

# COMPETITIVE PARENT GUIDE



*Celebrating 50 years of gymnastics excellence!*

## **2022 – 2023 SEASON**

The staff and coaches of the Beauséjour Gymnos Gymnastics Club are excited about our upcoming competitive season. We are very fortunate to have a great coaching and administrative staff who are here to make you and your family as comfortable as possible. Our qualified staff has the knowledge and expertise to deliver quality programs from pre-competitive to national levels and our facility is equipped with state-of-the-art equipment to complement our extraordinary staff.



# COMPETITIVE PROGRAM

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Entry into the competitive program is by selection from the recreational program or by transfer from another club's competitive program and is dependent on availability. A formal evaluation of athletes' potential will be done by the discipline director or a certified evaluator.

Gymnasts are evaluated and selected into the competitive program based on physical, emotional, and social characteristics. Physical and emotional well-being, along with personal and gymnastics skill development, are the primary objectives of this program. We feel that by following these objectives, gymnasts will continuously advance in the program at a rate that is challenging and satisfying, but not pressuring.

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Competitive gymnastics at Beauséjour involves training commitments of up to 20 hours per week. Training fees, competitive suits, meet fees, and travel expenses can be very expensive. Parents should fully understand this time and financial commitment prior to undertaking entry into the competitive program.

As a significant amount of training time and dedication is required to produce a competitive athlete, it is important that members understand the guidelines for the competitive program. Many elements are involved in success including discipline, work ethic, respect, talent, parental support, attitude, commitment, and much more.

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In order to ensure consistency, safety, progression, and improvement in our athletes, it is mandatory to train the entire schedule that is set out for their assigned group. If this is not possible, they will be placed into a group that suits the number of hours they are able to train – this could in turn affect the level that an athlete competes.



# COMPETITIVE COACHING STAFF

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## **Tanya McMahon**

## **Club Head Coach, Women's Program Director**

- NCCP Level 3 Certification and 25+ years coaching experience.
- Responsible for club management as well as preparation and delivery of our Women's Program.

## **Rachelle Perry**

## **Trampoline and Tumbling Program Director**

- NCCP Level 3 Certification and 30+ years coaching experience.
- Responsible for the preparation and delivery of our Trampoline and Tumbling Program.

## **Ibraheem Daya**

## **Men's Program Director**

- Comp 1 Certification and several years coaching experience in Ontario.
  - Responsible for the preparation and delivery of our Men's Program.
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## **Meet the rest of our 2022-2023 Competitive Coaching Team:**

Chloe Fortin  
Jill Holman  
Sterling McMahon  
Audrey Melanson

Caroline Ouellet  
Emma Pondant  
France Rousselle  
Alexa Rumble



# COMPETITIVE PROGRAM GUIDELINES

## ATHLETE GUIDELINES

- ✓ Gymnasts must arrive on time and prepared
- ✓ Gymnasts are not permitted on equipment before or after training
- ✓ Prepared means:
  - Proper training attire
  - Hair tied back and off shoulders
  - No jewellery/smart watches
  - On the floor at start time
- ✓ Cell phones must remain in bags during training sessions

### Accountability

- ✓ You are responsible for your own athletic performance. Coaches are here to encourage and aid in your athletic improvement but ultimately, it is you who is in charge of your destiny
- ✓ You are responsible for the way you speak to coaches and athletes
- ✓ You are responsible for being honest with yourself and to other coaches
- ✓ You are responsible for attending practice on a regular basis as absence is not beneficial to your development. This includes attending practices even when injured.

### Respect

- ✓ Respect your coach and other coaches for their knowledge and ability to help you
- ✓ Respect your fellow athletes, your club, and the sport of gymnastics
- ✓ A positive attitude, sportsmanship, and fairness to all must be practiced at all times

### Action

- ✓ Always work to the best of your ability
- ✓ Always bring healthy snacks in order to aid in your gymnastics progression
- ✓ Ask yourself: "Did I do everything possible to improve my gymnastics today?"



**\*\* All athletes must sign a contract and abide by these guidelines in order to maintain eligibility in our competitive program \*\***

# COMPETITIVE PROGRAM GUIDELINES

## PARENT GUIDELINES

- Ensure that your child arrives on time and prepared. Ongoing tardiness negatively affects the athlete and the group.
- Encourage your child in their activity and help them foster respectful attitudes towards coaches and peers.
- Parent viewing is now open. Please be respectful of the guidelines outlined in this document.
- Do not interrupt training to speak with a coach – arrange for before/after training.
- Do not interrupt your child’s training by communicating with them during the session.
- Under no circumstances should a parent enter the gym area unless requested to do so by a coach.
- Check your emails consistently and be sure to read all communication carefully.

