

## How does my child become involved with the competitive program?

Entry into the competitive program is by selection from the recreational program or transfer from another club's competitive program.

Coaches are trained to identify those recreational gymnasts who show potential. If successful they may be given the opportunity to enter the Interclub program or the Junior Olympic program.

### Placement in the Competitive Level

Each category and level of gymnastics competition has certain skill requirements. The score of a routine is arrived at by determining firstly whether the skill requirements have been met by the gymnast and secondly by the form and perfection displayed by the gymnast in the execution of those skills.

Accordingly, each gymnast will be placed in the competitive level best suited to her/his skill level, form, and maturity. The Head Coach will assign each gymnast to a category and level which will be challenging yet allow her/him to experience individual success.

Competitive gymnastics can involve training commitments of up to 10 hours a week or more.

Training fees, competitive suits, meet fees and travel costs can be very expensive. Parents should fully understand the time and financial commitment prior to undertaking entry in to the competitive program.

For younger gymnasts especially, the coaching staff may determine that the gymnast does not yet have the required skills or is not ready to compete in one of the events, and may therefore only enter the gymnast in two or three events. The gymnast's parents should help the gymnast understand that there are required skills for each event at each competitive level and that Fitkidz Gymnastics practice is to enter gymnasts safely into competitive meets and events only when they are able to achieve personal success and gain satisfaction from the experience.

## What are the training fees?

The training fees are set at the beginning of the training year - September 1st. Fees are determined by the amount of hours per week your child trains over a 10-month period. Fitkidz offers 9 weeks of summer camps for recreational and competitive athletes. We encourage our competitive members to take part at the conditioning camps throughout the summer.

The majority of the monthly fees paid go directly to paying the salaries of the coaches in the program. The remaining funds cover administrative costs of the club, as well as competition expenses. Income from the competitive programs does not cover the full costs of running Fitkidz Gymnastics, and does not include allowance for equipment upgrades.

## Payment:

You may choose to pay your annual fee in one lump sum by credit Card, cheque or cash.

Alternatively, you can set up monthly payments by credit card or post-dated cheques.

Payments will be collected on the 1st of each month for 10 months. Payments received more than 3 days past the 1st of the month are subject to a \$10.00 late fee, more than 15 days the late fee will be \$20.00.

Gymnastics BC Registration / Membership Fees are required by September 1st of each year, and will be collected with September's monthly payment, or with your lump sum annual fee. If the GBC Registration fees are not paid prior to first class, the gymnast may not participate in any training, as they will not be insured

In order to operate successfully, Fitkidz Gymnastics Club requires all members to keep monthly payments current. In cases of financial hardship, the family may approach the Gym Director or Fitkidz Executive for special arrangements.

Fitkidz Gymnastics Club relies on prompt payments to be able to meet its financial commitments. If a family does not satisfy a monthly base fee, or any other invoice resulting from the athlete's participation in the competitive program within the scheduled time frame set their child may not be permitted to train.

### **Attire/Dress code**

What should my child wear to training?

All girls participating in our competitive program are required to wear a gymnastic leotard.

Baggy clothing is not acceptable. Girls can wear warm-up gym clothing for start of class. Hair must be tied back tightly with elastics and clips.

All girls are expected to come into the gym with the appropriate training attire and hair should be pulled back

### **Attendance, missed training and make-up classes**

Athletes must train on the days and times established for their group. The amount of time that your child trains is extremely important to reach their goals. Please notify your coach if your athlete will be absent.

If an athlete chooses to miss a training day, time cannot be made up unless prior arrangements have been made with the office staff/head coach.

If a coach is ill or takes personal time, an alternate coach will take the class or the class time will be rescheduled. No monetary credits or refunds will be issued. Please review the website, Facebook and notice board, regarding changes.

### **Competition season:**

During competition season, scheduled training times may vary due to competitive meet schedules. Fitkidz Gymnastics will make every effort to prepare your child for his/her competition. Any cancelled training due to competitive events will be at the discretion of the Head Coach.

