building: Leadership, cooperation, teamwork and team comradery

Gym for Life: Continuance in gymnastic or trampoline activity as a participant, leader or professional career as a coach, judge, sport administrator is Gym for Life benefit.

BENEFITS OF COMP

Body Awareness	Coordination	Balance	Strength/Power	Flexibility	Agility	
Fun	Challenge	Self Confidence	Self Esteem	Friendships	Cooperation	TeamWork
Camaraderie	Accomplishment	Dedication	Work Ethic	Leadership	Gym for Life	

GYM RULES

Gym rules are the same for ALL, with some added guidelines in COMP.

SAFETY FIRST

The Gym is a NUT-FREE Zone

Gym Rules for Everyone

- Be cooperative, respectful, and caring to others
- Be alert and safety conscious. No horseplay. Follow the posted equipment rules.
- Think safety first for both you and others
- Attend regularly.
- Arrive on time and prepared to participate. (hair up, gym clothes on)
- Participate to the best of your ability
- Keep your body under control
- Understand the risk of the activity
- Follow equipment and facility safety procedures
- Dress for safety and ease of movement following our [club clothing guidelines](#).
Gymnasts should be neat and clean.
- No eating, drinking or objects in mouth during activity i.e gym, candy, pacifiers.
- Coaching supervision is always required in the gym
- Listen to and follow directions from the coaches.
- Participate cooperatively within the limits set by the coach
- Get coaches' permission to go on equipment or to try new skills
- Master basic skills before attempting more advanced
- Parents and spectators must stay in their designated area.
- Follow our Food and Drink guidelines
 - No food, drink or gum on the gym floor.
 - Observe our no nut policy.
 - Keep food/drink in designated areas. Eat only in designated areas.
 - Snacks brought to the gym should be light and nutritious.
- Respect the gym and all its Members. Follow the Golden Rule "Treat others as you would like to be Treated."
 - Care and look after each other
 - Respect privacy
 - Only take and share photos when given permission,
 - Follow the [Rule of Two](#) -not being alone or in a spot hidden from view
 - Help and be a good example for others
 - Report any maltreatment such as bullying, abuse or harassment to a club authority.

Added Guidelines for Competitive Athletes and Their Parents

The Athlete

- Competitive Athletes need to display exemplary behaviors and act as gym role models for newer and less experienced participants.
- They need to be more self-disciplined and responsible for their own behaviors. They shouldn't be needing constant and repeated reminders from the coaches.
- They should have a deeper understanding on [Codes of Conduct and Athletes' Rights](#)
- They need to set attainable competitive goals with the aid of their coaches. They need to focus their efforts on the goals they have set. They need to display a strong work ethic while training.
- Competitive gym needs to be enjoyed. Forget the outside issues. It is great fun to be with your teammates and friends but don't let socialization interfere with your training and competitive goals.

- Added procedures may be required to facilitate competitive programs.
 - Call when a competitive athlete is going to be absent to train (we do train on school Pro-D days).
 - Be on time and ready means - hair up, gym wear on, fed, with full water bottle, and a smile
 - Healthy, light snacks only - no sugary treats, or full dinners
 - Bring a gym bag with nutritious snacks, extra training wear, a water bottle, hair bands, clips, and elastics, trampoline socks if needed, athletic tape, grips/wristbands to be kept at the gym.
- Added [guidelines for Meets](#) need to be followed by both athletes, the parents and family.

The Parents' 'Rules'

- Make reliable arrangements and be on time consistently - dropping off and picking up - make your own transportation arrangements & car pooling arrangements and be sure the kids are aware. If there is an emergency or traffic tie-up try to contact the coach or gym office. Athlete's do not have access to their phones during training.
- Ask lots of questions and tell us what's up that might affect training or gym behavior (i.e illness, medical issues, growth spurt, family issue affecting ability to train well)
 - Personal discussions should be private and not done in public in the lobby.
 - Discussions on issues of athlete progress, readiness, placement, and behavior should include the Head Coach or Program Manager as well as the individual coach. These should not be in public. Often coaches do not have time to talk between classes, so contact the office or the head coach and schedule a time.
- Have reasonable expectations - competitive sports rarely culminate at the Olympic level
- Leave the coaching to the coaches and in the gym only.
- As a parent, you are responsible for travel, accommodation, supervision and care of your child at meets. The coach is responsible only for the gym floor during training or competition. Coaches will not be transporting children to meets.
- Follow all the guidelines and protocols for parents and spectators [at meets](#) and events.

PROGRAM PLANNING AND REPORTING

Whistler Gymnastic LTAD Programs are based on Long Term Athlete Development(LTAD) plans designed by Gymnastic Canada, facilitated by GymBC and adapted for use in our Whistler Gymnastic Club programs.

