



**Gymnastics Energy 2023-2024 Competitive Contract**  
**Terms and Conditions**

Congratulations on having an athlete who has been selected to join our competitive team for the 2023-2024 season. Involvement in our competitive programs requires commitment and dedication. It provides your child an opportunity for personal growth, discipline, and confidence. Entrance into the program is by invitation only and offered to athletes that have demonstrated the necessary physical, technical and mental readiness required for this specialized program. Having a competitive athlete also requires a significant amount of responsibility on the part of the parents and family of this athlete and we thank you in advance for all you will do to support their love of gymnastics!

The competitive term is an annual commitment and training at all competitive levels includes multiple training days per week. The number of hours a competitive gymnast trains can increase as their level/age increases. The summer season training is held from Mon-Fri with no training on the weekends, as the gym is closed. The training hours from September to June will be held 7 days a week with many groups having one day per week of afternoon training that would require missing some school. Athletes are expected to attend every class in their schedule with a positive attitude, desire to work hard and a willingness to learn. Gymnasts should respect their coaches and value the time they are allocated in the gym. The Athlete Code of Conduct details more on what is expected from our competitive team.

**Volunteer Board of Directors**

Gymnastics Energy is a Not-for-Profit organization with a volunteer board of directors. Our Board is a *Governance Board* responsible for the mission, vision, and direction of the organization. They oversee the creation and implementation of policies and procedures and deal with big picture issues including annual financial considerations and overall programming offered. The Board is responsible for making decisions that are best for the viability and sustainability of the organization as a whole; not the individual interests of the membership or the day-to-day operations of the organization. The board has amongst its members non-voting representatives that advise the Board on the issues and perspective of the organization's members. The Board can be contacted via the Board email at [gymnastics.energy.board@gmail.com](mailto:gymnastics.energy.board@gmail.com)

**General Manager**

The General Manager is responsible for implementing the policies and procedures that have been approved by the Board and making decisions regarding the day-to-day management of the gym while following those policies. The General Manager oversees the administration team and coordinates with program managers in all areas of the gym. Our current General Manager is Tracy Feduck and her email address is [manager.gymenergy@gmail.com](mailto:manager.gymenergy@gmail.com)

## **Contract 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 that all competitive families are required to fulfill volunteer and fundraising commitments each year as part of their registration. For families that feel their lives cannot accommodate these contractual obligations, there will be an opportunity to purchase an **Opt Out Pass** for the season in the Merchandise section of Jackrabbit. The Opt Out Pass will be \$800 for the season. Each quarter of the season there will be a tally of the families who have not completed their obligations and they will be billed on their Jackrabbit account. The quarterly Opt Out Pass will be billed as follows for unfulfilled obligations: 1<sup>st</sup> - \$175, 2<sup>nd</sup>- \$225, 3<sup>rd</sup>- \$225, 4<sup>th</sup>- \$175. Further details on the requirements are contained in the Competitive Team Policies. The requirements in Quarter 1 will be participation in 1 fundraiser and 1 volunteer shift. Quarter 2 will be fundraiser sales of \$100 and 2 meet shifts (MAG meet), Quarter 3 will be participation in 1 fundraiser and 2 meet shifts (WAG meet) and Quarter 4 will be fundraiser sales of \$200 and 1 volunteer shift. Should you have an exceptional circumstance during any of these commitment times throughout the season, please contact the General Manager to discuss a solution prior to the dates affected; otherwise you will be automatically charged for not fulfilling that quarter's commitments.

The Volunteer Coordinator, Fundraising Coordinator, Bingo Coordinator and Board Members are not required to take part in the volunteering and fundraising requirements as the time required to fulfill the duties of these positions is more substantial. If you are interested in being the Volunteer Coordinator, Fundraising Coordinator or Bingo Coordinator, please contact the Board for a full description of duties. The Board will select these Coordinators and notify them by email. You may be required to attend the occasional Board meeting to provide updates in your area.

Our Volunteer Bingo Committee requires members to volunteer approximately 1 shift per month at Delta Bingo as a Gymnastics Energy representative. Due to the consistent nature of this volunteer group and the funds we receive for these volunteer duties, the families who are part of the Bingo Committee are exempt from all other volunteering and fundraising. If you would like to be part of the Bingo Committee, please email the Board of Directors. You will be notified if you are chosen for this committee via email and subsequently contacted by the Bingo Coordinator to begin your training.

As our Energy Coaches are hired for a full season, with the schedule and budget organized accordingly, pricing has been set to cover a 46-week contract broken down into 12 monthly payments. This allows for anticipated Gym closures throughout the year. (ie Christmas & March Break, shutdown week etc.) Adjustments will not be made to the monthly training fee in any given month in which we may be closed as this has been accounted for in the original pricing.

