



Campbell River Gymnastic Association Competitive Parents Handbook

Firstly, we would like to welcome you and your child to the Competitive Programme. We recognise it can be a daunting transition and hope this handbook will be a useful tool for you.

Our Vision

The Competitive Programme strives to give gymnasts the opportunity to develop a positive self image, physical strength, mental discipline, and attain goals. By participating in Gymnastics our athletes learn life skills in time management, self-regulation, physical fitness and sportsmanship. It governs teamwork, the ability to work together, set goals and achieve them and learn self-confidence that will last a lifetime. Competitive gymnasts learn to reach high, overcome difficulties and to manage fear and overcome adversity.

Our organization

Our aim is to provide a safe, respectful and positive environment for the athletes attending our programmes. Campbell River Gymnastic association is a registered non-profit society, governed by our club members through the direction of the elected Volunteer Board of Directors. We have certified paid coaching staff that deliver our programs and a full time Office Manager to handle our administration. The Gym is affiliated with Gymnastics BC, Vancouver Island Gymnastics Association, and Gymnastics Canada. Every coach and member of our gym is insured with Gymnastics BC through a yearly fee.

Physical Requirements

- Strength, flexibility, power, and coordination.
- Ability to master basic skills before attempting harder skills.

Psychological and Emotional Requirements:

- Develop trust and respect in your coach.
- Positive training attitude and good attendance.
- Motivation and desire to work hard learn new skills and always follow the coach's instructions.
- Be able to withstand discomfort and aches and pain of hard training.
- Handle constructive criticism and use it to turn not only a weakness into a strength but Improve and Perfect skills and performance.

Athletes Rules:

- Stay Safe, and always follow equipment rules.
- Be on time, hair up, remove jewellery, and socks
- Gym suit (girls), shorts and t-shirt – not baggy (boys). No buckles or Zippers
- Eat Healthy snacks and have water bottle at the ready or use the fountain
- Stay off the floor until a coach is present.
- Honesty and Respectfulness.
- Treat others as you wish to be treated and remember “teamwork”.
- Disrespect to both coaches and your teammates may get you sent home.
- No food or mobile phones on the gym floor.
- **Lockers to be kept clean and tidy.**

- Always talk to your coach with any problems or concerns.

Parents Rules:

- Be on time, dropping off and picking up your child.
- Have reasonable expectations.
- Talk to your child's coach about any problem first, and then the head coach if needed.
- Keep the coaching to the coaches and in the gym only.
- Remember your child is doing gymnastics for themselves not you.
- Parents are not allowed on the Gym floor or to talk to their child during training.
- Schedule appointments for your child outside of training times if possible.
- Contact the office manager with any other concerns you may have.

Complaints

If you have any questions about your child's training, please address this with your child's coach first. If, after speaking to your child's coach, the issues are not resolved, please arrange a meeting with Todd and your child's coach.

Please note: At gym we have a no bullying, 3 strikes rule. All athletes must be respectful of others and are given 3 opportunities to correct any unfortunate behaviors that may need correcting. If they are unable to correct their behavior after having 3 opportunities, a meeting between Todd and the Parents will occur. This most likely will result in the athlete in question being unable to continue in the competitive program or being unable to continue at the gym if the behaviors are excessive in nature.

Competitive Training Schedules

The training Schedule/Hours are compiled by the Head Coach and will be sent out prior to the start of the new season in September. Please be aware that the hours set for each group are meant to maximise optimum training for each athlete's level for competition that year.

Competitive Training fees

Fees are paid monthly and are listed on the registration form due on or by the first of the month. please see the Office Manager for information pertaining to your account and arranging payments. **Payments not made on or by the 1st of the month will result in your child not participating until the fees are paid.** Fees are listed on the competitive registration sheet, and

they are a compilation of the monthly fees, volunteer hours and fundraising. This is broken down this way to keep the costs at a reasonable level. You can choose to pay out everything in full, or you can choose to work off portions through volunteer hours and fundraising so that your total costs are lower. Your efforts are essential in the efficient functioning of the gym and are appreciated.

Attendance

Gymnasts are expected to attend every practice, on time and with appropriate attire. Consistent workouts are essential, but never force your athlete to come workout if she/he is refusing or upset. Communicate to your athletes' coach what is going on and encourage your child to attend. Please call the office if your child will be missing a practice, but please note, high absenteeism will not allow your gymnast to succeed. **Choosing to be absent for any reason other than serious medical injury does NOT result in lowered fees for missed training hours. By withdrawing from program, you are responsible for the current fees and the following months fees. We require 30 days written notice to the office.**

Injuries

Please ensure your child's coach is aware of any Injury that has occurred outside of the gym. The athletes training can then be adapted. It is important to keep up with strength, flexibility, team bonding and mental training. Your coach will inform you of any injuries that occur at gym, how they happened and any first aid that was required. You will be telephoned if an injury requires medical attention. Our supervising coaches and a good many of the other coaches have had training in first aid. Please keep your coach updated on any Doctors recommendations, as the coach wants to work with the doctor and you to get your gymnast back to full regular training. Gymnasts must have a doctor's note stating that they are able to return to full or modified training following any incident that required more than basic first aid.

Competitions:

Competition season runs from January through to end of May. Please see our Competition Handbook for full Information on Competitive team attire, Competition Information and the Competition Board for Schedule and fees.

Head Coach and Office Manager:

Our Head Coach is Todd Sader; He has over 35 years' experience in gymnastics and has been coaching for 25 years. He is a qualified level 3 men's and women's gymnastics coach as well as a level 2 trampoline coach. He is also a FIG category 2 judge, for which he occasionally attends competitions to judge at international as well as national events. This means he returns with extra knowledge to pass on to other coaches and the athletes in the gym.

If you have concerns about training, competitions, complaints please address these to Todd Sader.

Our Office Manager is Starla; she can be contacted during office hours Monday – Friday 9:00am – 5:00pm at the Gym in person or by Tel: 250-286-3547, or email at crgymnastics@gmail.com. She deals with the majority of the administrative component of Campbell River Gymnastics. If you have questions **not pertaining directly to coaching**, please address these to Starla who will either help you directly or find the correct person to help you.

Board of Directors

Campbell River Gymnastics association is a Non-Profit Society operating under the direction of a Volunteer Board of Directors. We are always in need of Board Members and actively encourage you to attend the AGM in October each year as well as our monthly Board meetings. Notices for upcoming board meetings will be posted at the gym prior to any meeting.

Website

Information can also be found on our website – <http://www.campbellrivergymnastics.ca/>

Welcome to the competitive program. May your experiences have a positive impact on your well-being.