

**GIRLS PRE-COMPETITIVE &  
COMPETITIVE PROGRAM**



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## **WELCOME**

Welcome to the Girl's Pre-Competitive and Competitive Programs of the Ottawa Gymnastics Centre (OGC). We are delighted to offer your daughter a place in our pre-competitive or competitive program.

It is hoped that this handbook will be useful to you and help you ease into gymnastics life at the Ottawa Gymnastics Centre. The information provided here may not answer all your questions. Please feel free to ask coaches, the program director, and/or office staff for further information.

The strategic direction of the Centre is determined by the Board of Directors formed by volunteer parents of athletes within our program and other individuals with an interest in the well being of the Centre and its participants.

We are the oldest gymnastics club in Eastern Ontario (est. 1960), one of the largest in the province and a founding member of the Ontario Gymnastics Federation.

On March 28, 1992 through much parental effort, capital funds from the club and grants from the City and the Province, the Ottawa Gymnastics Centre was born, a total of \$1.14 million dollars were utilized in renovating the Lions Arena (owned by the City of Ottawa) into one of the best facilities in Canada.

## **PHILOSOPHY**

"We teach children not skills"

## **VISION**

To be recognized and respected for leadership and innovation in sport as Canada's premiere gymnastics organization.

## **MISSION**

To inspire enthusiasm for and lifelong involvement in gymnastics by providing positive and diverse programming.

## **VALUES**

- ❖ Leadership
- ❖ Safety
- ❖ Integrity
- ❖ Accountability
- ❖ Collaboration
- ❖ Excellence

THE OTTAWA GYMNASTICS CENTRE, ITS COACHES, ATHLETES, PARENTS AND JUDGES SERVE TO DEVELOP THE SPORT OF GYMNASTICS TO EACH MEMBER'S BEST ABILITY. EVERY DAY WE WORK TO BETTER OURSELVES AND EACH OTHER BY ENCOURAGEMENT, SUPPORT AND ENTHUSIASM OF OUR OWN WORK AS WELL AS THAT OF OTHERS.

## **GENERAL PROGRAM PHILOSOPHY**

Our program continues to be developed with the belief that a child can have a high level of success in gymnastics without sacrificing their physical health, emotional well being or love of the sport. The OGC is dedicated to the pursuit of gymnastics excellence at all levels in an environment of mutual respect and caring. It is considered a privilege to be part of the OGC therefore certain standards must be kept up at all times.

Each athlete is responsible for her involvement and progress in gymnastics.

Parents and coaches are a valuable part of the support team but the "drive belongs to each child". We can inspire but motivation comes from within.

Although parents and coaches are supporters of the athletes they cannot be the substitute for their child's lack of drive, motivations or effort.

The development of team spirit and team results are due to each child taking responsibility for her action. We understand that all children are born equal but some will reach a higher level of gymnastics than others. We also recognize that fairness to all does not necessarily mean that all children needs are the same.

## **TECHNICAL ASPECTS OF THE SPORT OF GYMNASTICS**

Any level of gymnastics training requires a complete and overall training of both the body and the mind. Over their career at the OGC gymnasts will undertake specific training (appropriate to their level) in all of the following areas:

ARTISTRY\*STRENGTH\*BODY\*CORE  
STABILITY\*ALIGNMENT\*FLEXIBILITY\*  
SPACIAL AWARENESS.

Many different methods will be used to train these components including:

CHOREOGRAPHY\*CONDITIONING\*  
STRETCHING\* SPECIFIC APPARATUS  
TRAINING\*TRAMPOLINE\*CAMPS\*MENTAL  
PREPARATION SESSIONS\*COMPETITIONS  
CLINICS

We will strive to keep our training methods and techniques in step with the ever-evolving nature of our sport. The emphasis placed on the various elements of this training program will vary according to the developmental stage of the gymnast. Along with basic gymnastics training a number of other areas will be taken under consideration by the OGC.

