



DEVELOPMENTAL & COMPETITIVE

PARENT HANDBOOK

2024-25 Season

As of 8 July, 2024

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I. INTRODUCTION

Welcome to the 2024-2025 season of the Dynamyx Gymnastics Club!

Congratulations to those gymnasts who have been accepted into our Developmental and Competitive programs. We are looking forward to a fun and successful year!

This handbook will provide all competitive families with important information about our program.

Should you have any additional questions please feel free to contact the Executive Director at management.DGC@shaw.ca who will ensure that it is answered by the correct individual.

II. MISSION STATEMENT OF DYNAMYX GYMNASTICS CLUB

Provide a variety of gymnastics programming in a diverse and inclusive environment to encourage participants to embark on a life-long journey of active living.

III. CLUB COMPETITIVE PHILOSOPHY

Dynamyx Gymnastics offers a Competitive Program that develops and supports high-level provincial gymnasts and guides its competitive athletes as they enter the program and progress through competitive levels, while ensuring flexibility in training.

IV. BOARD OF DIRECTORS AND ANNUAL GENERAL MEMBERS MEETING

A volunteer Board of Directors runs Dynamyx Gymnastics Club.

Parents are welcome to attend Board meetings, which are typically held monthly. The Board of Directors for **2024-2025** will be elected at the **Annual General Meeting** which will be held on **Monday, September 16th, 2024, at 6:00 pm**. If you have any comments or concerns, please contact the office and your inquiry will be directed to the Executive Director.

V. COMPETITIVE PROGRAM

1. COMPETITIVE PROGRAM GOALS

- a) To provide the opportunity for each gymnast to reach their full potential.
- b) To provide the opportunity for each gymnast to demonstrate and/or compete for Dynamyx Gymnastics Club.
- c) To provide a facility and environment conducive to effective training at a level comparable with other clubs in the area.
- d) To have fun while learning and developing new skills.
- e) To promote team spirit among the gymnasts. Gymnasts will be expected to display enthusiasm not only for their own accomplishments but also for the accomplishments of the team as a whole.

2. STRUCTURE OF COMPETITIVE PROGRAMS

GIRLS DEVELOPMENTAL/COMPETITIVE PROGRAMS

A) XCEL PROGRAM - 4, 6, 9 HOURS

This program is designed for new and returning gymnasts who wish to experience a competitive atmosphere. These gymnasts will be working on skills appropriate for their development with flexible requirements according to the XCEL manual. Conditioning plays an integral role in the competitive program. These gymnasts may be invited to attend up to 5 competitions depending on their ability to perform the required skills for the competitive season (January through May). Xcel Silver+ will have the opportunity to compete at Xcel Championships providing that they attain a qualifying score set by the coaching staff prior to registration for the Championships.

B) CANADIAN COMPETITIVE PROGRAM (CCP)

This program is designed for new and returning competitive gymnasts who have shown exceptional talent and love of gymnastics. These gymnasts will be working on skills appropriate to their competitive level. Conditioning plays an integral role in the competitive program. These gymnasts may be invited to attend several competitions within their level during the competitive season (January through May). CCP 2-5 will have the opportunity to attend Compulsory Championships providing they attain a qualifying score set by the coaching staff prior to the Championships registration deadline. CCP 6+ will need to obtain the qualifying score set by the coaching staff in order to participate at Provincial Championships.

1. GIRLS DEVELOPMENTAL (CCP 1&2) – 4/6/9 HOURS

These programs focus on age-appropriate athlete development using elements and skills from the CCP with focus on strength, flexibility, and skill/progression. We are currently offering 4, 6 and 9 hour programs. Athletes may be eligible to attend select events, but the focus will be on developing skills for future years.

b. Ages 5-8*

c. Training Hours: 4, 6, 9 hours per week

d. Placement in this program is dependent upon coach recommendation and assessment.

2. GIRLS COMPETITIVE - (CCP 3 & UP) – 9/12/15/ HOURS

These programs focus on age-appropriate athlete development using elements and skills from the CCP with focus on strength, flexibility, and skill/progression. We are currently offering 9, 12& 15 hours a week. Gymnasts may be invited to attend several competitions reflective of their ability level during the competitive season (January through May).

b. Ages 7 & up*

c. Training Hours: 9, 12, 15 hours per week

d. Placement in this program is dependent upon coach recommendation and assessment.

BOYS PROGRAMS

A) BOYS DEVELOPMENTAL PROGRAM

All male athletes will be considered as developmental gymnasts, regardless of age, until such a time that they are able to meet the AGF requirements to compete at Level One. This program focuses on age-appropriate athlete development in areas such as strength, flexibility, and skill/progression. The boys will train 6 hours per week.

b. Ages 5 and up

c. Training Hours: 4-6* hours

d. Placement in this program is dependent upon coach recommendation and assessment.

