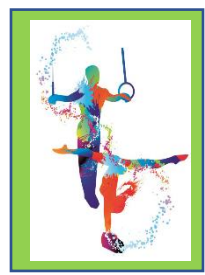


  
**2019-2020**  
**Parent/Member**  
**Handbook**  
 A not-for-profit organization





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## MISSION STATEMENT

***“Salto Gymnastics provides an ongoing commitment to excellence in safe and quality gymnastics instruction at competitive and recreational levels, licensed preschool education, with a focus upon the development of athletic ability, individual character, family involvement and community spirit.”***

## VISION STATEMENT

***“To be Northern Alberta’s premier team in creating opportunities for children and young adults to expand their horizons through the sport of gymnastics.”***



**Balance:** We strive for stability and vitality in our personal and professional lives.

**Integrity:** We act in a manner consistent with our words and beliefs.

**Greatness:** We are always striving for the best version of ourselves and those around us.

**Teamwork:** We support each other in achieving our common goals through joint commitment, encouragement, open communication, shared responsibility, and trust.

**Openness:** We share information freely.

**Respect:** We treat each other with care and consideration.

**Courage:** We pursue our beliefs with strength and perseverance.

**Honesty:** We deal with each other in a sincere and straightforward manner.

## COACHING AND ADMINISTRATIVE STAFF

### Competitive Administrative Staff

Kelly Dick, *Senior Operations Manager*  
[kdick@salto gymnastics.com](mailto:kdick@salto gymnastics.com)

Sherri Jensen, *Finance/HR Administrator*  
[sjensen@salto gymnastics.com](mailto:sjensen@salto gymnastics.com)

Caylie Elzinga, *Client Relations Manager*  
[celzinga@salto gymnastics.com](mailto:celzinga@salto gymnastics.com)

### Competitive Technical Staff

Ovidiu Serban, *WAG & MAG Head Coach*  
[oserban@salto gymnastics.com](mailto:oserban@salto gymnastics.com)

Chelsea Fenn, *ACRO Head Coach*  
[cfenn@salto gymnastics.com](mailto:cfenn@salto gymnastics.com)

Tana Arcand, *Recreation Director/Stars*  
[tarcand@salto gymnastics.com](mailto:tarcand@salto gymnastics.com)

## GENERAL CALENDAR FOR SALTO GYMNASTICS COMPETITIVE SEASON

**First Day of 2019-2020 Competitive Season**  
July 8, 2019

**\*Possible Training Camp in Tawatinaw, AB**  
July 2019 – Acro

**Stat Holiday/Heritage Day**  
August 5, 2019

**Stat Holiday/Labour Day**  
September 2, 2019

**Parent's Night Out**  
September 21, 2019

**Deep Clean Volunteer Day**  
September 22, 2019

**WEM Waterpark Day**  
September 29, 2019

**Stat Holiday/Thanksgiving Day**  
October 14, 2019

**Parent's Night Out**

October 19, 2019

**Deep Clean Volunteer Day**

October 20, 2019

**Fall Fundraiser Forms Due In**

November 1, 2019

**Stat Holiday/Remembrance Day**

November 11, 2019

**November Break/Alternate Training Hours**

November 12-17, 2019

**\*Acro Training Camp**

November, 2019 TBD – Acro

**\*Pan American Games, Monterrey, Nuevo Leon, Mexico**

November 18<sup>th</sup> to 24<sup>th</sup>, 2019 TBD - Acro Age Groups who qualify at Nationals

