

Gymnastics Energy 2019-2020 Competitive Registration Guide

Key Dates

- **August 13th 2019:** Join us for a parent information session **at 6:00 pm** at Gymnastics Energy. We will discuss contract requirements, key information for the competitive team and help answer any questions regarding the competitive packages.
- **August 21st 2019:** Early Bird deadline to submit your registration.
- **August 28th 2019:** Final Deadline to submit your registration
- **September 3rd – 6th 2019:** Shut down and Maintenance Week - 1 shift per family
- **September 8th 2019:** First day of competitive training

Key Contacts

We are excited to announce that we will be launching our new website within the next month, along with our new domain name for emails. The following will be the new emails for your key contacts that will available to use by August 23rd, 2019. Until then please continue to use the existing email addresses.

- Head Coach: Alexa Takacs – headcoach@gymnasticsenergy.ca
- Recreational Program: Brooke Macaulay – recreation@gymnasticsenergy.ca
- Executive Director: Holly Hopkins – executivedirector@gymnasticsenergy.ca
- Bookkeeper: Tracy Feduck – finance@gymnasticsenergy.ca
- Reception: info@gymnasticsenergy.ca
- Board of Directors shared email: board@gymnasticsenergy.ca

If you have questions about your athlete's training schedule, an injury, Gymnastics Energy's coaching policies and techniques or any other matter related directly to athlete performance/training/classes, please approach your coach or the head coach outside of training by appointment via email. Before and after class the coaches are preparing for their athletes and are not generally available to speak to parents/guardians, please be respectful of their time and of the other athletes in the gym. Please do not contact coaches through their personal cell phones. Coaches will not have their phones with them on the floor and will be encouraged not to respond to texts sent regarding coaching and training. Please be respectful to coaches' personal time and send all questions and concerns through email.

Volunteer Board of Directors

The board of directors consists of elected parent representatives and appointed staff. All members in good standing are welcome to attend the open portion of monthly board meetings. More information about the board of directors, including a current list of members can be found on the updated website.

Any questions not pertaining to your athletes specific training and levels can be sent to parentliaison@gymnasticsenergy.ca

Requests and information to be discussed at board meetings and refund requests should be sent to: board@gymnasticeenergy.ca

Annual Commitment

Gymnastics Energy is a Not for Profit organization that relies on parent volunteers to assist with operations. We are grateful for everyone's contributions to a successful season. It is for this reason all competitive families are required to fulfill volunteer and fundraising commitments each year as part of their registration.

Although we allow your annual fee to be paid in installments, your registration is a commitment to the entire season. Our coaches are hired for a full season and our schedule and budget are organized annually.

Training Fees

- No athlete shall be allowed to train without a completed registration package and appropriate payment.
- Mid-year or partial refunds require board approval.
- Payment options available are: Paid in Full, 3x per year or 10 Monthly installments. Payments must be made by cheque or credit card with payment method provided at the time of registration (credit card authorization or post-dated cheques). Post-dated training fee cheques for those selecting installment options should be dated the 10th of the month. Credit cards will be charged within 5 days of the 10th of the month (5th to 15th).
- For families opting to pay 3 installments, payments are due upon registration (August 2019, November 10th, 2019 and February 10th, 2020. (Credit Cards will be charged between the 5th and 15th of each month)
- For families opting to pay 10x monthly, the fees are always due the month prior to the training month (e.g. October fees are due September 10th).
- Members in arrears >15 days can be suspended from training until the payments are brought up to date. Unpaid accounts may be passed to a collection agency after 60 days. This includes competitive contract fees as well as fees owing in Amilia.
- All payments will be applied to overdue fees first, even if designated to a different purpose (e.g. meets, attire, other extras)
- A \$50 fee will be applied for NSF cheques, late payments and/or credit card declines (for credit cards we will make 2 attempts and email a notification). If your credit card number changes mid-year, please contact the bookkeeper prior to the 10th of the month.
- Training and competition fees must be paid prior to attending competitions.

Training Schedule

Although your athlete has a scheduled number of hours per week, Gymnastics Energy reserves the right to alter the schedules throughout the year. The gym will make every effort to provide at least two weeks' notice for these changes.

- Classes cancelled due to statutory holidays, gym closures, gymnastics energy events (both internally and externally), or dates notified on the seasonal calendar will not be made up. In the event a coach is away unexpectedly, classes may be moved or made up at a later date if a suitable replacement is not available for the regular class time.
- On weekends your athlete's discipline is attending a competition, expect one class cancellation and one modified training day. Training days that fall on competition days will be cancelled and there will be no make-up for the cancelled class.
- Athletes who are injured are expected to participate in modified training with their class.