Accountability	Respect	Action
<ul style="list-style-type: none"> <li>✓ It is your responsibility to support and uphold the rules and regulations of Beauséjour Gymnos</li> <li>✓ You are responsible for the way you speak about the club, athletes, and coaches</li> <li>✓ You have the power to influence your child’s performance as well as the performance of others</li> <li>✓ Recognize that you can have a major effect on the success or failure of your child’s performance</li> <li>✓ You are responsible for providing your child with the necessary tools to succeed. This includes healthy snacks, proper attire, and extra equipment if required.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Respect the coach for their knowledge and their capacity to contribute</li> <li>✓ Coaches must not assume to ever become parents and parents must never try to become coaches</li> <li>✓ If conflict arises throughout the year, respect your coach and child, make arrangements to meet at a time that is convenient for both.</li> <li>✓ Respect all athletes, parents, and coaches, at all times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Every time you work at communicating with your child and your child’s coach a positive gymnastics environment is developed</li> <li>✓ Accept your child for who they are and for their gymnastics abilities</li> <li>✓ Accept your child’s instructors as certified coaches who know their jobs</li> <li>✓ Encourage your child through positive reinforcement</li> <li>✓ Know your child’s goals, dreams, challenges, limitations, and achievements</li> </ul>

**\*\* All parents must complete an [online Respect in Sport module](#), sign a contract and abide by these guidelines in order to maintain eligibility in our competitive program\*\***

# DISCIPLINE POLICY

## PROVINCIAL CARDING PROCESS

The Beauséjour Gymnos Gymnastics Club adopts the carding system used by NBGA in order to enforce all Athlete and Parent Guidelines and to deal with infractions related to these Guidelines. The carding system applies to both athlete and parent members of our club. If an infraction takes place, a card may be given to a member by our Head Coach, any of our Directors or Executive Committee. Depending on the severity of the infraction and the number or "colour" of previous cards received; this card may be one of two colours:

**YELLOW CARD:** Yellow cards will be received for **minor infractions** in conduct. Three yellow cards equal one red card. Yellow card behaviour will be documented, and parents will be required to sign off on their awareness of the situation – via email or face-to-face.

**RED CARD:** Red cards will be received for **major infractions** in conduct. Red cards may be received on a first offence basis (depending on the severity of the offence). A red card WILL result in either suspension or termination (depending on the severity of the offence) of both Athlete and Parent membership.

### **Possible Minor Infractions:**

- Behavioural disruptions in a class
- Disrespecting athletes
- Disrespecting coaches
- Disrespecting the structure of a class
- Coaching from sidelines

### **Possible Major Infractions:**

- Repeated yellow cards
- Verbal abuse
- Physical abuse
- Mental abuse

# COMPETITIVE FINANCIAL OBLIGATIONS

Tuition Fees: All outstanding fees from the previous year **MUST** be paid in full prior to acceptance for the new season. Families are required to pay their fees through automated credit card or e-check withdrawal (through Amilia).

Tuition Policies: The competitive tuition is based on a **12 month season** with a variety of payment plan options. Each competitive group receives a personalized email detailing the yearly fees that apply to them. If a member is injured and cannot train at full capacity they are still encouraged to attend practices whereby their coach will provide them with a rehabilitation plan that is suitable to their age and injury. Tuition may not be adjusted due to injury, illness, vacations, camps, or schedule conflicts. Partial refunds will only be granted in the event that a gymnast does not intend a return for the remainder of the season, however, **NO refunds will be issued after May 1<sup>st</sup> of each year.** In the event that the club requests that your child increase or decrease their weekly number of hours, then an adjustment to fees will be communicated to you and made at that time.

## **Annual Membership Fee:**

All competitive athletes are required to pay an annual fee to cover yearly insurance and administrative fees.

**\$125**

Annual fees must be paid upon registration, in order for training to commence.

## **Family Discount:**

Families are offered a 15% discount for second and all additional competitive athletes' registration fees. Please note that this discount does not apply to annual membership fees.

## **Other costs to consider:**

- ✓ Declined Payments: There is a \$25 charge for all declined payments. This charge will be added to your account and must be paid within 7 days in order to continue with membership.
- ✓ Competition Fees: All competition costs (ie. entry fees, travel, accommodations) are the responsibility of the parents.
- ✓ Competition/Training Attire: Bodysuits, track suits, grips, supports, etc are the responsibility of the parents.

