

WHISTLER GYMNASTICS

COMPETITIVE AND Development TRAMPOLINE PARENT HANDBOOK

November 2026



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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 Development and competitive levels of competition in the disciplines of Trampoline, Tumbling, Double Mini and synchronized trampoline (Levels 1 to Senior)

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) 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 | Cooperation | Team Work | Fun | Challenge | Self Confidence | Self Esteem | Friendships | Camaraderie | Accomplishment | Dedication | Work Ethic | Leadership | Gym for Life

GYM RULES

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

Gym Rules for Everyone

- SAFETY FIRST
- The Gym is a NUT-FREE Zone
- 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. gum, 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. Athletes 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 Gymnastics 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 months schedule Sept to June with one week allocated for statutory holidays, 1-2 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 of the coach.

WHISTLER GYMNASTICS COMPETITIVE PROGRAMS (COMP)

Competitive and Development programming is broken down into various team level programming by TG, athlete readiness, ability, the level of competition and training hours.

COMPETITIVE TRAMPOLINE (TG)

Whistler Gymnastics currently offers TG COMP programs to athletes in Development. Athletes in transition move from Canjump levels 1-6 into from Level 1. CANJUMP development events are designed to introduce athletes to competition in a rewarding atmosphere.

The competitive program is from Provincial Level 1-4. Trampoline levels 1-4 are the main competitive categories for TG provincial athletes. These athletes should train at least 2-4 days a week to progress alongside their teammates.

National is Level 5-Senior and should be considering more appropriate future training options for higher level achievement. Levels 5-7 are National levels, where athletes must achieve a set score in

competition to mobilize to the next level. Training is 4 days a week plus outside supplementary physical preparation training.

WHISTLER GYMNASTICS - YOUR ORGANIZATION

Whistler Gymnastics Club is a registered non-profit society governed by our club membership through direction from an elected volunteer Board of Directors. A Management Team leads program and business operations, and a certified coaching staff delivers programs.

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). The club's annual operating year is July-June, with the AGM held in June.

Locations

1. Oros Whistler Gymnastics at the WSL Athlete Training Centre: GFA, Interclub (IC), WAG Competitive, TG COMP.
2. Pemberton Gymnastics at the Pemberton Recreation Centre: GFA, Interclub (IC).

Sport Philosophy - Vision, Values and Goals

Whistler Gymnastics Club offers safe, inclusive, quality gymnastic activity that fosters lifelong sport participation. We act on our values of Quality, Respect, Well Being and Integrity, practicing Safe Sport and Inclusion.

History Overview

- **1986:** Registered as a non-profit society, operating set-up and take-down programs in local schools.
- **1991:** Sends first Women's Competitive Team to competition.
- **2008:** Trampoline programs begin development.
- **2010:** Moves into permanent facility (Oros at Whistler Athlete Training Centre) post-Olympics.
- **2011:** Sends first Trampoline Team to competition.
- **2014:** Pemberton Programs officially become a satellite GFA program.
- **2015, 2019, 2023:** Whistler and Sea-to-Sky Gymnaestrada Teams attend World Gymnaestradas in Europe.

Club Contacts & Communication

Website: www.whistlerymnastics.com | Office Email: info@whistlerymnastics.com

TG Head Coach: comp_trampoline@whistlerymnastics.com | 604-369-2921

Executive Director: director@whistlerymnastics.com / Steve Shore

All communication to parents is done via email. A Competitive parents meeting is held in early fall (usually week 2) which parents are expected to attend.

Registration, Fees & Refund Policies

Registration is handled online via Uplifter (<https://www.whistlergymnastics.com/register>).

- Returning Athletes Membership Registration: Due June 1 - June 30 for Competitive, July 15 for Interclub. Non-refundable.
- Program Registration & Payment: Due September 1st. A \$100 late fee applies after this date. Installments charged on 1st of each month (Sept to June).
- Adjustment Refund: Request by Sept 30th for prorated refund minus 10% admin charge.
- Medical Refund: Requires 3+ consecutive weeks of absence with doctor's note.

