

2022/2023 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 cumulating in June. Entrance into the program is by assessment or invitation only. Athletes are able to join the program at any point throughout the season, granted there is space in the program and athletes have been invited or assessed accordingly.

Gymnasts are placed into age-appropriate groups based on their skill level and training hours. While we try to keep group changes to a minimum, adjustments may need to be made to create the best fit for each athlete. Gymnast's training includes general and routine preparation, group routine practice and an in-house developmental program.

Athletes will be working towards the completion of our Starz program, by completing all necessary tiers in Bronze Starz, Silver Starz and Gold Starz. For further information on these categories, please refer to "Club Teamz Starz" program below. This does not include our developmental team.

GYMNAESTRADA

For the 2022/2023 season, athletes, with the exception of our developmental team, are required to participate on our Gymnaestrada Team and perform at our local BC Gymnaestrada event.

Athletes can expect to participate in 1-2 scheduled additional weekend practices leading up to Gymnaestrada. Gymnaestrada fees will be provided to families once more information is received.

The BC Gymnaestrada is the largest PLAY recreational gymnastics event in the province. Splitz athletes will attend physically inspiring workshops and will perform their large group routine on the following day.

CLUB TEAMZ SPLITZ STARZ

Splitz will be focusing on an in-house Starz program. The program is designed to provide a training framework for each athlete to ensure they are reaching their full potential through their skill and strength development, as well as build strong routines that highlight each athletes' strengths on all events.

The Club Teamz Starz program will consist of 3 levels and each level will consist of 2 tiers.

Bronze Starz → *Bronze 1, Bronze 2*

Silver Starz → *Silver 1, Silver 2*

Gold Starz → *Gold 1, Gold 2*

Platinum Starz → *Bonus category following the completion of Gold Starz.*

Athletes will be rewarded with collectable Splitz pins upon the completion of each level, with the opportunity for special achievement awards throughout the season. Athletes will have in-house performance opportunities throughout the season in which they will get scored on their routines.

Athletes will progress through the program at an individual pace. Progress will be tracked through physical testing sheets and can be viewed at any time.

DEVELOPEMENTAL TEAM

Our developmental team is a preparation group for athletes ages 5-8. Athletes that are invited into the developmental team are working on building their gymnastics technique, preparing for an in-house performance, and getting familiar with the Club Teamz programming. Athletes in the developmental group do not participate in Gymnaestrada

and are only required to purchase the team tracksuit. The team bodysuit is optional. Athletes will learn an in-class routine and are not required to purchase a floor routine. Coaches will come up with an in-class training program and reward system to help develop participants and prepare them for future routines and performances.

EVENT INFORMATION

Our 2022/2023 event schedule will be sent out in September. Athletes will participate in numerous in-house showcases as well as an external performance: BC Gymnaestrada. All events, with the exception of Gymnaestrada, are optional.

Athletes can expect to attend approximately 1 event per month. These events include additional Gymnaestrada training, team bonding events, and in-house showcase events.

High School Gymnastics

Athletes that are eligible will have the opportunity to compete in a High School gymnastics program. Athletes have the opportunity to represent their High School at local competitions in hopes to qualify for their provincial championships. Please note that if we are able to run a high school gymnastics program, it will be up to each individual school if they will allow participation to represent their school.

Event fees typically range anywhere between \$30-\$100.

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 commitment from July – June. A minimum of a 30-day notice prior to the 1st of the month is required when withdrawing a gymnast from the program (if you would like to withdraw for the end of June, notice must be received prior to June 1st). 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 2022-2023 season, you will not be able to increase or decrease hours unless recommended by the coach. 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 or through the iClass portal app which is available on Google Play or in the App store for download. Monthly communication and other pertinent information will be sent out frequently.

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

INJURIES/ILLNESS

For extended injury that takes place in the facility, Splitz may put monthly tuition fees on medical hold for up to 60 days. Any injury or illness that takes place outside of the facility can be placed on a medical hold for up to 30 days. 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.

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.

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.

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

Our Club Teamz Program has an Instagram account dedicated to showcasing the athletes' accomplishments in and out of the gym. Follow [splitz_gymnastics](#) 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 clubteamz@splitzgymnastics.com, during class time, or can arrange to have a scheduled meeting with your child'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.

2022/2023 Tuition Fees:

3 hours: \$214.00

4 hours: \$240.00

5 hours: \$282.00

6 hours: \$311.00

Tuitions above are based on a 2-day a week schedule.

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

Tuition fees are subject to an annual adjustment effective September 1st.

ANNUAL MEMBERSHIP FEES

All Club Teamz participants are required to be full members. Please be advised that the 2022/2023 Splitz Insurance Fee of \$100 will automatically be processed with your monthly tuition fee on September 1st, 2022.

TEAM UNIFORM

All Club Teamz gymnasts are expected to obtain and maintain the club body suit and teamwear. Developmental athletes are only required to purchase the tracksuit. Approximate costs are below:

Bodysuit: \$100 + GST

Tracksuit: \$65 + GST

FLOOR ROUTINE CHOREOGRAPHY

Floor routine choreography will be done outside of regular training times and athletes will be required to sign up for a time slot to learn their routine. Routines are mandatory for all athletes competing in the program, with the exception of our Developmental group.

The choreography fee will be \$50 per routine. If your child is sharing a routine, this fee will be split. Routine fee includes:

- Music of their choice (or chosen by coach)
- Fully choreographed routine
- Video of routine
- 1 hour and 15 minute one on one session with their coach to learn the routine

CLOSURE POLICY

In the event that we would need to close our facilities, tuition will be reduced to 50% for the first month of closures and further reduced to 25% for the second month. Our withdrawal policy will remain the same and 30 days notice prior to the first of the month will be required to discontinue the program.