



Competitive Handbook 2020-2021

Competitive Season: July 1, 2020 - June 30, 2021

Welcome to the 2020-2021 Hearts Gymnastics Competitive Team!

Please read through the following policies and procedures carefully. Once finished, please complete the contract on page 6 and return it to a member of our office team. All athletes are to complete the Athlete Oath, page 7, before commencement of training each season. If you have any questions please contact us at heartsgymnastics.ca!

Financial

1. The competitive, and pre-competitive, training season runs from July to June of each year. Tuition fees are paid in equal monthly instalments which are due on the 1st of each month. For example, September fees will be posted mid-August and will be due on September 1st. Please ensure these payments are made in a timely manner so as to ensure continued participation for your child. A \$10 administrative fee will be added for any fees greater than 10 days overdue. Automatic monthly payments are now available, please contact us if this is of interest to you.
2. The following is a list of expenses that you can expect yearly. Please note that this is not an exhaustive list, and other expenses may arise. We will give notice for when these payments will be due.
 - ♥ Monthly Training Fees (\$200-\$375 monthly)
 - ♥ Annual Gymnastics Ontario Insurance Fee (\$150-\$300)
 - ♥ Competitive Suit (\$150-\$200)
 - ♥ Competitive Training Suit (\$60-\$100)
 - ♥ Competitive Track Suit (\$125-\$200)
 - ♥ Competition Fees (\$80-\$150/Competition)
 - ♥ Coaching Fees at Competitions (\$20-\$100/Competition)
 - ♥ Grips (\$30-\$80)
 - ♥ Routine Choreography for Levels 6+ (\$200-\$300)
3. The Gymnastics Ontario Insurance Fee will be invoiced as soon as we receive the fee notice from Gymnastics Ontario and will be due by September 1st of each year. Please note that this fee is non-refundable.
4. For returning athletes, all fees from the previous season (July-June) must be paid in full before training begins in July.
5. Coaching Fees for competitions will be divided equally between all participants who attend the event. Our coaches will make every effort to minimize the costs incurred. Coaching expenses include mileage, accommodation (for away competitions), coaching time, and meals. Every effort will be made to invoice these expenses within 2 weeks of an event.
6. Hearts Gymnastics reserves the right to terminate training in the event of non-payment of fees.

Parent/Guardian Expectations

1. You may speak to your child's coach before or after class, or at a time that is mutually convenient for you both. If you would like to request a formal meeting, please contact our office team at heartsgymnastics@gmail.com to arrange a meeting.
2. Please do not enter the gym area, unless you have a child participating in our Tender Hearts Program.
3. Please respect our coaches authority, we kindly ask that you leave the coaching of your child to our coaches. If you are watching from the viewing area, please do not communicate with, or coach/give directions to, your child. This is distracting to our athletes and poses a safety risk. If you need to speak to your child during training time please come to the door and they will come out to speak with you.
4. All competitive and pre-competitive families are required to volunteer during our deep cleans of the gym. This will be done a minimum of twice yearly, but may be done up to 4 times. This will be a scheduled time slot of about 4 hours, we will email the notice well in advance for the dates requested. We appreciate your help in maintaining the cleanliness of our facility!
5. Our main method of communication is email. Registration notices, training changes, competition information, etc., will all be sent via email. If your information has changed, please let us know right away so that we can update your account and keep in contact with you!

Athlete Expectations

1. Athletes are expected to be on time for training and ready to begin promptly at their scheduled start time.
2. Athletes are expected to be in the appropriate attire for the beginning of their training time.
3. In the case of an absence, please have a parent/guardian contact our office team to make us aware of the reason for the absence.
 - ♥ Participation at competitions is at the coaches' discretion, and a consistent lack of attendance is a crucial component of this decision.
 - ♥ In the case of an injury, the coach may suggest a reduced training time and will modify the training, however strength and flexibility needs to be maintained during an injury. Please make every effort to attend trainings, even if you are injured.
 - ♥ If you are ill, particularly if you are contagious, please stay home!
 - ♥ Athletes who become unwell during training, or who arrive to the facility with symptoms, will be sent home.
4. We understand that there is great temptation to work on skills outside of the gym, however this often results in habits that are extremely difficult to overcome and/or injury. We ask that athletes save learning new skills for the gym where they can be taught properly and safely.
5. Athletes are NOT permitted to train at any other gymnastics facility without explicit consent from the Hearts Gymnastics Coaching Team.

6. Athletes are expected to abide by the athlete oath at all times. Any behaviour that is not in line with our standards will result in a parent meeting where it will be determined whether or not the competitive program is the right fit.