B) BOYS COMPETITIVE PROGRAM – P1 & UP

The programs focus on age-appropriate athlete development using elements and skills from the Alberta compulsory and optional manuals with focus on strength, flexibility, and skill/progression. We are currently offering 9, 12, 15 & 18 hours a week. Gymnasts will be invited to attend several competitions at their level during the competitive season (December through May).

b. Ages 7 & up*

c. Training Hours: 9, 12, 15 hours a week

d. Placement in this program is dependent upon coach recommendation and assessment.

3. ALBERTA GYMNASTICS FEDERATION GUIDELINES

Age groups and skill requirements for the different competitive levels are finalized at the Annual General Meeting of Alberta Gymnastics Federation in the Fall of each competitive season and are subject to change every year.

i) AGE CLASSIFICATIONS

To be eligible to compete in the CCP program at Level 3 or higher during the **2024/2025** season, a gymnast must have been born in or before **2019**. All age categories are determined by the gymnast's age on January 1st, 2025 and NOT their age at the time of competition.

Participation in each Level is determined by the individual gymnast's ability to meet the skill requirements set out by the Alberta Gymnastics Federation and will be decided by the gymnast's coach. The official AGF level for a gymnast in a given year is set by the level a gymnast is registered in during sanctioned events (Provincials/Trials to AB

Winter Games). A gymnast may compete in a different level (either higher or lower) in non-sanctioned Invitational meets as recommended by their coach, prior to sanctioned events and can move up one competitive level after the first sanctioned event if requirements for that level are met.

B) MALE

i) LEVELS

Entry competitive level. “The purpose of the Provincial Stream Program is to provide a beginner level gymnastics program. These competitors may or may not move on to the National Stream Level. Provincial Stream competitions will also accommodate the late beginners in our programs.” (Courtesy: Alberta Gymnastics Federation) All provincial athletes are eligible to attend invitational competitions and Provincial Championships as determined by the coaching staff. Athletes may be eligible to attend Western Championships based upon their performances.

Participation in each level is determined by the individual gymnast's ability to meet the skill requirements set out by the Alberta Gymnastics Federation and will be decided by the gymnast's coach.

4. COMPETITIVE & DEMONSTRATION TRAINING ATTIRE

NOTE: NEW ATTIRE FOR 2024 -25 SEASON

All athletes will be required to purchase the competitive uniform for the current season.

All Competitive gymnasts representing Dynamyx Gymnastics Club in competitions and demonstrations will be required to have and wear a team competitive uniform and a team tracksuit. For the girls, the competitive uniform is the team competitive leotard. For the boys, the competitive uniform is the team singlet, longs, and shorts. Due to the length of time to custom make these suits, all orders are taken in September. Clothing may not arrive until the end of December. We ask that you measure your athlete according to direction so that all suits fit appropriately.

Uniforms – Athletes are required to purchase club competition clothing. Costs may fluctuate.

- MAG – Competitive Boys - singlet, shorts, longs & tracksuit
- MAG – Pre-comp – shorts and DGC shirt. Tracksuit optional
- WAG – Pre-comp CCP 1- 2– sleeveless bodysuit & tracksuit
- WAG – Competitive Girls CCP 3 and up – long sleeve bodysuit and tracksuit

A) FEMALE

Gymnasts must wear a **proper fitting** leotard (dance and aerobic wear are not considered suitable attire) – shorts are permitted provided they are fitted and worn over a leotard. Only bare feet or gymnastics slippers are allowed in the gym. A suitably sized gym bag to carry supplies in will be helpful. No watches, rings, necklaces, bracelets, friendship bracelets or dangling/hoop earrings will be allowed for safety reasons. Hair should be fixed tightly so that it is not in the gymnast's face at any time. Loose hair can cause difficulty while spotting and may cause injuries on certain apparatus. All gymnasts should have a supply of their own gymnastics tape. Gymnasts will be provided with a set of straps at a cost of \$10.00.

B) MALE

Male gymnasts must wear **proper fitting** attire that would include a fitted T-shirt or singlet and shorts. Loose fitting clothing, pockets and non-tucked T-shirts present a safety hazard both to the gymnast and the coach. A gym bag to carry supplies in will be helpful. No watches, rings, necklaces, bracelets, friendship bracelets or dangling/hoop earrings will be allowed for safety reasons. All gymnasts should have a supply of their own gymnastics tape. Gymnasts will be provided with a set of straps at a cost of \$10.00.