**Parent's Night Out**

November 23, 2019

**Deep Clean Volunteer Day**

November 24, 2019

**\*Trials to World Age Group Competition**

Date and Location TBD – Acro FIG athletes

**Parent's Night Out**

December 14, 2019

**Deep Clean Volunteer Day**

December 15, 2019

**\*Christmas Social**

December 21, 2019

**Christmas Break/Alternate Training Hours**

December 23<sup>rd</sup>, 2019 to January 5<sup>th</sup>, 2020

**Stat Holiday/Christmas Day & Boxing Day**

December 25<sup>th</sup> & 26<sup>th</sup>, 2019

**Stat Holiday/New Year's Day**

January 1, 2020

**\*Gym Power, Edmonton, AB**

January 9<sup>th</sup> to 13<sup>th</sup>, 2020 - Stars

**Parent's Night Out**

January 18, 2020

**Deep Clean Volunteer Day**

January 19, 2020

**\*Possible Competition in Cancun, Mexico or Anaheim, California**

January 2020 – WAG JO 5 and up, MAG older boys

**\*Dave Copeland, Spruce Grove, AB**

February 2020 – WAG JO 5 and up, MAG P1 younger boys

**\*Exelta Cup, Red Deer, Ab**

February 2020 – WAG JO 5 and up

**Winter Fundraiser Forms Due In**

February 10, 2020

**Stat Holiday/Family Day**

February 17, 2020

**Parent's Night Out**

February 22, 2020

**Deep Clean Volunteer Day**

February 23, 2020

**SGC**

February 27<sup>th</sup> to March 1<sup>st</sup>, 2020 - ***ALL Programs***

**\*UCIC, University of Calgary**

March 2020 – MAG older boys

**\*Northern Zones**

March 2020 – WAG JO 6 and up

**\*Vegas Acro Cup, Las Vegas, NV**

March 2020 – Acro

**Parent's Night Out**

March 21, 2020

**Deep Clean Volunteer Day**

March 22, 2020

**Spring Break/Alternate Training Hours**

March 30<sup>th</sup> to April 5<sup>th</sup>, 2020

**\*Alberta Compulsory Championships**

April 2020 – WAG JO 3 to JO 5, Stars who are qualified

**\*Provincial Championships**

April 2020 – WAG, MAG athletes who qualify, Acro may have separate Provincials

**\*100% Acro, Bragg Creek, AB**

April 2020 – Acro

**Stat Holiday/Good Friday**

April 10, 2020

**Stat Holiday/Easter Monday**

April 13, 2020

**Parent's Night Out**

April 18, 2020

**Deep Clean Volunteer Day**

April 19, 2020

**Spring Fundraiser Forms Due In**

May 4, 2020

**\*Hollywood Classic, Calgary**

May 2020 – MAG P1 younger boys

**Stat Holiday/Victoria Day**

May 18, 2020

**\*Acro Palooza/Calgary International Acro Cup, Calgary**

May or June 2020 – Acro all levels

**\*Hawaiian Hula, Dynamyx, St. Albert, AB**

May 2020 – WAG JO 1 and JO 2, Stars

**\*World Age Group Competition**

May 20-26, 2020 – Acro athletes who qualify

**\*2<sup>nd</sup> Acro Canadian National Championships**

Date and Location TBD – Acro FIG athletes

**\*Canadian Championships**

May 2020 – MAG/WAG athletes who qualify

**Parent's Night Out**

May 23, 2020

**Deep Clean Volunteer Day**

May 24, 2020

**Parent's Night Out**

June 13, 2020

**Deep Clean Volunteer Day**

June 14, 2020

**\*Ogopogo Invitational, Kelowna, BC**

June 2020 – WAG JO 5 and up, Stars

**\*Year End Celebration**

June 20, 2020 – *All Programs*

**Last Day of 2019-2020 Competitive Season**

June 26, 2020

**\*Training Camp in Tawatinaw, AB**

July 2020 – MAG

**\*No Limits Training Camp, Calgary, AB**

July 2020 – WAG JO 5 and up - optional

**\*Tentative** dates for competitions that Salto Gymnastics plans to send athletes to. Do not make travel arrangements until you have received confirmation from your coach.

## COMMUNICATION AND EXPECTATIONS

It is the responsibility of each family to be informed about club operations, policies and requirements. Please remember that communication is a two-way street. If you are missing information or have not had a question answered, do not hesitate to follow up with the appropriate people. We all want to make our communication as efficient and effective as possible. The line of communication starts with the gymnast's coach, then to the Head Coach, then the Senior Operations Manager. Please refer to the directory (Coaching and Administrative Staff page 4) for contact information.

Please be aware that right before, as well as during training is not a good time to attempt to speak with a coach. Any concerns should be discussed outside of training time. Email contact is effective and will not disrupt training. The Parents Information Meeting, tentatively scheduled for Tuesday, June 25<sup>th</sup>, 2019, is used to present information about the upcoming season and answer all questions. In order to keep information more specific to each group and to be more efficient, there will be one large meeting which will then branch off into meetings with your child's coach.

Email newsletters or updates will go out regularly to provide information on upcoming events, to celebrate results and to send out reminders. This information is sent out via



our registration system, so it is imperative that you have provided your correct and up to date contact information at registration.

Parents with concerns should always talk to their child's coach. Should that coach be unable to answer the question or help with the problem, the parent should then feel free to contact the Head Coach. Should an issue still be unresolved after both meetings have occurred, the Senior Operations Manager would be more than happy to meet with the parent. For any of these meetings please make sure you book an appointment as it is very difficult to have these meetings during coaching time, which would obviously take away from all the other athletes in the group.

## RESPONSIBILITIES

The successful operation of our gymnastics club is based on a partnership between gymnasts, coaches, and parents. We call it the "Developmental Triangle".

### **Coaches (the ones who wear yoga pants or tracksuits to work every day):**

- *Determine philosophy, program, and curriculum guidelines with a focus on preventing injury through the development of strength and flexibility.*
- *Determine gymnasts' group placement, competitive categories and direction.*
- *Operate the program within Salto Gymnastics guidelines.*
- *Adhere to the values of the Salto Gymnastics program.*
- *Ensure that all gymnasts follow club policies.*
- *Behave in a manner consistent with the Canadian Association of Coaches Code of Conduct and with Salto Gymnastics policies.*
- *Maintain and enhance technical knowledge and skills through continuing education.*
- *Are punctual and attentive for training and competitions.*
- *Communicate with parents to share concerns.*

### **Gymnasts (the ones with the strength and courage of superheroes):**

In pursuit of excellence, the Salto Gymnastics program aims to create programs that provide opportunities for all our gymnasts to succeed. Working with your coach and teammates, you must take responsibility for developing and achieving your goals. Part of your responsibility is to adhere to the following team goals, philosophies, and rules.