### **OVERALL HEALTH**

Our program is committed to a preventative body maintenance approach to gymnastics development which will keep the athletes bodies prepared for the rigors of the sport and enable them to have longer and more fruitful careers. Conditioning, relaxation, injury prevention and education will play certain roles. If an injury does occur we will call upon the parent and health care practitioners to aid the athlete. The general rule of thumb is if an athlete complains about a minor ache/soreness for three practices, we ask the parent to take the athlete to a sports doctor/physio at a sport medicine facility. We then follow the recommendations of the expert to return to full training.

### **ACADEMIC CONSIDERATIONS**

Training hours per week can range from 8-25 hrs depending upon the level. This amount of time in the gym each night may cut into homework, exam and study time. We will do our best to minimize the effect of training on academics by remaining open to individual needs and allowing athletes, in

consultation with their coaches to occasionally modify training due to excessive homework or exams. You can expect the athletes to miss school when travelling and competing, attending camps or necessary changes to training times for meets or choreography.

### **FAMILY CONSIDERATIONS**

Our program recognizes the importance of family support in the success of any determined athlete. We have adopted a proactive approach with all families to keep you up to date about you're the path your children will embark upon. This communication can take the form of e-mails, postings, handouts, newsletters, interviews and parent information sessions.

The gymnasts are given progress reports 1-2 times a year to keep parents informed of how their child is coping in the Pre-competitive or Competitive Programs. Progress reports cover your child's physical ability, (Power, strength, flexibility, speed), their mental abilities; (attitude, enthusiasm, work habits, independence, maturity, desires) and apparatus work (strengths and weaknesses). Interviews are scheduled when needed. Please be reminded that these progress reports are for the parents, for their information and will be very honest and open. Parents are encouraged to speak to coaches if they have a concern.

### **ATHLETE'S PERSONAL DEVELOPMENT**

All athletes must continually fulfill their responsibility as role models and ambassadors of good will. Behavior of the highest moral standard will be expected at all times.

We have a zero tolerance policy with regard to harassment or unsportsmanlike behavior of any kind. We must recognize these are young athletes and as they grow they will experience normal "growing pains" with their peers.

### **CLASSIFICATIONS OF GYMNASTS PRE-COMPETITIVE PROGRAM**

These girls are 6-8 year olds, selected from the Tiny Tumblers/Petite Elite/Recreational programs or by tryout. They attend the 3 week June tryout period and if selected for the program they train for 5 weeks over the summer through to the end of May, when they are retested. At the end of that tryout

period, the girls may be asked to join the Level 3 to Level 9 Ontario Competitive program. The child participation in this program is reviewed each and every year.

It is essential that the young athletes receive a solid grounding in fundamentals, if she is to be ready at the age of nine to enter into the world of competitive sport. This type of preparation requires a great deal of planning in order to ensure the necessary development over the course of a two year process. The program is designed to assist the young athlete in acquiring the physical, technical and psychological skills and aspects needed to enter into the more demanding competitive level that may follow. FUN FITNESS AND FUNDAMENTALS ARE THE CORNERSTONE FOR A SUCCESSFUL PROGRAM.

As the child progresses through this two year period the focus will be on physical development, core stability, body alignment, shaping, particularly flexibility and strength. As the athlete develops and acquires these necessary attributes we will put more emphasis on basic skills. If we focus to early on skill development the young athlete might become frustrated with her inability to acquire new elements. A strong physical foundation must be present to ensure safe and timely skill acquisition. At the end of this two year period the gymnastics may be asked to participate in the Kips program, Level 3-Level 5 Invitational program or the Level 5-Level 9 Provincial Qualifying program.

#### **ONTARIO COMPETITIVE PROGRAM**

This a program governed by Gymnastics Ontario. All gymnasts are placed in one of the classifications as established by Gymnastics Ontario. The age indicates the age of the gymnast as of January 1 in the year she competes. Gymnasts may compete at Level 5-Level 9. The technical rules and regulations, age categories and difficulty levels are determined by the Ontario Women's Program. Participation, selection, and mobility (for Level 3-Level 9) will be determined solely by the Women's staff and Head Coach, based on the child's ability to meet the physical, technical and psychological demands of that category. Athletes will train anywhere from 8 to 20 hours per week.