Whistler Gymnastic focuses on providing programs that are **active, safe, inclusive, developmental and fun. Safety First is a priority. Admission to competitive and pre-competitive programs is restricted and open only by club invitation based on athlete readiness, coaching and space available.**

These programs register and operate on a 10 month schedule Sept to June. Athletes and their parents must commit to the entire season.

PLACEMENT into the correct level of program is based on LTAD criteria, athlete readiness, ability, space availability and suitable coaching availability.

Athlete Placement and training schedules are the right of the club to determine.

Competitive team program placements are by invitation only.

TRAINING HOURS for athletes will vary depending on their age, readiness, ability level and level of competitive program.

- All training schedules/times are subject to change at the discretion of the Program Manager and Head Coach.
- The competitive program operates on a 10 month schedule Sept to June with one week allocated for statutory holidays, 1 week off in December and 1 week off during Spring Break.
- Training groups requiring more than 2 weekly training time slots may need to use some non- prime-time slots during school-time or weekends.
- Added Summer Training is highly encouraged during the 10 weeks in summer at Whistler Gymnastics or at another suitable gymnastic club.
- Recommended added summer training time are:-
 - 6 weeks for higher levels and
 - a minimum of 4 weeks for younger and/or lower levels.

PROGRAM PROGRESS REPORTS

Competitive stream athletes work towards achieving the skills needed at their competitive level to be ready to enter competition in the later part of the 10 month season.

The season is divided into different focus periods for - Physical preparation, skill development, routine preparation/practise, competition.

Competitive athletes have individualized training plans developed with the aid coach.

Athletes will receive an interim progress report in December.

WHISTLER GYMNASTICS COMPETITIVE PROGRAMS(COMP)

Competitive and pre-competitive programming is broken down into various team level programming by AG or TG, athlete readiness, ability, the level of competition and training hours. Here are general outlines of the Competitive Stream Programs.

WG COMPETITIVE FLOW CHART

WHISTLER COMPETITIVE FLOW CHART

WG Women's Artistic Competitive Gymnastics			
High School	Pre-Competitive	Provincial Competitive	
HS Levels 1-5	Interclub	BC Xcel	BC CCP Whistler
		Diamond	Level 8
			Level 7
		Platinum	Level 6
		Gold	Level 5 Level 4 Level 3 Level 2 Level 1
	Performance Plus	Silver	
	Performance	Bronze	

Note: Interclub are either in GFA Interclub events or transitioning into the COMP stream competitions. They are full year, by invitation programs, under the direction of the COMP HC or Interclub Coordinator.

WG Trampoline Competitive Gymnastics – Whistler	
Pre-Comp	TG CP (Canadian Pathways)
Interclub	Level 5
	Level 4
	Level 3
GFA CANJUMP EVENTS	Level 2
	Level 1

Note: Competitors of TG Events: Trampoline, Double-Mini, Tumbling, Synchro can be at different Levels

February 2024

For Current Class Schedules and Pricing - Go to our [website](#)

WOMEN'S ARTISTIC

- **INTERCLUB PROGRAMS**
- **WAG PROGRAMS -Xcel & CCP Lev 6-7/8**

Whistler Gymnastics, currently offers programs to athletes in the following categories Interclub, Xcel bronze-platinum and CPP Lev 6-7/8. (WG does not have CPP 1-5 as we use Xcel instead.) Athletes in transition from Lev 7 into WAG CCP Level 8 should be considering more appropriate future training options for higher level achievement.

The classes for each are set by optimum training hours, age and readiness needed for the level of competition. Program Manager, or Head Coaches will recommend the most suitable class options and invite the athletes to register accordingly. i.e Interclub, or WAG. Interclub is a pre-competitive level where athletes perform/compete in non-ranked levels.

The Interclub levels are Performance (comments on routine) and Performance Plus (Bronze, silver, gold Awards). These Non-ranked athletes are scored against a standard and not ranked against others.

BC Xcel and BC CCP are the main competitive categories for WAG provincial athletes.

In the levels of Xcel from Bronze to Platinum, optional routines are completed, routines are scored, and athletes are ranked.

In the levels of CCP from L 6 and up, optional routines are competed, routines are scored and athletes are ranked.



COMPETITIVE TRAMPOLINE

- **CANJUMP INTERCLUB EVENTS**
- **TG CP Levels 1-4/5**

Whistler Gymnastics, currently offers TG COMP programs to athletes in Advanced Rec/CanJump and TG CP Provincial levels 1-4. Athletes in transition(mobilizing) from Lev 4 into TG CP National Level 5 should be considering more appropriate future training options for higher level achievement.

The classes for each are set by optimum training hours, age and readiness needed for the level of competition. The Program Manager, or Head Coaches will recommend the most suitable class options and invite the athletes to register accordingly.

CANJUMP Interclub events are designed to introduce athletes to competition in a rewarding atmosphere.

TG CP levels 1-4 are the main competitive categories for TG provincial athletes. Levels 5-7 are National levels, where athletes must achieve a set score in competition to mobilize to the next level.



