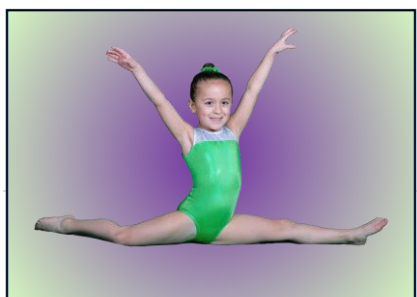
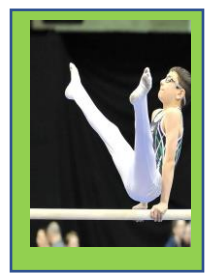
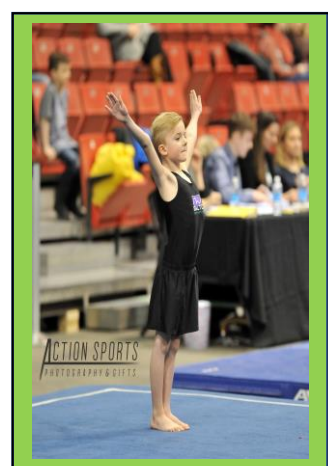



2018-2019
Parent/Member
Handbook
A not-for-profit organization





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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

Sherri Jensen, *Finance/HR Administrator*

sjensen@salto gymnastics.com

Caylie Elzinga, *Client Relations Manager*

celzinga@salto gymnastics.com

Women's and Men's Competitive Gymnastics

Head Coach

Ovidiu Serban

oserban@salto gymnastics.com

Acrobatic Gymnastics/Gymnaestrada Stars

Head Coach

Chelsea Fenn

cfenn@salto gymnastics.com

Stars Gymnastics Head Coach

Lisa Allnutt

lallnutt@salto gymnastics.com

GENERAL CALENDAR FOR SALTO GYMNASTICS COMPETITIVE SEASON

First Day of 2018-2019 Competitive Season

July 9, 2018

*Kelowna Training Camp

July or August, 2018 - Acro

Stat Holiday/Heritage Day

August 6, 2018

Stat Holiday/Labour Day

September 3, 2018

Stat Holiday/Thanksgiving Day

October 8, 2018

Stat Holiday/Remembrance Day

November 11, 2018

November Break

November 12-16, 2018

***Acro Training Camp**

November, 2018 or 2019 TBD – Acro

***MAG Training Camp**

December, 2018 – P2-P5, Elite 2-4

Stat Holiday/Christmas Day & Boxing Day

December 25-26, 2018

Stat Holiday/New Year's Day

January 1, 2019

***Gymnastics Rocks the Rockies Competition, Banff, Ab**

January 2019 – WAG JO 1 to JO 3

***Aloha Gym Fest, Hawaii**

January 18th to 21st 2019 – WAG JO 4 and up

***Gym Power, Edmonton, Ab**

January, 2019 –Acro

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

February 2019 – WAG JO 1 to JO 3, MAG P1-P5, Elite 1-2

Stat Holiday/Family Day

February 18th, 2019

***Spruce Moose, Spruce Grove, Ab**

February, 2019 – MAG & STARS

SGC

February 28th to March 3rd, 2019 - *ALL Programs*

***UCIC, University of Calgary**

March 2019 – WAG JO 4 and up, MAG P1-P5, Elite 1-2

***Northern Zones**

March 2019 – all WAG JO 3 and up

***Maia International Acro Cup, Maia, Portugal**
March, 2019 – Acro (possible for higher levels)

***Vegas Acro Cup**
March 20th – 24th, 2019 – Acro

***Provincial Championships**
April 2019 – WAG JO 5 and up, MAG P1-P5, Elite 1-2, Acro

***Flanders International Acro Cup, Puurs, Belgium**
April 12-14, 2019 – Acro (possible for higher levels)

***Western Canadian Championships**
April 2019 – MAG/WAG athletes who qualify

Stat Holiday/Good Friday
April 19, 2019

Stat Holiday/Easter Monday
April 22, 2019

***Okanagan, BC**
May 2019 – WAG JO 4 and up

***Hollywood Classic, Calgary**
May 2019 – MAG P1-P5, Elite 1-2

Stat Holiday/Victoria Day
May 20, 2019

***Acro Palooza, Calgary**
May or June, 2019 – Acro all levels, Gymnaestrada Stars

***Hawaiian Hula Fun Meet**
May, 2019 – STARS

***1st Acro Canadian National Championships**
TBD, 2019 – Acro (dates & location still to be determined by Gymnastics Canada)

***Canadian Championships**

May, 2019 – MAG/WAG athletes who qualify

***Pan American Games Trials**

TBD, 2019 – Acro Age Groups (dates & location still to be determined)

***MAG Training Camp**

June or July, 2019 – P2-P5, Elite 2-4

***Summit Invitational**

June, 2019 – STARS

***Year End Party**

June, 2019 – *All Programs*

Last Day of 2018-2019 Competitive Season

June 27, 2019

*Tentative dates for competitions Salto Gymnastics, plans to send athletes to.