Dress Code & What to Wear

Athletes should wear clean athletic clothing (fitted t-shirts/bodysuits, sport shorts) with bare feet or gym slippers. No zippers, buttons, cords, or loose fabric. Hair must be tied back off the face and long hair fully secured. Stud earrings only. Sports bras or cropped tops with bare midriffs are not permitted.

Athlete Discipline Procedure

1. Coach speaks to athlete.
2. Athlete sits out if behavior continues.
3. Coach speaks to parent after class or within 24 hours.
4. Athlete asked to go home.
5. Serious/repeated issues: Head Coach, Executive Director, and parents create formal agreement. Suspension/withdrawal without refund may apply.

Volunteer & Fundraising Requirements

All competitive families must assist with the club's major fundraiser, the Whistler Summer Classic (WSC), by volunteering for sessions, supplying concession items, or providing silent auction items. Other annual fundraisers include Poinsettias (Christmas) and Purdy's Chocolates (Easter).

Complaint Protocol

1. Discuss issue with Coach and Head Coach.
 2. Escalate to Program Manager / Executive Director.
 3. Board of Directors review (final decision).
- * Note: Matters of Harassment go directly to the GymBC Complaint Officer.

COMPETITIVE PROGRAM COMMITMENT & EXTRA COSTS

What is included in Program Fees: Designated included meets (athlete entry, coach ratio travel/wages), routine choreography, progress reports, mock meets.

Extra Costs (Billed separately): Travel/accommodation for meets, non-included optional competitions (e.g. Provincials), team uniforms (bodywear and tracksuits updated on a 4-year cycle).

MEET GUIDELINES

- Arrive 1 hour prior to warm-up, dressed and hair styled.
- Spectators/parents are not allowed on the competition floor.
- Maintain respectful behavior in hotels and venues.
- Observe the club's No Junk Food/ No hot tub policy during travel and meets.

CODES OF CONDUCT & ATHLETES' RIGHTS

Athletes have the right to participate in a safe, fun, dignified, and inclusive environment. Parents must encourage effort over scores, respect officials/coaches, and avoid pressuring children. Coaches adhere to strict Safe Sport standards, maintaining professional respect and positive guidance.

List of Competitive Athletes 2026/2027

Participant First Name	Participant Last Name	Number of Competitions
Adele	Meik	3
Arianne	Savard	3
Avi	Dagan	3
Charlie	Fripp	3
Ella	Gilbert	3
Emily Jean	Smith	3
Hayden	Fripp	3
June	Costigan	1
Kade	Corey	3
Kylie	Frew	1
Logan	Argall-Giroux	3
Lucy	Martin Hanbury	1
Max	Oughtred	3
Micah	Tessier	3
Phoenix	Osborn	3
Raya	Johnson	3
Tae	Rybczynski	3
Tommy	Kafka	3
Zyla	Waters	3

List Of Development Athletes 2026/2027

Participant First Name	Participant Last Name	Number of Competitions
Angus	Ellis	1
Angus	Smith	1
Beckham	Mayne	1
Eitan	Dagan	1
Ella	Boyle	1
Eva	Butt	1
Gabriel	Allard	1
Haddie	Raddatz	1
Jackson	Mayne	1
Jett	Hamilton	1
June	Costigan	1
Kylie	Frew	1
Lola	Mitchell	1
Lucy	Martin Hanbury	1
Milan	Higgins	1
Moss onyx	Waters	1
Neve	Rybczynski	1
Phoenix	Richards	1
Victoria	Mancell	1
Wilkin	Solomon	1

Development Athletes are targeted to compete at Provincial Championships April 2nd -4th 2027 in Surrey. If they are unable to compete at this meet please let me know so I can find an alternative. This is a 3 days event. Bring seat cushions!

2027 Artistic & Trampoline GymBC Championships
2 - 4 Apr 2027
| North Surrey Sport & Ice Complex
Hosted by: Flip City Gymnastics Club and Gymnastics BC

Please attend all Mock Competition in the gym as well as Spring training. This will help them to prepare for their first competition. We want this to be a fun and inclusive experience!

