

DYNAMYX GYMNASTICS CLUB

Our Commitment

At Dynamyx Gymnastics Club, we believe that success is measured by more than medals and scores. We are committed to creating an environment where athletes, coaches, and families work together to build strong character, confidence, and a lifelong love of gymnastics.

Every member of our club is expected to uphold the following **core values**:

Effort

We give our best every day. Success begins with hard work, persistence, and a willingness to keep trying, even when things are difficult.

Preparedness

We arrive on time, ready to learn, with the proper equipment, a positive mindset, and a commitment to making the most of every practice and competition.

Respect

We treat teammates, coaches, officials, parents, volunteers, and facilities with kindness, honesty, and respect. We celebrate one another's successes and support each other through challenges.

Attitude

We choose to be coachable, encouraging, and resilient. We understand that mistakes are part of learning and approach every challenge with optimism and determination.

Accountability

We take responsibility for our actions, choices, and commitments. We own our successes, learn from our mistakes, and follow through on what is expected of us.

Training Information

Attire

Female athletes are required to wear a gymnastics bodysuit, with or without fitted shorts, and long hair must be securely tied back. Male athletes are required to wear form-fitting shorts and a fitted T-shirt. Baggy clothing is not permitted.

For the safety of all athletes, necklaces, rings, watches, and dangling or hoop earrings are not permitted during training.

Attendance

If your child is unable to attend practice, please notify their coach as soon as possible. Make-up classes will not be provided for missed training sessions due to illness, vacations, or other commitments.

Class Cancellations

Occasionally, classes may be cancelled due to competition schedules, coach meetings, or other club commitments. Adjustments to training schedules are necessary throughout the competitive season, and no make-up classes will be provided for missed training due to competitions. These adjustments have been accounted for in the annual program fees.

Changeroom

All competitive athletes will have access to the changeroom and will be assigned a locker for their gymnastics equipment. Only essential gymnastics items, such as chalk, grips, wrist guards, straps, and other training necessities, may be stored in lockers.

Personal belongings and non-gymnastics items must be taken home each day. Any items left overnight will be removed from lockers and placed in the lost and found after each practice.

Food is not permitted in the changeroom at any time. Athletes must consume all food and snacks in designated areas only.

Injury & Illness Policy

At Dynamyx Gymnastics Club, the health and safety of our athletes is our top priority. To ensure a safe training environment for everyone, we ask that all families follow the policies below.

Illness During Practice

If your athlete becomes ill during training and is unable to continue participating, a parent or guardian will be contacted and **must arrange for immediate pick-up**.

Our coaches are responsible for supervising athletes who are actively participating in class and **are not able to provide care or supervision for athletes who are sick**. We appreciate your prompt response should your child become ill during practice.

Please help prevent the spread of illness by keeping your athlete home if they are experiencing symptoms such as fever, vomiting, diarrhea, or any contagious illness.

Injury & Return to Sport

If your athlete sustains an injury that requires them to miss training or limits their participation, **a doctor's note or written medical clearance is required before they may return to gymnastics**.

Our coaches are experts in gymnastics instruction, **not medical professionals**. We rely on the recommendations of qualified healthcare providers to determine when an athlete can safely return to training.

The medical note should clearly state:

- Whether the athlete is cleared to return to gymnastics.
- Any restrictions or limitations on participation.
- The expected duration of any restrictions, if applicable.

Thank you for your cooperation in helping us keep all athletes safe and healthy.

The Club reserves the right to remove an athlete from training if a coach believes participation may pose a risk to the athlete's health or safety until appropriate medical clearance has been provided.

Competitions and Training Camps

Age Categories

All age categories are determined by the gymnast's age as of **January 1, 2027**, not their age at the time of competition.

Level Placement

Participation and advancement within each competitive level are based on the gymnast's ability to meet the skill requirements established by the Alberta Gymnastics Federation (AGF) and by maintaining a minimum **80% attendance rate**. Final level placement is determined by the Head Coach prior to competition registration.

Competition Participation

Competitions are an important part of the competitive program and provide valuable opportunities for athletes to develop confidence, gain experience, and measure their progress throughout the season. **While attendance at competitions is not mandatory, athletes are strongly encouraged to attend as many competitions as possible.**

The following AGF-sanctioned events have eligibility requirements based on an athlete's level:

- **WAG Training Camps:** CCP 3+ and XCEL Silver+
- **MAG Training Camps:** Participation is subject to location, availability, and athlete interest.
- **Alberta Provincial Championships:** WAG CCP 6+ and all MAG competitive levels.
- **Alberta XCEL & Compulsory Championships:** CCP 3–5 and XCEL Silver+.

Attire

All athletes participating in the competitive program are required to purchase the official competition uniform for the current season.

Athletes representing Dynamyx Gymnastics Club must wear the official team uniform and tracksuit at all competitions and club events. Because these items are custom made, all uniform orders are placed in September. Delivery timelines are determined by the manufacturer, and uniforms may not arrive until late December.