Competition should be a positive experience. Medals and ribbons do not define a positive experience. Success is determined by the competitive performance of the athlete. It is our view that the successful athlete is one who performs her routines at competition at a comparable level to her performance at training, regardless of her all round placing. The determination of which athletes are eligible to enter competition is based on the following criteria; all skills in routine are performed without spotting assistance, all routines are performed safely with the gymnast in control, all routines meet the event requirements for that level, all routines are performed with reasonable form and technique, the gymnast displays on a regular basis discipline and maturity, and the gymnast has attended the required number of practices.

#### **NATIONAL LEVEL/HIGH PERFORMANCE PROGRAM**

National Novice, National Open, Junior and Senior High Performance are governed by Gymnastics Canada. The demands of this program are very high in with regard to both training times and financial obligations. Athletes will train between 20 -25 hours per week. Very few athletes are selected to go into this elite level.

#### **TRAINING CAMPS / OPPORTUNITIES**

The athletes may from time to time be asked to attend a training camp. Athletes will be expected to cost share, gas/car, rental/mileage/meals and accommodation with the other athletes and the club. Parents may be required to assist in travel.

Attendance at school is very often affected by these activities. It is a good idea to develop a good rapport with your child's teacher & principal as school may be affected. Please ensure you tell your daughter's teacher about her gymnastics. The teacher needs to become part of the support team around the athlete.

## **ENTERING/LEAVING THE PRE-COMPETITIVE OR COMPETITIVE PROGRAM**

Gymnasts entering the Pre-competitive or Competitive Program do so on a provisional basis. Your child will be placed on a tryout for a 4-12 week period. Tryout fees will be applied to your yearly fees. Throughout the first few months, coaches will be evaluating your child to see how well she adjusts to the program in terms of ability, stamina, and attitude. It is an intensive program and is certainly not for every child. The athletes train 40-49 weeks out of the year dependant upon their level.

After a provisional period, and at the end of the season you will be told whether or not she should continue in that program or level for the following year. It is important to note that children are evaluated and assessed on an ongoing basis. Physical abilities testing is used as an evaluation tool 3-4 times a year. Every athlete will be assessed at the end of each and every year. Due to physical limitations, or strengths, or a change in difficulty requirements, the child may be placed in a different group with a different coach or a different level during the season or at the end of each year.

### **COACHES**

All of our coaches have as a minimum, Level 2 National Coaching Certification (NCCP) in Gymnastics and Level 1 certification in Trampoline. The national coaches within our competitive program must have a minimum of Level III National Coaching Certification. All coaches must also take the Gymnastics Ontario Risk Management Program A & B, be certified in first aid and have a Police Record Check.

### **ATHLETE'S EXPECTATIONS/RESPONSIBILITIES**

We believe that athletes at the OGC should expect fun, fitness, fundamentals and friendly competition. To ensure this, two things have to happen. First, the coaching staff here at the OGC will work hard to develop programs and training that are fun, challenging and productive. They will work hard to promote a safe environment, fair play and healthy competition.

Secondly, the athlete has to always come prepared to participate. What does this mean? Simply the 3 **P's**.

## **PARTICIPATION**

The training schedules are set far in advance and are designed to create an appropriate training response development. Lateness or early departure from daily training can lead to an uneven development and a lessened performance potential. Improvements in performance and physical skill development require consistency in training. The gymnast must be ready to begin warm-up, demonstrations or competitions at the scheduled time. Athletes should always be properly dressed for training. Long hair must be tied back to stay off face during training. Please note that school clothes are not appropriate training attire. T-shirts and sweatshirts are allowed to be worn for warm-ups. Jewelry or valuables (telephones and computers) must not be brought to the gym and left in bags as we cannot protect them. Lockers will be provided. Items left in the lockers should include; hair brush, elastics, hair clips, an extra leotard/shorts, Tylenol or Advil, and personal hygiene items such as deodorant and sanitary products.

An OGC competitive tracksuit, leotard and gymbag/backpack must be purchased for all competitors.

Two pairs of grips and wrist bands are required for uneven bar training and may be purchased from the club after they have been sized by their coach.

