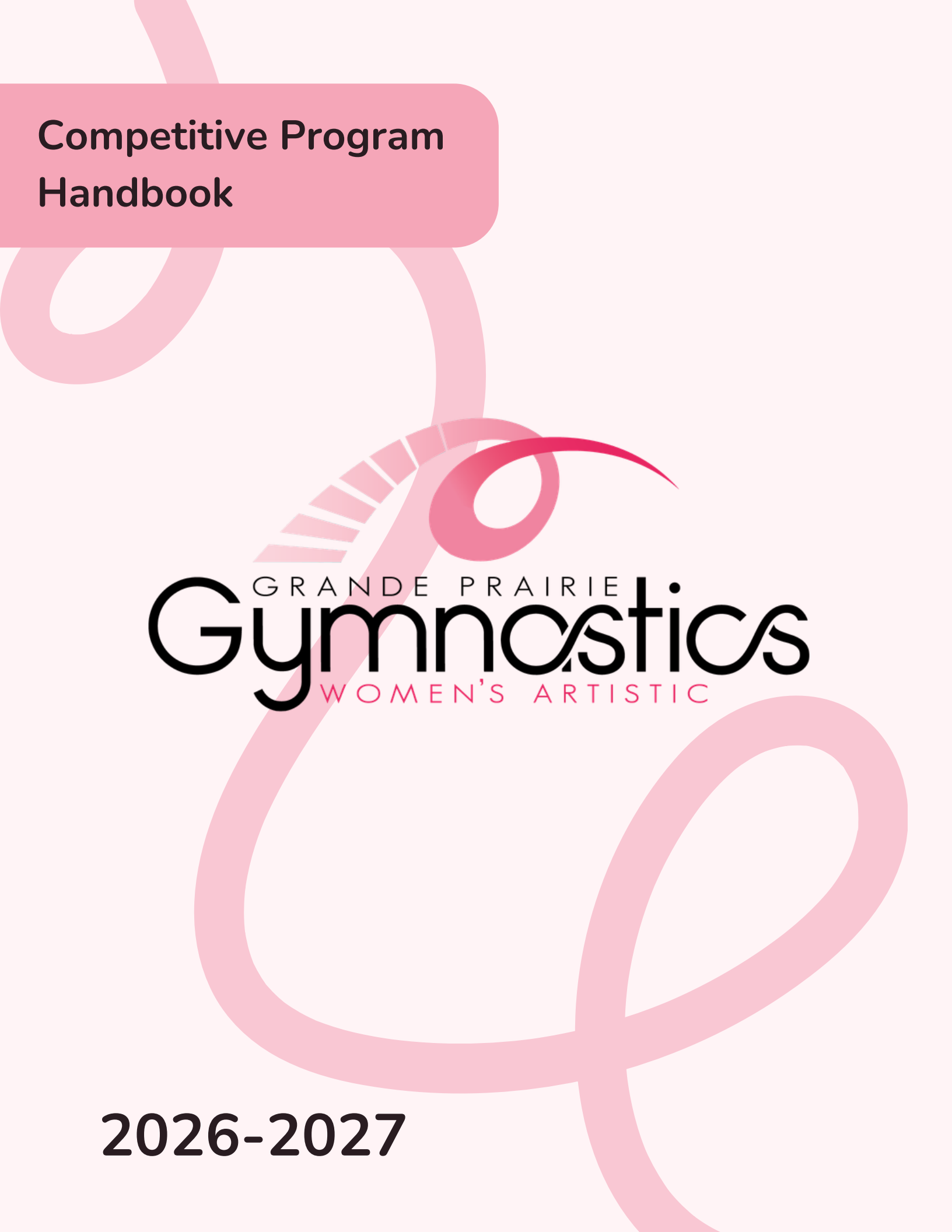


The background of the cover features a light pink ribbon that forms a large, stylized loop, resembling a gymnast's ribbon routine. In the center, there is a logo for a gymnast in a piked position, rendered in shades of pink. The text is overlaid on this background.

Competitive Program Handbook

GRANDE PRAIRIE
Gymnastics
WOMEN'S ARTISTIC

2026-2027

Introduction

We are excited to welcome you and your family to our Women's Artistic Gymnastics (WAG) Program! Thank you for your interest in becoming part of our gymnastics community.

Your athlete has been given the opportunity to train with our skilled coaching team in an environment that encourages excellence, confidence, and personal growth. Through progressive training, athletes will develop advanced gymnastics skills while building strength, flexibility, coordination, endurance, and resilience.

Our program is designed to help each gymnast reach their full potential in a safe, positive, and supportive environment. We are committed to fostering not only athletic success but also valuable life skills such as perseverance, teamwork, respect, and self-confidence. We look forward to working with your athlete as they grow both in and out of the gym.



Goals of the Program

Self-discipline, dedication, determination, responsibility, and self-confidence are some of the individual qualities the WAG program aims to instill in athletes. As they progress through the program, they will also learn the value of setting long-term goals, working consistently toward them, and understanding that meaningful achievement often requires patience, commitment, and sacrifice.