To help ensure the best fit, families are asked to carefully measure their athlete according to the sizing instructions provided. Uniform costs may vary from season to season.

Required Competition Attire

- MAG Competitive: Competition singlet, competition shorts, longs, and team tracksuit.
- WAG CCP 3+: Long-sleeve competition bodysuit and team tracksuit.
- WAG CCP 1–2 & XCEL: Sleeveless competition bodysuit and team tracksuit.

Training Camp Attire

WAG athletes participating in AGF training camps are **required** to purchase a Dynamyx Gymnastics Club training suit.

Registration

Please ensure all training camp and competition registration deadlines are followed. Dynamyx sets deadlines before the event organizer's deadline to allow sufficient time to complete team registrations.

Parents are not permitted to contact another club or Alberta Gymnastics Federation (AGF) directly to register an athlete. All registrations must be completed through Dynamyx. Failure to follow this policy may result in the cancellation of our club's registration, with no refund.

Expenses

All costs associated with competitions and training camps, whether local or out of town, are the responsibility of the participating athlete's family. A proportional fee will be added to each athlete's registration to help cover coaching expenses, which may include wages, travel, and accommodations.

All costs associated with attending Western Championships or National Championships are the responsibility of the participating athlete's family. Payments must be made to Dynamyx, who will then submit the required fees to AGF. Costs may include registration, travel, accommodations, coach per diem, and other event-related expenses.

Choreography

CCP 1–5 and Xcel Bronze and Silver athletes will be charged a \$35 choreography fee to cover the additional staff time required to teach their floor routines. Routines will be choreographed and then taught during regular training time.

Xcel Gold and above athletes will be charged a \$125 choreography fee. This fee includes music editing and choreography instruction outside of regular training time.

CCP 6 and above athletes will be charged a \$200 choreography fee. This fee includes music editing, choreography instruction outside of regular training time, and one routine touch-up.

Important Dates

Thursday	September 3, 2026	AGM & Parent Meeting
Tuesday	September 8, 2026	First Day of Classes
Saturday	September 12, 2026	Bottle Drive - No Classes
Monday	October 12, 2026	Thanksgiving - No Classes
Wednesday	November 11, 2026	Remembrance Day - No Classes
Saturday	December 19, 2026	Last training day before Christmas
Adjusted training	December 21 - January 1	Christmas Holidays - Schedule TBD
Monday	January 4, 2027	Classes Resume
Monday	February 15, 2027	Family Day - No Classes
Wednesday - Saturday	March 10 - 13, 2027	DGC Invitational - No Classes
Friday, Saturday, & Monday	March 26, 27 & 29, 2027	Easter Weekend - No Classes
Adjusted training	March 30 - April 2, 2027	Spring Break - Schedule TBD
Sunday	May 2, 2027	Men's Muscle Up Meet
Monday	May 24, 2027	Victoria Day - No Classes
Thursday	June 17, 2027	Last Day of Regular Training
Saturday	June 19, 2027 - TBD	Banquet - TBD

This is based on current dates available and subject to change.

Competition Schedule

2026/27 WAG COMPETITION & EVENT SCHEDULE			
TRAINING CAMP	DATE	LOCATION	LEVELS
Level 6/7 Training Camp	September 26 - 27, 2026	Spruce Grove	CCP 6/7
Level 3-5 Training Camp	October 24 - 25, 2026	Spruce Grove	CCP 3 - 5
Xcel Silver + Training Camp	November 7 - 8, 2026	Pine Valley	XCEL Silver+
COMPETITION	DATE	LOCATION	LEVELS ATTENDING
Gymnastics Rocks the Rockies	January 21 - 24, 2027	Calgary, AB	CCP 3+
Gym Power Invitational	January 28 - 31, 2027	Edmonton, AB	ALL WAG
Copeland Classic	February 17 - 21, 2027	Spruce Grove, AB	ALL WAG
DGC Invitational	March 11 - 14, 2027	St.Albert, AB	ALL WAG
Provincial Championships	April 8 - 11, 2027	Edmonton, AB	CCP 6+
XCEL & Compulsory Championships	April 15 - 18, 2027	Lethbridge, AB	CCP 3-5 & XCEL Silver+
Leduc Invitational	April 23 - 25, 2027	Leduc, AB	ALL WAG
Summit Invitational	May 27 - 30, 2027	Canmore, AB	ALL WAG
2025/26 MAG COMPETITION & EVENT SCHEDULE			
COMPETITION	DATE	LOCATION	LEVELS ATTENDING
Ed Vincent	January 31, 2027	Calgary, AB	MAG 3+
Light Invite	February 5 - 7, 2027	Calgary, AB	MAG 3+
Copeland Classic	February 27 - March 1, 2027	Spruce Grove, AB	ALL MAG
Grizzly Classic	March 19 - 22, 2027	Calgary, AB	MAG 3+
Provincial Championships	April 9 - 12, 2027	Edmonton, AB	ALL MAG
Muscle Up	May 2, 2027	St.Albert, AB	P1 - P3

Travel Competition TBD