Whistler Gymnastics Club - Your Organization



Whistler Gymnastics Club is a registered non-profit society. We are governed by our club membership through direction from their elected volunteer Board of Directors. Our Constitution, Bylaws, Policies and Procedures establish club standards of governance and operation. A Management Team is employed to lead and facilitate club operations in the areas of both program and business. A certified coaching staff is employed to deliver programs. Please view the current organizational chart for more detail.

Whistler Gymnastics is a full member club affiliate of Gymnastics BC. All participants, coaches and volunteers are registered and insured through Gymnastics BC annually Sept-Aug.

Whistler Gymnastics annual year is July-June.

WG AGM occurs in June and all members are invited to attend.

Whistler Gymnastics offers programs in 2 locations:

- **Oros Whistler Gymnastics** at the WSL Athlete Training Centre
 - Gymnastics For All (GFA)
 - Interclub(IC)
 - Competitive Women's Artistic (WAG)
 - Competitive Trampoline and Tumbling(TG COMP)
- **Pemberton Gymnastics** at the Pemberton Recreation Centre
 - Gymnastics For All (GFA)
 - Interclub(IC)

Whistler Gymnastics Sport Philosophy - Vision, Values and Goals

Whistler Gymnastics Club offers safe, inclusive, quality gymnastic activity that fosters lifelong sport participation.

We will remain small enough to hold true value and big enough to be a model of sport excellence.

We will positively impact the development of children in becoming great individuals through the exposure to the fun, fitness and fundamentals of sport.

We act on our values of Quality, Respect, Well Being and Integrity.

We practise Safe Sport and Inclusion.

We recognize personal effort and achievement.

The organization is regarded highly for its professionalism, and its member care, as well as its sound programming.

Oros, Whistler Gymnastics Centre is recognized as a leading resource for sport excellence in Whistler, in British Columbia, in Canada and internationally.

We are at our best when providing an exceptional experience in which everyone can rise to their potential.

History of Whistler Gymnastics (the very short version)

1986 - Becomes an registered non-profit society, originating from the efforts of an earlier group of parents and coaches, operated recreational programs as a set up and take down operation in community schools and recreation facilities - Myrtle Phillip, Spring Creek, Meadow Park, old Pemberton Elementary School

1991 - WG sends their Women's Competitive Team to competition

2008 - Trampoline programs begin development

2010 - WG moves into our full time permanent facility, Oros at the Whistler Athlete Training Centre after the Olympics. and begins to offer extended recreational and competitive programs and community access programs (drop-ins, cross-training, parties)

2011 - WG sends their first Trampoline Team to competition.

2014 - Pemberton Programs officially become a satellite GFA program of Whistler Gymnastics, operating out of Pemberton Recreation Centre, although WG had been offering coaching support to Pemberton community program for many years

2019-20 Covid closure of spring/summer and impact into 21

2015, 2019 & 2023 - Whistler and Sea-to-Sky Gymnaestrada Teams attend World Gymnaestradas in Europe

Communication:

Current Club information is available on our website www.whistlergymnastics.com

Club communication is centralized through our office email info@whistlergymnastics.com

TG head coach email: comptrampoline@whistlergymnastics.com

WAG head coach email: wagcomp@whistlergymnastics.com

Program Manager: program@whistlergymnastics.com

Business Manager: info@whistlergymnastics.com

Executive Director: director@whistlergymnastics.com

Communication within the Competitive Programs

All communication to parents is done via email. It is the expectation of all families to check their mail and keep up with all required correspondence with the coaches and office.

Early fall, usually the 2nd week, we have a Competitive parents meeting which parents are expected to attend. At that time, we familiarize parents with the COMP program for this year and clarify competitive information.

Coaches will try to keep you up-dated on daily information with brief announcements at the end of classes. If you need to talk further on your child's personal information, progress and behavior, please contact the Head Coach or office to schedule a time to meet.

It's also important that you talk to the Head Coach, throughout the season if there is confusion or concern about your athlete. If you have a concern please contact the club immediately.

Recommendations for placement for the year should be discussed by the latest in May. We do our best to keep everyone informed but please remember it is a shared responsibility!

How to enter into the Competitive or Pre-competitive Stream

Admission to competitive and pre-competitive programs is restricted and open only by club invitation based on athlete readiness, abilities, as well as coaching and space availability.

Entry into the competitive stream requires some experience and the development of fundamental gymnastic skills.

Athletes, grade 2 age and up will be considered for multiple-day programming.

Interclub artistic or advanced trampoline are good stepping-stones to the competitive stream.

Athletes need the desire to advance their skills and compete in either WAG or COMP TG events. If your child is thinking about entering the competitive stream make sure you have spoken with the coaching staff early so your child may be observed over time and considered. Don't leave it until summer and then want in for the next fall.

The invitation is based on a coaching assessment of athlete readiness and spot availability. Decisions and invitations are done May to July for next season.

