



PARENT HANDBOOK 2011-2012

365 Hartman Road, Kelowna, BC, V1X-3B2
Phone: 765-0888 Fax: 765-0890
Email: OGC@telus.net
www.okanagangymnastics.com

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<p>It is each member's responsibility to be familiar with the information in this handbook. <small>UPDATED August 2011</small></p>	

Club History

The Kokanees Gymnastics Club was incorporated in March 1981. The club moved to many different locations within Kelowna. In October 2001 it moved into its current location and changed its name to the Okanagan Gymnastics Centre.

The Okanagan Gymnastics Centre is a not-for-profit society with a volunteer Board of Directors. Our purpose is to provide the community with recreational and competitive gymnastic programs. Currently we offer a full range of programs for ages 13 months to adult. We also offer specialty programs as well. Our present facility is the largest in the Okanagan region.

At the Okanagan Gymnastic Centre we consider gymnastics the ultimate foundation for all sports. Gymnastics helps develop body awareness, strength, flexibility, balance and coordination, just to name a few. Okanagan Gymnastic Centre believes in enhancing confidence, physical and mental development, and providing an overall great experience.

Mission Statement

To provide quality gymnastics programs for the Central Okanagan community through a safe and enjoyable environment.

Vision

To provide all OGC participants with quality, program diversity and excellence while supporting each individual to reach their potential.

Values

Excellence, Professional, Respectful, Safe, Progressive, Diverse

OGC's values are delivered with commitment, innovation, creativity, enthusiasm, flexibility, and in a passionate manner.

Our Objectives

- To provide a physically and emotionally safe environment for all children to develop in the sport of gymnastics and trampoline.
- To promote the growth and development of recreational and competitive gymnastics, with quality programs enjoyable for all. Every athlete's involvement in the sport is important to the club, and even though the vast majority will never reach the elite level, the club attempts to allow each athlete to develop to his or her own potential. We wish to ensure that gymnastics is available to the maximum number of athletes in the area and not just to those of a high skill level. We wish to encourage those athletes who do display a high level of skill to enlarge upon this talent. We care and are concerned about each athlete's participation.

- To endeavor to provide a variety of programs for both boys and girls in artistic gymnastics and trampoline and tumbling, providing a level of participation which allows us to maintain and retain qualified coaching in a cost-effective manner.
- To endeavor to recruit coaches with versatility in certification and experience that will enable us to provide instruction for a variety of programs at Okanagan Gymnastics Centre.

Why Gymnastics?

Recreational gymnastics provides social interaction, listening, following directions, and problem solving. Mental aspects include the development of self-confidence, self-esteem, concentration, and discipline. Physical aspects include balance, coordination, body awareness, rhythm, muscle tone, agility, hand-eye coordination, power, posture, limb control, and air awareness.

Competitive athletes receive all the above plus goal setting, visualization skills, planning and time management.

The Organization of Okanagan Gymnastic Centre

All parents or guardians of member athletes enrolled in the competitive and/or recreational programs of Okanagan Gymnastic Centre are members of the Okanagan Gymnastic Centre Society and have one vote per member athlete. The Annual General Meeting of Okanagan Gymnastic Centre will be held on Wednesday November 30 at 7 p.m., which all members are invited to attend. At the Annual General Meeting board of directors (club executive) are elected by acclamation or ballot by the members of the society.

A Board of Directors runs the Okanagan Gymnastics Centre with the assistance of various committees and a Business Manager. The members of the Board of Directors volunteer and consist of the following officers:

President	Dirk Stroda	250-764-0128
Vice President	Greg Smith	250-764-3283
Secretary	Lindsay Watters	250-860-1227
Treasurer	John Drope	250-764-2015
Meet Director Liaison	Tuesday Butcher	250-767-0232
Building Maintenance	Russ Hill	250-861-1069
Directors At Large	Kim Lefevre	250-712-1310
	Tracy Marino	778-753-1181
	Beth Hanishewski	250-763-9494
	Patti Sutherland	250-764-6297

Staff members who participate in decision making at this level are:

Manager	Anita Ott	250-765-5640
Head Coach	Sergei Chelest	250-765-0888
Tramp and Tumbling Head Coach	Angelo Despotas	250-801-0765
Competitive Artistic Women's Coordinator	Heather Ivanitz	250-765-1081
Competitive Artistic Men's Coordinator	Nori Hori	250-317-6550
Gymnastics for All Coordinator	Katie Lankhorst	250-765-0888
Office Administrator	Tracy Graf	250-763-3877

Standing committees are personnel, fundraising, and competitions. All members of the society are invited to participate in these committees.