# COMPETITIVE FEE STRUCTURE

2022 – 2023

<b>Weekly Training Hours</b>	<b>Regular Season</b> (Based on 37 weeks of training)	<b>Summer Season</b> (Based on 6 weeks of training)
<b>3 hrs</b>	<b>926.10</b>	<b>150.26</b>
<b>4 hrs</b>	<b>1146.60</b>	<b>185.98</b>
<b>5 hrs</b>	<b>1378.13</b>	<b>223.48</b>
<b>6 hrs</b>	<b>1587.60</b>	<b>257.42</b>
<b>7 hrs</b>	<b>1775.03</b>	<b>287.97</b>
<b>8 hrs</b>	<b>1940.40</b>	<b>314.50</b>
<b>9 hrs</b>	<b>2024.40</b>	<b>328.29</b>
<b>10 hrs</b>	<b>2116.80</b>	<b>343.35</b>
<b>11 hrs</b>	<b>2231.46</b>	<b>361.75</b>
<b>12 hrs</b>	<b>2355.15</b>	<b>381.78</b>
<b>13 hrs</b>	<b>2522.52</b>	<b>408.68</b>
<b>14 hrs</b>	<b>2685.90</b>	<b>435.71</b>
<b>15 hrs</b>	<b>2844.45</b>	<b>461.16</b>
<b>16 hrs</b>	<b>2998.80</b>	<b>485.86</b>
<b>17 hrs</b>	<b>3148.74</b>	-
<b>18 hrs</b>	<b>3294.27</b>	-
<b>19 hrs</b>	<b>3435.39</b>	-
<b>20 hrs</b>	<b>3566.43</b>	-

\*\*Yearly tuition for competitive athletes is calculated by adding regular season and summer season hours together.

\*\*Families can choose to pay their tuition according to the following payment plan:

**Full payment** – Due upon registration

**2 equal payments** – 1<sup>st</sup> payment due upon registration; 2<sup>nd</sup> payment Feb. 1<sup>st</sup>

**4 equal payments** – 1<sup>st</sup> payment due upon registration; and Nov.1<sup>st</sup>, Feb.1<sup>st</sup>, Apr. 1<sup>st</sup>

**10 equal payments** – 1<sup>st</sup> payment due upon registration; and 9 remaining payments at the first of each month (Oct-Jun.)



# FUNDRAISING/FAMILY COMMITMENT

Beausejour Gymnastics Club is a not-for-profit business. We work hard to keep fees for the competitive program as low as possible while striving to maintain quality programs. To do so, we rely heavily on volunteers to ensure that the club maximizes opportunities for the promotion of the sport and our athlete's success. It is from the collective effort of our competitive families that we are able to put on competitions to help our athletes grow and challenge themselves. The gym as a whole benefits from the fundraising and volunteer efforts of our families. This is our gym, and we are all part of the team!

## FUNDRAISING

Families are encouraged to participate in our 2 fundraisers each year. These fundraisers typically coincide with our recreational sessions and may include such things as:

Fall Garbage Bag Sales

Winter Travel Voucher Draw

Did you know that profits from club fundraisers go towards purchasing new equipment, making improvements to the building, and for many other purposes?!

## FAMILY COMMITMENT PLAN

- ✓ Each competitive family is required to volunteer a designated amount of hours per year (determined by number of training hours).
- ✓ Families back up their commitment by agreeing to pay a pro-rated amount if they do not complete the hours prior to May 1<sup>st</sup> annually.
- ✓ Families can choose to "buy out" their volunteer obligation if they prefer not to participate in the hours or tasks offered.

Volunteer options may include (but are not limited to):

Major gym cleaning events

Competition organizing/volunteering

Fundraising distribution/collection

Other various tasks as the need arises

\*\* See Family Commitment Plan document for detailed information.

## **Did You Know?**

The fees that are generated through registration are only a portion of what is needed to cover the costs of general operation and maintenance, coaching, and equipment. It is with your commitment that our club is able to continue to offer reasonable tuition fees.

## 2022-2023 Competitive Family Commitment Plan

The Beausejour Gymnastics Club is a not-for-profit business that works hard to keep program fees as low as possible while also providing quality programs for our youth. In order to do so, we rely heavily on our volunteers. It is from the collective effort of our members – through fundraising, hosting events, and other volunteer jobs - that we are able to help our athletes find success in the sport they love!