5. ATTENDANCE

It is especially important that each gymnast attends every training day possible. We realize that from time to time due to illness, injury, or holiday, etc., that your child will be unable to attend. We ask that if your child is feeling unwell, you do not send them to train. We do not wish to have any illness spread to other athletes and while we appreciate your child's dedication, they are often lacking the energy to complete a training day when they feel poorly. You are **required** to phone the club at 780-458-3153 and leave a message for your child's coach if your child will be absent. Alternatively, you may email us at headcoach.DGC@shaw.ca

No make-up classes will be offered. Preparedness for competition includes attendance. Regular attendance at training is an important aspect of an athlete's progress. **To be invited to competitions, your gymnast must have a minimum of 80% attendance.** Prior to a competitive event, attendance is of the utmost importance. If you plan to be away for practices close to a competitive event, please speak with your child's coach to see if this will affect their preparedness for the upcoming event. If so, we ask that you do not register your athlete for this event. This determination will be at the discretion of the Head Coach and all decisions will be final.

It is the parent's responsibility to inform the Head Coach and/or Executive Director about any extended absences during the training year. Be aware that deadlines for events may come up during your absence. By notifying the Head

Coach and/or Executive Director you will be able to make arrangements for upcoming events.

6. PRACTICE CANCELLATIONS

On occasion, there may be some class cancellations due to coaches' meetings/courses. The competitive program will not run regularly scheduled classes on competition weekends. There will be NO make-up classes offered or credits given for days missed due to these occurrences as we have factored this into your yearly program cost. Classes that are cancelled for other reasons may be made up if time allows at the discretion of the Head Coach.

7. PARENT-GYMNAST COMMUNICATION

Parents are welcome to observe training at any time; however, **they will not communicate with the gymnasts or coaches in any way while classes are running**. Giving verbal directions or hand signals to the gymnasts is distracting and may interfere with what the coach is trying to accomplish. All parents, whether recreational, competitive or members of the board will not enter the floor area unless approved by a coach. If the guidelines are not adhered to, a review to implement restricted viewing times may be required.

As we have over 150 recreation classes each week and many parents wish to watch their children, it can be hard to accommodate everyone with limited space and seating. We ask that our competitive parents be considerate in their viewing time each week to accommodate these needs.

8. PARENT-COACH COMMUNICATION

Parents are welcome to approach their gymnast's coach with questions or concerns before or after class. Be aware that the coach may not have the time to fully address your question or concern at that time. Consider booking an appointment to allow the coach to give their undivided attention to the situation. Please approach us as soon as possible if you feel an issue needs our attention. Often, we are unaware of certain situations and waiting until the end of the season to address them does not allow for enough time to rectify the situation. We appreciate your cooperation in this matter.

Should you feel unable to approach your coach directly, we encourage you to contact the Head Coach at Headcoach.DGC@shaw.ca, followed by the Executive Director at Management.dgc@shaw.ca.

9. SUPERVISION

IMPORTANT REMINDER: Gymnasts WILL NOT use any equipment or be in the gym area, unless directed by their coach. This extends to any time your athlete is at the club. There will be no unsupervised use of technical area during cleaning bees, set-up and teardown for events or any other time that there are no coaches to directly supervise. Parents will be responsible for their athletes conduct during these activities and will find suitable activities off the floor or ensure daycare is provided.

10. GYMNASTS' CODE OF CONDUCT

A) GYMNASTS WILL BE EXPECTED TO:

- i) Arrive on time for class prepared to work
- ii) Follow the coaches' instructions at all times
- iii) Treat other gymnasts and their coach with respect and courtesy at all times
- iv) Remain with the group unless permission is requested and granted from the coach
- v) Inform coach of any absence

- vi) Leave all valuable items, such as, cell phones, iPods etc. at home. The club assumes no responsibility for items that have gone missing.
- vii) Keep competitive change rooms clean. Coaches have the authority to have gymnasts tidy up the competitive change rooms at any time if they become unsightly.

B) DISCIPLINE

- i) Failure to adhere to the Gymnast's Code of Conduct and/or Class Rules may result in temporary removal for an individual class or series of classes.
- ii) If an athlete consistently fails to adhere to the policies stated above, their position with the competitive program will be re-evaluated and a meeting will be called between the coach and the parents. The gymnast may be given a probationary period during which time an improvement in behavior must be shown or the gymnast may be asked to leave the Competitive Program.

11. FOOD

No food or drinks (except a water bottle at appropriate locations) are permitted in the training area or change rooms. Any snacks should be eaten in the multipurpose room or viewing area. All Gymnasts must respect the club and clean up after themselves. **Junk food** is not allowed during training time.