The Board of Directors meet once a month and the committees meet as often as required. Copies of the bylaws of the society are available in the office upon request. Copies of the minutes of the board meetings are also available upon request and are posted in the club following each meeting. A detailed description of the board positions is available in our Policy and Procedure manual in the office.

Okanagan Gymnastics Centre Code of Ethics

Every member of the Okanagan Gymnastics Centre is expected to treat others with dignity and respect. This includes our participants, parents, coaches, staff, and volunteers. Any behavior that is insulting, intimidating, humiliating, malicious, degrading, and offensive is not acceptable and will result in discipline by the Board of Director's to the parent, athlete, or both.

Athletes Bill of Rights

- The right to have opportunity to participate in sports regardless of ability.
- The right to participate at a level that is consistent with developmental ability.
- The right to have qualified sensitive leadership.
- The right to participate in a safe and healthy environment.
- The right of child athletes to play as children.
- The right to learn proper preparation in the sport of gymnastics.

- The right to be treated with dignity by all coaches, staff and fellow athletes.
- The right to have fun through sport.

Parent's Code of Ethics

- Do not force an unwilling child to participate in sport.
- Remember children are involved in organized sports for their enjoyment, not yours
- Encourage your child always to play by the rules.
- Teach your child that honest effort is as important as awards so that the result of each competition is accepted without undue disappointment.
- Turn defeat to victory by helping your child work toward skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.
- Remember that children learn best by example. Applaud good performance by your child and/or team and by members of the other teams as well.
- Do not publicly question the official's or coaches' judgment or honesty.
- Support all efforts to remove verbal and physical abuse from sporting activities.

Coach's Code of Ethics

- Coaches are expected to do all in their power to fulfill the athlete's bill of rights.
- Coaches are expected to treat athletes, judges, meet officials and each other with courtesy and respect at all times.
- Coaches are to refrain from malicious gossip and demeaning remarks with or without intent to bias opinion concerning athletes, other coaches or judges.
- During a competition, coaches should consider it unethical to express displeasure at a judge's work to that judge through any means other than the accepted (Standard) protest procedure.
- It is totally unacceptable for a coach to threaten or strike any athlete or judge, regardless of the situation or location.
- It is totally unacceptable for a coach to use abusive language at any training session, competition or meeting

BEING A WINNING PARENT

(From the parent handbook of the Coconut Creek Twisters Gymnastics Club in Florida)

A key component to your child's success is you. USA Gymnastics coined the term "Athlete Triad"; Athlete, Parent & Coach working together to achieve the best possible experiences and outcomes.

First, last and always is the Athlete, the center of our attention and focus. Often this reality is lost (or misplaced) due to negative outside factors such as ego (of the coach or parent), an unhealthy emphasis on winning, too much focus on the outcome rather than the entire process and/or a parent living vicariously through their child.

Coaches and Parents have choices to make for their athlete/child. When making a decision we must ask;” What overall, long-term benefits will the athlete receive? Will the process be both fun and rewarding? What are the possible dangers or harmful side effects of this decision? Are the goals set too high, too low, too fast, too demanding, or for a benefit of someone other than the athlete?”

Coaches perform a delicate balancing act everyday. Our ability to walk this fine line comes from years of experience, education, planning, successes and learning from our mistakes. Some days, an emphasis will be placed on technical corrections while others will be focused on strength and speed, form and execution taking a lesser role. Overall, the training plan will be a complete picture. However, taken as a snapshot it will be incomplete and out of context of our grand plan.

Parents play a vital role as the supporter, both of the athlete and the coach. When your child needs a little encouragement, it is your job to give them a hug, tell them how wonderful they are and send them to train with a renewed confidence. It is your responsibility as a parent to know your child’s goals, dreams, challenges, limitations and achievements. After all, you are in the child’s corner for life. It is your challenge to effectively communicate to the coach and listen, seek to understand, and do what is best for your child.

We are a sum of all of our experiences. Our mission is to provide quality gymnastics programs for the Central Okanagan community through a safe and enjoyable environment. We strive for a rewarding environment for athletes to have a healthy experience both overcoming challenges and learning from failure.

