



FREQUENTLY ASKED QUESTIONS:

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

It shouldn't be very demanding. Gymnasts are given a short break at the end of the first hour to go to the washroom and have a small snack. 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 changing rooms, as we cannot be responsible for items taken or misplaced.

WHAT WILL THEY DO IN THE CLASS?

The gymnasts will have the opportunity to use and experience the different events like bars, balance beam, floor, vault, mini-tramp, trampoline and various other pieces of apparatus. Exposure to these events will aid your child in development of gymnastic concepts, body awareness, coordination, flexibility and strength.

We will also introduce some conditioning concepts and flexibility work to help prepare their bodies to learn the basic skills. Flexibility work such as splits and bridges are an area that we start to focus on. Our knowledgeable coaches will gradually implement the various exercises into the weekly program.

HOW CAN I SUPPORT MY CHILD IN THE PROGRAM?

Always encourage and praise your child no matter what activity they participate in. Let them take the lead in defining their own sport commitment and help them to set healthy limits and reasonable expectations. Most importantly, be positive about the child's activities. Consistent attendance and punctuality are key.

Keep the channels of communication open between you and the coach such as ensuring that the coach is aware of any allergies, medical conditions, absenteeism and any concerns you may have.

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 weekend, Thanksgiving (Sunday & Monday), Christmas, Family Day, Easter (Sunday & Monday) 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 weekends when the OGC is hosting a Provincial Qualifying meet. This occurs 2-3 times a year.

Please ensure that the club is provided with a **current home number, work numbers, cell numbers 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 class, 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 at the end of the practice 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 that the presence of parents may 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 or Program Director 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/February and one in May. These brief progress reports will evaluate, assess and communicate the child's progress on each of the apparatus, attendance, overall work habits, listening skills, social interaction, 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 progress throughout the course of the year. **Please note that a positive progress report does not mean they automatically enter into the Petite Elite Program for the next year.** Interviews can be scheduled if deemed necessary, at any time throughout the year with your child's coach, Program Coordinator or the Program Director.

WHAT IS THE REGISTRATION PROCESS?

Fees and payment schedule are sent out in the mail at the end of June or early July. The fees are based on a full year program, from 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 VOLUNTEER HOURS?

At the Tiny Tumbler level parents are not asked to commit to any volunteer hours at the gym. However the club depends on parent volunteers to do a great variety of work. Some tasks require special expertise or require long experience in the Club, but most do not. Some projects have to be done at the club, while other can be done from home or elsewhere. Some are a year-long commitment and others require short bursts of effort. In other words, no matter what limitations there may be, there is surely something you can do to help the club. *Make your talents known...we need you!*

WHAT PROGRAM IS AVAILABLE AT THE END OF THE YEAR?

After a year's participation in the Tiny Tumbler program there are different avenues open to the girls. Your child's physical ability (power, strength, flexibility) and their mental abilities (attitude, work habits independence, enthusiasm, and group dynamics) will help to determine her placement for next year. The girls may continue in Tiny Tumbler program (if they are 4 years turning 5) or may be asked to tryout for the Petite Elite program or will be asked to join the Recreational program where they can participate in the badge system

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. One of our above programs is a great way to continue learning gymnastics. It is imperative that parents prepare their children for entrance into any of the above programs in advance of their final progress report.