

2019/2020 CLUB TEAMZ HANDBOOK

PROGRAM MISSION

Splitz Club Teamz Program exists to provide an opportunity for every athlete to achieve their full potential in the sport of gymnastics and develop a lifelong love for sport and physical activity. Our purpose is to support each gymnast in reaching their potential with respect to their own goals. We strive to be positive role models and to bring out the best in each individual within the realms of physical, mental, emotional and social development. Safety, fun and skill acquisition are key to achieving these goals and makes Splitz a wonderful environment for athletes to pursue their goals.

PROGRAM STRUCTURE

The Club Teamz Program follows a consistent annual training schedule beginning in July and culminating in June. Entrance into the program is by assessment or invitation only and intake occurs in the Spring. Our program follows guidelines set forth in the Long-Term Athlete Development Model by Gymnastics Canada.

Gymnasts are placed in age appropriate groups based on their skill level and training hours. Gymnasts training includes general preparation, specific routine preparation, group routine practice and a competition season.

Splitz Club Teamz athletes participate in the Gymnastics BC Interclub Program as well as optional Gymnaestrada showcases. Athletes can expect to attend between 3-6 events per year.

A tentative event calendar will be sent out in the fall outlining the events that gymnasts will be invited to. Participation for most events is optional, however participation for the I Love Gymnastics in-house meet hosted at Splitz, and the BC Gymnaestrada will be mandatory. In addition to this, athletes are expected to attend at least 1 other competition throughout the year. Athletes are encouraged to attend as many events as possible.

GYMNAESTRADA

For the 2019/2020 season, Gymnaestrada will be a mandatory event that will start its routine preparation in January. The team will then attend and perform their routine at the 2020 BC Gymnaestrada.

Gymnaestrada is a unique form of gymnastics focusing on group performance and participation. The goals of Gymnaestrada are to promote and encourage the growth of Gymnastics for All, inspire and encourage joy in exercise and to demonstrate the development of the participants. Splitz athletes typically begin preparing for Gymnaestrada in January and continue to incorporate group choreography and routine development into their training sessions.

Gymnaestrada events are offered at a Club, Provincial, National and World Levels.

The BC Gymnaestrada is the largest PLAY recreational gymnastics event in the province. Splitz athletes will attend physically inspiring workshops such as rhythmic gymnastics, acrobatics & pyramid building, theatre, dance and parkour/breakdancing/trampoline on one of the scheduled event days. The following day, our group will perform their routine for a large audience.

GYMNASTICS BC INTERCLUB PROGRAM

The Interclub program is designed to expand the scope of participation in gymnastics in BC. Interclub provides a training framework and offers opportunities for athletes to attend sanctioned events, at which they perform gymnastics routines to showcase personal ability. Designed for all levels of gymnasts, Interclub does not require a minimum or maximum skill level to participate. The program is performance-centered and focuses on the opportunity for gymnasts to perform and take pride in personal athletic achievement. Artistic movement is encouraged, and athletes have creative license in routine development and performances. Interclub is divided into 3 categories. The performance structure followed at sanctioned events is determined by the athlete's category.

PERFORMANCE: Athletes perform routines and are given positive feedback on each event. This category is geared to first year participants and those at a beginner skill level or under the age of 9 years.

PERFORMANCE PLUS: Athletes perform routines and are given a score and awarded a gold, silver or bronze ribbon based on their performance on each apparatus. This category is available to intermediate abilities and athletes over the age of 9 years.

PERFORMANCE CHALLENGE: Athletes perform advanced routines and are given a score and awarded a gold, silver or bronze ribbon based on their performance on each apparatus. This category is available to advanced athletes performing more difficult skills such as handsprings and saltos.

SPLITZ PRE-COMP PROGRAM

Splitz will be introducing a new program into our Club Teamz program called Pre-Comp. This program will be a preparatory program that focuses on training basic gymnastics skills while building strength and developing coordination. The goal of the program is to prepare the athletes physically, mentally, and technically for the Club Teamz program.

Athletes will not attend competitions in their first year, as they will be working on skill preparation for routines for the upcoming year. Athletes in the Pre-Comp group will not need to purchase a tracksuit or bodysuit. They will also not require a floor routine in their first year. Pre-Comp athletes will however, be expected to participate in BC Gymnaestrada, as this will be a mandatory event.