Please call the coach well in advance if your child has to miss a class or be late. Athletes that are 12 yrs of age or older are expected to call themselves or speak directly to their coach if they are to be away or miss gym. In addition to illness, a child may be excused from their class for valid reasons, but may be required to make up the class, (if space available) possibly with another coach. Help your child develop discipline in scheduling work and studying in advance to prevent conflicts between gym and school. You may also want to inform your child's school teacher of the gym schedule. It is important for the athlete to not only make, but keep a commitment to the club and other athletes.

There is virtually no time for makeup classes in the competitive programs. Your fee is for a yearly program, not based on the number of days or hours. Training sessions may be canceled or added at the discretion of the

Head Coach. These are all taken into account when the fees are set at the beginning of the year. Ottawa winters can play havoc with training and classes may be cancelled. The OGC will make every effort to contact you if training has to be cancelled.

The competitive program is an intensive one, demanding a lot of the athlete's time, energy and discipline. Injuries do not necessarily excuse a gymnast from training. Even though she may not be able to participate fully, the coach will want the gymnast to be present for conditioning and/or partial training.

Small aches and pains are part of competitive sport. However, if an athlete is sore 2/3 days in a row, the coach will inform the parent. It is important that we take a very active approach to injuries. As the parent, the responsibility is with you to schedule physio appointments. Your child must have physio until the injury is healed. Please take your child to a <<**SPORTS MEDICINE CLINIC**>> for a checkup and physio. This type of proactive treatment will prevent a small injury from turning into one that will prevent the athlete from training on a regular basis.

### **POSITIVE ATTITUDE**

The athletes must come prepared with positive attitudes towards themselves, their peers, and their coaches. We look for athletes who try their hardest at each and every practice and demonstrate respect for their peers.

Gymnasts are expected to be on their best behavior and to conduct themselves in a sportsman like manner at all times. Each athlete will be held responsible for their conduct at the Ottawa Gymnastics Centre and any demonstrations or competitions. All athletes are expected to follow the guidelines set by the coaches, the OGC and Gymnastics Ontario. All athletes at all time are expected to show and demonstrate respect for other athletes, coaches, parents, judges, equipment, the facility and for the property of others.. Gymnasts must provide their own locks and must ensure their lockers, changing room/bathroom/gym are clear of litter at all times.

Athletes are expected to exhibit a positive approach to learning in which the athlete is

primarily responsible/accountable for learning. Athletes are expected to follow the coach's instructions with the proper focus. Any activities that may not assist in improving learning or performance should be avoided.

A positive lifestyle is essential in developing strong performance. Gymnastics can be a demanding sport. The gymnast must contribute a great of time and personal effort. Their bodies must be well prepared and their minds must be clear and focused.

Proper nutrition will not make an average athlete into an exceptional one, but inappropriate nutrition will make an average athlete out of an exceptional one. The gymnasts are generally given a short break to have a drink. The most important item to bring is fluid to replace those fluids lost during training. Water, a mixture of juice and water or juice alone is a good choice. On training days the athlete must have a light nutritious meal before and after gym.

We have in many of our programs, including our competitive program, a few athletes with life threatening peanut allergies.

Therefore the OGC has become a peanut free facility.

### **OUT OF SAFETY AND RESPECT DO NOT SEND ANY PEANUT PRODUCTS.**

#### **PERFORMANCE**

This is the competitive program of the Ottawa Gymnastics Centre. We understand that all children work at different skill levels.

We ask that all athletes at OGC give 100% of themselves each time they are at practice. Desire and dedication are integral to progressing through the various skills and difficulty requirements. Physical ability, technique, skills and potential are factored into level and category placement.

Athletic performance is integrally tied to mental training. Physical and mental relaxation, confidence, focus, awareness and being energized need to be practiced on a day to day basis in order to enhance performance.

Upon written or verbal notification, athletes are required to prepare for and participate in competitions or activities as designated by the Head Coach. Gymnasts who do not

participate in practice, competitions and gymnastics activities may forfeit their opportunity for future competitions and /or their participation in the following year's program. All coaches and athletes train in order to compete for the betterment of themselves and to proudly represent the quality of work that the OGC produces.