## **When will my child compete?**

Competition eligibility is dependent on the athletes' age, level and preparation. Not all athletes will be eligible for all competitions; this will be at the discretion of the Head Coach. Junior Olympics, level 1, 2, 3 and Interclub will take part at min 2-4 events. Level 4-7 4-6 events. A tentative Competition Schedule will be distributed to the Parents when it is available (Once Fitkidz receives an invitation to a meet). It is the responsibility of the each family to pay the competition fees prior to the Club's registration of the athlete in the competition. Please check the notice board and sign up your child with our office staff.

## **Athlete and Parent Competition Guidelines:**

All athletes are expected to arrive 30 minutes early, dressed and hair done. This will allow athletes to get familiar with the competition venue. Sometimes the rotation ahead falls behind and athletes will have to wait.

Please make sure you have directions to the competition site, you have confirmed the time that warm up begins and you have a few cell numbers of other parents and coaches in-case you get lost.

Please make sure your athlete is in bed early the night before, well hydrated and fed. If they have a hard time falling asleep, get athletes to visualize their routines over and over.

When you arrive at competition, there will be an entrance fee allocated by the club. You do not have to pay for the competing gymnast.

Parents are not allowed access to the competition areas, only GBC registered gymnasts and coaches are allowed on the floor during training sessions and competitions.

Athletes should find their coach as soon as they arrive. If coach is on the competition floor with their other gymnasts, please find team mates and wait off the competition floor til the flight ahead of you is finished

Gymnasts are to keep in mind they are representing Fitkidz Gymnastics and must conduct themselves in a responsible and courteous manner while attending meets.

Please keep athletes and siblings off any equipment.

When staying at hotels, gymnasts are expected to conduct themselves in a responsible manner. Gymnasts will be held accountable for their actions, behaviour, and attitudes.

## **What are the competition fees?**

Competition entry fees are the responsibility of the family. Fees typically range from \$80- \$150, depending on the level of the gymnast. Each competition has a registration deadline posted inside the gym.

If you miss this deadline you will be charged a "late fee" by the host club or your child will not be able to compete at that competition. Please review with the Head Coach the expectations for your child's competition schedule. You will receive a final schedule to the event approximately 2 weeks prior to the competition.

## **Women's Artistic Gymnastics (WAG)**

Women's Artistic Gymnastics (WAG) is the most popular and well known to the public of all the gymnastics disciplines. It is an incredibly challenging sport, demanding strength, power, flexibility, agility, courage, and a combination of technical precision and artistic creativity. When these elements are mastered, the performances appear almost effortless and are riveting to watch.

Women's Artistic Gymnastics is comprised of four events: Vault, Uneven Bars, Balance **Beam and Floor**. In BC, the competitive program follows the American JO (Junior Olympic) program. This system has 10 levels, JO 1-5 is comprised of compulsory routines, and JO level 6-10 are optional routines that follow a set criteria. Each level is marked out of 10 points and deductions are taken based on the execution and difficulty

of the routine. Common deductions include bent knees and arms, flexed feet, lack of dynamics, falls off (or on) the apparatus and the composition and difficulty of the routine. During the awards ceremony at the end of each session, athletes are generally ranked from 1st to 10th on each event as well as on their all-around score. Younger athletes in JO 1-3 will occasionally receive a Gold Silver or Bronze on each event instead of placing individually. This awards format is left up to the discretion of the host club.

**Vault:**

**Vault** is the shortest gymnastic event, but it's the event that requires the greatest speed and power. To understand vault, imagine yourself racing at full speed down a narrow carpeted runway, propelling yourself head first from a springboard in a forward and upward direction, pushing off of the vault table to rotate yourself over the vault landing on your feet. Vaulting requires speed, quickness, explosive power, and should be dynamic and precise.

**Uneven Bars:**

**A bar** routine should demonstrate continuous swinging movements to take the gymnast under and over the bars in both directions and circle swings through the handstand position. The overall effect should be one of smoothness with no stops or starts, extra swings or additional supports between skills. This event demands strength as well as concentration, courage, co-ordination, precision and timing.