Just because you can doesn’t always mean you should?

Parents are driven to do what they perceive as the best thing for their child. This may not be realistic, healthy or focused on the long-term best interest of their child/athlete. In the end, the parent has the choice whether or not to support the coach’s decision, compromise with the coach.

Below is an overview of the Athlete/Coach/Parent Triad. This relationship is an exercise in compromise, communication and discipline. The athlete must always remain at the top of the pyramid, the purpose and motivation for the existence and necessity of the coach and parent. We wish you the best of luck in your role in this noble endeavor.

The Athlete

First and foremost, the athlete is essential or we would not exist. The athlete must have the desire to train the sport, the dedication to face and overcome obstacles and the perseverance to push on when the going gets tough. The athlete is on the team to learn from their coaches, from their teammate and from themselves. The athletes must make mistakes, make corrections and drive themselves to transcend beyond their perceived limitations. In our sport, athletes compete individually, against themselves. However, they are not alone...their coaches, their teammates and their parents are by their side lending support and cheering

them on. In the end, the athlete will learn and remember the sum total of the entire experience in the sport.

The Coach

The coach is a mentor and a guide. The coach plans the training and competitive cycle for every athlete on the team. The coach leads by example and the team follows in their footsteps. The coach is not always right and sometimes makes mistakes. The coach is constantly learning and striving to find new ways to teach, motivate, inspire and propel their athletes to the next level of performance. The coach is a communicator and mediator interrelated to the athlete, the team, the parent, the coaching staff and rival teams.

The Parent

The parent supports the athlete, the coach and the team. The parent is a spectator, allowing the athlete and the coach to perform their roles. The parent is a role model for the athlete, demonstrating disciplined behavior, showing respect and performing their duties to the highest level. The parent is strong enough to watch their athlete fail and tender enough to give a hug when they need one. The parent will occasionally cross the line with the athlete or coach and be humble enough to apologize and return to their territory. The parent is an advocate for their athlete, but does so in an appropriate manner. The parent provides balance, encouragement, and love.

Fee Structures and Payment Plans

Recreational:

All athletes are required to pay the GBC registration fees at the beginning of September or the start of a recreational session throughout that year. Fees for the recreational classes/programs are based on the number of classes in the session. All fees for classes are due at the time of registration. There will be no placement in classes without full payment of all fees; spots will not be held. We accept cash, cheques, debit, Visa, Amex and MasterCard. All NSF charges incurred will be assessed back to the family along with a club administrative charge of \$20.00.

Competitive:

All athletes are required to pay the GBC registration fees at the beginning of September for the full competitive year. Fees for the competitive programs are based on the number of hours each athlete trains per week and calculated to the number of training weeks in the year to give a yearly total. Payments are by **12 equal monthly installments**, from September to August. A specified number of meet fees are included in this yearly total. If you attend more meets than were pre paid, you will be billed at the end of the year. If you attend less meets, you will be reimbursed at the end of the year. These fees can be paid by setting up a **pre-authorization** to bill your Visa or Mastercard. You also have the option to submit 12 post dated cheques. Be prepared that if the amount of training hour's changes, then your amount per month may

increase or decrease and cheques will have to be re written. All uniforms, tracksuits, and music will be charged separately and must be paid before receiving these items.

Any NSF charges incurred will be assessed back to the family along with a club administrative charge of \$20.00.

Athletes are not allowed to participate if fees have not been paid. All fees are to be paid on the 1st or the 15th of every month. If you would like to set up a different payment plan or date please discuss this with our Business manager.

Fees are due regardless of attendance (as stated above you have 4 weeks or 20 days of vacation time that is built into your fees). Just as rent/mortgage payments are still due when you are away from home, so you must pay your fees even when the athlete is absent. The exception to this is if there is a Medical Note due to illness or injury.

The Okanagan Gymnastic Centre does not subsidize the fees for any athlete.

Fundraising (a big part of OGC):

Fundraising activities are an important source of income and are essential to the fiscal viability of competitive programs for the Okanagan Gymnastic Centre. All our fees and fundraising revenues we receive over the year are directed to equipment purchase or replacement. At times, some fundraising revenue could be allocated to other necessities. As a result, your participation and assistance in our fundraising activities is vital for the success of our club and programs. We will be having 3 fundraising events plus our Okanagan Invitational in March and the Opopogo in June. Each family is required to participate in or contribute to each seasonal fundraising event.