COMMUNITY EVENTS

Our Club Teamz athletes represent Splitz in our community. Athletes may be asked to take part in community events such as parades, open houses, community displays and more. These exciting events are a great way for our gymnasts to gain recognition for their dedicated efforts and unique skill sets. It is expected that athletes will conduct themselves appropriately when representing Splitz.

PROGRAM POLICIES

PROGRAM ACCEPTANCE AND WITHDRAWAL

The Club Teamz Program requires a 12-month commitment. A minimum of a 60-day notice is required when withdrawing a gymnast from the program. Notice must be given

before the 1st of the month. Athletes are welcome to train during this 60-day period. Once an athlete has withdrawn, their space in the program is no longer guaranteed. To re-enter the program, the athlete may need to be reassessed or be placed on a waitlist.

Once you have confirmed your space in a group for the upcoming 2019-2020 season, you will not be able to increase or decrease hours. All athletes training together will train the same hours and days. Please be mindful of this commitment upon accepting a space in a group.

COMMUNICATION

Communication for the Club Teamz Program will be primarily through email. It is important that families keep their contact information current on their family account. Family accounts can be accessed through the parent portal at splitzgymnastics.com. Monthly communication, competition information, uniforms and other pertinent information will be sent out frequently.

We encourage all families to communicate openly with their daughter's coach as necessary. More information about gymnasts is beneficial to assist coaches to customize the training experience. For scheduling or administrative questions, please direct communication to: abby_info@splitzgymnastics.com.

GYM CLOSURES

Splitz is closed for one week at Christmas and one week in Summer to allow for annual maintenance. We are also closed on all BC statutory holidays. This is accounted for in the monthly fee structure.

Labour Day – September

Thanksgiving – October

Remembrance Day – November

Christmas Day – December

New Year's Day – January

Family Day – February

Good Friday – April

Victoria Day – May

Canada Day – July

BC Day – August

Gym closures, due to weather or unforeseen circumstances will be made up by Splitz.

There will no longer be a mandatory day-off following competitions.

Splitz cannot offer make-ups for missed training. This is due to the maintenance of safety ratios between athlete/coach and cohesion with training plans in the rest of the groups.

INJURIES/ILLNESS

For extended injury or illness Splitz may put monthly tuition fees on medical hold for up to 2 months. A doctor's note is required in these cases. There are no refunds for short absences due to minor illnesses or personal schedules.

Splitz places the health and safety of our gymnasts first. However, injuries can be a part of competitive sports. When a gymnast is injured and will not be able to take part in full training, it is the policy of the club to encourage the gymnast to remain active but to reduce the number of hours as appropriate to the injury. The coach, parent and medical practitioner will determine the reduced hours and level of activity. Please recognize the importance of communication with the coach regarding injuries. It is imperative to have as much information as possible when handling injuries. Our coaches are knowledgeable with respect to the human body, but they are not medical professionals. If it is suggested that your child visit a sports medicine professional, please provide your coach with the name of professional, diagnosis, recommendation/ implications for training via summary for the coach outlining the injury and recovery. It is also important to keep the coach informed of any physical training your child is doing outside of gymnastics.

DROP OFF AND PICK UP POLICY

Please ensure that your child is dropped off and picked up inside the gym. Please ensure you pick up your child on time. It is the parents' responsibility to make arrangements for their child if they are going to be late for pick up.

ATTENDANCE

Gymnasts are expected to make every attempt to attend all training sessions. Occasional absences are to be expected, however we ask families to remember your child has committed to a technical sport. Gymnastics requires hard work, dedication and

perseverance. Repetitive absences make improvement for the gymnast harder, may slow progression and potentially deteriorate athlete motivation.

For safety purposes, gymnasts must have a minimum of 2 weeks training prior to attending a competition (unless otherwise arranged by the coach). If training is interrupted in the two weeks prior to a competition, without consent from the coach, the athlete may not be allowed to attend the competition.

We ask families to contact our office for any planned absences so the information may be communicated to coaches.

ATHLETE EXPECTATIONS

Gymnastics is a very exacting sport that requires athletes to exhibit control and behave in a disciplined manner. Splitz gymnasts are asked to execute difficult skills that imply a certain amount of risk at all levels.