**Balance Beam:**

A beam routine requires excellent balance, flexibility, co-ordination and extreme concentration. Routines on Beam consist of dance elements (turns, pirouettes, jumps and leaps) and acrobatic elements (cartwheels, handstands, walkovers and handsprings). The gymnast must demonstrate control in all movements, from the most graceful to the most dynamic.

**Floor Exercise:**

Combining tumbling, dance and creativity, this event is perhaps the loveliest and most graceful. The floor routine is a combination of dance, tumbling and acro elements choreographed to music. Floor music should complement the gymnast's routine in every way, showing a variety in tempo and original moves, while allowing expression of one's individual personality.

## **Fitkidz Competitive Program**

**Competitive Programs**

Along with Gymnastics BC and Gymnastics Canada, we have adopted the Junior Olympic (JO) program which was developed in the United States. This program consists of 10 levels. Levels 1-5 is compulsory and levels 6-10 consist of optional routines, which are evaluated on specific criteria. This level system provides great long-term benefits aimed at keeping athletes motivated with smoother transitions from level to level and improved progression within one level. The program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely.

Learn the Basics: Levels 1 to 3

- Levels 1 to 3 are compulsory routines with set choreography and music. They allow gymnasts to develop good and strong basics and can be used as a club non-competitive and achievement-oriented program or as an introduction to competition (which we do at WG).

Compulsories: Level 4 and 5

- Levels 4-5 continue to use compulsory routines and choreography. Both of these levels are progressive in nature, building upon the skills required at the previous level.

- Level 5 is often recognized as being more difficult than the Level 6, because it focuses on impeccable basics. This is an excellent preparation for athletes who want to go into the National level categories.

- Competitive opportunities exist at invitational meets and at GBC Championships (either as zone teams or as a category on its own).

Optional: Levels 6 to 10

- Levels 6-10 are competitive programs using optional routines. These levels have difficulty restrictions so superior level athletes don't overwhelm lower levels.

- Composition, including artistry will be evaluated in Levels 8 -10, so by now, they athletes must show grace and elegance while performing difficult skills.

Given the space and time restrictions at Fitkidz, we are only able to offer a maximum of up to 12 training hours per week to our competitive athletes. The benefit to less time and space is that we are very fundamentals-focused and because of this, the girls have done exceptionally well at competitions. Training Days and Times  
Fitkidz Gymnastics runs on Tuesdays and Thursdays for JO 1 and 2. 3:30-5:30pm, 3:30-6:30pm for JO level 3 and Jo 4-7 3:30-6:30 on Tuesdays, Thursdays and Fridays. The training days and times vary depending on the group as well as number of hours your daughter will be training.

## **Group Assignments**

Each athlete will be assigned to a coach or coaches in a group that is best suited for their abilities. The level and training days are not negotiable and are under constant review by the group coach and the head coach. With the understanding that gymnastics is built on a strong foundation of both skills and work ethic, athletes must earn the right to work at more advanced skills and levels.

Assignment of coaches is done carefully and many things are taken into consideration. The well-being of the athlete is paramount, but coaching changes are something that athletes must be prepared for, as it is unlikely that a coach will stay with an athlete their entire career.

## **Parent / Athlete / Coach Commitment Contract:**

### **Parent**

I agree to send my child to gymnastics practices and related events on time, well fed and well rested. I will fully support her commitment to continue her training through good times and tough times. I understand that my role in the gym is one of support and encouragement, not coaching. Discussions regarding my child and gymnastics will include her coaches before any final decisions are made.

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Parent signature

### **Athlete**

I realize that it is a privilege to be a part of this competitive team. I agree to come to all my training and other activities on time and prepared for my sport. I will show respect for my coaches and fellow athletes and adhere to the rules of the gym at all times. I promise to participate fully through easy days and tough days until the season ends in June. Discussions regarding my gymnastics will include my parents and my coach before any final decisions are made.

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Athlete signature

### **Coach**

I agree to be responsible for the development of this athlete. I promise to train them to the best of my ability, to come to class on time, well fed and well rested. Discussions regarding this athlete and gymnastics will include the parents and the athlete before any final decisions are made.

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Coach signature

Date