We currently receive money from the Community Gaming Grant. The revenue gained from this grant is a substantial part of our budget. At this time of we are no longer required to have volunteers on hand at the bingo venues. But, this could change at any time. It is vital that we continue with our own fundraising as it is a prerequisite to receive these funds.

Fundraiser:

This year OGC will be selling raffle tickets to win Westjet tickets to anywhere they fly. Each family will be required to give a \$100 deposit. If you do not sell a minimum of ten tickets, your cheque will be cashed or a charge will go through your credit card.

Okanagan Gymnastics Centre Rules

Discipline in the gym is vital to every athlete's success and safety. These are the general rules for every athlete to follow in order to provide the best and safest environment for training. If there are infractions of the basic rules then disciplinary action will be taken.

- Athletes are not allowed in the gym or on the equipment unless directed and supervised by a coach. (this includes ages 13 months to adult).
- Equipment and the facility must always be respected and used in a safe manner.
- Athletes are expected to attend every class, please call the gym if an athlete will not be attending. Missed classes cannot be made up or refunds given. (Requests for special

exceptions may be made to the board of directors, through the office. Board decisions are final.)

- Please notify the coach if your child will be leaving early.
- For the safety of all athletes, let the coach know if someone other than a parent or guardian is picking up your child.
- Please come into the centre to pick up your child, as children are encouraged to remain inside until picked up.
- All injuries must be reported to a coach immediately no matter how minor.
- All athletes are expected to behave in an appropriate manner at all times in the gym. No physical contact! (i.e. pushing, hitting, shoving, budging, etc).
- Athletes must wear appropriate clothing to the gym or they may not be allowed to train. Clothing that is considered too revealing or that is too restrictive is not appropriate; the coach is at liberty to make a judgment call on appropriate clothing. These guidelines are set out for the safety of your athlete and the coaches.
 - Girls – a bodysuit, shorts if desired, and hair pulled back
 - Boys – shorts that are not too long, tight t-shirt, or tight tank top
- Competition attire shall not be worn for training purposes, unless instructed to do so by your coach. This will only happen before the first meet of the year.
- Hair that falls into the eyes must be tied back with plain elastics; no bobby pins are permitted for safety reasons. BRING YOUR OWN HAIR ELASTICS – We do not supply these.
- NO jewelry is allowed while training. The only exception is stud earrings.
- Athletes are expected to treat public areas with respect. This means cleaning up meal/food wrappers, refraining from food fights, keeping the change room clean. We ask that athletes do not eat in the change rooms – we have a concession area available for their use. REMEMBER- NO STICKERS IN YOUR LOCKERS!

Discipline in the Gym

Discipline in the gym is vital if injuries are to be kept to a minimum. It is the responsibility of the athlete to use the equipment safely and to behave in an orderly and respectful manner at all times. If this is not strictly adhered to, then disciplinary action will be taken. Disruptive or distracting behavior is not acceptable. A logbook is kept of infractions that occur. This is the recommended disciplinary protocol; however it is coach's decision as to the appropriate level of discipline required:

- Verbal warning
- Time out within the group
- Parents phoned to come and pick up their child
- One class suspension (without refund for fees paid)
- 2-3 class suspension (without refund for fees paid)
- Long term suspension (without refund for fees paid)

It is important that athletes are on time and ready to participate. This goes for classes, displays, competitions, etc. This is out of common courtesy to teammates, coaches, and other competitors.

Arriving late for a function will require you to do an unsupervised quick warm up on your own. This is not the proper way to prepare for activities and may result in an injury. Warm up is the most important part of preparation for any athletic endeavor.

If you are late for a competition you could be disqualified from the competition. When representing our club we expect athletes to always be on their best behavior and be courteous. The club will not tolerate bad mouthing other clubs, athletes, coaches, judges, officials, etc. You will be asked to thank the host club organizers and coaches.