Although gymnastics is an individual sport, our program thrives on a strong sense of teamwork. Athletes learn to support and encourage one another while developing essential social skills, including cooperation, respect, leadership, trust, empathy, and sportsmanship. We believe that fostering these qualities creates a positive training environment where every athlete can grow both as a gymnast and as a person.

Goals of the Program

The Grande Prairie Gymnastic Society WAG program goals are:

- To give athletes and teams the opportunity to benefit from a challenging level of training and competition.
- To offer a challenging and rewarding program that will stimulate the personal growth of each athlete involved.
- To develop the best athlete possible.
- To provide the opportunity for young athletes and teams to achieve their training goals.
- To proudly and tastefully represent Grande Prairie Gymnastics Society.

Program Staff

The following coaches are the primary coaches that will be working regularly with your athletes.

- Sara Woodlands
- Gracie Ferguson
- Samantha Ladwig
- Josee Couette
- Heather Young
- Terri Bateman
- Lyra Beaulieu
- Kim Sperling
- Elise Hartman
- Sari Krauskopf
- Xiao Mo Sun (sub)
- Alyssa Chamberlin (sub)



Important Dates

Competitive Program

Event	Date	Description
Start of Season	August 31, 2026	2026-2027 Season begins for returning athletes
Judging 101 & Meet the Coaches	TBD	Information session & coach introductions
Start of Season	September 8, 2026	2026-2027 Season begins for new competitive athletes
Level Determination	September-October 2026	Determination of competition level for the season (refer to page 6 & 27)
Christmas Show	December 20, 2026	Annual Christmas Shows
Christmas Break	December 20, 2026 - January 1, 2027	Modified training schedule
Spring Break	March 26 - April 2, 2027	Modified training schedule
Year End Party	June 26, 2027	Year end Party for all WAG athletes
End of Season	June 25, 2027	Final day of training for Competitive athletes
Summer Break	June 28 - July 9, 2027	No training for Competitive athletes



Training Expectations & Policies

Practice & Group Schedules

Group placement for the upcoming year will be assigned by our placement panel within the month of July. Please remember we are always looking at the best interests of all the athletes when placing athletes.

Training hours will differ from athlete to athlete depending on fitness level, age, maturity, and skill level. Practice schedules are set in July and will remain for the entire season. Program schedules will not be changed to fit individual athletes' schedules. We ask that all athletes commit to the full training program unless otherwise instructed by the coaches. Practices are structured in such a way that each training day is important. There are no make-up days provided for missed practice.

There will be no practice when scheduled competitions are taking place (exception: Westerns, Canadians, Arctic Winter Games, Alberta Winter Games).

Additional & Outside Training

As a Grande Prairie Gymnastics Society member, any additional training camps must be approved by the Program Coordinator every season. Parent-led training decisions will need to be pre-approved through the Program Coordinator; this includes training with outside clubs and coaches. Summer camps or other special events may be permitted, please check with the Program Coordinator to ensure this is approved.

Electronics & Valuables

Electronics such as cell phones and other devices are not to be used during practices. If the coaches are instructing an athlete to contact their parents, they may use the gym phones or be permitted to use their cell phone. Video and photos of training sessions are not to be recorded on personal devices and are not to be posted on social media, unless approved by the coach. This is very important for the protection of individual and team privacy. It is not possible to monitor valuables brought into the gym. Please leave all valuables at home. We do offer lockers which can be locked each practice, all locks must be removed after each practice. We recommend leaving all valuables at home, Grande Prairie Gymnastics is not responsible for any lost or damaged items.



Training Expectations & Policies

Training Attire

Athletes must train in a gymnastics bodysuit to ensure safety for the athletes and the ability for the coaches to correct their body positions and spot skills safely. Athletes in competitive groups must purchase a team training suit. Training suit design may change every year. Shorts are optional but must be fitted spandex. Hair must always be tied up and off the face during practice. **For safety reasons, any hair that touches the floor when the athlete is upside down must be placed in a bun.**

If your athlete wears glasses, a glasses strap or other securing device is required for practice and performances. **No loose jewelry in the gym at any time, this includes permanent bracelets, anklets, or necklaces.**

Absences & Holiday Training

Gymnastics is a demanding sport that takes full commitment from both parents and athletes. It is essential that all athletes attend all practices, events and registered competitions.

If there is a scheduling conflict, it needs to be communicated to the Program Coordinator as soon as possible. We always do our best to accommodate, but this is sometimes not an option.

During the year, we do not train on statutory holidays. Competitive groups will train through Spring Break, Winter Break, and Summer Break; however, training times may be adjusted. This will be communicated closer to each break. Competitive groups will have a two-week break at the beginning of July every year.

We respectfully request that athletes not take extended vacations during our competitive season, which runs from December through June.

Any vacations booked during the competition season must be communicated to the **Program Coordinator** as soon as travel plans are made. If you already have travel plans made for the upcoming year, please let the **Program Coordinator** know ASAP, as any time away is going to affect the athlete's training plan, and the coach needs to accommodate for this.



Athlete Evaluations

Athlete evaluations will serve to determine the gymnast's competition level. Athletes will be expected to be working hard throughout their training to develop their physical and technical skills. A good attitude and work ethic is valued as much or more than the actual technical progress itself.

