



### **Program Descriptions:**

**Developmental:** Coaches: Awstin Chubb & Taylor Jackle Spriggs.

Athletes ages 6 and 7 years of age. At this level athletes will train two 3 hour practices a week for a total of 6 hours a week. The focus of the training will be to develop the building blocks of Men's artistic gymnastics which are basic gymnastics skills using Dominant Movement Patterns (DMP's: Swings, Springs, Landings, Static's, Locomotion's and Rotations). We will also focus on developing essential strength and flexibility through basic conditioning while providing a fun and safe atmosphere.

**Pre-Competitive:** Coaches: Sergei Bialkovich, Michael Grinter & Ryan Parkes.

Athletes ages 7 to 9 years old. At this level athletes will train three day's a week for a total of 12 hours a week. The focus of the training will be to prepare these young gymnasts for entry into the competitive program, which includes both Provincial and National levels. The skills they will learn in this program will directly translate into their future competitive routines. Athletes will be refining basic gymnastics skills and working towards more advanced skills while improving their physical condition through strength training and flexibility training.

**Competitive Stream:** Coaches: Colin Richardson, Sergei Bialkovich, Awstin Chubb, Michael Grinter, & Ryan Parkes.

For athletes ages 8 and older. At this level athletes will be training at least 12 hours a week in preparation for both Provincial and National qualifying competitions. Athletes must be very dedicated to their training at this level as inconsistent training will greatly impede the athlete's progress and performances. Skills learned in this program will range from very basic to very complex and will require the athletes to be dedicated to achieving a high level of excellence in the performance of these skills. Training will focus on apparatus and skill development as well as strength training, flexibility and mental skills training.

## Coaching Staff:

- Colin Richardson:
- Program Director and Men's Head Coach (2006 to Present).
  - O.G.C. Coach extraordinaire September 1997 to Present.
  - Former National Senior High Performance O.G.C athlete.
  - Level 4(C) Men's Coach, Level 3 Trampoline, Level 2 Womens, Level 3 Coaching Theory, Risk Management A & B, Conflict Management Module, P1 Mens Judge.
  - First Aid and CPR Certified.
  - Bachelor of Social Sciences Ottawa U. with Honours
  - Bachelor of Education Ottawa U.
  - OCDSB Occasional Teacher Physical Education & Geography

- Ryan Parkes:
- O.G.C Men's Competitive Coach.
  - Former Canadian High Performance Novice National Team Member.
  - Level 3 Men's Coach, Level 2 Women's Coach, Level 2 Coaching Theory, Level 2 Trampoline, Risk Management A&B, Conflict Management Module, Beginner Judging Course.
  - First Aid and CPR trained.

- Siaheri "Sergei" Bialkovich:
- OGC Men's Competitive Program Coach.
  - Former High Performance National Athlete in Belarus and Former Canadian Senior National Team Assistant Coach.
  - NCCP Level 3 trained Coach, NCCP Level 3 Theory, Risk Management A&B.
  - First aid and CPR trained.

- Michael Grinter:
- OGC Men's Competitive Program Coach.
  - Former National Athlete. Current P4 Mens Judge.
  - NCCP Level 1 Coach, NCCP Level 1 Theory, NCCP Level 1 Trampoline, Risk Management A&B.
  - First aid and CPR trained.

- Awstin Chubb:
- OGC Men's Competitive Program Coach.
  - Former OGC Competitive Athlete.
  - NCCP Level 2 Mens Coach, NCCP 2 Theory, NCCP 1 Trampoline, Risk Management A&B.
  - First Aid and CPR trained.

- Taylor Jackle Spriggs:
- OGC Men's Competitive Program Coach
  - NCCP Foundations trained Coach. NCCP 1 Trampoline.
  - Current Junior High Performance OGC Athlete.

## Training Expectations:

### Clothing:

Athletes should always be properly dressed for training. Please note that school clothes are not appropriate training attire and **athletes will not be allowed to train without proper training attire**. Boys are asked to wear gym shorts, *which are no longer than mid thigh in length* and a Singlet or tank top tucked in. They may also want to wear an old pair of competition longs for pommel horse and parallel bars. Footwear should be bare feet and or socks for apparatus where there is little chance of slipping (Swinging apparatus). T-shirts and sweatshirts are allowed to be worn for warm-ups only. All jewelry and watches are to be removed prior to class time as they pose a safety hazard to the gymnast as well as the instructors. Lockers are provided in the change room and should be used to store training equipment between practices. Grips are strongly recommended for competitive gymnasts for High Bar and Rings and may be purchased from the club at a cost of \$60.00. (See coaches for sizing)

### Hair:

Hair may be kept at any length and style **as long as** it does not pose a **safety risk** to the athletes. That is their hair must not impede their vision or interfere with spotting of the athlete. Boy's may be asked to wear a hair elastic, bobby pins or hair clips if the coach feels that their hair poses a risk to their safety. If the athlete chooses not to comply with the coaches request the athlete will be sent home until a solution has been remedied.

### Food:

All groups will be given a short break at the coaches discretion. Break will be a short 5 to 10 minute period during practice to eat a quick snack and utilize the facilities if need be. Please note **We do have athletes in our competitive program and gym with life threatening peanut and nut allergies amongst other foods**, we would ask that you please do not send your son to practice with any snack containing nuts or peanuts for the safety of the other athletes in the gym. Recommended snack foods are: Sliced fruit, small sandwich, trail mix of seeds and dried berries, veggies etc. Water is easy and best for rehydration during training and can be taken from the fountains in the gym or from your own personal water bottle. No food or juices or other sugary coloured liquids are allowed in the training area.

