

Competitive Team Policies

Annual Membership/Refund Policy

Although we allow your September to June tuition to be paid in installments, our competitive season operates on a 10-month basis. Our coaches are hired for a full season and our competition schedule is organized and budgeted annually.

All athletes registering for a program are committing to the full season (10 months).

Mid-year or partial refunds are only granted in exceptional circumstances (e.g. season ending injury) and must be approved by a majority vote of the board of directors at a monthly board meeting. Please note that coaches do **not** have authorization to approve midyear refunds. Please direct all requests to the office for submission to the board. Before the board of directors will consider a refund request, the following must be submitted to the office:

- * Letter or email from parent/guardian explaining the reason for the refund request
- * Doctor's note or other suitable documentation to explain the medical condition or issue that is requiring the athlete to cease gymnastics. The note should include date of injury (if applicable) and expected return date to the sport.

In the event a refund request is granted by the board, partial months will not be refunded, and the refund is calculated based on the amount owed at the monthly rate less what has been paid. The refund will begin on the 1st of the month that occurs after the injury date and refund request submission.

The GO Fee and other auxiliary fees (e.g. choreography, building) and commitments (volunteer, fundraising) are non-refundable in all circumstances.

Example: An athlete paid \$1625 for the 10-month season in August and the equivalent monthly fees for that class are \$193/mth. The athlete has a season ending injury on March 15 and is approved for a refund by the board for medical reasons after providing medical support. Training Months to be paid: September to March (7 months). Fees that are owed based on monthly rate: \$193/mth x 7 months = \$1351 owed for season. Refund = \$1625-\$1351 = \$274.

In the event the original doctor's note did not indicate a return date, an additional doctor's note indicating the athlete is fit to return to training is required. It can also be requested by the coach/program manager even if the original note has a return date. Any training limitations should be included on the note and discussed in person with the coach.

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. All athletes pay the recreational fee for summer training and the incremental amount related to your program is due with the registration for the 10-month season. All

GO fees must be paid in Amilia under memberships (click register here on our homepage to access Amilia).

- ODP (WAG age 6 or under): \$35
- Invitational (WAG 7-8-year-old Pre-Competitive/ODP; WAG Compulsory Level 1-5, MAG Interclub): \$145
- Provincial (WAG Optional Level 6+, MAG Provincial): \$285
- National (all disciplines): \$400
- Choreography Fee : \$200 for WAG Optional Level 6+, for those athletes that require new routines
- Competition Fees – Coaching staff will send out a list of competitions your athlete is invited to in the fall. Fees are paid on Amilia and will include the meet fee plus a sharing of coaches/gym costs. More information can be found below.

Competitions/Cost Sharing Policy

By November, coaches will be handing out the competition information package (subject to the communication of Gymnastics Ontario and host clubs). This information will include the list of competitions that your athlete's group is invited to attend (some may be mandatory, depending on your level). All meet registration and payments will be done via our online registration site, Amilia. Some competitions fill up faster than others and therefore it is in your best interest to register for all meets you believe your athlete will be able to attend at the beginning of the season. It is not always possible to submit late registrants and these registrations often have an additional administration fee.

Please note that Gymnastics Energy will not assume any athlete's cost-sharing fees from any required or invitational competitions or off-site training (e.g. development camp; demonstrations). The program director will determine the overall travel cost and divide the bill equally between the number of athletes participating in that competition. Cost sharing fees are non-refundable. So that club members do not feel that they are subsidizing opulent or luxurious invitational trips for other athletes we have a "user-pays" Cost Sharing System. This system encourages coaches to be thrifty in their expenses and pragmatic in their choices for these meets. Parents should feel free to question the Bookkeeper, Treasurer or appropriate Program Manager on these expenses:

- Per Kilometer allowance for coach/program manager travel (carpooling where possible)
- Shared hotel accommodations (two coaches of the same gender per room)
- Airfare/car rental (where applicable)
- Meals allowance for coaches
- Meet registration fees (coaches, team fees)
- Travel time at minimum wage for hours travelling by car, train or plane (includes direct driving/flight time only, not stops and layovers).
- Other reasonable incidentals (e.g. parking, tolls)
- Coach coverage time at minimum wage, for any classes that must be covered while the coach is attending the meet (Note: some classes may be cancelled).

To make fees more manageable for the parents of athletes, cost sharing allocation between the athletes and the gym are generally set as follows:

- 5 or more athletes attending – Athletes pay 100% of the cost
- Any optional training, development camp, invitational meet, make-up qualifier or other event which does not require athletes to qualify – Athletes pay 100% of the cost
- 3 to 4 athletes attending, and the event has a requirement for the athlete to qualify (e.g. Nationals, Easterns) – Athletes pay 75% of the cost
- 1 to 2 athletes attending, and the event has a requirement for the athlete to qualify (e.g. Nationals, Easterns) – Athletes pay 50% of the cost

Please feel free to contact your head coach if you have questions about cost sharing. Members are welcome to request the full details of cost sharing from the bookkeeper/office for review if desired.

Invitational competitions are always optional, but for those athletes who do not attend the competition there will be no training at home because the club is already maintaining their staff at the competition site.

Refunds for meets are rarely granted by the host club for any reason (even medical), so competition fees should be considered non-refundable. If there is an injury preventing participation in a competition, the head coach will apply for a refund on your behalf and advise you of the outcome. A doctor's note will likely be required for the refund application.