Athletes will be tested in the fall to determine their competition level. This date will depend on competition registration deadlines and may change each year. Athletes are required to have 80% of the necessary skills in their level at the time of evaluation to compete at that level. If an athlete does not pass their testing they may drop a level (if applicable), or they may be moved to a non-competing group that is better suited for their skill level. We are continuously adjusting our evaluation sheets to ensure that our athletes are fully prepared for competition. As a club, we do not compete below CCP Level 6 or Xcel Gold.

Any changes in levels is at coaches discretion. **Athletes may move between the Xcel and CCP programs from year to year.** (Please refer to page 27)



Program Fees

Each member of the Grande Prairie Gymnastics WAG Program is expected to promptly pay their program fees. If a payment plan is chosen, monthly fees must be paid by the 1st of every month for the duration of the program. The program runs from September until end of June or September-September (depending which group your child is in). The total annual fee can be paid up front, or will automatically be split into equal monthly payments based on the length of the program. Fees cover the athlete's training cost which includes regular practice, as well as facility and administration costs, coach's wages and coach's travel expenses. Monthly fees do not cover any costs related to competition & practice leotards or personal travel expenses.

All competitive families are to have a valid credit card on file at all times. The payments will come automatically off your credit card on the 1st of each month. If you wish to pay cash or debit, you may do so at the front desk, but this must be done before that date or your credit card will be charged.

If payments are declined there will be an additional \$25 charged to the account. If the account is not paid by the 15th of the month, the athlete will not be allowed to participate in programming. If two payments are late, the remaining amount of the program will be required in full immediately and the payment plan will no longer be offered.

Upon registration, there is a mandatory AGF membership/insurance fee. The Alberta Gymnastics Federation (AGF) registration fee allows your athlete to be in the gym.

Competing athletes will all need a choreographed floor routine. These will cost between \$100-\$300. This is not included in program fees. Routine choreography is done in the Summer, with each athlete keeping their routine for a minimum of 2 years.

Chalk may be required for some athlete's training. Each chalk block costs \$2, or you can purchase a punch card at the front desk for \$20. If your child uses chalk, they will need a bin or a bag to keep their chalk in. Spray bottles are also recommended but not required. Chalk bins, spray bottles and grip bags are not available at the gym and must be purchased elsewhere. **Please speak to the Program Coordinator if you would like recommendations on what to purchase.**



Program Fees

Competitive Program

Group Name	Session Dates	Program Length	Hours per Week	Number of Classes per week	Cost of Enrollment
Zero Gravity	Sept - Sept	12	20	5	\$5,000.00
Zero Gravity	Sept - Sept	12	16	4	\$4,284.00
Zero Gravity	Sept - Sept	12	12	3	\$3,528.00

Please note that yearly program fees do not include competition registration fees



Communication & Fundraising

Parent Communication

All communication between coaches and parents will be communicated through the SportsYou app (please ensure you download the SportsYou app). Instructions on how to access this app will be given to parents/guardians in the 2026-2027 season welcome package. If you have questions or concerns about your child, please contact your child's coach before or after training. If you have concerns regarding coaching or other outstanding issues, please contact the Program Coordinator. Any concerns regarding program fees can be directed to our front desk staff.

Gym-Wide Fundraising

As an established society, we are fortunate to have a long-standing partnership with the Swan City Rotary Club, which provides us with the opportunity to participate in gym wide fundraising events. Grande Prairie Gymnastics is a founding member of the Cash and Camping and the Cars for Christmas Lotteries, now owned and managed by the Swan City Rotary Club. Our partnership with the Rotary Club helps us keep our fees competitive by using funds raised from these lotteries to offset coaching costs for our competitive programs. Shifts for gym wide fundraisers are mandatory. The number of hours of fundraising work will be proportional to the number of athletes in the program and the number of children a family has in the specified programs. (i.e. If a family has two daughters on the competitive team, the parents will have to work twice the number of fundraising hours.) You will be notified well in advance when you are required to participate in fundraising duties. Families will be required to sign up for these shifts using the sign-up link emailed to you. Volunteer time slots fill up fast, so please check your email regularly. Buying out your volunteer hours for \$180 is also an option. If your athlete voluntarily decides to leave the program partway through the year, you are still responsible for the buyout of your hours.

Competitive Program Fundraising

This policy outlines the guidelines and procedures for fundraising activities within the Grande Prairie Gymnastics Society. It applies to all members, parents, and affiliates involved in the competitive Women's Artistic Gymnastics, competitive Cheer, and competitive Trampoline Gymnastics programs. This policy provides transparency, accountability, and fairness in all fundraising activities. Program fundraising opportunities are outside of the society's required gym wide fundraising expectations. This policy will be distributed once the season has commenced.

Events

Special Events

Our program hosts an annual Christmas Show at the gym and is mandatory for all competitive athletes to attend.

