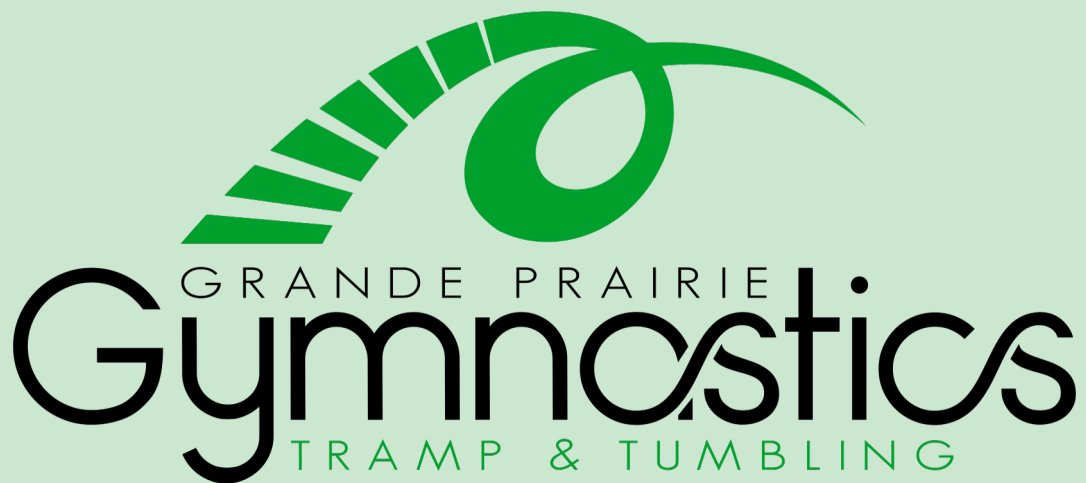




Competitive Program Handbook 2026-2027



Introduction

Welcome to the Grande Prairie Gymnastics Trampoline Gymnastics (TG) Program!

We are so excited to have you and your family join our trampoline community. Whether you are new to the sport or returning for another season, we look forward to supporting each athlete on their gymnastics journey.

Our experienced and certified coaching team is committed to providing a safe, positive, and engaging environment where athletes can develop strong technical skills, build confidence, foster resilience, and achieve their personal goals while developing a lifelong love of sport and physical activity.

This handbook provides athletes and families with important information about our program, including policies, expectations, communication procedures, competition requirements, and athlete conduct. We encourage all families to review the handbook carefully and refer to it throughout the season. By working together and maintaining clear communication, we can create a positive, supportive, and successful experience for every athlete.

We look forward to an exciting season of learning, growth, and achievement with the Grande Prairie Gymnastics Trampoline Gymnastics Program!



Goals of the Program

We strongly believe that working to always be the best you can be is more important than winning. Self-discipline, dedication, determination, responsibility, and self-confidence are some of the individual qualities the TG program aims to instill in athletes.

The TG team members may also have to learn to sacrifice immediate satisfaction for the pursuit of long-term goals to improve these dimensions. The team aspect of gymnastics will stimulate the development of many social skills such as cooperation, respect, leadership, trust, sharing and empathy. We feel that with respecting this philosophy, we will be doing our best to develop the best gymnast and well-rounded individuals possible.

Goals of the Program

The Grande Prairie Gymnastic Society TG 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.

Program Staff

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

- Nicole Almeida
- Macy Oakford
- Alexis Farrell
- Ella Jonker



Important Dates

Competitive Program

Event	Date	Description
Start of Season	September 9, 2026	2026 - 2027 season begins
Welcome Meeting for All Parents	September 2026 (exact date announced)	Meeting to discuss the the program; competitions, coach introductions, questions, etc.
Parent Progress Meeting	November 2026	Coaches will complete skill testing sheets throughout November, parent meeting will follow.
Christmas Break	December 20, 2026 - January 2, 2027	No training
Spring Break	March 29 - April 2, 2027	Regular training
Parent Progress Meeting	May 2027	Meeting with coaching staff and parents to discuss progress.
End of Season	June 21, 2027	Final day of training for Competitive athletes
Year End Party	June 22, 2027	Year End Party for all TG athletes
Summer Break	June 22 - July 4, 2027	No training for Competitive athletes
Summer Training	July 5 - Aug 27	Summer training resumes

Competition Dates

Competitive Program

Event	Date	Description
Mock Meet	November 8, 2026	Mock meet at Grande Prairie Gymnastics to prepare for upcoming competitions.
Cup #1	November 28-29, 2026	Okotoks, AB
Pegasus Cup #2	January 21 - 24, 2027	Calgary, AB
Cup #3	February 13 - 14, 2027	Calgary, AB
Provincial Championships	April 8 - 11 , 2027	Edmonton, AB
Western Canadian Championships	May 6 - 9, 2027	Cochrane, AB



Training Expectations & Policies

Practice & Team Schedules

Athlete placements for the upcoming season will be determined by our coaching and placement team during the month of July. Team placement decisions are made carefully and thoughtfully, taking into consideration each athlete's age, skill level, physical readiness, training history, competitive goals, and overall development. Our primary focus is to place athletes in the environment that best supports their long-term growth, success, and enjoyment of the sport.

