

WOMEN'S PROVINCIAL QUALIFYING SYSTEM (LEVEL 5-9)

PROGRAM DESCRIPTION

This is 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 5-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.

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's needs are the same.