Competitions

Each year, our competing athletes (Zero Gravity) attend 3+ competitions throughout the competitive season. There will be multiple options to choose from for invitational competitions. **Athlete's are required to attend at least two of these invitationals before Provincial Championships; it is highly recommended to attend all.** Sanctioned competitions such as Provincials, Alberta Winter Games, Western Canadian Championships, Canadians etc. are mandatory for eligible athletes to attend. Attendance at any Trials competitions (Westerns, Alberta Winter Games, Arctic Winter Games, etc.) is at the discretion of the coaching staff. Any out of country competitions will be optional, however a minimum of one year competitive experience is required (refer to page 15 for eligibility requirements).

Competition participation is an essential component of the Competitive WAG Program. Athletes are expected to attend all required competitions as outlined at the beginning of the season. Competitions provide valuable opportunities to apply training, gain experience, build confidence, and contribute to the success of the team.

If an athlete is unable to attend a competition, families must notify the Program Coordinator as soon as possible. Absences due to illness, injury, or other extenuating circumstances will be reviewed on an individual basis.

Repeated absences from competitions, may indicate that the athlete's current training group is no longer the best fit for their goals or level of commitment. In these situations, the Program Coordinator may re-evaluate the athlete's placement. This may result in the athlete being moved to another program or training group that better aligns with their availability, commitment, and participation expectations.

Athletes may compete in the Xcel program (Gold, Platinum, Diamond, Sapphire) or the Developmental CCP Program (Level 6-10). The program that your child competes in is determined by our coaching staff. This decision is made with your athlete's best interest in mind, with many determining factors such as work ethic, fears, strengths, and attendance. **Athletes may switch between Xcel and Developmental CCP from year to year** (refer to page 27 for more details).



Events

Competitive Competitions

An exact schedule for the competition will usually come out 1 week before the event. Every athlete will have a warm-up/start time for their session. End times cannot be guaranteed. Times can range from 7:00 am to 9:00 pm, depending on the size of the event and the age/level of the team. In addition, these times may change from tentative to final schedules. As competition schedules can fluctuate and change without notice and out of our control, please plan to be at the event all day when planning for travel and hotels.

Our gym would like all families and athletes to support each athlete in the program. Once you arrive at the competition, you will need to drop your athlete off with their coaches. Your athlete needs to arrive a minimum of 30 minutes early and be ready to compete, in their competition suit, team jacket, black leggings, and hair in a high ponytail/bun (see page 18 for references).

Awards will be held right after the competition is completed. Awards can be in the gym where the competition was held or in a separate location. Your athlete will sit with the team on the floor during the awards session. Athletes are expected to show good sportsmanship and congratulate other gymnasts. Team sportsmanship is integral to the sport. The gymnasts may receive medals, banners, trophies, or other memorabilia.



Events - Schedule & Fees

Competition Schedules & Fees

The competition schedule will be posted on SportsYou as soon as the final version is released. All athletes are expected to get themselves to and from competition, and all travel costs will be the responsibility of the parents.

If there is missed training before a competition, it will be up to the coaching staff to determine if an athlete is safe to compete. It is important to attend all training before a competition to ensure the athlete is fully prepared and the chance of injury is minimal. If an athlete is pulled from a competition at the discretion of a coach due to missed training, the registration fee will not be refunded.

Pulling from a competition after registration closes, or not showing up for a competition, will result in not receiving refunded registration fees. Medical notes can be submitted; however, a full refund is never guaranteed.

In addition to the scheduled competitions, there is a possibility that your athlete may qualify for other competitions. These may include Alberta Winter Games, Arctic Winter Games, Western Canadian Championships, or Canadian National Championships. **Athletes must score a minimum of 32.0AA to make Team Alberta.** These competitions can take place anywhere in Canada, depending on who the host is. This is an exciting honor and means that your athlete will have the chance to compete against the best gymnasts in the country. These competitions take place anywhere from February to May. Practice times may change, and extra practices may be added to help prepare for the event. This will add additional fees to the program. If extra competition gear is required (Team Alberta suits, clothing, etc.), parents will be required to cover the costs for this. Please be advised that there may be some instances where your child's coach does not get to take part in the competition, and your gymnast may have to travel with the team and other coaches.



Events - Travel Competitions

Travel Competitions

Some competitions may be held in vacation-type spots. Because of the cost of travel already needed to attend the event, many families choose to extend the days into a family vacation. If your family chooses to extend your stay, please do so following competition, rather than before competition.

Please note that Grande Prairie Gymnastics reserves the right to cancel, postpone, modify, or withdraw from an international trip at its sole discretion if it determines that conditions may pose a risk to participants' safety, security, or well-being.

Decisions are final and made in the best interest of the gym, program, athletes and coaches. The society is not responsible for financial losses resulting from trip cancellations, including airfare, accommodations, event fees or personal expenses, unless otherwise stated in writing.

All athletes are strongly encouraged to purchase refundable travel expenses and insurance. The society will make every effort to notify athletes as soon as possible if an international trip is cancelled or modified. International travel carries inherent risks beyond the control of Grande Prairie Gymnastics

Travel Expectations

For all team travel competitions (e.g., Alberta Winter Games, Arctic Winter Games, Western Canadian Championships, Canadian National Championships), athletes are required to travel with the team to and from the event using the designated mode of transportation (bus, flight, etc.) and remain with the team for the duration of the event.