Removal from the Program

For its part, Okanagan Gymnastics Center commits to the child and his/her family for the competitive season. However, the Head Coach or Manager has the right to remove an athlete from the program at anytime during the season, temporarily or altogether, under any of the following conditions:

- If the head coach in his/her discretion feels that the child's temperament, development, or skill level prevents him/her from meeting the requirements of the competitive program.
- If the conduct of the child **or his/her parents** are disruptive. In fact, if such inappropriate behavior continues, the Board of Director's may terminate the membership of the athlete and his/her parents altogether.
- If the monthly fees are not being paid.
- In the event the athlete is repeatedly absent, frequently arriving late, or leaving early.

Recreational Programs (for your information, to share with others)

The emphasis of our program is the development and enhancement of agility, balance, and strength, while teaching the basics of the sport of gymnastics. The recreational programs are offered in the three sessions per year (*Fall*- September to December, *Winter*-January to Easter, *Spring*- April to the end of June). We also offer Half Day Camps and Preschool classes during the summer months of July and August, as well as Birthday Parties, and a full range of field trips.

Our class organization consists of:

Bouncing Babies – once a week for 30 minutes, 13 months - 20 months – PARENT PARTICIPATION

Parent & Tot – once a week for 45 minutes, 18 months - 30 months – PARENT PARTICIPATION

Terrific 2's & 3's – once a week for 45 minutes, 2 ½ - 3 years old - PARENT PARTICIPATION

Fabulous 4's – once a week for 1 hour, 4 years

Fantastic 5 & 6's - once a week for 1 hour, 5 & 6 years
Mighty Mites – once a week for 1½ hours, 5-6 year old girls, 7-9 year old boys.
By invitation only from our Recreational Program Coordinator or Head Coach.
Super Mighty Mites – twice a week for 2 hours, 6 – 7
By invitation only from the Head Coach

Girls Beginner Recreational – once a week for 1 hour, 6-13 years.
Intermediate #1 Recreational – once a week for 1 hour, 6-13 years.
Intermediate #2 Recreational – once a week for 1 ½ hours, 6-13 years.
Advanced #1 Recreational – once a week for 2 hours, 6-13 years.
Advanced #2 Recreational – once a week for 2 hours, 6-13 years.

Boys Beginner Recreational – once a week for 1 hour, 6-13 years.
Intermediate Recreational – once a week for 1 ½ hours, 6-13 years.
Advanced Recreational – once a week for 1 ½ hours, 6-13 years.

Tramp & Tumbling Beginner – once a week for 1 hour, 7-13 years.
Intermediate – once a week for 1 hour, 7-13 years.
Advanced – once a week for 1 ½ hours, 7-13 years.

NOTE: All classes are subject to change at the discretion of the Head Coach and or Recreational Program Coordinator. If enrollment is not sufficient classes may have to be cancelled. For a full description of our classes, times and costs for each session, check our website at www.okanagangymnastic.com.

Classes for Teens and Adults

We have teen classes available for girls and boys, in artistic and trampoline (co-ed) for ages 13 – 18 years. These teen classes are non-testing and everyone can work to their own level. Adult classes are run on a restricted basis. Please contact the office for more information.

Birthday Parties

Our certified coaches will treat you to an action filled party on the bars, trampoline, floor, beams, and relay races. Children under the age of 3 must be accompanied by an adult in the gym. All parties must be paid for at time of booking with our office staff.

- 1 hour – up to 10 children/1 coach in the gym \$100.00
- 1 hour – 11 – 18 children/2 coaches in the gym \$135.00
- 1 hour in the party room \$ 40.00
- 1 hour in the concession room \$ 20.00

Times Available:

Saturday 2:30-4:30, 3:30-5:30, 4:30-6:30

Sunday 3:00-5:00, 4:00-6:00, 5:00-7:00

Our Competitive Programs

OGC offers a full range of competitive levels of training for Artistic girls, boys and Trampoline & Tumbling. Athletes are invited into the competitive programs at the discretion of the coaches. When paying your fees you are paying to be part of the competitive program, and not to be coached by a specific coach. Training hours for athletes will vary depending on their age, ability level, and level of competition. All athletes are expected to represent their club at competitions in BC. On occasion, opportunities may arise to compete out of the province or out of Canada.

