

Competitive Parent/Guardian Handbook 2025–2026



Our Mission

To foster enthusiasm for gymnastics while building foundations for sport and life.

Our Vision

To be the go-to organization for sports excellence and innovation in Canadian gymnastics

Our Values

Quality, Safety, Integrity

Table of Contents

Safe Sport	3
What is Safe Sport?	3
Pain and Injury	4
Return to Play	4
Athlete Attire	4
Regular Training	4
Training Camps and Special Events	5
Competition Attire	5
Competition Information	5
Calendar of Events	6
Athlete Attendance	6
Regular Training	6
Prior to Competition	6
Mock Meets	6
Skill Safety Assessment	6
Physical Abilities Verification	7
Drop-Off and Pick-Up	7
Videotaping and Photography	7
Nutrition Breaks	7
Guiding Factors for Decisions Regarding Level Placement, Training Camps, Etc.	8
Progress Reports and Family Meetings	8
Contact Information	9
Safety	10
Respect	10
Fun	10
Massage Therapy and Chiropractic Services	11
Sport Nutrition	11
Mental Performance and Sports Psychology	11
Physiotherapy	11

Safe Sport

We're committed to making the OGC a safe, fun, respectful, and inclusive place for all athletes. We believe athletes thrive and achieve their best when they're in a positive, encouraging environment. That's exactly what we're working to create at the OGC.

What is Safe Sport?

Safe Sport means every athlete has the right to train free from **maltreatment** (like sexual, psychological, or physical abuse, neglect, grooming, and boundary issues), **harassment**, and **discrimination** (including racism, sexism, transphobia, and homophobia).

Our coaches always prioritize athletes' physical and psychological safety. All the guidelines and policies in this handbook reflect our commitment to Safe Sport.

Here are a few ways we ensure the OGC is a safe place for your athlete;

- **Rule of Two:** We strictly abide by the Rule of Two. All coach interactions with athletes are observable and in the open. No coach is ever alone with an athlete without another adult present.
- **Background Screening for Coaches 18+**
- **[Ethics Training - Commit to Kids Learning Module](#)** by the Canadian Centre for Child Protection: this is required training for every coach.
- **NCCP Coaching Education:** All of our coaches are appropriately NCCP certified for the program and level they are instructing, which includes extensive education on safety, technique, spotting, and more.
- **Open Communication Pathways:** We are here to hear any of your concerns. Please reach out to your athlete's coach, the Director, Programming and Operations, or the Executive Director at any time.
- **Cameras in Lobby and Office Areas:** Cameras are set up to ensure the safety of all athletes, coaches, staff, and family members.
- **Abiding by and Promoting True Sport Principles:** True Sport is an initiative of the Canadian Centre for Ethics in Sport (CCES). The True Sport Principles are located at the back of this handbook.

At OGC, we believe gymnastics is for everyone. That means we welcome all athletes and are committed to creating a **safe, respectful, and inclusive environment**. We have zero tolerance for bullying, name-calling, cyber-bullying, exclusion, or discrimination of any kind.

We're particularly dedicated to including **athletes of all gender identities**, recognizing the challenges nonbinary and trans athletes face in a gender-divided sport. Following Gymnastics Ontario Policy, athletes should register in the category that best aligns with their gender identity, even though there isn't a specific category for nonbinary athletes.

If you would like to read our policies in further detail, or research more about Safe Sport philosophies, here are some further resources:

[OGC Policies and Code of Conduct](#), [Safe Sport](#), [Respect in Sport](#), [NCCP Code of Conduct and Ethics](#), [True Sport](#), and the [Responsible Coaching Movement](#).

Pain and Injury

If your athlete has continuous pain or injury, their coach will ask you to follow up with a doctor and/or physiotherapist.

If their pain or injury meets any of the following criteria, they should seek medical attention as soon as possible:

- Pain persists for more than 3-5 days
- Pain is gradually increasing
- Pain is rated more than a 7/10
- The injured area is discoloured, hot, or swollen

Coaches may hold back on training should they feel their request for a medical opinion is not being fulfilled. Athlete well-being is their top priority.