12. VACATIONS

Parents wishing to remove their child from training during the season should be aware there is no waiving of fees for missed classes.

13. SUMMER TRAINING

Weekly summer training is offered and is not included in your yearly fees unless you are opting into our 11 or 12 month payment plan options.

14. WINTER HOLIDAYS & SPRING BREAK TRAINING

These weeks are NOT included and are available at a minimal charge or included with 11 & 12 month payment plan options.

15. GYMNASTICS MEETS

A) COMPETITIONS

The Head Coach will decide which competitive events gymnasts participate in and at which level. This is reflective of their attendance being 80% or higher and **their ability to meet the requirements at their level**. Competition fees must be paid to our club by our deadline, or the gymnast will not be entered in the competition.

Please keep in mind that competitions are selected to assist your child in preparation for a successful year. Competitions are an integral part of the program and participation is required as suggested by your child's coach. If you receive an invite to a competition, we expect that parents will make every effort to attend. The goal of a competitive program is to have our athletes compete! Certain Invitational meets are important to your gymnast's development. If we ask that you attend, please be prepared to do so. It is important to discuss the competition schedule with your coach if you plan not to participate in some meets. A list of competitive events will be provided to you as soon as the AGF schedule is finalized (mid-Fall). The meets your gymnast is expected to attend will be listed. This competition schedule is tentative and subject to change.

Xcel Girls: May attend Invitationals and Xcel Championships (Silver+).

Developmental Boys: No meets required. but may be invited to our In-House Meet.

CCP 1: May attend Invitational meets in the region.

Competitive CCP 2-5 and Men's Level 1: May attend invitational meets and either Compulsory Championships (girls) or Provincial Championships (boys).

Competitive CCP 6-10 and Men's Level 2 and up: May attend 4 to 6 meets primarily in the province, including Provincial Championships if meeting the qualifying score. Some opportunity to qualify to AB teams with possible travel outside the province.

Due to the limited spots and coaches in our Competitive Program, those athletes that do not put forth a full effort in attending competitions, classes and improving skills may not be given the opportunity to be invited back for the next season. A **strong commitment** is required to ensure the quality and reputation of Dynamyx is always exemplified.

NOTE: It is also important to note that DEADLINES must be adhered to due to space availability at the event in each category. Dynamyx sets the deadlines prior to the event deadline to ensure we have ample time to submit a team registration. At no point should a parent contact a club or AGF directly to attempt to register an athlete. This has been reaffirmed by AGF in order to keep the communication streamlined. Failure to follow this rule may result in cancellation of registration by our club without refund of fees.

B) TRAVEL

It is the responsibility of the parents to organize any travel and accommodations if gymnasts attend a meet outside the Edmonton area.

C) BEHAVIOR AT COMPETITIONS

i) PARENTS

Parents are expected to act appropriately at competitions.

Respect, good sportsmanship, and manners are required.

Parents **should not**:

- signal to, wave at, talk to or otherwise distract any gymnast while on the competition floor
- enter the competition floor (only gymnasts and coaches are allowed)
- enter conversations/discussions regarding the competition with judges or coaches before, during or immediately after the competition.
- make public displays or use inappropriate language

All parents are ambassadors of Dynamyx Gymnastics Club and are expected to always adhere to our club's Parent/Spectator Policy guidelines.

ii) GYMNASTS

Gymnasts must arrive fully prepared for meets and events a

minimum of 20 minutes prior to the start of warm-up. Failure to be punctual may result in removal from the event.

Gymnasts may NEVER:

- approach any judge or judging panel before, during or after the competition unless requested to do so
- leave the competition floor during the meet without permission from their coach
- enter the spectator area until the competition is over without permission from their coach
- use any equipment, play games, or fool around during waiting times

All gymnasts are representatives of Dynamyx Gymnastics Club and as such are expected to always show exemplary behavior and good sportsmanship. Athletes should always have Competitive bodysuits and tracksuits available during competitions and march-ins when requested by the coach.

D) EXPENSES TO COMPETITIONS

i) Participation in Local & Out-of-town Competitions/Provincials

The costs incurred by a gymnast to participate at Competitions, whether local or out-of-town are the sole responsibility of the family of the gymnast participating in any or all of these events. Dynamyx will add a proportional fee to the registration to cover the cost of coach expenses which may include, but are not limited to, travel, hotel, and coaches' wages during the event.

ii) Participation at Westerns or Nationals

The costs incurred by a gymnast to participate at Westerns or Nationals are the whole responsibility of the family of the gymnast participating in any or all of these events. Monies must be forwarded to Dynamyx who will in turn forward to AGF. Costs to the parents may include, but are not limited to, travel, accommodation, uniform, and coaches' per diem.