*\*\*New this season: Registration will be done online through our new Jackrabbit system. This system requires a payment method to be saved online in order to register for a class. You will be able to use a credit card, or debit card.*

## **Training Schedule and Fees**

Training fees are based on the number of hours your athlete will be training based on the team they are invited to join. 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), competitions, or dates notified on the seasonal calendar will not be made up as these days were accounted for in the calculations for the yearly contract pricing.
- 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. Classes will not be made up if training occurs during a regularly scheduled week of closure. Classes will not be made up if 'extra' training was provided previously during a regular week of closure (as may happen due to upcoming competitions from time to time).
- Athletes will not receive a refund or make-up class for classes missed due to the athlete's illness, vacation, or other personal conflicts.
- On the weekends your athlete's group is attending a competition, you should expect class cancellations which will be communicated prior to the competition. There will be no make-up classes for training cancelled as a result of a competition. Please remember that coaches often work extra hours over competition weekends and will often be off the day following competition.
- Athletes who are injured are expected to participate in modified training with their class, subject to approval from their primary care physician.
- No athlete shall be allowed to train without having completed their full registration package and the appropriate payments having been made prior to training beginning.
- Mid-year or partial refunds are issued according to the refund policies contained in the Competitive Team Policies available on our website in the Competitive Team Locker (no access code required).
- Payments will be made monthly through our Jackrabbit online registration system once the family has registered for the class their athlete was invited to join.
- Members in arrears 15 days (due to card decline or other payment complication) can be suspended from training until the payments are brought up to date or suitable arrangements are made. Unpaid accounts may be passed to a collection agency after 60 days.
- All payments will be applied to overdue fees first, even if designated to a different purpose (eg: meets, attire, other extras)
- If your credit card number changes mid-year, please login to your Jackrabbit account prior to the next scheduled payment in your account and update your card number.

### **Competition Fees**

- Program Managers determine the meets each group will attend based on the program requirements, levels of training and experience deemed necessary for each group. Registration for meets has to be completed by Gymnastics Energy very early in the season as the meets can fill up quickly and we could be refused entry to a meet we would like to attend.
- Each competitive group has an estimated competition fee amount that will be paid monthly from September to March by purchasing your group's competition package through Jackrabbit. The estimated fees are based on the number of meets the group will be registered in over the course of the competition season, plus the approximate cost sharing that will be calculated for each meet. Provincial Championships and Tour Selections are **not** part of this monthly estimate as the athletes that will be able to participate are unknown until later in the season. Therefore, the athletes invited to participate in Tour Selection or Championships will have an additional meet (with cost sharing) to purchase once they receive their invitation to that meet.
- Training fees and monthly competition fees must be up to date prior to attending competitions.
- After the Competition Season is completed (generally May) the *actual* cost sharing and meet fees will be compared to the estimated costs that were paid from September-March. At that time, families will be notified if there is any outstanding amount to be paid or if a credit will be applied to

your Jackrabbit account. We will do our best to have the estimates as close to actual costs as possible.

### Gymnastics Ontario Membership Fees

Gymnastics Energy are proud members of Gymnastics Ontario, the sport’s provincial governing body. The Gymnastics Ontario (GO) Membership fee is an annual insurance fee which covers your athlete in the gym for the season, which runs from July 1<sup>st</sup>, 2023 – June 30, 2024. Every athlete must be registered with Gymnastics Ontario (GO) in order to train.

- Recreational & ODP: \$45
- Invitational (WAG Compulsory Level 1-5, MAG Interclub, Xcel, Rhythmic): \$155
- Provincial (WAG Optional Level 6+, MAG Provincial, Rhythmic Provincial): \$295
- National (all disciplines): \$455

**\*\*New this year: The Gymnastics Ontario Membership Fee will be included in your monthly fees for July and August 2023.**