Return to Play

For all serious injuries that require medical treatment, a return to play form must be completed before we can proceed with training. Program Coordinators/coaches may hold back on any aspect of training until the return to play form has been submitted.

[OGC Return to Play Form 2023.docx.pdf](#)

Athlete Attire

Appropriate training attire is crucial for your athlete's safety. Please help your athletes adhere to the following parameters to ensure their safety and comfort:

- Long hair should be tied up neatly in a way that does not obstruct their view or risk getting caught in equipment.
- No jewelry except for stud earrings. No stud earrings allowed for TG athletes.
- If a coach or Program Coordinator feels an athlete's attire, hair, or cosmetic choices present a safety hazard, or they are not in line with competition/training camp requirements, they may be asked to modify their choices before being allowed to proceed with training/camp/competition.

Regular Training

- No loose clothing such as baggy T-shirts, pullovers, or sweatpants, except during warm-up during colder months at the discretion of the coach.
- **WAG, WAG DEV and XCEL:** A leotard with or without gym shorts or leggings.
- **MAG:** A training singlet, t-shirt, or tank top with gymnastics training pants or shorts.

Training Camps and Special Events

- **WAG:** OGC training suits and track suits. Undergarments should not be visible.
- **XCEL:** OGC competition suits, track jackets, and black leggings. Undergarments should not be visible.
- **MAG:** OGC competitive singlet, pants or shorts, and track suits.

Competition Attire

Each family is responsible for ensuring their athlete has a properly fitting uniform. You will receive information about ordering a uniform from the Program Coordinator or administration.

The following attire is required for all competitions, unless otherwise communicated:

- **WAG:** WAG OGC short sleeve or long sleeve competition leotard, with or without OGC shorts or leggings, and tracksuit.
- **XCEL:** OGC Xcel competition leotard, with or without OGC shorts or leggings, track jacket and black leggings.
- **MAG:** OGC competition singlet, shorts, pants, and tracksuit. White socks for use on high bars, parallel bars, pommels and rings.

Competition Information

Details about each program's competition schedule will be available on the Calendar of Events. Registration is handled by the club directly.

Competition information (call to meet, location, schedules, etc.) is available on the Gymnastics Ontario website: www.gymnasticsontario.ca

Final meet schedules are at the discretion of the individual host clubs and may not be received or posted on the GO website until 2 weeks before the competition. Each host club determines their own refund policy. As a result, it may not be possible to receive a refund for optional competitions once paid for, regardless of the circumstances.

Athletes are required to arrive for competition at the **start of registration**.

Please ensure athletes have a snack and water in their competition bags. Most competition venues are nut-free environments.

Parents and spectators are not permitted to contact or approach athletes, coaches, judges, or hosting officials during competition. Parents are also not permitted to be on the competitive floor, except in the case of emergency, injury, or illness.

Calendar of Events

All competitive program calendars are available on our website. Each competitive program has a different calendar, so please ensure you are looking at the correct one:

<https://www.ottawagymnasticscentre.ca/pages/AnnualMembers/>

We encourage families to check the calendars on a regular basis for changes. Any change or conflict occurring within two weeks of an event will be emailed to members.

Athlete Attendance

Regular Training

Consistent attendance is crucial for your athlete's safe development. Please ensure they arrive on time, as the start of training is important for both physical and mental preparation.

If your athlete will be absent, please notify their coach and/or Program Coordinator.

While we strive for a consistent schedule, training days and times can change due to various factors like school breaks (summer, December, March), competition schedules, coaching availability, or facility issues (including bad weather).

Prior to Competition

For athlete safety at competitions, consistent training is crucial. Athletes must attend all scheduled practices: at least one week before Qualifiers or Invitationals and at least two weeks before major events (like Provincial, Eastern, or National Championships).

If a coach feels an athlete hasn't met training expectations, they may scratch individual events or withdraw the athlete from the competition entirely. This decision is always made with the athlete's safety as the top priority.

Mock Meets

Mock Meets are an important part of the psychological and physical preparation for the competition season. All OGC athletes are expected to participate in the Mock Meets scheduled throughout the season.