16. PRIVATE LESSONS

Private lessons are available throughout the year. These may be for routine polishing and/or skill development. Cost is determined by the individual coaches and ranges from **\$60-\$90/hour**, but payment must be processed through the office. If you want to secure a private lesson, notify the Head Coach who will then discuss with the athlete's coach to determine the need. Rates will be set at this time and provided to the parent. The office will send out an invoice for the private lesson. Private lessons are approved at the discretion of the Head Coach.

17. 24-25 COMPETITIVE COMMITMENTS

A) TRAINING DAYS AND TIMES

Fall training times and days for all groups will be confirmed in the spring. Due to unforeseen circumstances, training days and times may be subject to change throughout the year.

All paperwork for the 2024-25 year should be submitted by **August 31, 2024**.

There will be an **Open House on Thursday, September 5th at 5 pm** with a **Parent Meeting at 6 pm** for no longer than 1 hour. **Our Annual General Members Meeting will be held Monday, September 16th at 6pm**. To fully comprehend the expectations of competitive gymnasts and their families, it is essential that parents attend both events.

18. COMPETITIVE PROGRAM

A) IMPORTANT DATES

Intro Classes	September 3 - 4, 2024	Pre-Class Start Clothing Sizing
Thursday	September 5, 2024	Parent - Open House 5 pm Coach/parent initial meetings
Saturday	September 7 th , 2024	9 am-2 pm Bottle Drive – No Classes
Monday	September 9 th , 2024	regular schedule begins
Monday	September 16, 2024	AGM – 6 pm
Monday	October 14, 2024	Thanksgiving – No Classes
Friday-Sunday	October 18-20, 2024, TBC	Fall Congress – No Classes
Thursday	October 31, 2024	Halloween - No Classes
Monday	November 11, 2024	Remembrance Day -No Classes
Thursday	December 19, 2024	Last day of class before Christmas
Adjusted training schedule	Dec 23 – Jan 3, 2025	Christmas Holidays- Schedule TBD
Monday	January 6, 2025	Classes resume
Monday	February 17, 2025	Family Day – No Classes
In-house Meet	March 12-16, 2025	DGC Invitational – No classes
Adjusted training schedule	March 23 - 29, 2025	Spring Break – adjusted TBD
Friday - Monday	April 18-21, 2025	Easter Weekend – No Classes
Sunday	May 4 th , 2025 TBD	Men’s Muscle Up Meet
Monday	May 19, 2025	Victoria Day – No Classes
Thursday	June 19, 2025	Last Day of Training
Saturday	June 21, 2025 TBD	Awards Banquet

NOTE- this is based on current dates available and subject to change based on competition schedule.

B) FEES

The Competitive program is a yearly program. Fees are calculated on the yearly training and divided by ten months. The fees per month are NOT necessarily reflective of the number of hours trained in any given month. The Training Fee is applicable for September to June.

Summer Competitive Camps are at an additional cost unless you have enrolled your athlete in the 11 or 12 month program option and schedules will be provided to parents prior to the camps running. ALL COMPETITIVE GYMNASTS ARE REQUIRED TO ATTEND A **MINIMUM NUMBER OF CAMPS**:

Training hours/week	Camps required/month	Camp required/summer
Training 4 to 9 hours	1 camp a month	2 camps total
Training 12 to 15 hours	2 camps per month	4 camps total

Classes are generally held Monday to Thursday and are charged on a weekly basis.

Choreography costs are outside the monthly financial commitment families choose in September. Choreography is required for all female gymnasts in the competitive program. Each individual requires a floor routine in order to compete. CCP Level 6 & Up and Xcel Gold & Up: The staff will assist with music selection and will set aside a time to teach the routine to your gymnast. Each gymnast in these levels receives a new floor routine every 2 years. Cost for new routines is \$200 for CCP levels and \$125 for Xcel levels. Music editing, if required, will be done at an additional cost of \$25. In alternate years, it may be necessary to make changes to floor routines. In this event, coaches will charge a private lesson fee.

The CCP 1- 5 levels require that athletes compete in compulsory routines. Routines will be taught during regular class times. Athletes will be charged an annual fee of \$25 for their portion of the group choreography as teaching routines will require extra staff.

Annual Fee payment arrangements are mandatory at time of registration. Families may choose from the following options: cash, post-dated cheques, Visa or MasterCard for the first of each month (September-June). We no longer accept AMEX. For those paying cash, or post-dated cheques, a payment authorization form with a current credit card number must be completed to be used only when the account is in arrears.

All Annual Membership Fees vary depending on the competitive level. These are listed on the Fee Chart located at the end of the handbook. **The Annual Membership Fee MUST be paid IN FULL by the start of the competitive Season.** These fees are subject to change dependent on notification from AGF.