Athletes are not permitted to arrange independent travel or depart from the event prior to the team's scheduled return.



Events - Travel Competitions

Travel Expectations

The focus of our trips to competitions is the performance of our athletes; therefore, family activities should not interfere with the athletes' preparation of routines for competition. It is the parents' responsibility to provide an environment conducive to optimal performance. As per club policy, the coaches will not be asked to chaperone, transport, supervise, or room athletes, except under special circumstances and with approval prior to the event by the Executive Director.

- Athletes should avoid too much activity prior to competition and get lots of rest during competition weekends.
- Athletes are expected to dress and conduct themselves appropriately. Ensure your competition attire is clean for the competition.
- During competition, athletes are to wear proper competitive attire for the entirety of the event. If your athlete is cold, they may wear their team jacket.
- Athletes are expected to act with respect, sportsmanship, and dignity during ceremonies and awards.
- Athletes are not permitted to leave the competition floor without their coach's permission. They are to remain with their team for the duration of the event and awards, as they will be represented together.
- Athletes not competing should be supporting their teammates by watching and cheering.
- Each athlete must be chaperoned at every competition.
- If you have questions or comments about the scoring or other concerns regarding the competition, please see your child's coach after the event.
- Approaching a competition representative is prohibited.
- Parents and other family members are not permitted in the competition area and must remain in the spectator area.
- If your child gets hurt at a competition, please stay in the stands. There are always medical personnel available at competitions, and all coaches on the floor are certified in first aid and CPR. The coach will signal for you if you are needed.



Events - Competition Schedule

Name	Location	Dates	Eligibility
Level 6&7 Training Camp	Spruce Grove, AB	September 26-27, 2026	Optional for all Level 6-7 athletes
Level 8-10 Training Camp	Calgary, AB	October 2-4, 2026	Optional for all Level 8-10 athletes
Xcel Training Camp North	Pine Valley, AB	November 7-8, 2026	Optional for all Competitive Xcel athletes
California Grand	Anaheim, CA	January 8-10, 2027	Optional for all competitive athletes, must have completed minimum one year in competitive
Rock The Rockies	Calgary, AB	January 21-24, 2027	Optional invitational for all CCP & Xcel Levels
Gym Power	Edmonton, AB	January 28-31, 2027	Optional invitational for all CCP & Xcel Levels
Exelta Cup	Red Deer, AB	February 25-28, 2027	Optional invitational for all CCP & Xcel Levels
Trials to Westerns	Airdrie, AB	March 19-21, 2027	CCP Level 8 & 9 athletes
CCP Provincial Championships	Edmonton, AB	April 8-11, 2027	Mandatory for all CCP athletes
Xcel Provincial Championships	Lethbridge, AB	April 15-18, 2027	Mandatory for all Xcel athletes
Western Canadian Championships	Winnipeg, MB	April 21-25, 2027	CCP Level 8 & 9, by qualification only
Canadian National Championships	Kitchener, ON	June 7-13, 2027	CCP Level 9, by qualification only

Please note that dates are subject to change

Registration Fees are required-approximately \$150-\$180/competition



Practice & Competition Gear

Competition Suit and Jackets

Every competitive athlete is required to purchase the competition team suit. This is not included in the program fees. This may be a yearly purchase, depending on when new suits are purchased. The total cost is approximately \$100-\$300 per athlete. In addition, they will need to purchase a team jacket/sweater that costs approximately \$60-\$150 per athlete. Administrative staff will communicate when to pay and what amount. The coaches will instruct the athletes as to when to wear their suits/jackets. Competition suits are not permitted to be worn during practices.

Training Suit and Accessories

WAG training leotards will be mandatory for competitive athletes. This is not included in the program fees and can cost approximately \$50-\$75. This will be a yearly purchase. These suits can be worn for any practice; there will not be a scheduled day for each group. Suits must be paid for before they will be ordered. Administrative staff will communicate when to pay and what amount.

Athletes may require grips and wristbands for bars. Grips are available for purchase at the gym, but are not permitted unless an athlete can do a consistent kip. This will be communicated to each family as an athlete becomes ready. Outside purchasing of grips is not permitted.

Practice and competition suits are not permitted to be sold to athletes outside of the WAG program until their cycle is complete.

Event Finals Competition Suits

At select competitions, athletes who qualify for event finals may have the option of wearing a different leotard for the event finals competition. This may include competitions such as Western Canadian Championships, CCP Provincial Championships, Canadian Championships, and Alberta Winter Games.

Athletes may choose to wear either the club competition leotard or a leotard of their own choosing. Any non-club leotard must be submitted to the Program Coordinator for approval prior to purchase. Approval is required to ensure the leotard meets the club's standards for professionalism, appropriateness, and competition regulations.

The Program Coordinator reserves the right to decline approval of any leotard that does not meet these expectations.