### **BEHAVIOR/DISCIPLINE**

If problems arise, we the coaches strongly encourage the athletes to approach one of us and we will deal with it immediately and properly. Miscommunications, poor sportsmanship or inappropriate behavior contribute to discipline problems in the gym.

When a problem is identified, a coach or the program director will speak to the athlete/athletes involved. Guidelines will be put in place and are expected to be followed, if the problems occur on a second occasion, the program director will speak to those involved and the athletes will take a "time out" during practice to re-evaluate their behavior and remind themselves of their own individual responsibilities as a member of this club. Parents will be informed.

If a situation arises for a third time, the parents will be called at that point and the athlete will be sent home for the rest of the practice. A meeting will then be arranged between the coach, parents and program director, in order to help the athlete solve the problems they are encountering.

The Head Coach has the right to remove an athlete from the Pre-competitive or Competitive Programs at any time during the season, temporarily or permanently under the following conditions:

- ❖ If the Head Coach in her/his discretion feels that the child's attitude, temperament, or skill level prevents her from meeting the requirements and expectations of the program.
- ❖ If the behavior or conduct of the child or her parents is disruptive or upsetting to the child, the other gymnasts, the parents or the staff. In the event of a serious situation the OGC may terminate the

membership of the athlete and/or her parents altogether.

With strong, open, honest communications and teamwork between the athletes, parents and coaches, there should be next to no problems arising. Very often parents are hesitant about approaching the staff. This is the only positive way to deal with concerns and suggestions. Please keep your daughter's coach informed at all times of any concerns or problems. Please do not forget to comment of the positive things as well.

### **PARENT INVOLVEMENT**

You should be aware that all annual programs- which involve longer hours of training - is by far the most costly programs run by the Club. The fees are highly subsidized by funds raised from our sessional programs, however, volunteer services provided by parents of Competitive athletes are used to better the overall operation of the Club.

In order to raise money for the Centre, various forms of fundraising are organized in which all members are expected to actively participate.

Fund raising is essential to ensure financial stability and is common to every not-for-profit organization in the country. Maximum participation in all fundraising activities will result in less work for all.

Parent volunteer hours are mandatory and determined according to number of hours your daughter trains.

The Club depends on parent volunteers to do a great variety of work. Some tasks involve special expertise or require 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 are year-long commitments and others require short bursts of effort. Parent involvement hours are dependent up on the hours your child trains. The OGC makes every effort to run 2-3 meets per year. Participation at these meets are mandatory.

The efficient operation of the gym club requires team work. Please remember that the more people involved in all activities the less work for all and the more benefit for

the athletes. A tracking of all volunteer hours will be kept so we are aware of each family's participation. It is only fair to ensure everyone is pulling their weight.

OGC to do list – Board of Directors, gym maintenance, equipment maintenance, office/admin support, banquet, meet organization, (equipment take down and set up, canteen, program, judges, etc.), fundraising, social committee, corporate sponsorship and other. 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!

**Annual Fees-** A deposit will be required at the beginning of each season. A few weeks later you will receive an annual member's package. This fee covers the cost of the yearly training, fund raising commitment and projected meet fees. It also contains information on your annual fundraising and volunteer hours commitment. A June deposit will be required indicating your commitment to the OGC. Failure to fulfill all financial obligations in a timely manner will result in the suspension of all privileges in the club.

**Meets and competitions –** Ontario Provincial Program (OCP) registrations are included in your yearly fee. Athletes may be asked to attend Invitational meets or camps over the season. These registration costs are NOT included as part of your projected meet fees for the year. All families will be required to cost share coaches expenses for meets and camps with the Club. Costs for a competitive leotard, track suit, grips and gym bag will be absorbed by the families. Each family is responsible for your own transportation and accommodation and that of your child for all out of town meets. Car pooling and sharing hotel rooms can be arranged between families.