Athletes and their parents must have seriously considered their commitment to the requirements of the competitive stream.

How to Register for a Whistler Gymnastics COMP Program

You should register online through Uplifter and with a credit card. No phone registrations are taken.

For more details relating to registration, refunds, class schedules, waivers, billings etc just follow this link. <https://www.whistlerymnastics.com/register>

Refunds: No-refund for membership portion. Program portion prorated-refunds only available upon request within the September COMP adjustment period or for extended medical(3 or more consecutive weeks with a medical).

For adjustment period refunds just email the BM info@whistlerymnastics.com

For Medical refund requests use this form <https://activitymessenger.com/p/IUS4tA3>.

For MEET medical refund request use this form <https://activitymessenger.com/p/1khS3Lt>

For any other Special refund requests use this form to contact the ED

<https://activitymessenger.com/p/1khS3L>.

10% administrative charge on all withdrawals, transfers, and refunds requested by parents.

Cancelled classes -WG reserves the right to provide credit, refund or class make-up for cancellations.

Competitive Registration and Payment Schedule

Membership Registration: Returning athletes must secure their spot for the following year early by completing their Membership Registration and fee. **The membership fee is non-refundable.** Membership registrations are valid for one year from Sept 1st to Aug 31.

After these deadlines, team spots will NOT be held for returning athletes, and will be offered to new team members.

COMPETITIVE June 1-June 30 **INTERCLUB June 1-June 30**
Program Registration and Payment Sept 1st The first Program Fee payments are due September 1st. A late fee of \$100 will be applied after this date. If the 10

month installment payment plan is the option selected, Uplifter will charge the credit card on file on the first of every month Sept 1st to June 1st.

Note:- Annual Competitive Program Participation: Participants can't start their program until both the annual member registration and the competitive program registration with their respective payments are completed. The competitive program season runs 10 months, from Sept to June.

Registration for summer camps or training is separate.

Note:- Program Refunds

Competitive Registration requires a financial commitment to the full 10 month period. Membership fees are non refundable. Partial, pro-rated program fee refunds may be available during the one month competitive adjustment period in fall or for extended medical reasons.

- **Adjustment Period Refund:** The deadline is Sept 30th allowing for the month of Sept in which partial, prorated program refunds are available. A 10% administrative fee applies on all withdrawals, transfers, and refund requests from parents. Discussions with your HC coach should have taken place prior and any final decision to withdraw should be made to both the HC and BM who will process the adjustment period refund.
- **Medical Refunds** only are available after this adjustment period. Medical refunds are for extended periods of 3 or more consecutive weeks and require a medical note.

Health and Medical Alerts

When you register and join Whistler Gymnastics please advise us if there are any cautions or alerts that affect your child or limits their participation. Things such as allergies, bee stings, past injuries, and limitations need to be information the club has to care for your child. Keep us updated on any changes. This is private information and will only be shared with coaches where necessary.

If children are ill, particularly with something contagious please keep them home. If they arrive ill, we will call you to come and pick them up.

If children get hurt at the gym, we will care for them following our established accident procedures and notify you. We always have a first-aid certified coach/staff in the gym.

Medical refunds are available for continuous absence of 3 consecutive weeks or more.

Medical refund request form <https://activitymessenger.com/p/IUS4tA3>

Additional information on [injury for competitive athletes](#) is provided in the information below.

What to wear

- Athletes should be in clean, athletic-gym clothes (sport shorts and fitted t-shirts or bodysuits) with clean, bare feet or gymnastic slippers. Trampoline socks are a recommended option for advanced GFA and COMP trampoline training.
- Clothing should have no buttons, belts, zippers, cords or anything to catch or scratch.
- Clothing should have no extra loose fabric(i.e.flounces, lace, skirts, pockets, cuffs, baggy clothing or costuming)
- Any added warm-up clothing (i.e. tights, and sweats) should be removed before participation on apparatus and floor.

- Hair needs to be held back off the face, out of the eyes and field of vision. (i.e. clips, or fabric headbands). In addition, longer hair (below chin level) needs to be secured and tied back, so it won't interfere in gymnastic activity, spotting, get caught in apparatus, and stay out of the eyes.(i.e. elastic bands, scrunchies, buns, ponytails, head-braids)
- Please remove jewelry before class. Stud earrings are allowed.
- It is inappropriate and unsafe to train in sport bras, or cropped tops with bare midriffs.
- Participation will not be allowed if appropriate gym attire is not worn.
- There are change rooms with hooks and shelving, as well as, additional cubbies for coats and backpacks inside the gym. Outdoor wear(including hats/toques) and footwear should be removed before gym entry.
- Please do not bring valuables to the gym.
- Additional information on [Competitive Attire and Team Uniforms](#).