THE DIFFERENCE BETWEEN RECREATIONAL CLASSES AND COMPETITIVE TEAMS

Both recreational and competitive gymnastics programs promote strength, flexibility, endurance, confidence, fitness, and fun. While recreational (non-competitive) programs are fitting for anyone, competitive programs require an invitation to join after being evaluated by a qualified coach.

When considering a child for a team program, coaches look for the following traits:

- **Physical Strength** – Can the child easily perform strength exercises such as pull-ups, leg lifts, sprinting, push-ups, sit-ups, and hollow body holds?
- **Flexibility** – Is the child's body flexible enough to handle some of the requirements of gymnastics? Can his/her flexibility be improved over time?
- **Basic Skills** – How are the child's gymnastics fundamentals? Has the child spent enough time in a class or pre-team program to master the basics? Can the child perform the basics properly? Does the child know proper gymnastics terminology?

- **Motivation** – Does the child want to learn and succeed, or is she content right where she is?
- **Coachability** – Does the child listen to corrections and try to apply them? Is the child willing to take a few steps back to fix old skills before learning new skills?
- **Mental Toughness** – How sensitive is the child? Does he or she respond well to criticism? Would the child be able to perform in front of a judge and receive a performance-based score with no more than a *healthy* amount of anxiety?
- **Sportsmanship** – Would this child fit in with existing team members? Would he or she encourage the other athletes? Would this child accept both success and defeat respectfully and graciously?

What Is Required of Team Gymnasts?

- **Commitment** – Gymnastics is a sport that requires a team member’s presence for every minute of scheduled training time. Team members are expected to attend all practices, competitions, fundraisers, and other team events. Team members are expected to arrive on time and prepared to train (hair up, gymnastics attire on, water bottle in hand, etc.). While being on a gymnastics team is fun, it is not a social hour and is not something you show up for when you have nothing else to do. If a child is not willing to commit to the requirements of their team, it is best to consider other options.
- **Proper Health & Nutrition** – An athlete cannot train or perform to the best of their abilities without proper nutrition. All team athletes are expected to eat a well-balanced diet and stay hydrated to keep their bodies in the best physical shape possible.
- **Attitude** – Team gymnasts are expected to have a good attitude towards themselves, their teammates, and their coaches. They need to accept criticism to improve, and they need to encourage their teammates to be the best they can be.
- **Family Commitment** – Gymnastics requires a strong family commitment, in the form of transportation, financial assistance, nutritional advice, fundraising, support at competitions, and mental support throughout training. Busy families are encouraged to share contact information to arrange carpools, child-care, etc. to ensure their gymnast can be where he or she needs to be at the right time.
- **Finances** – It’s the part no one wants to think about, but we want to be honest with you. Being on a gymnastics team can be expensive. On top of monthly tuition, you need to consider the price of uniforms, choreographers, competition entry fees, and travel fees.
- **Fundraising** – Many gyms will arrange fundraising events to help ease the financial burden of being on a team. These events may take the form of hosting a meet, selling candy bars, holding a raffle, etc.

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.


STEP 3: Once payment and 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 JULY 1ST, 2018 to JUNE 30TH, 2019

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.

 <p>Hotshots Ages 5-8 6 hours/week</p>	<p>This program is a building block for the young gymnast looking to move forward with time. Skills and abilities are developed in a safe and positive atmosphere. There is an emphasis on developing the child's strength, flexibility, agility, and overall body coordination.</p> <p>Who is accepted? Boys ages 5-8. Potential to attend a fun competition.</p> <p>What are the training options? Athletes will train 2 hours per day, 3 x per week.</p>
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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 will compete between 3-6 times a year.

What are the training options?

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



Elite Competitive
Ages 8 & up
16 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 will compete between 6-9 times a year.

What are the training options?

Athletes will train 4 hours per day, 3 x per week and 2 hours per day, 2 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 landings, inadequate amplitude and execution, lengthy pauses, falls, poor technique.



Headstart
Ages 4-6
4 hours/week

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

Who is accepted?

Girls aged 4-6. Potential to attend a fun competition.

What are the training options?

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



Competitive
Ages 6 & up
6-9 hours/week

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.

Who is accepted?

Girls aged 6 & up. Athletes are between levels JO 1-3 and will compete 3-4 times a year.

What are the training options?

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



Competitive Elite
Ages 6 & up
12-22.5 hours/week

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.

Who is accepted?

Girls aged 6 & up. Athletes are between levels JO 4-10, and will compete 6 or more times a year, based on age and level.

What are the training options?

Athletes will train 4 hours per day, 3 x per week, or 4 hours per day, 4 x per week, or 4.5 hours per day, 5 x per week.

Acrobatic Gymnastics (ACRO)

Acrobatic Gymnastics (ACRO) officially joined the FIG in 1999. Practised by men and women alike, dynamic Sports Acrobatics are among the oldest known disciplines. The sport was practised as early as the ancient Egyptian period, as we can see in certain frescos. Its name comes from the Greek acrobateo, meaning to rise or go forth. The discipline requires courage and stamina, while demanding flexibility and skill. Music accompanies exercises, harmoniously in keeping with gymnasts' choreography, body movements and musical culture.

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 floor area measures 12 x 12 meters. 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.