### Training Fee Schedule

Competitive Group	2023-2024 Monthly Training Fees (incl. xfit, ballet, Speed & Power)	Competition Fees Estimate	GO Fees for Year (Charged July-Aug)	July -Aug Monthly Payment (includes GO fee)	Sept-March Monthly Payment (incl. competition fees)	April-June Monthly Payment (reg. training fee)
WAG Pre-Comp (4 hr)	\$147	<b>No Meets</b>	\$45	\$170	\$147	\$147
WAG Pre-Comp (6 hr)	\$195	\$390	\$155	\$273	\$251	\$195
WAG Pre-Comp (9 hr)	\$267	\$390	\$155	\$345	\$323	\$267
WAG Pre-Comp (12 hr)	\$326	\$390	\$155	\$404	\$382	\$326
WAG XCEL Bronze (8 hr)	\$248	\$630	\$155	\$326	\$338	\$248
WAG XCEL Gold/Silv (12hr)	\$326	\$630	\$155	\$404	\$416	\$326
WAG GEMS (12hr)	\$342	\$750	\$155	\$420	\$449	\$342
WAG X-Optionals (16 hr)	\$473	\$660	\$155	\$551	\$567	\$473
WAG Compulsory L2 (9 hr)	\$267	\$660	\$155	\$345	\$361	\$267
WAG Compulsory L3-5 (16 hr)	\$465	\$680	\$155	\$543	\$562	\$465
WAG Optional L6-10 (20hr)	\$549	\$740	\$295	\$697	\$655	\$549
MAG Development (4 hr)	\$147	<b>No Meets</b>	\$45	\$170	\$147	\$147
MAG Development (6 hr)	\$195	\$150	\$45	\$218	\$216	\$195
MAG Interclub (9 hr)	\$267	\$150	\$155	\$345	\$289	\$267
MAG Provincial L1-2 (12 hr)	\$329	\$525	\$295	\$476	\$404	\$329
MAG Provincial L1-2 (9 hr)	\$267	\$525	\$295	\$415	\$342	\$264
MAG Provincial L1-2 (6 hr)	\$195	\$525	\$295	\$343	\$270	\$195
MAG Provincial L3-4 (16 hr)	\$438	\$525	\$295	\$585	\$513	\$438
Rhythmic (6 hr)	\$195	\$562	\$155	\$78	\$275	\$195

### Other Non-refundable fees:

- Choreography Fee is a separate fee for the choreography of new floor routines. There are many hours of music selection, music cutting to time, dance pieces and customization using your athlete's specific skills. This fee is not necessary every year (usually every 2 years). The program manager will let you know if you require a newly choreographed routine during the season. Once you have been told to purchase a choreography routine, it will be available for purchase through the Jackrabbit registration system. The programs that generally use fully choreographed routines are:
  - WAG Optional Level 6+ and Gold Level Xcel athletes. The cost is \$250.00.
- 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. Women's competitive suits range from \$190-300, training suits \$65-120, Team Jackets \$100-150. Men's competitive singlets range from \$100-140, pants \$90-120, shorts \$50-75, team jacket \$85-110, and track pants \$75-110. The program managers/coaches will let you know what attire you will need for your athlete's group.

### Key Dates

An annual Calendar of Events will be provided with as much information as possible. As we are given the competitive meet dates we will add them to the calendar and repost the calendar for families on our website and redistribute via email.

- July 10<sup>th</sup>, 2023 – first day of summer training (Monday-Friday during Summer)
- August 25<sup>th</sup>, 2023 – last day of summer training
- August 28<sup>th</sup>-Sept 1, 2023 – Maintenance Week – gym is closed for maintenance (volunteer shifts required during this time)
- Sept 4-Sept 8, 2023 -Labour Day and First week of school-gym is closed to allow kids to adjust
- September 10, 2023 (Sunday) - First day of competitive training after gym closure.

### Key Contacts

General Manager, Tracy Feduck: [manager.gymenergy@gmail.com](mailto:manager.gymenergy@gmail.com)

Finance and Administration Coordinator, Dianne Rowan: [gymnastics.energy.finance@gmail.com](mailto:gymnastics.energy.finance@gmail.com)

Reception and Administration, Mary Cowan: [gymnastics.energy@gmail.com](mailto:gymnastics.energy@gmail.com) (general mailbox)

WAG Program Manager, Amy Teetzel: [teetzela@gmail.com](mailto:teetzela@gmail.com)

MAG Program Manager, Feng Zha: [mag.programmanager@gmail.com](mailto:mag.programmanager@gmail.com)

Rhythmic Program, Becky Bridges: [becky\\_aynsley@hotmail.com](mailto:becky_aynsley@hotmail.com)

Recreational Program Manager, Brooke Macaulay: [brooke.gymenergy@gmail.com](mailto:brooke.gymenergy@gmail.com)

Board of Directors: [gymnastics.energy.board@gmail.com](mailto:gymnastics.energy.board@gmail.com)

### Mandatory Meetings

Gymnastics Energy's AGM is held in June near the end of the season and is MANDATORY for all members regardless of training program. To encourage the attendance of all members, a **\$50 fee will be charged to your Jackrabbit account for families who do not attend**. We must have a large attendance to ensure Quorum at this meeting in order to vote on any agenda items that require a vote. AGM Meetings are usually held via Zoom to make it easy for all families to be present. All families/members in good standing are invited to attend the AGM to vote for new board members needed for the following season. One family vote per athlete will be allotted.

Other Policies

Please read carefully Competitive Team Policies that will be in your original email and also posted in our Competitive Locker on our website.