Refunds for program registration will be given only under special circumstances or for medical reasons at the discretion of the Executive Director. A family may make an application to the Executive Director for refund of fees. **One-full calendar months' notice must be given**. As our program costs are based on an annual calculation the monthly fees allow easier payments for families.

IE: Notice given from the 1st to the 31st of January, will have a final payment taken out in February. To pay for only January, notice must have been given in December. The athlete is eligible to attend practices up to the completion of the paid month.

No partial refunds on monthly fees due to absence for holidays, or other activities, as chosen by families will be given. The AGF registration fee is non-refundable.

Please note that any gymnast with fees, membership, or rebate points in arrears at the end of June will not be permitted into the competitive program for summer camps or fall training **until your account has been settled** and payment of all past fees has been arranged. Any family in arrears for 30 days will be charged a \$20.00 administration fee. NSF cheques are subject to a \$25 fee. Any family, whose fees fall sixty (60) days in arrears, may be suspended from the club, no privileges, until arrears have been paid in full.

C) INTENT-TO-RETURN COMMITMENT AND DEPOSIT

In late spring, an "Intent to Return" form for the upcoming season will be released. This form helps to determine the number of returning athletes and the number of spots available to offer to new members in the spring.

A partially non-refundable deposit of \$250 is required to hold the athlete's spot and should an athlete decide prior to July 31st of that summer to retire, a \$125 refund will be granted. After July 31st, the full \$250 is non-refundable. This deposit is used to help offset the cost of making the necessary coach adjustments in the first few months of the program.

Intent to Returns will be used against your membership and first monthly payment in September. The fee is charged per family should more than one child be in the competitive program.

D) MANDATORY REQUIREMENTS MORE DETAILED INFORMATION ON PAGES 22-25

Mandatory commitments for the Buyout Bucket list program are as follows:

1. September Bottle Drive - one parent & athlete minimum
2. DGC Invitational Competition Shifts - 2 minimum

3. One Cleaning Bee - 1 minimum

Remaining buyout requirements can be earned through

- Extra shifts at competitions
- Extra shifts at cleaning bees
- Committee work
- Fundraising item Sales
- Shifts for raffle sales at grocery stores/event.
- Run Wild – volunteering*** - (dependant on sponsorship)
- Other items as assigned throughout the year

E) PARENT COMMUNICATION

Communication is vital in running our programs and keeping parents abreast of updated information. **It is particularly important that you take the time to read anything that is sent to you.** If you are not a computer person, it would be advantageous to ensure you have your cell phone set up to receive information. In dealing with over many families, we are unable to make exceptions. Please take the time to carefully read the information sent as we strive to ensure clarity and accuracy in our correspondence. Ways in which we communicate with our parents:

COACH /PARENT GROUP MEETINGS:

This will be held on Thursday, September 5th, 2024 following the Mandatory parent meeting.

- Meet your coach and the other families in your group.
- Understand the expectations of your group and its goals for the year.
- Understand the contact procedures, viewing reminders and other questions on the technical side of the floor
- Learn about expectations for competitions
- Set up your Team Reach account to communicate for rides and share regular reminders with each other.

OPEN HOUSE & MANDATORY PARENT MEETING

This will be held Thursday, September 5th, 2024.

Open House will take place from 5 to 7 pm.

Mandatory Parent Meeting will take place at 6:00 pm – 30 min to 1 hour as needed.

This is an opportunity to meet our current Board, office staff and Competitive coaches as well as learn more about how to volunteer.

ANNUAL GENERAL MEMBERS MEETING:

This will be held on Monday, September 16, 2024, at 6:00 pm. It will give information on the previous year's achievements and final financial review. An election for vacant Board of Director positions will be done at this time.

UPLIFTER EMAIL – This is our main communication method as it provides instant and accurate information in a timely manner. On average you may receive weekly or bi-monthly updates. The club and coaches will also communicate with you regularly to keep you well informed.

Add and update your email on your Uplifter account. You can add a secondary email for the second parent to ensure you are getting your emails. Also, you can add a second parent to your Uplifter Account.

COMPETITIVE COACH: Kelly Baird – headcoach.dgc@shaw.ca

EXECUTIVE DIRECTOR: Kim Farrell – management.dgc@shaw.ca

ADMINISTRATOR: Betty Matwie – admin.dgc@shaw.ca

Communication Preferences are advised to be turned ON in uplifter to ensure you receive all important competitive communications throughout the year. We cannot be responsible for families that miss opportunities.

BULLETIN BOARD - The bulletin board will contain general information that is usually sent via email as well. It will be located at the end of the main hallway toward the competitive changerooms.