2019-2020 Training Fees

Hours	Payment in Full (with Early Bird)	Payment in Full	3x Installments	Monthly Fee
4	\$1,304	\$1,354	\$503	\$167
6	\$1,716	\$1,766	\$640	\$208
8	\$2,120	\$2,170	\$776	\$250
9	\$2,242	\$2,292	\$817	\$261
12	\$2,800	\$2,850	\$1,002	\$316
16	\$3,743	\$3,793	\$1,316	\$410
18	\$4,211	\$4,261	\$1,473	\$458
20	\$4,680	\$4,730	\$1,629	\$505
<i>* The above does not include other non-refundable fees as listed below</i>				

Other Non-refundable fees:

- **GO Fee:** Every athlete must be registered with Gymnastics Ontario (GO) in order to train. This annual fee covers July 1 to June 30. It is due upon registration and must be paid in Amilia.
 - Recreational & ODP: \$35
 - Invitational (WAG Compulsory Level 1-5, MAG Interclub): \$145
 - Provincial (WAG Optional Level 6+, MAG Provincial): \$285
 - National (all disciplines): \$400

**If you have already paid \$35.00 for the 2019-20 season, this amount will be deducted from the above rates*

- **Choreography Fee:**
 - \$200 for WAG Optional Level 6+ for athletes who require a new floor routine (Athletes receive a new routine every two years)
- **Prescreening Baseline Testing Fee:**
 - \$45 for all athletes to receive pre-screening baseline testing at the beginning of the season. All Athletes except the Pre-Competitive (Athletes 9 years or younger) are required to complete this testing.
- **Competition Fees** – A list of competitions your athlete is invited to attend in the fall will be sent out. Fees are paid on Amilia and will include the meet fee plus a cost sharing of coaches/gym costs. For our cost sharing policies, visit the policy forms attached. Competition Fees must be paid PRIOR to attending the competition. Athletes may be ineligible to compete if their account is in arrears.
- **Attire & Accessories** – New designs for Women’s Training and Competitive suits are purchased every two years (in alternate years). Men’s suits will be determined on a year to year basis.

Missed Classes

Athletes will not receive a refund or make-up class for classes missed due to illness, vacation or other personal conflicts. To ensure the safety and readiness of our athletes for competition, class will be mandatory for two weeks prior to a meet your athlete is attending.

Notice of Risk

There is a potential risk of injury in training and participating in any sport. Both Gymnastics Energy and Gymnastics Ontario have tried to create a safe and controlled environment for participation. Rules have been established for participation and conduct in and around the gym area that must be followed. The club has the right to remove any participant, member or visitor for non-compliance. Gymnastics Energy and Gymnastics Ontario will not be held liable for any injury or harm to participants, loss of property or other accidents/incidents which may occur on the premises or during gym-sponsored activities.

Other Policies

Please read through the policy form attached. Your signature on this contract means you accept all policies outlined here. All policies will be available to view on the new website when it had launched. Please review both carefully.

Volunteer Hours

All athlete families are required to fulfill annual volunteer and fundraising requirements. Post-dated cheques or a credit card authorization are required to allow Gymnastics Energy to charge families who are unable to complete their requirements or decide to opt out. Each volunteer shift will be approximately 4-5 hours.

6 or less Hours – 4 Shifts (Fee is \$300)

8-12 Hours – 5 Shifts (Fee is \$375)

16 + Hours – 6 Shifts (Fee is \$450)

Families with multiple athletes are required to fulfill the commitments of the highest hour athlete only. Shifts may be fulfilled by any family member or designate who is 15 years or older. Failure to notify within 48 hours prior to a missed shift will result in a \$50.00 charge and you will still be required to fulfill your shift obligation.

Any families choosing to OPT out of their required volunteer hours are asked to post-date their cheque for October 1st, 2019.

Any questions regarding volunteering should be directed to the volunteer committee at:

volunteer@gymnasticsenergy.ca

Fundraising

All fundraising requirements and fees can be found on the Volunteer/Fundraising Checklist form. Any families choosing to OPT out of their required fundraising commitments are asked to post-date their cheque for October 1st, 2019.

Families training 6 hours or LESS are required to fulfill:

- Two (2) tier one fundraisers

Families training 8 hours or MORE are required to fulfill:

- Two (2) tier one fundraisers
- One (1) tier two fundraiser

Any questions regarding fundraising should be directed to the fundraising committee at:
fundraising@gymnasticsenergy.ca

Maintenance

All families are required to fulfill one shift for facility maintenance during the Shut Down week of September 3rd-6th, 2019. Failure to fulfill this shift or to opt out is \$100.00.

Special Committees

The gym requires additional support to help organize and run various activities. Members may choose to volunteer on a special committee. Members will be selected and notified by September 10th, 2019. All Special Committees will have a Board Liaison. Those selected will be exempt from Volunteering shifts.

Fundraising – 3 min. members

Volunteering – 2 members

Meets – 2 members

Events – 3 members

Sponsor Lead – 1 member

Maintenance – 2 members

Bingo – 10 members (Bingo members will also be exempt fundraising commitments)

Mandatory Meetings

Gymnastics Energy's AGM is anticipated to be Monday, June 15, 2020. To encourage attendance of all members, a \$50 fee will apply to athlete families who are not able to attend or send a delegate. All families/members in good standing are invited to attend the AGM where voting for new elected board members will take place. One vote per family will be allotted.

Registration Requirements

All forms in the registration package must be filled out to their entirety and handed into the office. Registrations will be confirmed only once all forms are reviewed by office staff and first payment is received.