- **RESPECT** yourself, your teammates, coaches, and officials. Treat everyone, including yourself, with respect, dignity, and consideration. Respect everyone's including your own, right to pursue goals consistent with the team purpose.
- **ACKNOWLEDGE** every team member; everyone counts. Everyone has the opportunity to participate and to make a contribution. Your support of all team members is expected.

- **VALUE** excellence in gymnastics. Train hard, prepare to compete well. If you encounter doubts or fear, talk to your coach about them. Do not hide them and do not express them in a way that could cause others to doubt or fear.
- **TAKE CARE OF INJURIES** before they become a problem. The longer you take to get something checked out, the more time is taken away from efficient training.
- **CONTRIBUTE** to our program, our mission, our values, and our goals.
- **SUPPORT and ENCOURAGE** everyone's quest for excellence.
- **BE AN ADVOCATE** for Salto Gymnastics. Say positive things about our program, our staff, and our team members. If you see things that could be improved, raise the issue appropriately with your coach, but always be a positive ambassador for Salto Gymnastics program.
- **MAKE IT FUN.** Enjoy your training. Express your enjoyment of training and competing.
- **STAY** positive towards your teammates at competitions – do what you can to help them compete their very best.
- **ACCEPT** respect, encouragement, support, compliments, and challenges. Express your appreciation to those who offer it.
- **KEEP MOVING** towards gymnastics excellence. Show your winning outlook through committed physical and mental work ethic, team spirit, and positive attitude.
- **NO EXCUSES.** Make mistakes; learn the lessons, make corrections, and get back on track. No excuses.
- **NO COMPLAINTS.** Complaining is bad. It eats away at all that is good and worthwhile. If you feel something needs to be improved, speak to someone who can do something about it. Start by talking to your coaches. Contribute...don't complain.
- **HARASSMENT** is not tolerated. **YOU REPRESENT SALTO GYMNASTICS** at daily practices, at competitions, at testing and training camps, in buses, and in airplanes. You will conduct yourself in a positive and responsible manner: Any gymnast who violates these rules may be sent home immediately at the parent's cost.

#### **During training:**

- Obey all gym rules
- Arrive at the gym 10 minutes before training starts
- Report to the coach when you are late or need to leave early
- Email your coach if you are unable to attend a practice or if you will be late
- Do not get on the equipment until directed by your coach
- Attend all scheduled training on a regular basis
- Behave appropriately on breaks (quiet, no running, remain in building)
- Leave the change room clean and tidy

### **When you travel:**

- Be proud of our team; show team spirit and unity
- Dress in team uniform
- Be polite with people in public facilities
- Leave hotel rooms in the same condition you found them in and be responsible for their condition during your stay

### **At Competitions:**

- Report to your coach 15 minutes prior to warm-up
- Remain in the competition area for the duration of the competition
- Wear team uniforms at all competitions
- Respect the judges and other coaches
- Mark all personal belongings with your name and be responsible for them
- Do not leave the competition site or hotel without permission from the coach or chaperone
- Be polite and respectful at all times

### **Parents (the unsung heroes who support and transport):**

Participation in the sport of gymnastics provides many benefits to young athletes. They develop self-discipline, good sportsmanship, and time-management skills. Competition allows them to experience success and to learn to deal with defeat in a healthy environment. Parents need to help maintain that healthy environment.

As parents, your major responsibility is to provide a stable, loving and supportive environment and to watch your gymnast develop in the sport. Show your interest and support by bringing your gymnast to practice and by coming to meets. Parents serve as role models and children usually reflect their parents' attitudes. Be aware of this, be positive and always show good sportsmanship towards coaches, officials, opponents, teammates, and other Salto parents.

- **Be Enthusiastic and Supportive.** Remember that your child is the gymnast. They need to establish their own realistic goals and make their own progress towards them. Be careful not to impose your own standards and goals. Do not pressure your child to win. The most important part of your child's gymnastics experience is that he or she learns about his or herself while enjoying the sport.
- **Let the Coach do the Coaching.** The best way to help a child achieve goals and reduce the natural fear of failure is through positive reinforcement. Making mistakes is part of learning. Encourage effort and point out things done well. Our trained coaches will handle the rest. "Coaching" from the door is a distraction and therefore a safety concern and will not be tolerated.