******NOTE:** All training times are subject to change at the discretion of the Head Coach****

1. The competitive program will operate on a 47 week schedule with 1 week allocated for statutory holidays and 4 weeks of vacation or 20 days that can be used at your discretion. The program will continue from September to the end of August.
2. Please realize with this system that if your coach is away and you already took your holidays then you will train with the coach provided.
3. Summer training schedule will be different than the regular training season and will be billed accordingly.
4. Monthly fees will incur the following cost allocations:
 - Competition fees
 - \$120 will be allocated for each competition allocated by the coaches in addition
 - \$ 65 for OGC Cobweb entry fee
 - Competition fee refunds are only issued with medical certificates. If the athletes are registered and do not show up they will be required to pay the club for any differences.
 - Dance instruction
 - Most athletes will have ballet instruction as part of training. The fee is to help cover costs of the contract instructor.
 - Dance instruction is allocated as per coach's recommendation.
 - Dance instruction does not include the development and training of floor routines. The creation of floor routines is independent of monthly fees which are contracted out.
 - The fee is \$85 per year.

- Weekly training fees
 - Weekly training fees are broken into 2 components:
 - Fees - The fee rates are aimed to cover the cost of the coach's salaries and wages only.
 - Volunteer commitment hours- Volunteer hours are calculated based on the number of hours an athlete trains per year. Each volunteer hour is worth **\$20**. The volunteer component aims to cover the competitive program portion of operational costs of running the gym.
 - Families with 2 or more competitive athletes will receive a 5% discount per child
 - If it is a competition weekend and your group is scheduled to go – you will not be reimbursed for missed training days. Your fees that you pay help cover the cost of the coaches travel expense, which include hotel, car, food, and the coaches' time while at the competition coaching your child.
 - If your group is scheduled to compete you are expected to attend and there will be no training provided if you do not attend.
 - If your group is not scheduled to go, then training will be as per normal. If Sergei or Angelo are unable to find a sub, and they have to cancel the class, then you will be reimbursed.

- Training Schedule
 - All artistic gymnastics athletes have been given their training hours. Please be aware that the hours set for each group are to maximize optimum training for the level that they will be competing at this year. If you are unable to commit to the full hours assigned to your group, there is a possibility that the athlete may be moved to another group.

5. What costs are not included in the monthly fees:

- Gymnastics BC registration
 - Each year athletes need to renew their GBC insurance coverage and this is an additional payment made in September along with your first monthly fee payment.
 - Coverage is good from September 1 to August 31 of each year.
 - Gym BC/OGC Membership is \$90 for the 2011/2012 season.
- Westerns
 - If you qualify for Team BC for Western Cup for T & T, or Western Championships for Artistic you can be funded up to 60% from Gymnastics BC. If you choose to go as an independent, you will be responsible to pay for your coach to go which includes expenses for hotel, airfare and food. You will also be responsible for registration and judges fees, and any other fees that may arise, could be up to \$1,000 – depending on how many athletes attend and where the meet is.

- Nationals
 - If you qualify for Team BC for Nationals you can be funded up to 60% from Gymnastics BC. Depending on where Nationals are will depend on the expense to you.
6. **Vacation:** You have been allocated 4 weeks of vacation or 20 days that can be used at your discretion. If you take fewer holidays then it benefits you as you are only paying for 47 weeks of training.
 7. **Medical notes:** If you have an injury and will miss training, a medical note is required at the office to receive credit. The original should be given to the office and a copy if required to the coach. If you are unable to attend a competition due to illness or injury a medical note is required to receive a refund from the host club. Please bring the medical note to the office and we will fax it to the host club.

Volunteer Commitment Hours (competitive program only)

For families with athletes in both the recreational and the competitive program only the family commitment plan will apply for competitive. This program is a mandatory part of all our competitive programs

The commitment hours play an important role in helping to maintain and run the club. The fees that are generated are only a portion of what is needed to cover the cost of rent, utilities, coaches, supplies, equipment, and so forth. Since OGC is a not for profit, parent run organization, every family must take on the responsibility to do their share in helping to fundraise, and volunteer in various activities. The understanding used in designing the volunteer hours is that the greater the involvement of your child in the competitive program, the greater the commitment of your family. This commitment helps to subsidize your fees. If time is an issue, there is the option of buying out the hours. The number of volunteer hours is determined annually by the Board of Directors and is based on the proposed activities for the year. A signed agreement for each family stating the commitment on their part to the volunteer hours is required prior to their child being allowed to train in the competitive program.