F) PARENT CONCERNS:

As with any organization, parents may from time to time have concerns they would like to address. Sometimes it is a Coach & Parent related concern, and this should be directed to your immediate coach first. If it is not resolved, but technical in nature, it should be forwarded to the Head Coach at Headcoach.DGC@shaw.ca . All other concerns should be submitted to the Executive Director at Management.DGC@shaw.ca . Your concern will be reviewed and forwarded to the correct party for follow up in a timely manner.

19. PARENT CODE OF CONDUCT

Please review the Parent/Spectators' Code of Conduct Agreement attached to your package. It will require a signature once reviewed.

20. COACH CODE OF CONDUCT

All coaches are required by Alberta Gymnastics Federation to complete the Respect-in-Sport Program and submit their certificate. Respect Group has created critical abuse prevention education with the Respect in Sport Activity Leader Program.

This easy-to-use online training enables sport and community organizations to create a safer, more ethical environment by providing essential information to each organization's critical stakeholders.

Respect in Sport's 2.5 hour highly engaging online training is for Activity Leaders of all levels: recreational, competitive, and elite, with the intention of:

- Empowering and educating youth leaders and coaches on the prevention of abuse, bullying and harassment
- Building a holistic culture of respect within the sport community
- Providing fundamental training tools which enable *all* coaches and youth leaders to become better role models for the young athletes in their care.

21. DATES TO REMEMBER

Every year we strive to get information to our parents on a timely basis. Unfortunately, dates cannot be determined until certain events take place and coaches schedules are confirmed. We request patience from all families and will notify them as the information becomes available.

Here is a guideline of the order of information released by the Head Coach.

NOTE: Placement in any level is not guaranteed and can change at any time

Depending on varying factors which are determined by the Head Coach.

1. Intent-to-return – mid May
2. Tryouts – Ongoing following confirmation of returning athletes – May/June
3. Summer Schedule - end May
4. Placement for next season – Mid/end June once all intent-to-return form and deposit are submitted.

22. COMPETITIVE COSTS

A) PRICING CHART

hours/ week	training days/week	10 month installment plan (no winter, spring or summer training)	10 equal payments Starts September	11 month installment plan includes Winter/Spring and two weeks summer training	11 equal payments Starts August	12 month installment plan includes Winter/Spring and 4 weeks summer training	12 equal payments Starts July
4	2 times	\$1834	\$183.40	\$2097	\$190.64	\$2295	\$191.25
6	2 times	\$2513	\$251.30	\$2796	\$254.18	\$2994	\$249.50
9	3 times	\$3205	\$320.50	\$3612	\$328.36	\$3910	\$325.83
12	3 times	\$3896	\$389.60	\$4324	\$393.08	\$4622	\$385.17
15	4 times	\$4870	\$487.00	\$5388	\$489.82	\$5746	\$478.83

Please contact Executive Director for training hours over 15/week

B) BUYOUT CHART

Hours/week	Average # of bucket items	Value of mandatory items (2 required)	Total value of all Optional items	CASH OUT TOTAL VALUE
4	4 items	\$375	\$225	\$600
6	5 items	\$375	\$375	\$750
9	6 items	\$450	\$450	\$900
12	7 items	\$450	\$600	\$1050
15	8 items	\$450	\$750	\$1200

23. BUYOUT BUCKET LIST & HOW IT WORKS

Each program is designed to have a number of items that you will place in your bucket. The starting point is what we require.

Can't do a particular activity? No problem. You can swap with another family to get the item done. Can't find someone to swap, we also allow family members to sign up to help on your behalf. For more details on swapping bucket items see next section.

4/6 HOUR PROGRAM: \$600/\$750

- M - 1 Bottle Drive - 1 Adult & 1 Athlete = \$150
- M - 2 x 3hr each Competition shifts = \$150
- M - 1 x 3 hr cleaning bee shift = \$75
- O- Remaining optional items = \$225/\$375



9 HOUR PROGRAM: \$900

- M - 1 Bottle Drive - 1 Adult & 1 Athlete = \$150
- M - 2 x 3hr each Competition shifts = \$150
- M - 2 x 3 hr cleaning bee shift = \$150
- O - Remaining optional items = \$450



12/15 HOUR PROGRAM: \$1050/\$1200

- M - 1 Bottle Drive - 1 Adult & 1 Athlete = \$150
- M - 2 x 3 hr each Competition shifts = \$150
- M - 2 x 3 hr cleaning bee shift = \$150
- O - 1 Committee = \$300 (equivalent to 12 hrs of mtgs/offsite tasks)
(Shifts on site for events counted separately)
- O - Remaining optional items = \$600/\$750



A) MANDATORY BUCKET ITEMS - REVISED AS OF 1 JUNE 2024

1. Bottle Drive – September 7, 2024 – drivers and depot greeters
NOTE: If you have 2 children and two drivers = \$300
2. Competition Shifts- Event March 12-16, 2025 - shifts will be 3 hours on average. 2 shifts earn \$150. NOTE: Shifts can be covered by parent or athletes over 14 years of age
NOTE: You can do more than your required shifts at these events to clear more buyout dollars off your balance.
3. One Cleaning Bee - – shifts are 3 hrs on average.

