

2023/2024 CLUB TEAMZ HANDBOOK

PROGRAM MISSION

Splitz Club Teamz Program exists to provide an opportunity for every participant 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 gymnasts 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. Participants are able to join the program at any point throughout the season, granted there is space in the program and students 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 participant. Gymnast's training includes fundamental skill preparation, routine preparation, and group routine practice.

Participants 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.

SHINE BRIGHT SHOWCASE

For the 2023/2024 season, all participants are required to participate in our Shine Bright Showcase.

Participants can expect to participate in 1-2 scheduled additional weekend practices leading up to Shine Bright. Shine Bright details will be communicated later in the season once our event calendar is complete. Shine Bright is an event to celebrate movement

and instill a love of sport and teamwork across all age groups and abilities by showcasing performances by the Club Teamz gymnasts. The theme SHINE BRIGHT is meant to reinforce the idea that goals can be achieved by working together, while sharing our unique shine with others. Splitz Gymnastics hopes to eventually grow the performance into an annual interdisciplinary event with the intention of exposing participants to a variety of movement forms in the hopes of inspiring a lifelong love of physical activity.

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 participant to ensure they are reaching their full potential through their skill and strength development, as well as build strong routines that highlight each students' 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.*

Gymnasts will be rewarded with collectable Splitz pins upon the completion of each level, with the opportunity for special achievement awards throughout the season. Gymnasts will have in-house performance opportunities throughout the season in which they will get scored on their routines based on their own performance and are hosted at either our Cloverdale or Abbotsford facilities.

Gymnasts will progress through the program at an individual pace. Progress will be tracked through the iClassPro app and can be viewed at any time. The Skill Tree will provide the framework for building their routines and specific skills will be tracked on physical sheets.

There is a strong emphasis on the importance of goal setting. Gymnasts will be setting goals on each event and tracking their progress on the goal board. Colored pins will be distributed once goals are achieved.

DEVELOPEMENTAL TEAM

Our developmental team is a preparation group for gymnasts ages 5-8. Participants 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. Students in the developmental group will participate in showcases at the discretion of their coach and is based on group development and improvement. Those participating in the developmental group are required to participate in our Shine Bright Showcase, as well as purchase our team bodysuit and tracksuit. 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 2023/2024 event schedule will be sent out in September. Gymnasts will participate in numerous in-house showcases as well as an external performance: Shine Bright Showcase. All events, with the exception of Shine Bright, are optional.

Gymnasts can expect to attend approximately one event per month. These events include additional Shine Bright training, team bonding events, and in-house showcase events.

This year we are introducing new showcase style events which may include group performances, partner performances and will be a change from the traditional individual routine event. We are excited to welcome spectators into the gym and have students showcase their skill base in more creative ways. We will still host individual style performances and will be adding the new group and partner performance as additional events.

Furthermore, we will be focusing on measurable skill and strength training and will host two events throughout the year to record their progress.

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

[High School Gymnastics](#)

Splitz will not be participating in High School Gymnastics due to the removal of gymnastics as an approved BCSS sport.

COMMUNITY EVENTS

Our Club Teamz participants represent Splitz in our community. Gymnasts 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 participants will conduct themselves appropriately when representing Splitz.

PROGRAM POLICIES

PROGRAM ACCEPTANCE AND WITHDRAWAL

The Club Teamz Program requires commitment from July – June. As of July, all members are required to commit to the program for a minimum of 3 months. Once the 3 months has elapsed, our regular withdrawal policy will be in place where notice prior to the 1st of the month is required to withdraw for the end of the following month. Once a participant has withdrawn, their space in the program is no longer guaranteed. To re-enter the program, the student may need to be reassessed or be placed on a waitlist.

Once you have confirmed your space in a group for the upcoming 2023-2024 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 – March

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 take 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 the 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 student's motivation.

Splitz cannot offer make-ups for missed training. This is due to the maintenance of safety ratios between participants and coaches 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.

PARTICIPANT EXPECTATIONS

Gymnastics is a very exacting sport that requires participants 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 gymnasts. Research is absolutely clear, gymnasts 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 gymnast's motivation. Please avoid comparing your daughter's skills or abilities to other participants 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 participant's accomplishments in and out of the gym. Follow [splitz_gymnastics](#), [splitz_abby](#) and [splitz_clubteamz](#) to share the journey alongside this great team!

We ask that students, 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 students 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: \$198.00

4 hours: \$245.00

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.

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, 2023.

TEAM UNIFORM

All Club Teamz gymnasts are expected to obtain and maintain the club body suit and teamwear. Approximate costs are below:

Bodysuit: \$130 + GST

Tracksuit: \$90 + GST

Consignment options may be available depending on how many gymnasts would like to consign their previous suits. They will be based on a first come, first served basis and will be payable directly to the family consigning.

FLOOR ROUTINE CHOREOGRAPHY

Floor routine choreography will be done outside of regular training times and participants will be required to sign up for a time slot to learn their routine. Routines are mandatory for all gymnasts performing in the program. For our developmental teams, the coach will determine if a routine is required outside of regular training hours, in which the \$50 fee would be charged.

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

- Music (chosen by coach with some student input)
- Fully choreographed routine
- Video of routine
- 1 hour and 15 minute one on one session with their coach to learn the routine (unless sharing).

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.