Whistler Gymnastics Code of Conduct and Behavior

Whistler Gymnastics is committed to ensuring everyone involved in our sport can do so in **welcoming, enjoyable, safe environments, free from discrimination or harassment. Every member of Whistler Gymnastics is expected to treat others with dignity and respect.** This includes our participants, parents, coaches, staff and volunteers. Any behavior that's insulting, intimidating, humiliating, malicious, degrading, offensive, dangerous, or in direct, intentional, or repeated violation of our club policies is not acceptable and will result in disciplinary action.

For more details see [Athlete Rights and Codes of Conduct](#) and [Gym Rules](#).

Athlete Discipline Procedure

- The coach will talk to the athlete if they are breaking a rule.
- If the athlete needs to be spoken to again, they will be asked to sit out.
- If an athlete is misbehaving again the coach will talk to the parent after class or call them within 24 hours
- If it happens again the athlete will be asked to go home.
- If it's a very serious situation the head coach, program manager/executive director and parents will come up with an agreement.
- Any athlete, who cannot follow the code of conduct, can be suspended or withdrawn from the program with no refund.

Dropoff - Pickup -Parking-Lobby Supervision

- **Whistler Oros:**
 - Please park in the lots beside or across from the Athlete Training Centre.
 - Please observe the limited time in loop parking.
 - If you are dropping off or picking up your athlete off (if age 8 and up) the loop may work.
 - Take added care after dark. Athletes should not be walking across dark parking lots or heading home alone.
- **Pemberton:**
 - Please follow the Pemberton Community Centre Parking guidelines.

- Take added care after dark. Athletes should not be walking across dark parking lots or heading home alone.
- Please come in to drop off and pick up athletes under 8. WG is not responsible for your athlete until they are actually in the gym, not just the building.
- The safe transfer of responsibility for children 6 and under needs to be through direct contact between the designated parent(or guardian) and staff.
- Participants should arrive 5 minutes prior to class and no more.
- Please be on time to pick up your children. If you are late picking up, your athlete will be inside the gym waiting. Please come in to pick up and acknowledge your pickup to the coach.
- If athletes are taking the bus from school please arrange with other parents who are driving to supervise athletes in the lobby until class starts.
- **Respectful, safe and quiet behavior is needed in the lobby as we operate as part of a shared facility.**
- **It is the parent's responsibility to be in the lobby supervising participants. Lobbies are open to the public.**
- **Lobby supervision is not the responsibility of staff or coaches.** Club coaches are busy within the gym and will only be available 5 min before and after classes to greet or transfer care of your athlete.

Care of Valuables / Lost and Found

Whistler Gymnastics is not responsible for lost or stolen items. As our site lobbies are open and a public facilities, they are unfortunately accessible to the issue of theft. We highly recommend that no valuables be left unattended anywhere in the facility or gym, including our change rooms. Anything of monetary or personal worth should be left at home. Lost and found containers are located in the lobby. Any item left in the gym or change rooms are placed in the bin. Please label everything, backpacks, lunch kits, water bottles, shoes, jacket, gloves, and hats. We will keep lost and found items for 4 months, and at the end of each recreational session, we will take everything to the Re-Use It Centre unless there is a name in the article lost.

Volunteer Responsibilities

As with the majority of gymnastics clubs, Whistler Gymnastics is a non-profit society supported by the volunteer efforts of its members to function effectively.

Your volunteer assistance helps support our club.

We welcome all individuals that would like to help and volunteer.

Opportunities will be announced as needed.

ALL competitive families are required to help with the club major fundraiser, the Whistler Summer Classic. Families will be asked to either:

- volunteer for a session
- provide food/drinks for concession or bbq
- provide an item for silent auction

If you have a profession or trade skill to help in another way please let us know.



Fundraising

As a non-profit organization, Whistler Gymnastics runs various fundraising events throughout the year. Fundraising is an integral part of Whistler Gymnastics to keep fees as low as possible.

Some of our annual events include selling Poinsettias at Christmas, Purdy's Chocolates at Easter, hosting our own Whistler Summer Classic (WSC) Meet and holding the Silent Auction at WSC. Our club relies on volunteers to help run the WSC and these fundraising events. Whistler Gymnastics Club is also actively seeking private and corporate support in the form of sponsorship and donations.

The club will continue to pursue every avenue of fundraising open to them. Any expertise from you, to assist in new and better ways to secure financial support is welcomed.

Complaint Protocol

The volunteer Board of Directors of Oros Whistler Gymnastics Centre attempts to run the club to the best of their ability. However, we are unable to foresee every problem that may occur. PLEASE, do not let your problem go unaddressed or assume it cannot be resolved. WE want to tackle any and all problems before they grow into major issues.

On governance issues you feel should be brought to the Board of Directors please contact the [Executive Director](#) . He will direct you further on bringing items to the BOD's attention.

On daily operational concerns please contact the [program manager](#), [business manager](#) or the [Executive Director](#). depending on the type and severity of the concern.

On Athlete issues, please follow the complaint protocol as follows.