### **Volunteer Points and Obligations**

- Families in our competitive program are required to make a volunteer commitment each year.
- Volunteer requirements are determined based on the number of hours trained per week.
- Families may 'buy out' their obligation if they prefer not to participate. (\$10 per required point).
- Families agree to pay an amount pro-rated to the number of points that they do not complete.
- The deadline to complete this obligation is May 1<sup>st</sup>. The balance of incomplete points will be charged to their account in Amilia and payment will be due by May 15<sup>th</sup>.
- Families can volunteer by signing up for and completing volunteers' tasks throughout the year.

<b># of Training Hours Per Week</b>	<b>Volunteer Points Required per Year</b>	<b>Dollar Value</b>
3	6	\$60
4	8	\$80
5	10	\$100
6	12	\$120
7	14	\$140
8	16	\$160
9	18	\$180
10 hours or more	20	\$200

<b>Volunteer Tasks</b>	<b>Description</b>	<b>Credit</b>
<b>Volunteer Hours</b>	<p>There are a wide variety of volunteer opportunities throughout the year.</p> <ul style="list-style-type: none"> <li>- Gym cleaning nights</li> <li>- Fundraising collection/distribution</li> <li>- Organizing/working special events</li> <li>- Competition hosting tasks</li> <li>- Equipment maintenance/setup</li> <li>- Completing grant applications</li> <li>- Other needs that arise</li> </ul>	1 point / hour of volunteering
<b>Sponsorship</b>	<p>We are always looking for local companies to sponsor both our club and our club hosted events. Securing sponsorship is a great way to volunteer! More information can be provided to those who are interested.</p>	1 point / \$100 of sponsorship
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>- Document translation</li> <li>- Trade work based on skill set</li> <li>- Maintenance tasks</li> <li>- Sorting/filing</li> <li>- Food donations for special events</li> <li>- Stop by the office to see if we need help with anything!</li> </ul>	Dependent on the various tasks

# COMPETITION INFORMATION

The nature of our competitive program is just that – competitive. We have limited space in our program and therefore we must reserve spaces for those athletes who are interested in competing. With this in mind, it is mandatory for all competitive athletes to compete in a minimum of 2 meets per year. Exceptions may be made (at the discretion of the coach) for younger athletes who have just started in the program.

- A **tentative** schedule of competitions and events will be provided in September. Dates may be changed/added/removed from the calendar at any time.
- You **MUST** respond to registration by the deadline in order to avoid disappointment (**late registration will not be accepted**).
- Athletes are responsible for bringing all of their own equipment to the competition. This includes grips, team suits, floor music, etc.
- Competition entry fees are typically \$150.
- Please note that a final schedule cannot be provided at the time of registration. Competition directors do not provide this information to clubs until all registration has been received and organized. Final schedules will be communicated to you once the info is sent to our club (normally 1-2 weeks prior to the competition). **Do Not** contact host clubs directly for this information.
- Under no circumstance should a parent be on the competition floor. If so, they risk their child's disqualification from the competition by the host club.

## Athlete Responsibilities

1. To abide by the rules and guidelines of Beauséjour Gymnos.
2. To respect my fellow athletes as well as coaches and officials.
3. To provide positive moral support to my fellow athletes.

## Parent Responsibilities

1. To conduct myself according to the guidelines outlined in this parent guide.
2. To exhibit a positive attitude and sense of fair play towards ALL athletes, coaches, judges, and volunteers.

## TEAM APPAREL

All competitive athletes are required to purchase our competitive club attire. Team suit requirements vary from one level to the next and will be communicated to you during sizing. Team suits are subject to change every 2 years with the exception of WAG short sleeve suits which change yearly. Sizing for all team attire will take place in August and payment will be required in full at time of sizing.

# REMOVAL FROM PROGRAM

The Beauséjour Gymnos Gymnastics Club's staff and coach volunteers commit a considerable amount of time and effort to each athlete and program during the competitive season. We expect the athlete and parents return the same level of commitment in support of our programs. Entrance into the competitive program is limited and therefore we must ensure maximum opportunities are provided for all committed members.

Under certain circumstances it may be necessary to ask that an athlete withdraw from the program. At the discretion of our Directors, an athlete can be suspended from the competitive program at any time during the season, temporarily or permanently, under any of the following conditions.

- If the child's temperament, development or skill level prevents him/her from meeting the requirements of the competitive program.
- If the conduct of the child or his/her parent(s) is disruptive and unsupportive of the club, its goals, and/or its guidelines.
- If the conduct of the child or his/her parent(s) has resulted in a red card.
- If the athlete is repeatedly absent, frequently late or leaving early without reasonable excuse.
- If the family has unpaid fees.
- If an athlete or parent takes any action to discredit the club, Board members, or coaching staff.