- **Help Care For and Prevent** injuries by dealing with them in a timely and efficient manner. Regular post-training icing and prompt therapy sessions as needed will go a long way to ensure minimal time away from training due to injury.
- **Get Your Gymnast There On Time.** As in all sports, there are many events that your child must attend: practices, team meetings, competitions, and special events. Start times are very important to ensure maximum benefit is gained from the training program. Late arrivals affect everyone. If your child is going to be late or miss practice, let the coach know.
- **Pick Your Gymnast Up On Time.** Late pickups affect everyone. Children must be picked up promptly at dismissal time. If your child is picked up late more than 3 times in one month, you will be charged \$5.00 for every five minutes late thereafter, in that month. **\*Any late pickup more than 15 minutes past closing time will be charged \$100.00 every 15 minutes.** Please remember that we must pay two of our staff (to follow the Rule of Two) to stay and wait with your child. Oftentimes, if it's past closing time, it may mean they are working more than their full time hours and Alberta Employment Standards requires we pay them overtime.
- **Become Involved.** This does not mean that you must volunteer for everything (except the mandatory part of your contract-SGC and 1 Deep Clean Volunteer Day) but please do get involved in the events of our club. It is important that you attend parent and committee meetings and become aware of the club's affairs. As a nonprofit organization, Salto is governed by a Board of Directors. You may have expertise that would help in some area of the Board; please volunteer. Our club relies on the enthusiasm, commitment and on-going support of volunteers to help keep gymnastics affordable.
- **Support Club Values. Salto's "Big Torch"** We value Balance, Integrity, Greatness, Teamwork, Openness, Respect, Courage and Honesty.
- **Help Create a Positive Environment.** Please don't gossip – it's negative and damaging. Instead, speak with your coach if you have questions or concerns. Treat coaches and other parents with respect – they are all working with your child's best interest in mind. Follow through on commitments – realize that all parents are asked to do their "fair share". Many do much, much more. Take pride in your involvement with one of the finest gym clubs in Canada.
- **Help Represent Salto at Competitions.** Follow rules set out by the competition organizers (their event master of ceremonies will tell you about them). Keep comments regarding athletes, clubs, coaches and officials positive. Remember that you, as well as your athlete, represent our club.

## Social Events

*The Salto Competitive programs host 2 annual social events. These events are important to foster team cohesion and celebrate our success.*

## **Christmas Party**

The Christmas party is a group effort, with each family contributing food. It is usually held during the last week of training before Christmas and is organized by the Board of Directors. A sign-up list for food is posted outside of the gym. Gift exchanges are organized on a group by group basis.

## **Year-End Party**

The Year-End party is jointly organized between the Management and Board of Directors. This is a time to celebrate the successes of the year, and again foster team cohesion. This usually occurs during the last week of training.

## **HOW TO REGISTER FOR COMPETITIVE GYMNASTICS**

STEP 1: Email Competitive Head Coach to schedule a tryout/assessment for the discipline of your choice (WAG, MAG, ACRO or Stars).

STEP 2: Upon a successful tryout, you will receive a Registration Package to be completed. Your child's training level and competition level is determined by the Head Coach based on their skill, not their age.

STEP 3: Once payment and all completed forms are received by Salto Gymnastics, you will receive a training schedule from the Head Coach. You are then ready to begin!

## COMPETITIVE SEASONS, DISCIPLINES AND GROUPS

JULY 1<sup>ST</sup>, 2019 to JUNE 30<sup>TH</sup>, 2020

### Men's Artistic Gymnastics (MAG)

**Men's Artistic Gymnastics (MAG)** is an extremely demanding discipline based upon an athlete's precision and agility. Men are judged within their own respective category and use a range of apparatuses to perform their stunning routines.

- Judging criteria varies and is based upon: execution, creativity and difficulty of routine, and the way they utilize their apparatus.
- Deductions are made for improper footing and landing, lengthy pauses, falls, and poor technique.
- All decisions regarding training and competitions are based on athlete's training, attitude, involvement and willingness to succeed. The athlete's coach has the final say in these matters.



Hotshots

Ages 5-8

4 or 6 hours/week

This program is a building block for the young athlete looking to move forward with time. Skills and abilities are developed in a safe and positive atmosphere. There is an emphasis on developing the athlete's strength, flexibility, agility, and overall body coordination.

**Who is accepted?**

Boys ages 5-8. **Athletes will compete in events when the coach feels they are ready.**

**What are the training options?**

Athletes will train 3 hours per day, 2 x per week or 2 hours per day, 2 x per week.



Invitational/Pre-Competitive

Ages 8 & up

9-12 hours/week

This program develops the athlete's skills and abilities. There is an emphasis on developing strength, flexibility, coordination, and skill development to prepare for competitions.

**Who is accepted?**

Boys ages 8 & up. Athletes are between levels P1-P4 and may compete between 3-6 times a year.

**What are the training options?**

Athletes will train 4 hours per day, 3 x per week or 3 hours per day, 3 x per week.