Each year there are three Provincial qualifying meets held in Dec, Jan and Feb. The girls will then be ranked by their 2 AA scores combined. According to the rules set out by the Women's Program Committee, the top 32 athletes in each category will be selected to participate in the Ontario Championships held in April. Ontario teams for the Eastern Canadian Championships and the Canadian National Championships will be selected. Tour Selection is held in

November (age 13+) and Eastern Canadian and National Championships is held in May.

If we travel to the USA, there is an additional registration fee (USGF#) along with meet registration. Please note that a medical certificate is needed for the day of competition if the gymnast is unable to compete at any qualifying competition. Registration fees are non refundable.

#### **Parents/Guardians in the Gym -**

Parents are not allowed in the gym. Parents must not communicate with their child during training. Gymnasts will not be allowed to take phone calls during gym. (unless of an emergency) This will be strictly enforced.

We find the presence of parents diverts the gymnast's attention and concentration. In order to help your daughter develop independence we ask that only remain in the lobby the first or last half hour of gym. As well parents are not allowed on the competition floor, except if they have been asked by the Head Coach.

**Contacting the Coach -** The coach is a very important person in your child's life. They may be together for 8-25 hours per week for several years. It is important for the coach to know if your child has any special problems or concerns.

So do let the coach know if there are problems in school or at home, as these are sure to affect the child's behavior in the gym. Don't hesitate to let the coach know if your child is having anxieties about training (fear over learning new skills is one example). Please do not forget to comment on the positive things as well. Good communication between parents and coaches is essential.

Please ensure you contact your child's coach first with any questions or concerns you may have. This is the proper protocol.

Each family has a mailbox in which letters, memos will be placed. Some may require a response or may need to be filled out and returned. There is also a competitive bulletin board where certain items may be posted. It is imperative that everything is answered and invoices are paid on time. E-mail is the prime communication tool.

You can talk to the coach 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 (please respect the fact the coach must be in the gym for warm up).

Interviews may be arranged at any time of the year. **PLEASE DO NOT CALL, OR COME INTO THE GYM TO SPEAK TO A COACH WHILE THEY ARE TRAINING. THIS CAN BE VERY DISRUPTIVE TO THE COACHES AND THE ATHLETES. PLEASE DO NOT CALL THE COACH AT HOME.**

**Holidays**- Practices are scheduled through summer holidays and Christmas break. We follow the school year holidays as closely as possible. The gym shuts down for 3 weeks in the summer. The girls are may take 1 other week off for the remaining of the summer break. Gym camps may replace a week of training if agreed upon by the Head Coach. Summer training practices will not be rescheduled around other summer sports.

### **CAR POOLS**

If you are interested in a car pool, a club phone and mailing list will be provided to you in the early fall. It is imperative to be punctual in dropping off and up picking children after class. If parents are late, children must return to the gym and a call put into the parents and a competitive coach must remain until all children leave. Long delays are obviously an inconvenience for all. Please call if you are unavoidably detained or absent. Please ensure your child knows who they are going home with each evening. Children must wait inside the building for their ride.

### **ATHLETE'S CODE OF CONDUCT**

It is important to remember that as athletes, you have certain responsibilities while training on a day to day basis or traveling to a competition. Those responsibilities are outlined below and you are expected to abide by these guidelines. You must remember that not only are you representing yourselves, but also the Ottawa Gymnastics Centre and the City of Ottawa. How you act and behave is a direct reflection upon your club, city and province.

Please be reminded of the following which will be applied to all athletes regardless of age. We ask that athletes adhere to these basic policies.

1. Conduct at all time shall reflect honesty, good sportsmanship, courtesy and respect towards others.
2. All policies, procedures, rules and regulations of the Ontario Gymnastics Federation must be followed at all times.
3. Use of language that is abusive, foul or offensive to others is prohibited.
4. Possession and/or consumption of any alcoholic beverage while traveling with the team or while attending sanctioned training camps or competitions are prohibited.
5. Providing alcoholic beverages to anyone under the minimum age of 19 years or where prohibited by law, is prohibited.
6. Being impaired or intoxicated is prohibited.
7. Possession or consumption of any illegal drugs is prohibited.
8. Theft or possession of stolen property is prohibited.
9. Willful acts of destruction to property of others, is prohibited.

