



FREQUENTLY ASKED QUESTIONS:

THREE HOURS IS A LONG TIME TO TRAIN? I AM WORRIED THAT THIS PROGRAM WILL BE TOO DEMANDING.

Our past experience tells us that all children adapt to this period of training. They tend to be a bit tired until Christmas, but then experience no difficulties in handling school and gym.

Gymnasts are usually given a short break. We suggest that the girls bring a light snack. The most important item to bring is liquid to replace those fluids lost during training. Water or a mixture of juice and water is a good choice. It is not comfortable for the athletes to train on a full stomach, so a small snack may be brought for consumption. One of the following items is plenty: **a small piece of fruit or a small muffin or a handful of crackers or a half sandwich or some veggies**. Any more than this will be wasted. It is strongly recommended that the girls do not bring items such as candy, cookies, or pop for snack. We appreciate your cooperation regarding this matter.

PLEASE BE AWARE WE ARE A PEANUT FREE FACILITY. So please no nuts or nut products.

WHAT SHOULD MY DAUGHTER WEAR?

Girls need to be properly dressed for training. It is mandatory to wear a gymnastic leotard and bare feet. Long hair must be tied back to stay off the face during training. Jewelry must not be worn (watches, necklaces, hoop earrings etc.). Valuables should not be brought to the gym, left in bags or in the change rooms, as we cannot be responsible for items taken or misplaced.

Grips and wrist bands are also worn by the children, in order to protect the hands during the uneven bar work. The grips can be purchased for a nominal fee at the gym and the coach will inform you when she has sized the girls. The wristbands can be purchased at any sporting store.

WHAT WILL THEY DO IN THE CLASS?

Like the Tiny Tumbler program, the Petite Elite's will continue to progress on all the apparatus in the gym. Emphasis is placed on fun, safety and overall age appropriate body conditioning with the continuation of mastering progressions and body alignment in the first half of the year. This is followed by basic skill acquisition in the second part of the year.

HOW CAN I SUPPORT MY CHILD?

Encourage them, whatever activities they are in, let them take the lead in defining their own sports commitments, help them to set healthy limits and reasonable expectations. Most importantly, be positive about the child's activities. Consistent attendance and punctuality are key.

Ensure that the club and your daughter's coach are aware of any allergies and medical conditions.

WHAT DO I DO IF MY CHILD IS SICK OR IN THE EVENT OF GYM CLOSURES?

If your child is sick or for any reason cannot make it please make sure you call the gym or leave a message at 722-8692.

Also in the event of an emergency closure (for example the weather), every effort will be made to get in touch with you, to let you know that the class is cancelled. Please phone the gym before setting off in inclement weather. The O.G.C. reserves the right to cancel classes.

On the following holidays the gym will be closed: **Labor Day, Thanksgiving Sunday, Christmas, Family Day, Easter Sunday and Victoria Day (Sunday & Monday)**. Notification of these gym closures is always sent home in a note with your child. Classes will not be held on the weekends that the OGC hosts Provincial Qualify meets. This usually occurs 2-3 times a year.

Please ensure that the club is provided with a **current home number, work numbers, cell number and e-mail addresses**. Therefore please ensure you completely fill out the Personal Information Form, given in your package at the start of the year and hand it in to the office with your payment.

WHEN DO I HAVE THE OPPORTUNITY TO SPEAK TO MY CHILD'S COACH?

You may speak to the coach at any time briefly before or after training, but for matters that are important and may require some time, arrange to call or get together at your mutual convenience.

As well, we hold a "parents day" twice a year. This will give you the opportunity to speak to the coach and see how your child is progressing. Parents and other guests are invited to watch, but we ask them not to participate in the training. Siblings may not participate in the class. At all other times, we must ask you to remain in the waiting area during training. You are most welcomed to leave the facility for the 2 hours. We sometimes find the presence of parents can divert the gymnast's attention and concentration.

The coach is a very important person in your child's life. It is important for your daughter's coach to know if your child has any special medical problems or any other problems and concerns. Do let us know if there are problems in school or at home, as these are sure to affect the child's behavior in the gym. Do not hesitate to let the coach know if your child is having anxieties about training. Please do not forget to comment on positive things as well. Good communication between parents and coaches is essential.

If you have any concern you do not wish to discuss with your child's coach the Program Coordinator should be contacted at the gym at 722-8698.

WILL I BE INFORMED OF MY CHILD'S PROGRESS?

The children receive 2 progress reports, one in January and one in May. These progress reports will evaluate, assess and communicate their progress on each of the apparatus, attendance, overall work habits (listening skills, social interaction, and eagerness) and physical attributes. The Progress report provides the coach the opportunity to tell you how your child is progressing since she began the program. Every child shows progression throughout the course of the year. **Please note that a positive progress report does not mean they automatically enter into the Pre Competitive Program.** An interview can be scheduled if deemed necessary, at any time throughout the year with your child's coach or Program Coordinator.

WHAT IS THE REGISTRATION PROCESS?

Fees and payment schedule are sent out in the mail in mid July. The fees are based on a full year program, from mid September to late May. All cheques are to be made out to ***the Ottawa Gymnastics Centre*** and should be dropped off at the office to the Club Administrator prior to the start of the class.

WILL I BE EXPECTED TO DO PARENT VOLUNTEER HOURS?

Parents whose children are registered in the Petite Elite Program are required to ***help in our fundraising events and fulfill their mandatory parent volunteer hours***. Information about Parent Volunteer hours and fundraising is mailed out in your package in July.

Fundraising is an important aspect for the O.G.C in order to raise money for the Centre. All members are asked to help, support and actively participate in the various forms of fundraising throughout the year. Each family in the Petite Elite Program will have a required commitment which will be outlined in the registration package.

Parent Volunteer Hours

The Club depends on parent volunteers to do a great variety of work. Some task involves special expertise or requires long experience in the Club, but most do not. Some projects have to be done at the Club, while others can be done from home or elsewhere. Some jobs are year long commitments, and others require short bursts of effort. In other words no matter what limitations there may be, there is surely something you can do and the Club depends on you! Each family in the Petite Elite Program will have a required commitment which will be outlined in the registration package.

WHAT PROGRAM IS AVAILABLE AT THE END OF THE YEAR?

After a year's participation in the Petite Elite program there are many different avenues open to the girls. Your child's physical ability (power, strength, flexibility in both upper and lower body) and their mental abilities (attitude, enthusiasm, work habits, independence, maturity, ability to take direction, group dynamic) will determine her placement in one of our many programs available to her at the Ottawa Gymnastics Centre for the upcoming year. Athletes will be recommended to continue in the ***Recreational Program, or may be asked to try out for the Kips Program (6 hrs/wk), or the Pre-competitive Program (12 hrs/wk)***.

As our new season starts June 1, those girls selected for tryouts will participate in a 2 or 3 week tryout period to see if they are suited for this type of program. ***It is important that you the parents prepare your daughter for entrance into any of the above programs, well in advance of the final progress report.***

If Petite Elite's are accepted into the Pre-competitive Program, they will need to train 7 out of 8 summer weeks. The gym is shut down the first two weeks of July. The coach and Women's Head Coach/Program Director will make the decision on what program best suits the needs of each individual child. Careful consideration and assessment of each child will be taken. Your daughter will be placed in a program that will best suit her individual needs, one she will enjoy, can physically and mentally handle as well as grow and benefit from!