Whistler Gymnastics — Important Dates, 2026–2027

Please check the **Who it affects** column for events and closures that apply to your athlete. **All groups** includes every program.

Date	Event	Who it affects	Location / Details
October 14, 2026	Classes cancelled from 3–8 p.m.	All groups	Power outage
November 6–18	World Age Groups	National athletes	Nanjing, China. Tanya away.
November 11	Remembrance Day — no classes	All groups	Gym closed for the holiday
November 29	Mock Meet #1	Competitive	Whistler
December 4–6	1st BC Cup / KGTC Invitational / 2nd Canada Winter Games Trials	Competitive	Kamloops
December 14	Holiday Potluck	Competitive & Development	Whistler Gymnastics
December 21–January 2	Winter Break — no classes	All groups	Classes resume after the break
January 22–24, 2027	Aaron Johnson Memorial	Competitive	Cloverdale
February 26 th –28 th	Aviva Invitational	Competitive	Coquitlam
February 15	Family Day — no classes	All groups	Regular classes cancelled
March 4–8	Elite Canada	National athletes	Terrebonne, Quebec
March 7–14	Canada Winter Games	National athletes	Quebec City, Quebec
March 15–21	Spring Break — no training	All groups	Training paused
March 22–29	Spring Training for All	Competitive & Development	Whistler Gymnastics
March 28	Mock Meet #2	Competitive & Development	Whistler Gymnastics
April 2–4	BC Championships	Competitive & Development	Surrey Sports Complex
May 6–9	Elite Challenge	National athletes	Texas, USA
May 6–9th	Western Canadian Championships	Competitive Athletes	Calgary
May 14–16	Gymnaestrada — no regular classes	All groups	Regular classes cancelled during the event
May 24	Victoria Day — no classes	All groups	Regular classes cancelled
June 1–6	National Championships	National athletes	Tanya away
June 3	Whistler Summer Classic setup — no classes	All groups	Regular classes cancelled for setup
June 4–6	Whistler Summer Classic	All groups	Volunteers needed
June 14	Year-End Celebration & Awards	All groups	Whistler Gymnastics

Scheduling notes: Elite Canada and Canada Winter Games overlap on March 7. National Championships and the Whistler Summer Classic also overlap, and Tanya will be away during the Summer Classic. Western Canadian Championships dates are still to be confirmed.

List Of Competitions-

KGTC Invitational

4 - 6 Dec 2026

Tournament Capital Centre, Kamloops

Aaron Johnson Memorial Cup

22 - 24 Jan 2027

Cloverdale Agriplex, Surrey

Hosted by Shasta Trampoline Club

Aviva Invitational- (Optional)

26-28th February 2027

Pinetree Centre, Coquitlam

2027 Artistic & Trampoline GymBC Championships

2 - 4 Apr 2027

| North Surrey Sport & Ice Complex

Hosted by: Flip City Gymnastics Club and Gymnastics BC

2027 TG Western Canada Cup (Optional)

May 6, 2027 to May 9, 2027

Join athletes from across Western Canada for exciting Trampoline, Double Mini Trampoline (DMT), and Tumbling competition.

Alberta is proud to welcome athletes, coaches, officials, and supporters to Cochrane for this premier TG event celebrating athletic excellence, sportsmanship, and community.

Location : **SLS Centre, Cochrane, AB**

Whistler Gymnastics Competitive Athlete Travel Policy

Introduction Whistler Gymnastics is committed to providing a safe, healthy, and inclusive sport environment that is free from all forms of abuse or maltreatment during all club-related events. Depending on the specific program, Whistler Gymnastics competitive athletes attend between 1 and 3 meets per season, and the event registration fees are included within their program fees. Additional Meets are possible and the costs will be split amongst the athletes attending.

To ensure the safety and well-being of all participants, this policy outlines the specific travel structure for Whistler Gymnastics while remaining aligned with the safe sport and travel guidelines set forth by Gymnastics Canada (GymCan) and Gymnastics BC (GymBC).