Additional Fees

Additional Approximate Fees Breakdown

Item	Approximate Cost	Recurrence
Annual AGF Membership/ Insurance	\$300	Annually
Competition Suit	\$200	Biennial
Training Suit	\$60	Annually
Competition Jacket	\$85	4 years
Grips	\$85	As needed
Wristbands	\$20	As needed
Chalk	\$2	As needed
Floor Choreography	\$100-\$300	Biennial
Competition Registration Fees	\$150-\$180	Per Competition (refer to page 15)

Competition fees are not included in program registration fees.

Travel/Hotel Expenses are based on personal preference (unless team travel, or stay and play is taking place). We strongly encourage you to purchase refundable travel expenses.

Competition suits are re-designed on a biennial (every two years) basis, you may need to purchase a new uniform each year, depending on the year and the growth of the athlete. We are on the first season of the cycle.

Competition jackets are mandatory this year and are currently on a 4 year cycle. This is our second season with them.

Training suits are re-designed yearly.

Optional gear to be announced at a later date.

Practice & Competition Gear

Hair for Performances & Competitions

Competition hair will consist of a high ponytail/bun, with no hair touching the shoulders. It must be slicked back, no flyaways or hair on the face except for clean, short bangs that do not interfere with the eyes. Hair must be able to stay in through all routines. This is not the time to try a new hair-do, as we do not want to have hair falling out on the competition floor. Clips and bobby pins must match the athlete's hair color (as close as possible).

Pictures below are examples of hairstyles for competition and shows. Please use these as a reference.



Braided Ponytail



Flip Under



Braided Ponytail (curled)



High Bun



Athlete Disciplinary Procedure

Please note: the following steps are intended to deal with disciplinary issues only, at the coaches' discretion.

1. Coach addresses issue immediately with the individual athlete.
2. Athlete may be sent home if the situation or behaviour recurs. No mandatory meeting will be held at this time, unless requested by the coach or parent. Parent or guardian requests for meetings must be made and completed within 72 hours of the incident. All meeting requests must be made through the Program Coordinator.
3. If the situation or behaviour occurs again, a mandatory meeting will be arranged with the parent or guardian by the Coach or Program Coordinator, held within 72 hours and must include the parent/guardian, coach(es), and athlete.
4. If the situation or behaviour is still not resolved, the athlete will be suspended or terminated, and another mandatory meeting with the parent or guardian, coaches, and the athlete will be scheduled and completed within another 72 hours.
5. The athlete will be removed from the program.



Roles and Responsibilities

Parents and Guardians

Your role is every bit as important as that of the gym, coaches, and the athlete. It is important to know the commitment level required for parents. Most parents minimally drive their athlete to the gym twice a week however this number can be as much as 6-7 times a week. This is outside of the weekends spent at gymnastics competitions.

As a member of the WAG program within the Grande Prairie Gymnastic Society, it is mandatory for at least one parent or guardian to complete the Respect in Sport certificate. More information regarding this will be sent out in the welcome package.

If you need to get a message to your athlete during practice, please talk to the front desk staff and the message will be relayed. *Parents are NOT permitted on the gym floor during practice or competition.* Parents must refrain from coaching, or commenting from the side lines or stands during any training session, or competition. If your child is not paying attention or messing around, we realize it is tempting, but this is the job of the coaches.

Please understand that we have a large program and face-to-face progress reports are not practical. If you have a concern you are also welcome to set up a meeting with the Program Coordinator as explained below.

We feel that communication with parents of our athletes should be open and flowing. We will contact you via email, sportsYou, or another communication channel if implemented with important information. Please ensure to update us should your email address change.

If you have any questions regarding the gym or your athlete, please email the Program Coordinator at sara.woodlands@gpgymnastics.com.

Under no circumstances should a coach be contacted on their personal telephone, personal email or personal social media accounts.



Roles and Responsibilities

Athlete Code of Conduct

As a member of the Grande Prairie Gymnastics WAG team, I agree to:

- Be in the gym—ready to go—on time for training.
- Treat all coaches, parents, and other athletes with courtesy and respect.
- Be responsible and prepared for training, wearing proper attire including bodysuit, hair tied up off the face, and no loose jewelry.
- Communicate with coaches any (training or coaching) problems, injuries, or illness at training, meets, or other events.
- Not use foul or abusive language at any time.
- Work with coaches and other athletes in maintaining a safe, clean, and positive training environment.
- Demonstrate proper sportsmanship (includes positive and appropriate attitude and behaviour).
- Refrain from publicly demeaning or speaking negatively of others or Grande Prairie Gymnastics.
- Not use cell phones or other electronics during training or competition unless in emergency situations or at the coaches request. This includes taking video of my skills during practice, especially for use on social media.

When I am attending a gymnastics event or otherwise representing Grande Prairie Gymnastics I agree to:

- Arrive on time and be prepared.
- Project a positive image of the club by maintaining the highest standards of personal conduct.
- Refrain from expressing displeasure with judges or other officials by any means other than the accepted protest procedure.
- Refrain from making comments to a judge, meet official, or any other participant, with regards to a coach or athlete's abilities, routines, or execution during a competition.
- Refrain from disrupting, distracting, or in any way interfering with the performance of an athlete during competition or training.
- Follow dress codes specified by the coach when traveling to or from or participating in any activity sponsored or sanctioned by the club.
- Be supportive of teammates and all other athletes. Encourage team spirit at all times.
- Abide by policies regarding alcohol or drugs (zero tolerance) set by the Alberta Gymnastics Federation.
- Abide by the rules and policies set by the coaches at all Club-sanctioned events.