Training hours and schedules will vary between athletes based on factors such as age, maturity, fitness level, skill progression, and team requirements. Practice schedules are established prior to tryouts and will remain consistent throughout the season. As a result, training groups and practice times cannot be adjusted to accommodate individual schedules.

We ask all athletes and families to commit fully to their assigned training schedule unless alternative arrangements have been approved by the Program Coordinator. Each training session is intentionally planned and plays an important role in athlete development. For this reason, make-up classes are not available for missed practices.

Additional & Outside Training

As a Grande Prairie Gymnastics member, you must have the Program Coordinator approve any additional training camps. Parent-led training decisions must be pre-approved by 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 approval.

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 wear their training suits to ensure safety 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 2 years. 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

TG 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 and Summer Break.

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.



Training Expectations & Policies

2-week Training Expectations

Athletes are expected to attend all scheduled training sessions during the two weeks leading up to a competition. This training period is essential for athlete preparation, routine consistency, team coordination, and overall safety. Missing any portion of a scheduled training session within the two weeks before competition may result in the athlete being deemed ineligible to compete at the discretion of the coaching staff. Exceptions may be considered for illness, injury, or extenuating circumstances and must be communicated to the coaching staff as soon as possible.

Summer Training

Athletes enrolled in 12-month training group are required to participate in summer training offered during July and August to support ongoing skill development, strength, and conditioning. Consistent training throughout the summer months is to assist with a successful transition into the upcoming season.

Nutrition

Proper nutrition plays an important role in an athlete's health, focus, and performance during training. Athletes are encouraged to arrive at practice with water and nutritious snacks that help fuel their bodies and maintain energy levels throughout training. Choosing balanced snacks can support recovery, concentration, and overall athletic development.

Travel Expectations & Policies

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 a 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 a trip is cancelled or modified. Travel carries inherent risks beyond the control of Grande Prairie Gymnastics.



Travel Expectations & Policies

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.



Athlete Evaluations

Athlete Evaluations & Competition Level

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

Athletes in the program will be placed in the appropriate level and can change levels at the coach's discretion. See page 24 for more details.



Additional Fees

Additional Approximate Fees Breakdown

Item	Approximate Cost	Recurrence
Annual AGF Membership/ Insurance	\$300	Annually
Competition Suit	\$150-300	Biennial
Training Suit	\$65	Biennial
Competition Jacket	\$120	Biennial
Competition Registration Fees	\$150-\$180	Per Competition

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 2 year cycle. This is our first season with them.

Training suits are re-designed on a 2 year cycle.



Program Fees

Each member of the Grande Prairie Gymnastics TG 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 total program 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 costs, which include regular practice, as well as facility and administration costs, coaches' wages and coaches' travel expenses. Monthly fees do not cover any costs related to competition & practice suits or personal travel expenses.

All competitive families must keep a valid credit card on file at all times. Payments will be charged automatically to 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 you must do so before that date, or your credit card will be charged.

If payments are declined, an additional \$25 will be 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.

Group Name	Session Dates	Program Length	Hours per Week	Number of Classes per Week	Cost of Enrollment
Sky Force	September-September	12 months	9	3	\$2,700

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



Communication & Fundraising

Parent Communication

All program communication will be shared through the BAND app. Once your athlete is registered on a team, a BAND invitation will be sent to the parent/guardian. Please ensure you download the app and join your team's group to stay informed about important updates, schedules, and announcements.

If you have questions or concerns regarding your athlete, please speak with your athlete's coach before or after training. Concerns related to coaching or the program should be directed to the Program Coordinator. Questions regarding registration or program fees can be directed to our front desk staff.

Gym-Wide Fundraisers

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.



Practice & Competition Gear

Training Suits

TG program training suits or singlets will be mandatory for all athletes. This is not included in program fees and can cost approximately \$50-\$100. This may be a yearly purchase, depending on when new suits are purchased. Suits are purchased on a two (2) year cycle. These suits can be worn for any practice.

Athletes will have designated training days when wearing their training suit is mandatory. Training suits must be paid for in full before they are ordered. The administrative team will communicate ordering deadlines, sizing information, and payment details.

Accessories

Double Mini Trampoline and Trampoline shoes are optional. If you are interested in purchasing a pair, they can be ordered from Gymslippers.ca. If you have any questions about whether your athlete would benefit from trampoline shoes, please reach out to your athlete's coach or the Program Coordinator.



Double-Mini Trampoline Shoes



Trampoline Shoes



Competition Attire

Competition Attire

Competitive athletes will be required to purchase a competition suit. This suit will be designed specifically for the GP Gymnastics Trampoline Gymnastics program, and must be worn for all competitions. These suits range in price from \$150 -300 and may be a yearly purchase depending on the cycle of the leotards. These suits are not to be worn to training.