1. Travel and Accommodations

- **Parental Responsibility:** Whistler Gymnastics coaches do not travel with athletes and are not involved in the accommodation or travel booking process. Parents (or their designated parent-chaperones) are 100% responsible for the athlete's travel, accommodations, meals, and supervision at all times outside of the scheduled competition or training times at the venue.
- **Accommodations for Unaccompanied Minors:** If a parent is not attending and another adult is chaperoning the athlete, Safe Sport guidelines state that a Person in a position of Authority (such as the chaperone) is strictly prohibited from sharing a hotel room or bed with a minor athlete, unless they are the athlete's parent or legal guardian. Minor athletes must only share rooms with other athletes of the same sex or gender identity.

2. Venue Supervision and the Rule of Two

- Coaches will meet the athletes directly at the designated competition or training venue.
- During scheduled training and competition times at the venue, teams or groups of Whistler Gymnastics athletes must always have at least two screened Persons in a position of Authority present with them.
- Under no circumstances may a coach or other team personnel engage in a closed-door meeting with an athlete. All team activities, training debriefs, or meetings at the venue must be held in open and observable environments.

3. Roles and Responsibilities

Coaches:

- Coaches are strictly responsible for the athletes *only* during scheduled training and competition times at the venue.
- Coaches will arrange all team meetings and training sessions at the venue.
- Coaches will not transport athletes under any circumstances, nor will they manage accommodations or enforce travel curfews.

Parents Traveling with an Athlete:

- Parents traveling with a minor athlete are wholly responsible for their child for the entirety of the trip outside of the competition or training venue.
- Traveling parents must ensure punctual drop-off and pick-up of their children at the venue at the specific times indicated by the coaches.

Parents NOT Traveling with an Athlete:

- Parents who are not attending the event must assign a designated chaperone for their child from among the other attending parents.
- The designated chaperone may not be a team coach.
- Non-traveling parents must provide the designated chaperone with a signed Travel Consent Form, emergency contact information, and any necessary medical information.
- Non-traveling parents must ensure their child is provided with enough funds to pay for their food, travel, and incidentals during the trip.

Designated Chaperones (Attending Parents):

- Parents acting as chaperones for another athlete assume full responsibility for that athlete outside of the venue times, including travel, meals, accommodations, and general supervision.
- Chaperones are responsible for obtaining and carrying the Travel Consent Forms, emergency contacts, and medical information for their assigned athletes.
- Chaperones must ensure punctual drop-off and pick-up of their assigned athletes at the venue.
- Chaperones are not expected or required to administer prescription medications or provide individualized behavioral management strategies to athletes.

Athletes:

- Athletes must arrive at the venue ready to participate and represent Whistler Gymnastics to the best of their abilities at all times.
- Athletes must communicate any problems or concerns regarding training or competition to their coaches. Any non-sport problems should be communicated to their parents or designated chaperones.
- **Competitive Uniforms**
- These are the two websites you can order competition attire from this year.
- When you click on it please go to Male or Female. Male bodysuits will be uploaded by October 20th.
- Please see:
- Please order by October 31st 2026
- Development: https://whistler-gymnastics-103394.square.site/shop/development-trampoline/FSFJAS3F75ULSXL66HYQUIDI?page=1&limit=30&sort_by=category_order&sort_order=asc&location_id=RD20F1Z7074MP
- Competitive: https://whistler-gymnastics-103394.square.site/shop/competitive-team/SJNW5SETDJMBHS5ACJ2B6DSJ?page=1&limit=30&sort_by=category_order&sort_order=asc&location_id=RD20F1Z7074MP
- **Note:** If anyone has competitive attire that does not fit please bring it in for other athletes to try. Please label your garments with your email so that we can arrange a payment between each family. You are also free and encouraged to arranged between yourselves.

For Further Information Please feel free to Email me:

Tanya_liquorish@hotmail.com

For Emergencies: 604-369-2921

Office/ Coaching Hours

Monday- 9am -8pm

Tuesday-9am-12pm

Wednesday- 9am -5pm

Thursday - 10am-8pm

Sunday - 3pm-7pm