Roles and Responsibilities

Parent & Guardian Code of Conduct

As a member of the Grande Prairie Gymnastics WAG team, I agree to:

- Assist my child in arriving on time for training and arrange for them to be picked up from training on time.
- Inform the coaches when and why my child will be missing or late for any training sessions or events, and of any problems, injuries, or illness.
- Inform coaches of any conflicts (vacation or otherwise) in regards to upcoming competitions or events.
- Pay all fees on or before the date specified by the club.
- Treat all coaches, athletes, and parents with courtesy and respect.
- View training from the viewing area only, do not talk to athlete during training and do not disturb the training session.
- Only approach a coach before or after training (not during), with concerns, questions, or comments, especially at competitions.
- Follow the “chain of communication” in regards to any concerns, questions, or complaints.
- I will be positive and supportive of my child’s training and I appreciate that any technical and/or negative (along with positive) feedback should come only from the coach.
- Refrain from discussing individual issues with other parents, especially in settings with athletes, coaches or other parents around. Each athlete is an individual with unique needs, and the information at hand may be incomplete or inaccurate.
- Absolutely refrain from “rumor-mongering” or discussing any coaches/parents/athletes that are not in attendance.
- Complete all my fundraising duties as required.
- Commit fully to the annual training program and agree to make my monthly payments on time and in full, even if my child leaves the program voluntarily partway through the year. 10-month program athletes are still expected and encourage to train as much as they can throughout the summer months.
- I will not encourage the practice of gymnastics skills outside of the gym with the exception of conditioning and stretching requested specifically by the coach.
- I agree to check my email and SportsYou regularly and respond in timely fashion (if necessary) to any important communication from the gym.



Roles and Responsibilities

Coaches Code of Conduct

As coaches of the Grande Prairie Gymnastics WAG Program we agree to:

- Provide a positive and nurturing environment for all participants.
- Ensure a safe environment by selecting activities, establishing controls, and completing lesson plans that are suitable for the age, experience, ability, and fitness level of the involved athletes.
- Prepare athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm athletes.
- Ensure decisions are taken equitably and provide athletes (and the parents/guardians of minor athletes) with the information necessary to be involved in the decisions that affect the athlete.
- Act in the best interest of the athlete's development as well as the best interest of the team.
- Know one's limitations in terms of knowledge and skills when making decisions, giving instructions or taking action.
- Ensure all coaching credentials are current and up to date. This includes but is not limited to, NCCP courses, and first aid.
- Submit a clean criminal record check every 3 years (Over 18 only)
- Be prepared to act quickly and appropriately in case of emergency.
- In the event an injury occurs I will provide first aid, as well as document the injury in an incident report, and disclose the incident to the parent of the athlete.
- Recognize the power inherent in the position of coach and respect and promote the rights of all participants in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment.
- Respect the principles, rules, policies, and procedures in force.
- Attend staff development meetings, clinics, and other professional activities to improve coaching performance.



Policies

Chain of Command & 24 Hour Cool Down

We will enforce a 24 hour cool down period for all concerned parents or guardians. The parent or guardian must respect the 24 hour cool down period and bring their issue to the coach or Program Coordinator 24 hours after the situation to be discussed in a calm, collected manner. We will make every effort to respond to your concern within 48 hours from the first point of contact, or prior to next practice, but under special circumstances there may be a longer waiting period.

The Grande Prairie Gymnastic Society is requesting that parent concerns and complaints be addressed and channeled respecting the following chain of communication:

For concerns regarding athlete's coach, please contact:

1. WAG Program Coordinator: (Sara Woodlands): sara.woodlands@gpgymnastics.com
2. Executive Director (Cassie Bigelow): edirector@gpgymnastics.com

For concerns regarding your athlete's gymnastics or well being:

1. Coach of athlete
2. Program Coordinator
3. Executive Director
4. Board of Directors/Parent Liason

For concerns about fees, payments etc. please contact the front desk:

Email: Info@gpgymnastics.com
Phone: 780-539-1414

Contact Information

WAG Program Coordinator: sara.woodlands@gpgymnastics.com (Sara Woodlands)
Executive Director: edirector@gpgymnastics.com (Cassie Bigelow)
Board: board@gpgymnastics.com

Policies

Injuries

Although Grande Prairie Gymnastics provides an extremely safe training environment, injuries may still occur. Every athlete has sport-related accident insurance through their Alberta Gymnastic Federation membership.

In the case of a very light and simple injury, the coaches may prescribe a time-out before resuming training. If a more serious injury happens during a practice session, the coaches will call the parent or guardian at home or work to inform them and arrange transportation. For administrative purposes, a written report will be completed of the incidents leading to the injury and a description of the perceived nature of the injury. The coach will provide a verbal report to the parent or guardian, and the parent or guardian will be required to sign the written report. In this instance, the coach may request that the parent or guardian contact a doctor within 24-48 hours of the injury to get a professional assessment and seek advice regarding appropriate treatment.