The expectation is that all families will contribute time to the club for various tasks that might otherwise cost the club money (such as gym maintenance) or help with other activities in the running of the club. Hosting competitions is the most labor-intensive activity for the club. Every family is expected to do at least one shift at the Okanagan Invitational and/or the Ogoogo Competition, even if your volunteer hours are already completed. In addition to volunteer hours at events, all families will be required to do ONE gym clean up over the course of the year and dates will be posted as scheduled throughout the year. The Board recognizes that some jobs require greater time and effort and therefore are more demanding on individuals. Also, some families due to individual circumstances are not able to contribute on a yearlong basis or may wish to have some flexibility in the types of jobs for which they volunteer. The important issue is that all of these jobs should not fall on only a few members of the club, as has been the case in the

past. For a family wishing to buy out their volunteer hours, this may be done at a cost of **\$20** per hour. If there are some suggestions or alternatives that you have about your commitment, please present this in writing to our Board of Directors.

Competitive Attire (for all competitive athletes)

Club suits and track suits

- Club competition and track suits are not part of your monthly fees
- Trading of second hand tracksuits and bodysuits is the families' responsibility, if you have suits for sale or trade and swap. It is the parent's responsibility to talk between yourselves and trade the suits. The office will not be responsible for the trading of second hand suits.
- Dates for taking measurements for new suits will be announced, If you miss the suit fitting days, it is the responsibility of the parent to complete the suit order form with measurements to the office. Only one order will be placed.

All athletes representing the Okanagan Gymnastic Centre MUST wear appropriate team clothing (for all competitions, demo's, parades etc). Please do not show up in street clothes or individual gym suits. Our **Team clothing** consists of:

Tracksuits

Black pants, black and red jacket with the OGC logo.

Competition Attire

Girls

- Red and black long sleeve bodysuit
Provincial Level 1 athletes in artistic – Black tank

Boys

- Singlet with black shorts and red pants

Competitions for Artistic and T&T

The schedule is being finalized and will be e-mailed out ASAP.

All athletes will be required to attend specific competitions based on their competitive level. These competitions will be specified by the head coach and will not be a personal selection.

OGC will send out information in the fall to inform the families of the selected competitions and dates. It is the responsibility of each family to specify if they are unable to attend a competition prior to the club registration. If the competition registration has already been sent to the host club, then there will be no refund for changing plans with exception to medical notes.

This new format should help to eliminate complication during registrations.

Travel Costs

Parents will help cover the coach's costs of travel, accommodations, and meals to meets. A portion of these travel costs will be pre-determined at the beginning of the year and a nominal charge will be assessed to each family based on how many meets your child is attending. Spread amongst many families, these costs are quite low. Athletes who attend additional training camps and competitions will be required to cover coach's expenses for travel and accommodations on their own. OGC covers the cost of the coach's wages and the cost of a substitute coach, if required. The only exception to this policy would be if the club is sending a coach to a specific event. (GBC Congress).

There are some grants available to help those traveling to major competitions. Amanda has information on how to apply for grants and grant requirements. Some sources of additional funds are Gymnastics BC, GBC Zone 2, Pacific Sport, and the City of Kelowna. Please contact the manager for more information.

Floor Routine Choreography

Frequency of New Routines

If your daughter has had her floor routine for two or more competitive seasons, then it is time for a new one! An athlete can keep a floor routine for more than two seasons if the routine is well executed and performed, however, this needs to be discussed with the coaches, athlete, and parents.

There will be a compulsory Level 1 routine. For 2011, the coaches plan to have all Level 2 athletes and higher have an individual routine as we have more than one choreographer this season. This includes athletes who competed Level 1 in 2011 and intend to move up for the 2012 competitive season. If you are unsure if your daughter fits into this category, please talk to the coaches.

Time Line

All routines must be completed prior to October 31, 2011.

Please begin to look and listen for floor music with your daughter, if you haven't already. It is important for the athlete to love the music.

There is also the possibility of re-using a floor routine/music from a previous athlete and a previous year. This is sometimes a good option, especially for the younger athletes. There are many floor routines and a lot of music in our archives, so please give that option a thought. If you are interested in taking home a few CD's to listen to, please speak with Heather.

Certain athletes, depending on their level, should get their own brand new routine and the re-using of a routine may not be an option.