All competitive athletes are required to purchase a team jacket and wear black pants (girls: black leggings; boys: black track pants). Team jackets will range in price from \$100 - 150.

During competition, boys must wear black shorts over their singlet, while girls may choose to wear just their team leotard or their team leotard with plain black shorts with no logos larger than a quarter. Plain white socks are mandatory, and athletes may wear trampoline shoes.

Hair for Competition

Competition hair must be secured back and kept out of the athlete's face. Bangs are permitted; however, long ponytails are not recommended, as they may interfere with equipment or obstruct the athlete during routines. Below are examples of recommended hairstyles for girls.

Boys must have their hair neatly kept in a style that does not obstruct the athletes eyes.



Braids into a braided bun



Braids into a short ponytail



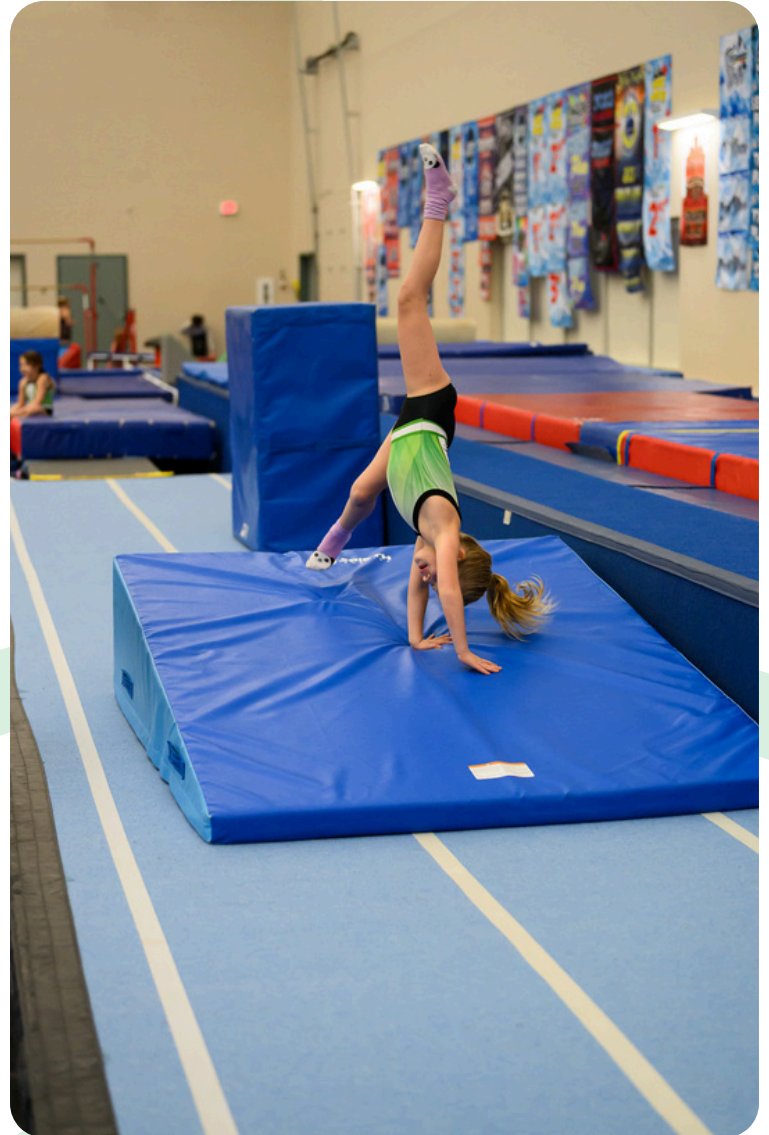
High bun slicked back



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. As a member of the Trampoline & Tumbling program within the Grande Prairie Gymnastic Society, it is mandatory for at least one parent or guardian to complete the Respect in Sport certificate once every three years.

If you need to get a message to your athlete during practice, please talk to the office staff or use the emergency number, 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.

If your child is not paying attention or messing around, we realize it is tempting, but this is the job of the coaches. If you have a concern you are also welcome to set up a meeting with the Program Coordinator or parent liaison as explained below.

We feel that communication with parents of our athletes should be open and flowing. We will contact you via e-mail or Band with important information. Please ensure to update us should your e-mail address change. If you have any questions regarding the gym or your athlete, please email the Program Coordinator at rec@gpgymnastics.com. Under no circumstances should a coach get a call or text on their personal telephone, personal email or social media accounts.



Roles and Responsibilities

Athlete Code of Conduct

As a member of the Grande Prairie Gymnastics TG 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.
- Refrain from any forms of bullying, verbal abuse, and physical abuse (including the use of social media and messaging).

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 TG 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 BAND 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 TG 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 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 of 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. TG Program Coordinator: (Nicole Almeida): rec@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

TG Program Coordinator: rec@gpgymnastics.com (Nicole Almeida)

Executive Director: edirector@gpgymnastics.com (Cassie Bigelow)



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.



Trampoline Gymnastics Flowchart