Elite Competitive

Ages 8 & up

16-20 hours/week

This program develops the athlete's skills and abilities. It is higher intensity and requires more dedication and time commitments.

**Who is accepted?**

Boys ages 8 & up. Athletes are between levels P1-P4, and Elite 1-2, and may compete between 6-9 times a year.


**What are the training options?**


Athletes will train 4 hours per day, 4 or 5 x per week.


## Women's Artistic Gymnastics (WAG)

**Women's Artistic Gymnastics (WAG)** is an extremely demanding discipline based upon an athlete's precision and agility. Women are judged within their own respective categories (age and level) and use a range of apparatus to perform their stunning routines.

- Judging criteria varies and is based upon: execution, creativity and difficulty of routine, and the way they utilize their apparatus.
- Deductions are made for improper footing and landing, lengthy pauses, falls, and poor technique.
- All decisions regarding training and competitions are based on athlete's training, attitude, involvement and willingness to succeed. The athlete's coach has the final say in these matters.

 <p>Headstart Ages 4-6 4 hours/week</p>	<p>This program is a building block for the young athlete looking to move forward with time. Skills and abilities are developed in a safe and positive atmosphere. There is an emphasis on developing the athlete's strength, flexibility, agility, and overall body coordination.</p> <p><b>Who is accepted?</b> Girls aged 4-6. <b><u>Athletes will compete in events when the coach feels they are ready.</u></b></p> <p><b>What are the training options?</b> Athletes will train 2 hours per day, 2 x per week.</p>
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 <p>Competitive Ages 6 &amp; up 6-9 hours/week</p>	<p>This program develops the athlete's skills and abilities. The fitness level of the athlete is determined through measures of their strength, flexibility, coordination, and skill development.</p> <p><b>Who is accepted?</b> Girls aged 6 &amp; up. Athletes are between levels JO 1-3 and will compete 3-4 times a year.</p> <p><b>What are the training options?</b> Athletes will train 3 hours per day, 3 x per week or 2 hours per day, 3 x per week.</p>
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 <p>Competitive Elite Ages 6 &amp; up 12-22.5 hours/week</p>	<p>This program develops the athlete's skills and abilities. It is at a higher standard of intensity and requires more dedication and time commitments than the lower levels of training.</p> <p><b>Who is accepted?</b> Girls aged 6 &amp; up. Athletes are between levels JO 4-10, and will compete 6 or more times a year, based on age and level.</p> <p><b>What are the training options?</b> Athletes will train 4.5 hours per day, 5 x per week or 4 hours per day, 4 x per week or 3x per week.</p>
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## Acrobatic Gymnastics (ACRO)

**Acrobatic Gymnastics (ACRO)** favours body control in various positions, both on the ground and in the air. For this reason, the sport is welcomed and very often included in the training program of pilots, cosmonauts, and parachutists. Acrobatics is practised as Men's, Women's, and Mixed Pairs, as well as Women's Groups and Men's Groups. The exercises must include a harmonious combination of choreography, collective acrobatic elements (holds, throws, catches) and individual acrobatic elements (floor acrobatic series), all in perfect synchronisation.

**\*Please note: At the end of summer, an additional Partnership Contract and Survey will be required, which will confirm training hours, expectations and responsibilities, and equitable pairings or groupings for units.**

 <p>Pre - Competitive Ages 7 and up 4 hours/week</p>	<p>*New this year! Athletes start to work in pairs/groups, working on the fundamentals of acrobatic gymnastics. Athletes may compete in events, when their coach feels they are ready.</p> <p><b>Who is accepted?</b> Athletes aged 7 and up.</p> <p><b>What are the training options?</b> Athletes will train 2 hours per day, 2 x per week.</p>
 <p>Competitive Ages 7 and up 6 hours/week</p>	<p>Athletes start to work in pairs/groups, working on the Acro JO 5-7 levels. Athletes will compete in events, when their coach feels they are ready.</p> <p><b>Who is accepted?</b> Athletes aged 7 and up. Athletes may compete 4-5 times a year and attend 2-3 training camps.</p> <p><b>What are the training options?</b> Athletes will train 3 hours per day, 2 x per week.</p>
 <p>Competitive Ages Categorized 9 hours/week</p>	<p>Athletes compete in their level and age category with 1 or 2 partners. Athletes competing at Youth level and higher, will need to purchase a different competition leotard.</p> <p><b>Who is accepted?</b> Athletes aged 7 &amp; up. Athletes will compete 4-5 times a year and attend 2-3 training camps.</p> <p><b>What are the training options?</b> Athletes will train 3 hours per day, 3 x per week. Tops in the units will train an additional 1 hour per week.</p>
 <p>Competitive / International Ages Categorized 12 hours/week</p>	<p>Athletes at this point will be travelling and are eligible to compete at World Cup competitions at a National level. Athletes will need to purchase a different competition leotard.</p> <p><b>Who is accepted?</b> Athletes aged 7 &amp; up. Athletes will compete 4-5 times a year and attend 2-3 training camps.</p> <p><b>What are the training options?</b> Athletes will train 4 hours per day, 3 x per week. Tops in the units will train an additional 1.5 hours on a 4<sup>th</sup> day per week.</p>



## Stars Gymnastics

**Stars Gymnastics (STARS)** is a 10-month program, following the Recreational Calendar (September to June), offering an introduction to Women's Artistic Gymnastics routines which can be performed at various local meets around Edmonton and Alberta area. For JO 1, JO 2, and JO 3, the scoring system is based on age of athlete and range of score to determine first, second and third place.