If a parent or guardian has a concern with their child they must follow the outlined steps:

- Discuss the issue first with the coach involved and Head coach,
- If the coach, Head Coach, and Program Manager cannot resolve the problem, it will then be brought to the Executive Director.
- If the problem is still un-resolved, it'll then be presented to the Board of Directors, with the Board's decision being final.
- **Matters of Harassment will** go immediately and directly to the trained GymBC Complaint Officer. Contact your ED for direction on this.

COMPETITIVE PROGRAM INFORMATION AND COMMITMENT

Being part of a competitive program team requires certain added commitments and responsibilities from both the athletes and their parents.

1. Committing for the entire 10 month season

Competitive programs require a 10 month commitment and committed payment for the 10 months of training from Sept to June. So don't expect a refund for athletes wishing to withdraw for non-medical reasons after the adjustment period. Coaches are hired from September to June, so withdrawing early from a competitive program (other than a medical reason) would negatively impact the club. Any special circumstance refund request for withdrawal must go directly to the Executive Director for consideration using the following form <https://activitymessenger.com/p/1khS3Lt>

2. Committed [Time to Training and Meets](#)
3. Committed [Attendance and Punctuality](#)
4. Respect the Club Decisions on [Athlete Placement and Advancement](#)
5. Being part of the [Parent/Coach/Athlete Partnership](#)
6. **Making up your mind early for next year**

The Whistler Gymnastics competitive training groups, coaches and training times are set early in the summer for the following year.

- **May/June:** Year-end athlete progress assessments and program recommendations, and discussions for the following year should be done between athletes, parents, and their current coach/HCs by late May or early June.
- **Membership registration for COMP June 30th and Interclub July 15th:** It is important for returning athletes to have their intent to return, committed by their membership registration by these dates. Only the membership fee is required at that time to secure your spot. Membership fees are non-refundable.
- Placement in the program will not be guaranteed after that time. Any open spots will then be offered to new competitive and interclub athletes.
- **Sept 1st:** First Program Fee payments are due September 1st. A late fee of \$100 will be applied after this date. If the 10 month installment payment plan is the option selected, Uplifter will charge the credit card on file on the first of every month Sept 1st to June 1st.

Participants can't start until all membership and program registration is complete and corresponding payments made.

7. **Committing to spending more \$\$ -program fees and extra costs.** Competitive programs are more expensive because they include more training time, added costs for team uniforms and to meets/events and for travel transportation/accommodation.

What is included in your Program Fees

- Training on the days your child is assigned. if a coach is away, there will be a sub. Sometimes kids are grouped into larger classes if we cannot find a sub.
- Theme days, Mock meets, progress reports, rewards, prizes, certificates
- Choreography of floor and beam routines, optional trampoline routines provided for tramp athletes.
- Meet expenses for your designated included meets (athlete entry fee, a share of your coach's registration, wages, travel and accommodation)
- Note: If your group is scheduled to compete, you are expected to attend and there will be no training provided if you do not go to the meet. The Head Coach will let you know if practice is on the night before an early competition or not. If your group is not scheduled to go, then training will be as per normal.

What are Extra Costs

- **Travel and accommodations for your athlete and any family for ALL meets.** Parents are responsible for taking your child to meets at meets, so you or your designate will be going and staying with your athlete.
- **Expense for athletes who attend additional competitions**(i.e. Provincial Championships, non-included invitationals) and training camps (WAG or TG) or qualify for a GymBC or GymCAN team. Families will be required to cover all *meet expenses,(athlete entry fee, your coach's registration, wages, travel and accommodation) as well as your athlete travel and accommodation.
- [Team Uniforms](#) are required as designated for your team. We only change the design every 4 years. We try to stagger the bodywear and tracksuit in different years in order to cut down the cost per year. Athletes are required to purchase needed articles of the current team uniform each fall or trade between families. New team members must purchase(new or resale) the entire uniform for the season.
- Extra costs are billed to your account for payment and should be paid with-in 2 weeks of the billing.

Attendance and Punctuality

Gymnasts are expected to attend every training session as this level of sport requires commitment. Gymnasts should only miss training if they are ill, have a major injury, or for medical appointments (there should be an attempt, however, to schedule these appointments around training schedules). Athletes must notify the gym or the head coach of the program, ahead of time if they are to be absent from practice. Warm up is crucial for training sessions and is an important part of injury prevention, and the performance of quality gymnastics. Please ensure your athlete can arrive on time. No one likes to walk in late when their teammates are already going. It is disrespectful to the team, and to the coaches who must break away from the team to attend to an individual.

Training Schedule and Meet Schedules

Training Schedules: Athletes' training hours are established when they register. Please be aware that the hours set for each group are to maximize optimum training for the level that they will be competing at this year. If you are unable to commit to the full hours assigned to your group, there is a possibility that the athlete may be moved to another group.

Meet Schedules: The schedule of designated included meets for our athletes to attend will be finalized and communicated by the Program Manager and Head Coaches by the end of October.