It is the responsibility of the individual perpetrating such acts to make restitution where required. Each athlete and their parents will be held responsible for their conduct at the OGC and at any out of town competitions.

Non-compliance, by any athlete, with any/all above policies will be subject to disciplinary action by the Ottawa Gymnastic Centre. We at the Ottawa Gymnastic Club are confident in our athlete's abilities and their ethical behavior. Be confident, be proud.

## **FAIR PLAY CODE**

### **Athletes**

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will participate by the rules, and in the spirit of sport.
3. I will control my emotions - as emotional outbursts can spoil the activity for everyone.
4. I will respect my fellow competitors.
5. I will do my best to be a true team member.
6. I will remember that winning isn't everything - that having fun, improving skills, making friends and Doing my best are also important.
7. I will acknowledge all good performances both from my teammates and gymnasts from other clubs.
8. I will remember that coaches and judges are there to help me. I will accept their decisions and show them respect.

### **Coaches**

1. I will be reasonable when scheduling practices, remembering that athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, judges and fellow competitors.
3. I will ensure that all athletes get equal instruction, support and training time.
4. I will remember that children train & compete to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the athletes' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.

7. I will obtain proper training and continue to upgrade my coaching skills.

### **Parents**

1. I will not force my child to participate in sport.
2. I will remember that my child participates in sport for her enjoyment not mine.
3. I will encourage my child to follow the rules and resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is more important than winning, so that my child may never feel defeated by the outcome of a competition.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never yell at or ridicule my child for making a mistake.
7. I will remember that children learn best by example. I will applaud good performances by my child, her teammates and her fellow competitors.
8. I will never question the judges or coaches judgment or honesty in public.
9. I will support all efforts to remove verbal abuse and physical abuse from children's sporting activities.
10. I will respect and show appreciation for my child.

### **Spectators**

1. I will remember that children participate in sport for their enjoyment. They are not there to entertain me.
2. I will not have unrealistic expectations. I will remember that child athletes are not miniature professionals and cannot be judged by professional standards.

3. I will never ridicule an athlete for making a mistake. I will give positive comments that motivate and encourage continued effort.
4. I will never ridicule and athlete for making a mistake during a competition. I will give positive feedback and encourage continued effort.
5. I will condemn the use of violence in any form and will express my disapproval in an appropriate manner to coaches and officials.
6. I will show respect for other competitors, because without them would be no competition.
7. I will not use bad language, nor will I harass athletes, coaches, judges or other spectators.

9. I will remain open to constructive criticism and show respect and consideration for different points of view.
10. I will obtain proper training and continue to upgrade my judging skills.

**PHONE NUMBERS**

(613) 722-8698	General Inquiries
(613) 722-6679	Emergency Line Only
(613) 722-3449	Fax
(613) 722-8698 Ext. 223	Kellie Hinnells Executive Director
(613) 722-8698 Ext. 221	Angela Feurstein Operations Manager
(613) 722-8698 Ext. 300	Tobie Gorman Women's Program Director
(613) 722-8698 Ext. 301	Lori Ierullo Kindergym Prog. Director
(613) 722-8698 Ext. 302	Connie Groom Recreational Prog. Director
(613) 722-8698 Ext. 303	Colin Richardson Men's Program Director
(613) 722-8698 Ext. 224	Lynne Ethier Develop. Program Director
(613) 722-8698 Ext. 227	Melanie Major Level 3-5 Prog. Director

**Judges**

1. I will make sure that every athlete has a reasonable opportunity to perform to the best of his or her ability, within the limits of the rules.
2. I will avoid or put an end to any situation that threatens the safety of the athletes.
3. I will maintain a healthy atmosphere and environment for competition.
4. I will not permit the intimidation of any athlete either by word or by action. I will not tolerate unacceptable conduct toward myself, other judges, athletes or spectators.
5. I will be consistent and objective in scoring, regardless of my personal feelings toward a team or individual athlete.
6. I will handle all conflicts firmly but with dignity.
7. I accept my role as a teacher and role model for fair play, especially with young participants.
8. I will be open to discussion and contact with the athletes before and alter the competition.