OPTIONAL BUCKET ITEMS:

Note this year the “earned portion” will be tracked up to your buyout balance. Any access sales will not be counted once you reach your Buyout fee.

Ticket/Fundraising sales – we will hold a minimum of 2 x 50/50 draws. Sell tickets at a prearranged table at grocery stores. 3 hour shifts - \$75

Committees:

Currently committees are Board, Silent Auction, Competition, Banquet
12 hours preplanning - \$300

CASH FOR CREDIT ON UPLIFTER

Flipgive - Shop and earn dollars! - DGC Competitive Team 2024-25

We apply directly to your UPLIFTER ACCOUNT to use as you wish

Sign up: <https://shop.flipgive.com/onboarding/join?joincode=5Q4HZ5>

Code: 5Q4HZ5

Virtual Bottle Drive:

Set up your Skip-the-Depot account and collect bottles throughout the year. Arrange your monthly pick up from the convenience of your home. No hard labour real work involved! We see what is coming in from every family and we will deduct up to \$150 if you can not attend the bottle drive. Once complete all monies your raise over \$150 go on your UPLIFTER account as a credit to be used as you wish.

in virtual collections received to us. You can track this on your account you set up. Go to: <https://app.skipthedepot.com/dynamyxgymnastics>

B) SO HOW DOES IT WORK?

SAMPLE: Based on a 9-hour program with a \$750 buyout option.

MANDATORY: Attend a bottle drive = \$150 off buyout

MANDATORY: Complete 2 x 3 hour competition/event shift or one 6 hour shift = \$150 off of buyout

MANDATORY: Cleaning Bee - 2 x 3 hr shift - \$150

OPTIONAL: Ticket Sales at table: 3 hour shift \$75 off of buyout

OPTIONAL: CREDIT TO UPLIFTER ACCOUNT: Flipgive - dependent on money earned

OPTIONAL: VIRTUAL BOTTLE DRIVE - dependent on money earned

C) HOW DO WE TRACK BUYOUT BUCKET ITEMS COMPLETED?

We will be using the Sign-Up App and a majority of these positions will be pre-set for the full year. Cleaning bees, bottle drives, and competitions will fall under this. Ensure you always sign in at your event and sign out when you leave.

Note that ticket sales will have a window of time to sell and will be online with personal links, so no sign-up is required.

Casino's may have a shorter window of notice since AGLC controls the date via lotteries. This only happens every 30 months on average. THERE IS NO CASINO LISTED this season.

A line item called BUYOUT will be listed when you create your competitive invoice at the beginning of the season. As you complete items throughout the year, we make adjustments to the amount until all the bucket items are completed. Your goal is to have a zero balance. Any residuals will be charged on **15JUNE2025** unless an extension is granted for cleaning bees in June.

NOTE: If you are a no-show for any event that you signed up for and did not find a replacement, you will be charged within a month of the activity. No makeup will be allowed as you commit to the item.

D) CASHING OUT AT ANY TIME:

At any time, you can cash out your bucket items at a cost of \$150 per item.

Please contact the office to arrange for us to process a portion of your outstanding fee.

Should you have any questions please contact the Executive Director at management.dgc@shaw.ca



POST ON YOUR FRIDGE FOR EASY REFERENCE

CONTACT INFO:

Facility main number: 780-458-3153

Address: 110 - 175 Carleton Drive, St. Albert, AB T8N 7X9

COMPETITIVE COACH: Kelly Baird – headcoach.dgc@shaw.ca

- Comp Athlete Absenteeism
- Comp Technical questions
- Comp Coach contact liaison
- Competitive Competition information and approvals
- Comp Clothing
- Comp Camp Training

EXECUTIVE DIRECTOR: Kim Farrell – management.dgc@shaw.ca

- Board Liaison
- Comp Parent Rebate Program coordinator
- Competitive Invoicing questions

ADMINISTRATOR: Betty Matwie – admin.dgc@shaw.ca

- Uplifter Payment and installment issues
- Uplifter Credit Card updates



UPLIFTER COMPETITIVE PAGE LINK