Correspondence with the host club or Gymnastics Ontario is exclusive to the Head Coach. Your questions regarding the schedule or registration should be filtered through your coach. ***Do not contact the host club or Gymnastics Ontario under any circumstances about a competition or any other matter. It is a matter of professionalism.***

Attire & Accessories Required

All disciplines have requirements for competitive, training attire and accessories (e.g. grips, etc.).

ATTIRE REQUIREMENTS:

- Women's Provincial Qualifier Competition gym suit
- Women's Invitational Competition suit
- Women's Training (practice) suit
- Men's Singlet and Shorts
- Men's Pommel Pants
- Men's Jacket
- Track Suits (all athletes)
- Gymnastics Energy Bag (MAG & WAG)

Notes: Your Coach will provide additional information about attire purchase. Athletes may be required to purchase additional attire if they are successful in qualifying for Tour, Easterns or Nationals.

Late registrants or payments may be subject to regular pricing of that item (i.e. no bulk order discount is received raising the price of the item).

Missed Class Before a Competition

Athletes who miss a class two weeks or less before a competition may not be able to compete in the meet at the coach and/or head coach's discretion. The meet fee will not be refunded in these circumstances.

The 2-week rule is in place for athlete safety and to help maximize their confidence in their performance leading up to competition. When an athlete takes time off, they can lose strength and flexibility, which can make them more vulnerable to injury during the important final weeks of their pre-competition program. Taking time off also causes their muscle memory to weaken and performing skills that may seem routine and automatic with regular training becomes more challenging. This can take a toll on the athlete's confidence, cause them to doubt themselves and their skills, and affect their ability to perform at their best. This rule is not in place to punish the athletes but is meant to help ensure they are at their best for each competition!

Photo & Media Policy

By registering your athlete for our program, you consent to allowing Gymnastics Energy, coaches, media, and authorized visitors to take photographs, videotape or digital recordings of my child and to use these in any and all media, including (but not limited to) the Gymnastics Energy, Gymnastics Ontario and Gymnastics Canada websites and the related social media pages. (Parents/guardians who would not like to give consent must email Gymnastics Energy or fill out a form in the office; athletes may be excluded from certain events to avoid being photographed).

Locker Policy

Lockers have been made available to all competitive athletes. Due to shortages, all athletes are asked to share a locker with a friend. Families with multiple athletes will be required to share.

Private Lessons

Program Managers and the competitive coaching staff have put together a program with the needs of the athletes in mind. Our goal is to prepare each athlete for their current year of competition and challenge them with new skills for the next level(s)! We believe that these programs are very comprehensive and do not need to be supplemented with regular private lessons. However, situations do arise where either the athlete, parent, or coach feels that it is necessary to have an athlete come in for additional practice (ex. time off due to illness, vacation, or school commitments, difficulty with a specific skill before competition, etc.).

All private lesson requests must go through the athlete's coach, be approved by the head coach, and be paid for in the office one week prior. Any lessons cancelled with less than 24 hours' notice (an email must be sent to both the office and the coach's personal email) will be charged for the lesson.

Medical

At the start of fall training, it is required this year that all athletes must get a full body assessment done by a medical professional at their own expense. It is advised that the assessment include a minimum of the following: pre-concussion scan, Functional Movement Screen, ROM of all major joints, and injury prevention activities for weak areas.

A copy of the assessment should be turned into the Head Coach. This will help coaches to ensure athletes are fit to train and aids in injury prevention. In addition, in the event an athlete is injured, this provides a baseline for the healthy state of each athlete (to compare to post-injury results). Athletes are required to renew this assessment every 24 months. It is strongly recommended all athletes get an assessment every 12 months, particularly if there is a change in their physical development or medical situation.

Allergies

Gymnastics Energy does its best to accommodate athletes and guests with allergies; however, as our gym is open to the public, we cannot guarantee an allergen-free environment. We respect the concerns of our athletes and guests who have allergies triggered by nuts. We have posted nut-aware and allergy awareness signs in public areas of the gym. We also request that all parents and athletes refrain from bringing nuts into the gym. It is our intention to provide a clear and transparent allergy policy, so guests and athletes can make informed decisions about attending the gym.

VOLUNTEER & FUNDRAISING PROGRAM

All athletes' families are required to participate in our volunteer and fundraising program or to pay the opt out fee(s) required. It is your responsibility to ensure you complete volunteer and fundraising commitments. Our special teams' volunteers make every effort to contact all parents at the correct email address, but at times typos or spam filters may interfere with the receipt of information. If you do not receive any information about events by December 1, 2019, please use the contact information to contact our committees or the office and advise them you are not receiving their emails. Volunteers must be 15 or older to count towards commitments, although younger athletes are also encouraged to volunteer for age appropriate tasks as outlined below.

Athletes who are at least 12 years old are also encouraged to help with one shift at the meet (with appropriate parent supervision if required). Gymnastics Energy encourages participation of our athletes in gym events however participation of a minor athlete does not replace the family volunteer commitments (which are intended for adult members to fulfill)

Sign-up for volunteer shifts is currently done online (via Sign Up Genius) and is coordinated by the volunteer coordinators and will be filled on a first come first served basis. This includes choosing shifts from recreation events or meets. While there is a minimum requirement, we always encourage our families to get involved and appreciate all your hard work and efforts throughout the year.