

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 developmental 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

The Ottawa Gymnastics Centre fosters a lifelong enthusiasm for gymnastics and provides a safe environment where we all work together in order to maximize our children's potential.

VALUES

TO TEACH

The great sport of gymnastics to the best of our abilities.

- In a manner that allows each child to reach towards their own potential.
- With respect for each individual.
- Morals and ethics that will guide each athlete's life both in the gym and out.

TO PROMOTE

- The sport of gymnastics within our community, province, country and beyond.
- Success and at all levels and all endeavors.

TO DEVELOP

- Our abilities as well as those of the athletes, parents, and judges.
- Positive attitudes in gymnastics and for life.
- Accountability and responsibility for her involvement.

TO COMPETE AND TRAIN

- With dignity, honor, enthusiasm, loyalty, courage at every level
- With confidence in their own ability.
- With respect for coaches and judges.

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".

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 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. A long with the basic gymnastics training a number of other areas will be taken under consideration by the OGC.

CLASSIFICATIONS OF GYMNASTS

DEVELOPMENTAL/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, is 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, 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 Level 3-Level 4 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 following 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 3-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 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 18 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 PRFORMANCE 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.

ENTERING/LEAVING THE DEVELOPEMENTAL OR COMPETITIVE PROGRAM

Gymnasts entering the Developmental 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, your feedback about your child's progress 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. 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, be certified in first aid and have a Police Record Check.



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.



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.