Participants in these classes will learn the Junior Olympic (JO) based routines and develop the technique and performance qualities required of competitive gymnasts. The class structure will include a general warm-up, a technical warm-up for each apparatus, routine acquisition, and perfection, as well as physical ability development.



Junior Stars  
Ages 6-8  
4 hours/week

Junior Stars is a perfect option for the gymnast who has moved on from Headstart or CanGym but is not ready for traditional competitive programs. Skills and abilities are developed in a safe and positive atmosphere.

**Who is accepted?**

Girls aged 6-8 years. **Athletes will compete in events when the coach feels they are ready.**

**What are the training options?**

Athletes will train 2 hours per day, 2 x per week.



Stars 1-2  
Ages 8 & up  
4 hours/week

This program is a perfect option for the gymnast looking to move forward with their skills, with less time commitment than traditional competitive programs. Skills and abilities are developed in a safe and positive atmosphere.

**Who is accepted?**

Girls ages 8 and up. **Athletes will compete in events when the coach feels they are ready.**

**What are the training options?**

Athletes will train 2 hours per day, 2 x per week.



Stars 3-4  
Ages 8 & up  
6 hours/week

This program is for Stars who have mastered their JO 1 and JO 2 routines and will be working on their JO 3 and up.

**Who is accepted?**

Girls ages 8 & up. Athletes may compete 4 or more times a year.

**What are the training options?**

Athletes will train 2 hours per day, 3 x per week.

Once selected into the program, your athlete is placed into a group based on factors that include age, ability, and skill level. Every gymnast is carefully placed into a group where, in the opinion of the Head Coaches, they will be challenged without feeling overwhelmed and will be in the best position to attain success.

**The fees are based on the number of hours that he/she trains and the number of athletes in the program. Therefore, it is important to understand that you must pay the entire amount whether your child is at all the training sessions or not, as we must pay our staff for the entire year.** Each group will train the designated number of hours for that particular group wherever possible. The club retains the right to cancel training when required. This is to be approved by the Senior Operations Manager and the Head Coach of each discipline. Salto Gymnastics will keep in mind the best interests of the child as far as the athlete being prepared to his/her best ability for upcoming competitions.

**Families will remit first and last month's tuition on July 1<sup>st</sup>, 2019.** Your contract with Salto Gymnastics is a yearlong commitment. Withdrawals require written notice from the family a month prior to withdrawal. Withdrawals will be processed without refund for tuition already paid and families will not be charged subsequent tuition payments provided proper notice was provided. If proper notice is not provided, you are responsible for a month's tuition.

**Note: Registration, Apparel, and Competition Fees are non-refundable.** By signing and returning the Competitive Agreement, families who withdraw from the program do so with the understanding that they forfeit any and all claims to these funds.

Registrants removed from any program at Salto Gymnastics due to Code of Conduct violations are not eligible for refunds.

**Important information:** As gymnasts progress in their development, the number of training hours may increase to further develop their skills and decrease the risk of injury. The more advanced skills require adequate body conditioning and physical preparation. Our goal is to maintain challenging situations that not only keep our athletes excited about gymnastics, but also inspire great training and performance results so that each gymnast continues to progress. We want our gymnasts to love the sport, have confidence in their abilities and have a clear understanding of the work and attitudes necessary to be successful.

Always remember that every athlete is an individual, and, as such, requires unique coaching. Equitability does not mean the exact same coaching for each athlete. The coaching staff will deal with each athlete individually, based on what his/her strengths and weaknesses are, how

he or she progresses, his/her unique personalities, and what is best for him/her as an individual. Each competitive athletes' competition level/routines/skill level and all other technical components of their training are strictly decided upon by the coaching staff.

All athletes of Salto Gymnastics are required to purchase an AGF Membership in accordance with the program they attend. Memberships are valid from July 1st to June 30th of each year and are non-refundable. By enrolling in a program at Salto Gymnastics, athletes and families consent to remit this fee annually for the duration of their active participation at Salto Gymnastics.