Prices

A new routine created specifically for your daughter has a flat rate of \$175, which includes, music editing if needed, planning time, organization of requirements, and choreography and teaching time. If the coach decides to use a previously choreographed routine, then there is a flat rate of \$125 which will include, planning time, organization of requirements, and re-choreographing any portion of the routine that does not fit the athlete or any portion that needs to be updated depending on requirements. Both of these prices include any tweaking that is needed throughout the year. If the coaches decide that they do not like a portion of the routine or if the athlete moves up a level then the routine will need to be revamped due to requirement changes. This is included in your flat rate. Choreographing and organizing the composition of all beam routines is also included in this rate.

Payment

The payment will be made directly to the choreographer and will be appreciated prior to completion of the routine.

Questions

Please contact Heather directly if you have any questions.

Athlete Development Fund

This fund was set up to help athletes with their expenses to competitions that they qualified for or were chosen to go to. Please check our website for the full criteria and the application form.

Communications

Club Communication is an important issue in the running of a smooth program and facility. **All** of our communication is done via e-mail. It is the expectation for all families to check their mail and keep up with all required correspondences with the coaches and office. We do our best to keep everyone informed but please remember it is a shared responsibility!

Breaks

All Competitive and Pre-competitive athletes attending training sessions which are 3 hours or longer will be given a short break during which they may choose to eat a snack (or dinner). Only healthy, light snacks are permitted though, as junk food is detrimental to productive training. NO POP, CHOCOLATE BARS, CHIPS, DONUTS, etc should be eaten prior to training or during the break. It is expected that each child will respect the building and clean up after eating. All wrappers, juice containers, and spills are to be cleaned up by the athlete themselves.

Awards Banquet

At the end of our competitive season in July, the Okanagan Gymnastic Centre has its annual awards banquet for all competitive athletes and their families. Every athlete is recognized with an award to celebrate their hard work and achievement over the year. This is also a time to recognize outstanding athletes of all ages within our club and to give thanks to our volunteers and community sponsors. We encourage all athletes and parents to attend this fun event.

Care of Valuables

The Okanagan Gymnastic Centre is not responsible for lost or stolen items. As our gym is open and a public facility, it is unfortunately accessible to the issue of theft. We highly recommend that no valuables be left unattended anywhere in the gym or facility, including our change rooms. Anything of monetary or personal worth should be left at home. (Especially jewelry, watches, school books, etc).

Lockers

There are a limited number of lockers available for our competitive athletes who are training more than 2 days per week, and the athletes are expected to share with at least one other athlete. Although the locks are provided by the athletes, the lockers are the property of the Okanagan Gymnastic Centre and are not to be mishandled, drawn-on, and ABSOLUTELY NO STICKERS ALLOWED! (Use magnets). We reserve the right to inspect lockers, contents and condition throughout the year.

Lost and Found

The Okanagan Gymnastic Centre is not responsible for lost or stolen items Our Lost and Found bin is located in the concession area. Any clothing or other items left in the gym or change rooms are placed in this bin and donated to charity at the end of every recreational session.

Community Events

The Okanagan Gymnastic Centre traditionally participates in community events such as May Days Parade, Family Fun Days at Parkinson Rec Centre, and Healthy Kids Days at the YMCA. The exposure we receive from these events positively impacts new registrations each year, therefore, is important to the financial viability of OGC. On occasion we may need some assistance.

Missed Classes

Classes missed by an athlete for any reason may not be “made up” or refunded except by the approval of the Head Coach. Classes missed for illness and/or injury will require a doctor’s note in order to get credit. Classes cancelled by Okanagan Gymnastic Centre due to any unforeseen circumstances will be either “made up” in some manner or refunded. If a coach is provided then there will be no credit granted. If there is no coach available then you will get credit for the class. If the athlete cannot attend the “make up” class then there will be no credit.

Complaint Protocol

The Board of Directors of the Okanagan Gymnastics Centre attempts to run the club to the best of their ability. However, we are unable to foresee every problem that may occur. PLEASE, do not let your problem go un-addressed or assume it cannot be resolved. We want to tackle any and all problems before they grow into major issues. Please follow the complaint protocol listed.

If a parent or guardian has a concern with their child they must follow the outlined steps:

- Discuss the issue first with the class coach.
- If the problem cannot be resolved by the coach, then the issue is to be brought to our Head Coach.
- If the Head Coach is unable to resolve the problem then he/she will present the matter to the Manager.
- If the Manager is unable to resolve the problem then it will be presented to the Board of Directors, with the Board's decision being final.