Please let the Head Coach know if there is a meet you are unable to attend. You will not be refunded for the meet unless it is for a medical reason. The club may be able to get back meet entry fees for you for medical reasons. Use this link to request a [Meet entry fee refund](#).

- Trampoline athletes will attend 3 designated included-meets within BC from late fall, and throughout winter and spring. Provincial TG Championships may be the third of the designated or an additional meet depending on the schedule each year. If it is the 4th meet there will be an added fee.

- Artistic gymnasts will attend 3-4 designated included-meets within BC, throughout the winter and spring. CPP Level 7 & 8 athletes and Level 6 athletes who qualify for Provincials will have an additional competition, for which there is an added fee.

Please try to schedule your vacations during our weeks off from training or meets.

If you miss practice for holidays, there are no make-up classes. Refunds are only given for illness or injury for periods of more than 3 consecutive weeks. Parents' need to provide a doctor's note and a filled in [medical request form](#).

Classes cancelled by Whistler Gymnastics due to any unforeseen circumstances will either be made up in some manner, credited or refunded at the discretion of the club.

Athlete Advancement and Team Placement

Gymnasts and parents are asked to respect the decision of the coaches and staff in placing gymnasts in a group or class which they feel will allow them to work in the most comfortable setting that is conducive to progressive and quality gymnastics. All athletes progress at different rates, and in very unique ways. There may be a variety of opinions and perspectives regarding the progression of any gymnasts at any time. It is the responsibility of the coaches to ensure that athletes are training in an environment that is conducive to safe gymnastics development, and are progressing in a manner that reflects quality gymnastics at every level. Therefore, the placement and the advancement of gymnasts are left to the discretion of the coaches.

Moving up Competition Levels

There are set required skills that athletes must be able to perform safely before moving up a level and the moving up is at the discretion of the Head Coach. Readiness to move up also depends on emotional and social development, not just technical skills.

Trampoline athletes, when ready to move up, can do so from meet to meet.

Artistic athletes rarely move up levels during the competitive season.

See a visual of the categories and levels by looking at [Competitive Program Flow Chart](#)

Competitive Attire (Team Competitive Uniforms)

- Team Uniforms (bodywear, and track suits) are required and are not part of your registration fees. All athletes representing Whistler Gymnastics MUST wear the designated team uniform while representing the club. (i.e competitions, demos, parades)
- Resale of used team uniform articles is up to the parent. The club will set a resale deadline to communicate information. Parent volunteers may be needed to help with this.
- If you do not bring in your suit at that time to trade, it's up to the family to find a used suit, and sell their old.

- Ordering and measurement of new articles for team uniforms will be announced in early fall. New uniform costs will be billed upon order and must be paid before being handed out.

For full details see the WG P&P OPS/PROGRAM/ [Clothing and Dress Code Policy](#).

Community Events

Whistler Gymnastics has traditionally participated in community events such as Canada Day and/or Pitch-In-Day. The exposure we receive from these events positively impacts new registrations each year, therefore, it is important to the financial viability of Whistler Gymnastics that our athletes offer their time and skills to show support.

Injuries

Please ensure that your child's coach is well informed of any serious joint or muscle injuries that your child has incurred outside of the gym. Our trained coaches will adapt the exercises to ensure that your child's safety is intact and the injury is not irritated further. It is rarely necessary to miss training for a 'simple' injury. It is important to keep up with strength, flexibility, team bonding and mental training so as not to be left behind after the injury has healed.

If an injury has occurred at WG during training time, your child's coach will inform you how it happened, and what first aid has been provided. Most injuries in the gym simply require ice. In the event of a serious injury, protocol dictates that we call 911 for medical assistance and then call the parent. A coach will accompany your child to the clinic should that be necessary. If an injury persists for more than a few days, you may want to consider seeking medical attention. Please keep the coach updated on your child's health at all times.

The Parent/Athlete/Coach Partnership

Parents have one of the most difficult jobs on the parent/athlete/coach team because they have the smallest role in actually controlling athletic performance. At the same time the parent feels a much higher sense of personal attachment to this performance.

It is important that parents show respect for the authority of their child's coach. The amount of hours the coaches spend with your child dictates that they will be major contributors to their overall development. If you have a problem, please talk to the coach at the appropriate time. We will always base our decisions on what is ultimately the best for the child first, athlete second.

Become the essential link in the training triangle of parent/athlete/coach. Your trust in the coaching staff is paramount. Gymnasts need more encouragement at "plateaus" in their skill development which can happen due to the fact they are growing. At times when no progress is being made, or at least it seems that way, a support from a parent after practice sure feels good! Truly believe that we have your child's best interest in mind, and we ask you to support the coaching staff during the rough times.

Find out about your gymnast's progress periodically. A good time for a brief conference with the coach is just after practice. For a full discussion of your gymnast's progress, make an appointment with the child's head coach. Advise coaches of adverse situations or stresses the gymnast may be undergoing outside the gym. Should problems arise, communicate with the coaching staff.