## CLUB UNIFORM

**The club uniform, including a track jacket, is mandatory attire for gymnasts at all club sanctioned competitions, demonstrations, or invitational meets.** The cost for the club uniform is the sole responsibility of the family and must be paid on time. It is also the responsibility of the family to directly contact the front office of the club for all gymnastics gear, uniforms, and clothing articles. For the 2019-2020 season, new competitive leotards are mandatory for the Star Programs, since we have utilized the current style for 2 years. MAG, WAG and Acro are entering their 2<sup>nd</sup> or 3<sup>rd</sup> year with their current competitive leotard/singlet. **Training leotards/singlets are mandatory for the MAG, WAG, Acro and Stars Programs.** The style and color are at the discretion of the Head Coach of the program, and the Senior Operations Manager.

Families will be emailed information regarding uniform ordering procedures once registration is submitted and complete. Uniforms need to be handwashed in cool water, and air dried.

## ATTIRE AND APPEARANCE FOR TRAINING AND COMPETITION

- Girls should wear a leotard and boys should wear a singlet or a tank top and shorts.
- A training shirt may be worn on cold days.
- No jewelry or watches should be worn, as this can constitute a safety hazard for spotting.
- Hair must be neatly tied up and out of the face. If the hair is tied up and it still reaches collar length, it should be looped up again.
- At some point in the gymnasts training, they will require hand guards or grips. This point is determined by the athlete's development by the athlete's coach. Girls will need hand guards for uneven bars and boys will need high bar guards as well as ring guards.

- It is good practice to have 2 sets of broken-in guards on hand; one set for training and the other ready to go when the first pair becomes worn out or broken. This is especially important during competitive season. The extra pair should be kept in the gymnasts training bag.
- It is very important to be dressed appropriately at competitions. We want to look like a team and it is important to keep muscles warm.
- Along with team uniforms, girls should have an extra copy of their floor music on cd, an extra pair of grips (if they use them), healthy snacks to keep them going through the meet (grapes are a simple quick and non-sticky solution), and socks or sandals to wear in between events. **Helpful Hint: Do not include a colored sports drink in their tightly sealed water bottle – when spilled, it can ruin an expensive uniform/leotard.**
- Boys should have their ring and high bar guards (an extra pair of both for the more advanced boys), socks (same color as longs) and sandals (if desired), and snacks to keep their energy up.
- **All personal items should be marked with their names.**

## CHOREOGRAPHY

Choreography for non-compulsory floor routines in the Women’s Program (WAG) and Acrobatic Program (ACRO) are not included in your tuition fees. For WAG and ACRO, after consulting with the Head Coach, your child’s coach will contact you in order to facilitate scheduling and payment for choreography services if your daughter requires a new floor routine. Payments must be made in advance through the front office. Scheduling of choreography routines will take place before or after regular training hours, not during.

## INJURY POLICY

In the event of an injury that requires a modification or limitation to your athlete’s training schedule; we require a qualified medical diagnosis. Once a gymnast or parent communicates an issue, we immediately request a diagnosis from a medical practitioner and modify or halt training until this has been done. We ask that medical follow up be done as promptly as possible and that results are relayed to the coaching staff along with a rehabilitation plan. For extensive injuries requiring a longer rehabilitation time, we reserve the right to request a written rehabilitation program from your medical practitioner. We will not allow athletes to resume full training until a proper diagnosis has been made and a rehabilitation plan is in place. A plan to return to training should be discussed directly with the Head Coach as soon as

possible upon diagnosis. Please keep your coach informed of any changes to the plan as your athlete's injury heals. Fees may be adjusted at the Senior Operations Manager's discretion.

Although taping and bracing may be used for support while an injury/ailment heals, long term use ultimately weakens the affected area. Extended time off is NOT an appropriate course of action. Even when extended rehabilitation is required, athletes most often benefit by coming to practice on modified training. However, this is depending on a variety of factors and is not always the case.

## VOLUNTEER HOURS

**\*Each family (MAG, WAG, ACRO & Stars) is expected to contribute a mandatory volunteer shift in either set up or take down at SGC (Salto's competition we host). Additionally, every family must fulfill the mandatory number of volunteer shifts at SGC according to their training group. You may substitute shifts with Casino shifts on the year in which Salto receives a Casino, at a rate of 1 shift:1 shift.**

Families will provide Salto Gymnastics with a postdated cheque for \$500.00, or pay by credit card immediately for the volunteer hours penalty amount, at registration. After SGC completion, cheques for families that complete their volunteer hours will be destroyed. If the payment was made by credit card, families that complete their volunteer hours will be refunded to their credit card.