Pre-Competitive
Ages 7 and up
6 hours/week

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.

Who is accepted?

Athletes aged 7 and up.

Athletes will compete 4-5 times a year and attend 2-3 training camps.

What are the training options?

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



Competitive
Ages Categorized
9 hours/week

Athletes compete in their level and age category with 1 or 2 partners. Each level has 8-13 required skills that each pair/group needs to compete in their routine. Athletes competing at Youth level and higher, will need to purchase a different competition leotard.

Who is accepted?

Athletes aged 7 & up. Athletes will compete 4-5 times a year and attend 2-3 training camps.

What are the training options?

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



Competitive
National Stream Ages
7 & up
12 hours/week

Athletes at this point will be travelling and are eligible to compete at World Cup competitions at a National level. Athletes competing at Youth level and higher, will need to purchase a different competition leotard.

Who is accepted?

Athletes aged 7 & up. Athletes will compete 4-6 times a year and attend 2-3 training camps.

What are the training options?


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


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.

 <p>Junior Stars Ages 6-8 4 hours/week</p>	<p>Brand new program! 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.</p> <p>Who is accepted? Girls aged 6-8 years. Potential to attend up to 4 fun competitions.</p> <p>What are the training options? Athletes will train 2 hours per day, 2 x per week.</p>
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 <p>Stars 1-2 Ages 8 & up 4 hours/week</p>	<p>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.</p> <p>Who is accepted? Girls ages 8 and up. Potential to attend up to 4 fun competitions.</p> <p>What are the training options? Athletes will train 2 hours per day, 2 x per week.</p>
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 <p>Stars 3-4 Ages 8 & up 4 hours/week</p>	<p>This program is for Stars who have mastered their JO 1 and JO 2 routines and will be working on their JO 3 or JO 4.</p> <p>Who is accepted? Girls ages 8 & up. Athletes have the option to purchase an additional 1 day of training per week on a sessional basis and will compete 4 or more times a year.</p> <p>What are the training options? Athletes will train 2 hours per day, 2 x per week.</p>
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Gymnaestrada Stars

Gymnaestrada Stars (Gym STARS) is a 10-month program, following the Recreational Calendar. Gymnaestrada is a non-competitive, Gymnastics-for-all demonstration sport where participants of all ages come together and highlight their love of movement. The Salto Gymnaestrada Stars develops participants as a team in preparation to participate in local demonstrations and Gymnaestrada Provincially, and Nationally.

As a part of this team, participants will create one or two 3-5-minute routines as a group incorporating creative apparatus, acrobatic gymnastics, and tumbling skills to show at local venues and festivals as well as the Alberta GymFest.

 <p>Gymnaestrada Stars Ages 8 & up 4 hours/week</p>	<p>This program is ideal for athletes who love to perform with dance and movement, without the pressure of competition.</p> <p>Who is accepted? Girls ages 8 and up.</p> <p>What are the training options? Athletes will train 2 hours per day, 2 x per week.</p>
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FEES

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. 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 1st, 2018. Withdrawals will be processed with written notice from the family in question a month prior to withdrawal. Withdrawals received midyear will be processed without refund for tuition already paid and families will not be charged subsequent tuition payments. 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.

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 suit 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 2018-2019 season, new competitive leotards are mandatory for the WAG and Acro Programs, since we have utilized the current style for 2 years. MAG and Stars are entering their 2nd 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, the Senior Operations Manager, and the Board of Directors. Training uniforms for our programs will be determined at a later date.

Families will be emailed information regarding uniform ordering procedures once registration is submitted and complete.

ATTIRE AND APPEARANCE FOR TRAINING

- Girls should wear a gym suit and boys should wear a singlet 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.

CHOREOGRAPHY

Choreography for non-compulsory floor routines in the Women's Program (WAG) and Acrobatic Program (ACRO) are not included in your club 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 the volunteer hours penalty amount, at registration.

Training Group	Training Hours/week	Number of Shifts	Mandatory Set Up or Take Down @ SGC
Headstart/Hotshots/Stars/Gym. Stars	4	2	2 Hours
WAG/MAG/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 22.5 Hours	22.5	4	3 Hours

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.

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. Salto's Competitive Program includes a number of Competitive appointments 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 Competitive appointments. Medical withdrawals are permitted in consultation with the athlete's coach and doctor. Refunds are not available for missed competitions unless a doctor's note is produced and even so will only be available at the discretion of the program Head Coach in conjunction with each

event producer. Failure to attend appointed events throughout the year may result in reassignment to a lower level or removal from the Competitive Program all together.

Salto Gymnastics respectfully requests and requires that families do not book vacations during competition season. The Competitive Program calendar features holidays through 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 respects this fact and asks that summer plans be communicated to the organization in advance, so coaches can plan accordingly. Families are encouraged to discuss away training with their coaches to arrange 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.

PARENT VIEWING

Parents and others can observe training sessions. 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, 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 by the beginning of Summer Training.

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

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



www.saltogymnastics.com

2025 Oak Street
Sherwood Park, AB
T8A 0W9
780-449-1518

askus@saltogymnastics.com



@Saltogym_Shpk