### Warm Ups:

All practices begin with a warm-up, which is very important for your children's safety. Proper warm-up and stretching can help reduce the chances of injury. Please make sure your child arrives at least ten minutes before training so that they may change and be ready to start warm up on time.

### Attendance / Punctuality:

The gymnast must be ready to begin warm-up for practices, demonstrations or competitions at the scheduled start time. Please insure that your son arrives at least 15 minutes prior to the scheduled start time of the activity so that they may begin at the scheduled time. Please notify the coach by email or telephone well in advance if you know that your son is going to be late or has to miss a scheduled practice. Please help you 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 their gymnastics training schedule. If irregular or lack of attendance becomes an issue your son may be removed from competition or other scheduled events as a result.

### Make Up Classes:

We do not provide make-ups for missed classes. Faithful attendance in your child's regularly scheduled class promotes steady progress.

### General:

1. Please walk your child into the facility and pick them up inside the front doors at the end of practice. You may submit a note stating that your son may leave the gym on their own if they are taking public transit.
2. No chewing gum is allowed in the gym, No food or liquids other than water are allowed in the training area.
3. ALWAYS WALK from station to station. Always walk around all landing mats, parallel bars areas, and bar areas.
4. **Parents and friends are not allowed in the workout area at anytime, unless providing a service to the club or instructed/invited to do so by the coach** (This includes board members). We provide seating for visitors located in the OGC front lobby. Please make sure that younger children do not wander into the training area.
5. If you have questions concerning your child, please contact the instructor before or after class, or call our office at 613-722-8698 and leave a message. **In case of Emergency please dial 613-722-6679 to access staff working in the gym.**

### Medical:

1. Fill out medical information forms contained in your sons registration package and return to the front office as soon as possible. Make sure to **include all medical** information that pertains to your son, not just the parts you believe to be important.
2. If your son is injured while he is training we will take the necessary precautions and provide basic first aid to the injury.
3. If an injury requires more than basic first aid or the injury inhibits your son from continuing to practice we will notify you by phone and recommend that you seek the necessary medical attention for the injury.

4. If your son receives an injury that prevents them from regular training activities we will require a note from a Doctor stating that your son is ready to resume regular activities before they are allowed to continue training their previously injured body part.
5. Gymnastics is a sport that makes different demands on your body on different events, if your son has an injury that prevents them from doing a particular apparatus they will be given conditioning to do and perhaps some rehabilitation exercises to do so that they are able to maintain their physical condition.

### **Competition Expectations:**

#### **Parents:**

1. Athletes should arrive to competitions at least 30 minutes before the beginning of warm up, which will give them time to register and meet with their coach to be briefed on the competition environment.
2. Make sure that your child has eaten a non-greasy, healthy and relatively filling meal at least 1 hour before the beginning of competition.
3. Make certain that your son has not spent the day swimming in the pool and soaking in the hot tub or up late watching movies and playing video games the previous night. Athlete's need to be well rested to perform at their best in competition.
4. As spectators you are there to offer your son encouragement before the competition and praise after the competition. You are not there to act as coaches/judges or officials, so please do not.
5. I do not tell the athlete's their scores after they compete on an apparatus and I would appreciate you not telling them until after the conclusion of the competition. If you feel that your son has not received an appropriate score for their routine you may ask your son's coach at the conclusion of the competition to clarify the result. Your son's coach will deal with the judges and find out why an athlete received a particular score.
6. Athlete's may receive a deduction from their routine if they are being "coached" during their routine (**By parent or Coach**), so please hold your applause and encouragement until after your son has finished their routine.
7. Using **Flash photography** at a competition may **result in your son losing points** from their routine as it is forbidden during competition.
8. \*When traveling as a part of an Ontario or Canada team or delegation to a competition your son will be managed by a member of the delegation and may not leave the team unless arrangements are made with the Head of the Delegation or Program manager.\*

#### **Athletes:**

1. Athletes are responsible for making sure that they have their grips and competition uniform with them and in good order when traveling to competition.

2. Make sure that you are well rested and ready to compete the day of the competition.
3. If you have any injuries that will affect your ability to compete make sure that you have taken the necessary steps: icing, resting or receiving medical treatment for your injury before you come to competition and notify your coach of your injuries.
4. Notify the coach if you are feeling nervous or if you have any apprehensions about competing when you arrive.
5. Practice visualizing your routine's the night before you compete and see your self "sticking" your routines.

### **OGC Fair Play Code - Athletes, Coaches, Judges, Parents and Spectators (Website)**

#### **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.

### **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 after the competition.
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.

### **Parents:**

1. I will not force my child to participate in sports.
2. I will remember that my child participates in sport for his or her enjoyment, not for mine.
3. I will encourage my child to follow the rules and to 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 will never feel defeated by the outcome of a competition/event.
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 ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good performances by both my child's team and their 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 and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the coaches who give their time to provide sport activities for my child.

### **Spectators:**

1. I will remember that children participate in sport for their enjoyment. They are not participating 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 respect the judges' decision and I will encourage participants to do the same.
4. I will never ridicule an athlete for making a mistake during a competition. I will give positive comments that motivate 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 there would be no competition.
7. I will not use bad language, nor will I harass athletes, coaches, judges or other spectators.

**Summer Training Schedule:**

- A schedule will be provided in May for June and in June for the following program year which begins in July.
- Monday to Friday training sessions only.

**Summer Training Objectives:**

1. Improve level of conditioning.
2. Improve flexibility.
3. Improve basic gymnastics skills.
4. Have fun!

**Boys Fall/Winter Competitive Training Hours:**

- Refer to the schedule posted in the lobby and also posted on our OGC Men's Competitive Site for weekly schedule and Men's program Calendar for upcoming events.