<b>SGC Volunteer Requirements</b>			
<b>Training Group</b>	<b>Training Hours/week</b>	<b>Number of Shifts</b>	<b>Mandatory Set Up or Take Down @ SGC</b>
Headstart/Hotshots/Stars/Acro	4	2	2 Hours
WAG/MAG/STARS/ACRO 6 Hours	6	2	3 Hours
WAG/MAG/ACRO 9 Hours	9	3	3 Hours
WAG/MAG/ACRO 12 Hours	12	4	3 Hours
WAG/MAG 16 Hours	16	4	3 Hours
WAG/MAG 20 or 22.5 Hours	22.5	4	3 Hours

**\*Each family (MAG, WAG, ACRO & Stars) is expected to contribute one Deep Clean Volunteer Day cleaning shift at the gym, in total for the training year. The cleaning shifts and cleaning checklists will be posted for your signup. In addition to the Deep Clean, you may also sign up for Weekly Clean shifts and receive a credit of \$40.00 on your account for every Weekly Clean shift you work.**

To sign up for your one **Deep Clean Volunteer Day** cleaning shift, go to Salto Gymnastics home page and select the My Account tab. Your login is your email address. If you do not know or remember your password, you can select Reset Password and follow the instructions. Once you have logged into the portal, you can select the **Classes & Events** option in the top menu to access the **Find Events** page. Select the Deep Clean Volunteer Day event from the list shown, you will be taken to the *Event Details* page where information about the event is displayed. If you wish to enroll into the event you will click the **Add to Cart** button. When all desired events have been added to the cart, you must click on the **cart icon** in the top menu and click the **Enroll Now** button to complete the enrollments.

## FUNDRAISING

**There is no mandatory fundraising required with Salto Gymnastics Competitive Programs.** We ask that when you are able, to please support Salto's fundraising campaigns. Fundraising is a very important part in running a healthy, financially stable club. As a non-profit organization, Salto Gymnastics relies heavily on the fundraising efforts of its members. Monies collected are allocated towards the purchase and repair of gym equipment.

## GENERAL GUIDELINES

**Training is mandatory for all competitive athletes.** Improvements in performance and physical skill development require consistency in training. The training schedules are designed to create an appropriate training developmental response. Attendance at all scheduled training sessions is essential. Tardiness or early departures may lead to an uneven development and lessened performance potential. Athletes who cannot attend training as required are highly susceptible to injury and less capable of safely performing the skills required. If an athlete is sick or unable to attend training, he/she should notify their coach, prior to his/her absence. **Gymnasts are required to attend all practices for two weeks prior to each competition to be eligible to compete.**

Athletes displaying inappropriate behaviors during training and potentially endangering to themselves or others may be temporarily removed from training without notice.

Salto Gymnastics respectfully requests and requires that families do not book vacations during competition season. The Competitive Program calendar features holidays throughout the year with cancelled or adjusted training. Families are asked to plan their family trips during these

times as not to adversely impact their athlete's training. **Summer training is mandatory; however, it is understood that families will take vacation time during end of the year break and/or July and August.** Salto asks that summer plans be communicated in advance, so coaches can plan accordingly. Families are encouraged to discuss away training with their coaches to arrange conditioning plans or training in the location they are travelling to.

Please note consecutive weeks of missed training will negatively affect an athlete's success and could result in reduced training hours in a lower Competitive division.

Training is scheduled at regular, weekly times. Families are expected to book appointments around scheduled training.

Competitive athletes are not eligible to make up missed training and fees cannot be adjusted due to absences. Athletes are encouraged to attend all regularly scheduled training to maintain their weekly hours.

**Attendance to all local/regional competitions is mandatory. Competition Fees will be posted to your account on the due date unless you have advised you cannot attend PRIOR to the due date.** If you need to withdraw from a competition in which your child has been registered, a medical note will be required in order to be reimbursed your entry fee and must be given to Salto Administration PRIOR to the competition. All competitions have an administration fee that will not be reimbursed. Salto's Competitive Program includes a number of competitions during each calendar year. By signing and returning the Competitive Agreement, athletes and families agree to attend these events on behalf of the organization. Only in cases of injury or extenuating circumstances will athletes be excused from their competitions. Medical withdrawals are permitted in consultation with the athlete's coach and doctor. Failure to attend appointed events throughout the year may result in reassignment to a lower level or removal from the Competitive Program all together.

## PARENT VIEWING

We encourage parents and others to observe training sessions at any time. Parents should respect the gymnasts and coaches during training and **refrain from flash photography and pointing or tapping on the glass.** Negative comments from parents in the viewing area will not be tolerated.

**\*\*\* Reminder \*\*\* for the safety of all athletes, and as per Alberta Gymnastics Federation's guidelines and insurance policies, parents are not permitted on the gym floor at any time. If**

you wish to speak with your child's coach an appointment can be made through the Head Coach by email.

## SALTO GYMNASTICS CODE OF CONDUCT

This Code of Conduct identifies the standard of behaviour that is expected of all parents of Salto Gymnastics athletes, both recreational and competitive.

Salto Gymnastics is committed to providing an environment in which all individuals are treated with respect. Parents shall conduct themselves at all times in a manner consistent with the values of Salto Gymnastics, which include integrity, respect, and honesty.

At least 1 parent from each family must complete the Respect In Sport For Parents Program and submit a copy of the earned certificate to Salto Gymnastics with the registration package.

The link to the Respect In Sport for Parents is on the Gymnastics Canada webpage at:

<http://www.gymcan.org/resources/respect-in-sport>



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