Some Guidelines for Parents

Danger signs indicate the parent needs to re-evaluate their actions and attitudes.

- Observing every practice - intently.
- Learning about technique and deductions and applying it critically to your gymnast .
- Comparing your child and their progress to other gymnasts on the team.
- Verbally abusing the gym, its coaches, and its facilities yet remaining in the program.
- Videotaping every meet and requiring your child to review it at home with you.

Making Comments:

Inappropriate

You beat Susie, alright!
If you win today there's \$20 in it for you.
That judge never liked you.
She's been at this level for 3 years;
I'm happy! it's time to move up!

Correct

Do your best!
I loved watching you today!
Nice to see you work hard.
You stuck your routine!
Great routine!

MEET GUIDELINES for both Athlete and Parent

All athletes are expected to arrive 15 minutes early, dressed and hair done. This will allow athletes to get familiar with the competition venue. Sometimes the rotation ahead falls behind and athletes will have to wait.

Please make sure you have directions to the competition site, you have confirmed the time that warm up begins and you have a few cell numbers of other parents and coaches in-case you get lost.

Please make sure your athlete is in bed early the night before, well hydrated and fed. If they have a hard time falling asleep, get athletes to visualize their routines over and over.

When you arrive at the competition, there will be an entrance fee allocated by the club. You do not have to pay for the competing gymnast.

Parents are not allowed access to the competition areas, only GBC registered gymnasts and coaches are allowed on the floor during training sessions and competitions. Athletes should find their coach as soon as they arrive. If the coach is on the competition floor with their other gymnasts, please find teammates and wait off the competition floor until the flight ahead is finished.

Gymnasts are to keep in mind they are representing Whistler Gymnastics and must conduct themselves in a responsible and courteous manner while attending meets. Please keep athletes and siblings off any equipment.

When staying at hotels, gymnasts are expected to conduct themselves in a responsible manner. Gymnasts will be held accountable for their actions, behaviour, and attitudes. It is the parental responsibility for provision of transport of their athlete to the competition venue and for the supervision of behavior during travel and accommodation. Coach supervision takes over on the competition floor.

Whistler Gymnastics has a No Junk Food policy when traveling to and from competition. It's important to keep athletes well hydrated for the long duration of meets and keep their energy levels even with natural sugars and carbohydrates.

Remember for ranked competitions, it is unfair to ask your child to bring home a medal; it's not within their control. Gymnasts and their parents are expected to respect the judgment and discretion of those who instruct and judge the sport of gymnastics.

Codes of Conduct and Athletes' Rights

Every member of Whistler Gymnastics is expected to treat others with dignity and respect. This includes our participants, parents, coaches, staff and volunteers. Any behaviour that's insulting, intimidating, humiliating, malicious, degrading and offensive is not acceptable and will result in disciplinary action by the Board of Directors.

[Gym Rules](#) must always be followed to ensure your safety and that of others.

[Meet Guidelines](#) must be followed when representing your club. Remember when performing at meets or attending events exemplary conduct is expected because you are also representing your club and the sport of gymnastics. Your behaviors reflect on your fellow athletes.

In addition, adherence to the following Codes of Rights and Ethics are expected.

Athletes' Rights

- The right to have opportunity to participate in sports regardless of ability
- The right to participate at a level that is consistent with developmental ability
- The right to have qualified, sensitive leadership
- The right to participate in a safe and healthy environment
- The right of child athletes to play as children
- The right to learn proper preparation in the sport of gymnastics
- The right to be treated with dignity by all coaches, staff and fellow athletes
- The right to have fun through sport

Parents Code of Ethics

- Do not force an unwilling child to participate in sport.
- Remember children are involved in organized sports for their enjoyment, not yours.
- Encourage your child to always play by the rules.
- Teach your child that honest effort is as important as awards so that the result of each competition is accepted without undue disappointment.
- Turn defeat to victory by helping your child work toward skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition. Do not pressure them for results, they have no control.
- Remember that children learn best by example. Applaud good performance by your child and team and for members of the other teams as well.
- Do not publicly question the official's or coaches' judgment or honesty.

- Support all efforts to remove verbal and physical abuse from sporting activities.

Coaches Code of Ethics

- Coaches are expected to do all in their power to fulfill the athlete's bill of rights.
 - Coaches are expected to treat athletes, judges, parents and each other with courtesy and respect at all times.
 - Coaches are to refrain from malicious gossip and demeaning remarks with or without intent to bias opinion concerning athletes, other coaches or judges.
 - During a competition, coaches should consider it unethical to express displeasure at a judge's work to that judge through any means other than the accepted protest procedure.
 - It is unacceptable for a coach to use abusive language at any training session, competition or meeting.
- Coach will follow the Safe sport guidelines as set by GymBC and WG. For more information [Safe Sport with Gymnastics BC](#)