In order to maintain safety in the training environment while allowing for progress, coaches must ensure that the gymnasts are aware of safety rules, follow specific instructions and not disturb the concentration of other gymnasts.

Although gymnastics is an individual sport, the Club Teamz Program is a team program and as such requires positive and supportive behavior from all members. Splitz takes issues of bullying or harassment very seriously. Our goal is to create the best experience we possibly can for all of our participants.

We will enlist the support and co-operation of all parents in the program and encourage open communication. We want to ensure any problems that may arise be managed early. If you have any feedback for us that you think would be helpful, we would appreciate hearing from you.

Our team will approach parents for support if a gymnast's conduct does not meet the programs expectations.

HARASSMENT POLICY

Splitz is committed to providing a sport environment in which all individuals are treated with respect and dignity. The Club has adopted the harassment policy and procedure written by Sport BC. The harassment policy applies to all members of the Club.

PARENTAL SUPPORT

A healthy support system is essential for athletes. Research is absolutely clear, athletes with a strong support system have a better chance at being successful. As a parent, it is important to let your child know you love and support them regardless of their success in gymnastics. Ways of showing support can be: Asking your daughter how training was; Celebrating successes including new skills/ personal achievements; Encouraging your daughter during challenging training times; Finding ways to show your daughter you are proud of her. Sometimes in attempting to be supportive, our actions can be detrimental to an athlete's motivation. Please avoid comparing your daughter's skills or abilities to other athletes or critiquing technical aspects of performances or training. We appreciate families to leave the technical aspects of gymnastics to our coaching team. If you have questions on how to support your daughter, please don't hesitate to ask.

SOCIAL MEDIA POLICY

Our Club Teamz Program has an Instagram account dedicated to showcasing the athletes' accomplishments in and out of the gym. Follow [splitz_clubteamz](#) and [splitz_abby](#) to share the journey alongside this great team!

We ask that athletes, parents and coaches do not communicate through personal social media accounts, email, or text. All communication can be directed to abby_info@splitzgymnastics.com, during class time, or can arrange to have a scheduled meeting with your athlete's coach. We also advise that athletes and coaches do not follow each other's personal social accounts.

FEES/ ADDITIONAL EXPENSES

MONTHLY TUITION FEES

Monthly tuition fees are processed on the 1st of the month and are calculated based on group training hours. Splitz accepts Visa / MasterCard/ Debit and E-cheque.

3 hours/week \$152

4 hours/week \$186

All Fees are subject to 5% GST. A 2% fee is applied to monthly credit card /debit payments.

INSURANCE FEES

All Club Teamz participants are required to be insured through Gymnastics BC. Please be advised that the 2019/2020 Gymnastics BC Insurance fee of \$80 will automatically be processed with your monthly tuition fee on September 1st, 2019.

TEAM UNIFORM

All Club Teamz gymnasts are expected to obtain and maintain the club competitive body suit and tracksuit. Competitive uniforms are ordered in September and generally arrive in January. The cost of the uniform may vary from year to year. Approximate costs are below:

Tracksuit - \$140.00

Bodysuit - \$90.00

Athletes that are not competing will not need to purchase a team uniform.

FLOOR ROUTINE CHOREOGRAPHY

Floor routine choreography will be done outside of the regular training times and coaches will schedule a time slot with each athlete to come in and learn their routine. A choreographed floor routine is mandatory for all Club Teamz athletes.

The choreography fee for floor routines will be \$50 per routine. If your child is sharing a routine with another athlete, the families will split the choreography fee between them. Your child will be informed if they are sharing a routine or if they have the option to have their own. The fee includes:

- Music of their choice
- A fully choreographed routine
- A video of their routine

- An hour with their coach to learn the routine

COMPETITION EXPENSES

All families are responsible for the expenses to attend competitions. Competition fees can range from \$70-\$120. Gymnasts can expect to attend between 3-6 meets per year. A \$10 fee will be applied to each competition for coaching costs.

Prior to competitions, communication will be sent to families with event details, the cost for the event and a drop deadline. If you choose not to participate in the competition, it will be your family's responsibility to opt out of the competition prior to the drop deadline. Once the drop deadline has passed, competition fees will be processed through your family account.

Competition Refunds: Refunds will only be submitted to competitions due to medical reasons. In order to receive a refund, a doctor's note will need to be submitted prior to the competition weekend and will be processed according to the event organizer's policies.