For your child's safety, before the return of an athlete that has been subject to modified training or time off for ANY reason, we require that you provide a medical note 100% clearing your child to return to the program, stating the date of your child's expected return to full-time practice. During injury recovery, if possible, the athlete should continue to attend practice in whichever capacity they can.

If an injury occurs and the doctor has been seen, please discuss the injury and the doctor's recommendations with your coach. The coach will then come up with a modified training plan to accommodate the injury. The athlete must continue to condition where possible, and stretch during this time, as well as work on any skills or choreography they are allowed to do.

Fees will not be prorated for injuries as athletes are expected to continue attending training. If an injury is extensive beyond the norm, please talk to your coach to work out specific training adjustments that need to be made.



Policies

Refund Policy

If Grande Prairie Gymnastics cancels your class due to enrolment or scheduling issues, you will receive a full refund with no additional administrative fees.

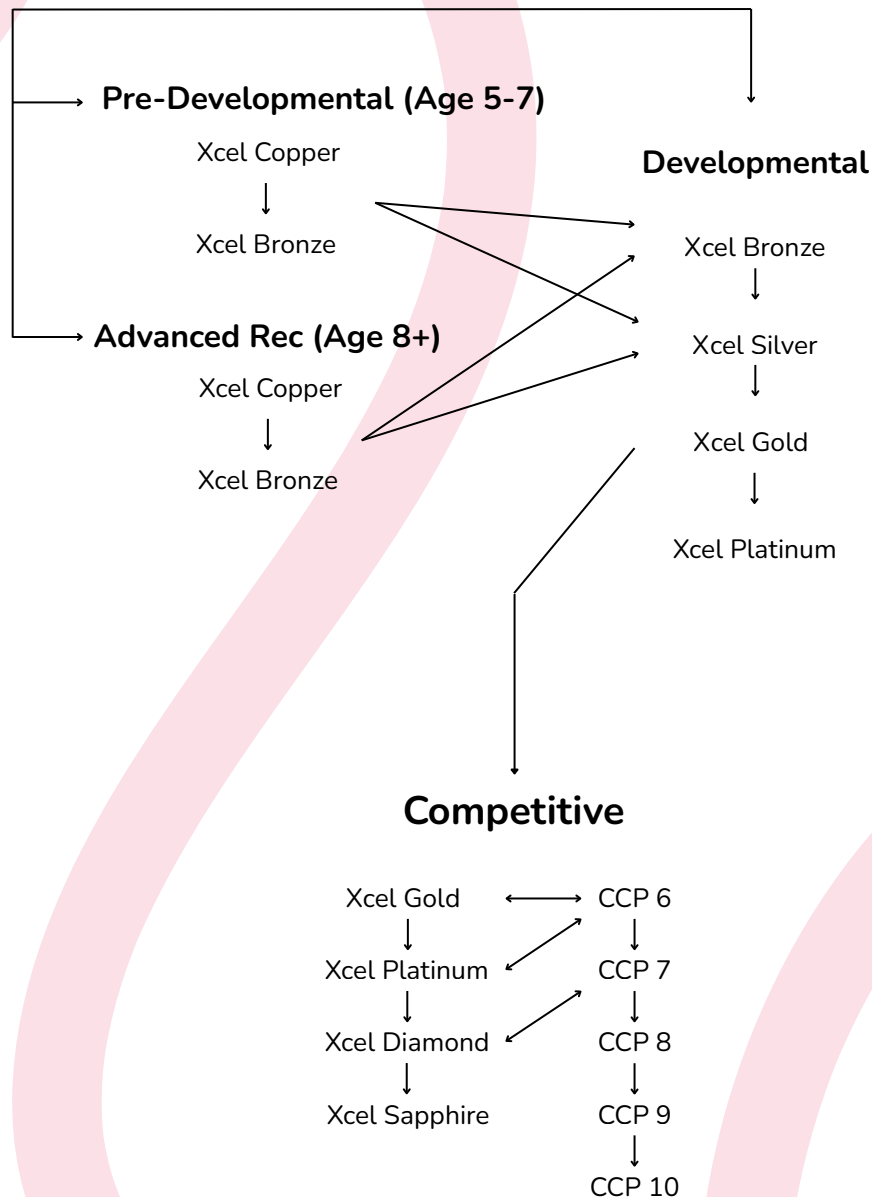
If withdrawing for any reason after the start of the season, one month's written notice is required, and only fees for the months after withdrawing will be cancelled. If you are currently in a month that has been paid, no partial refunds will be given for that month, and the next month will be considered the full one month's notice.

If paid in full, a prorated refund based on the above policy (less the Alberta Gymnastics Federation Fee) will be given when written notice of cancellation is received.



Women's Artistic Gymnastics

Program placement is offered to athletes who successfully meet evaluation standards.



Placement between Advanced Rec, Pre-Developmental, Developmental, and Competitive programs are determined at the discretion of the WAG coaching staff. Placement and level is for the entirety of the season.