Athlete Attire

1. Athletes are required to wear a gymnastics training suit to all trainings, and may wear gymnastics shorts with it. Competitive training suits will be purchased at the beginning of each year and it will be determined by the coach which day of the week this is to be worn.
2. Training:
 - ♥ Hair pulled back out of eyes
 - ♥ No jewelry (one pair of stud earrings are acceptable).
 - ♥ Training Suit (shorts allowed) - Competitive Training Suit on designated days
3. Competition:
 - ♥ Hair slicked back (ponytail or bun) with matching scrunchie
 - ♥ Competition Suit
 - ♥ Competition Track Suit
 - ♥ White or Black Socks
 - ♥ Grips, Water Bottle, Tape, etc. in Hearts Gymnastics Bag

Competitions

1. The following are expectations specific to competitions:
 - ♥ Athletes must remain on the competition floor until the last competitor of the session has finished. Athletes must remain in the facility until the end of awards for their session. Athletes are responsible for their belongings during this time. Failure to abide by these rules can result in disqualification of the athlete by the meet director or head judge.
 - ♥ Under no circumstances may a parent enter the competitive floor area. In the case of an injury, the parent will be invited to be present during first aid treatment.
 - ♥ Parents are not permitted to address any judge or other meet official. Gymnastics Ontario has standards by which a COACH may address a judge or meet official.
 - ♥ Athletes must ask permission from the head judge to leave the competition floor for any reason (washroom breaks).
 - ♥ Protests (coaches) are no longer permitted at the provincial level.
2. You will be notified the approximate dates of competitions as soon as possible (typically 1-2 months prior). Confirmed schedules are typically only available 1-2 weeks in advance of the competition. Competitions typically run Friday-Sunday, with some of the larger competitions also including Thursdays. An individual schedule will be emailed to you as soon as it is available.
3. Under no circumstances are families to contact host clubs. All communication regarding competitions will be done by Hearts Gymnastics. If you have any questions or concerns please discuss with your child's coach.

General

1. With participation in Gymnastics there is an inherent risk of injury. Hearts Gymnastics and Gymnastics Ontario work hard to create a safe and controlled environment for all athletes and coaches, however we cannot guarantee that injuries will not occur. If an injury/illness occurs while in our facility, or a competitive venue, we will make every reasonable attempt to contact a parent/guardian, however Hearts Gymnastics reserves the right to make informed medical decisions for the athletes while in our care (for example: transport to hospital via ambulance if the situation requires it).
2. If at any point you would like to withdraw your child from the competitive program, we kindly request 30 days notice. There will be no refunds for fees already paid, and the account balance must be taken care of before your child's last day of training. After withdrawal, if your child decides to return to the program, they will be reassessed and placed into a group according to their level at that time.
3. Athletes are constantly evaluated to ensure that they are in the group that suits them best. At the coaches' discretion, the athlete may be moved to a different group at any time (an increase or decrease in hours/fees, and changes to training hours/days may occur).
4. Level changes are made at the discretion of the coach. There is a lot of consideration that goes into these decisions, and they are made in the best interest of the athlete. Considerations include, but are not limited to:
 - ♥ Skills required/achieved for the level
 - ♥ Attendance
 - ♥ Work ethic
 - ♥ Attitude
5. Minimum training requirements (weekly):
 - ♥ Pre-competitive: 3-6 hours
 - ♥ Level 2: 6-8 hours
 - ♥ Level 3: 8-12 hours
 - ♥ Level 4: 12-16 hours
 - ♥ Level 5+: 20+ hours

* These are the minimum hours required at each level. If you cannot commit to the minimum requirement of a level, a different program may be a better fit for your child. Please discuss minimum requirements with your child's coach if you have any questions or concerns.
6. Breaks will be scheduled mid-practice for groups that train a minimum of 3 hours at a time. Please bring a nutritious snack/small meal to each training. Water is the only beverage permitted in the gym.
7. The terms and conditions within this handbook are subject to change with 30 days written notice.
8. Participation in the competitive, and pre-competitive, programs are dependent upon agreement to the terms in this handbook in their entirety. Training shall not be permitted to commence, or may be suspended, if any of the terms or policies in this handbook are not being complied by.

Hearts Competitive Handbook 2020-2021

- ♥ I have read and understood the Hearts Competitive Handbook 2020-2021 in its' entirety.
- ♥ I have had the opportunity to clarify any questions that I may have had regarding the content of the Hearts Competitive Handbook 2020-2021.
- ♥ I agree to abide by the terms and conditions outlined in the Hearts Competitive Handbook 2020-2021 and will work to ensure that my child is also abiding by the terms and conditions.

Athlete Name (Please Print)

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date

Hearts Athlete Oath 2020-2021

As part of the Hearts Gymnastics Competitive/Pre-Competitive Team, I will:

- ♥ Be kind and supportive of my teammates
- ♥ Use appropriate language at all times in the gym
- ♥ Listen to my coach and recognize that he/she has my best interest in mind
- ♥ Work hard at every training
- ♥ Accept responsibility for my actions and decisions
- ♥ Respect myself, my coaches, and my teammates at all times
- ♥ Follow the athlete expectations as outlined in the competitive handbook

Athlete Name (Please Print)

Athlete Signature

Date