If an athlete is absent from a mock meet (except in the case of injury or illness), their coach may choose to scratch them on certain events or withdraw them from the upcoming competition entirely. In extenuating circumstances, the Program Coordinator will make the final decision.

Skill Safety Assessment

Prior to the competition season, the Program Coordinator will organize a skill safety assessment to ensure all athletes are able to safely execute the skills required in their routines. All competing athletes are required to take part.

Physical Abilities Verification

Coaches and Program Coordinators use Physical Abilities Verification as a tool to help personalize athlete's training programs to their specific needs. Athletes are required to attend all scheduled verification events.

Drop-Off and Pick-Up

When dropping off your athlete, please watch to ensure they have safely entered the building. The OGC is not responsible for supervising children outside the building prior to the start or at the end of their training.

If you will be late picking up your athlete, please contact the coach and/or the front office (613-722-8698).

Videotaping and Photography

We strictly prohibit anyone from taking videos or photos from or through the lobby window.

Cell Phone Guidelines for Athletes

Athletes are not permitted to use or carry their cell phones into the training gym without their coach's permission. Cell phones may be used by the coach(es) and/or athlete(s) for educational and technical purposes at the coach's discretion.

Athletes can be excused from the gym to use their phone for personal reasons. If you need to urgently reach your athlete during their training session, we encourage you to call the gym's emergency line (613-722-6679).

Nutrition Breaks

Competitive athletes have scheduled breaks during longer training sessions.

Please ensure your athlete comes to training with ample snacks and hydration to fuel them for the length of their practice.

OGC is a **nut-free facility**.

Guiding Factors for Decisions Regarding Level Placement, Training Camps, Etc.

The OGC team carefully determines each athlete's group, level, training hours, and participation in camps and special events with their long-term development in mind. These decisions are made by the coaching staff, Technical Leads, and Program Coordinators, and it's common for placements to change annually.

Our decisions are guided by the following key principles:

- **Safety:** Athletes must safely meet skill requirements and be free from injury for camps and special events.
- **Form and Execution:** Athletes are expected to meet technical expectations for form and execution.
- **Consistency:** Athletes should consistently demonstrate their skill set during training. Attendance is also a factor.
- **Work Ethic and Mental Skills:** Athletes must demonstrate the necessary work ethic and mental skills.
- **Alignment with the Long-Term Athlete Development Plan (LTADP):** Our planning aligns with the LTADP, developed in conjunction with Gymnastics Canada and Gymnastics Ontario.

Progress Reports and Family Meetings

All families will receive progress reports from their athlete's individual coach before competition season begins.

Following competition season, families will receive a second progress report and/or have the opportunity for an individual family meeting with your athlete's coach, where you will receive the OGC's recommendation for next season.

You are always welcome to reach out to your athlete's individual coach for a meeting at any time.

Communication Pathways

We encourage all members to communicate openly with us about any concerns.

Please regularly inform your athlete's coach about absences, late arrivals, or any external factors affecting their training or performance. This helps them tailor the best program for your athlete.

For questions or concerns about daily training, it's best to first schedule a call or meeting with your athlete's coach via email. Coaches prefer to address these directly to work with you in supporting your athlete.

If you're uncomfortable speaking with the coach, or if your concerns aren't resolved after meeting, you can contact the Program Coordinator.

For general gym activities and yearly schedules, contact the coach or Program Coordinator. Questions about Gymnastics Ontario, host clubs, or competitions should go directly to your Program Coordinator. **Do not contact Gymnastics Ontario or competition host clubs directly.**

Please direct any questions about your membership package, fees, fundraising, and support hours to the administration, admin@ottawagymnasticscentre.com, 613-722-8698.

Contact Information

WAG / WAG DEV	Xcel
<p>Nausikaa Muresan WAG Program Coordinator naus@ottawagymnasticscentre.ca</p> <p>Andrea Lauzon WAG Developmental Program Coordinator andrea@ottawagymnasticscentre.ca</p>	<p>Kerry James Xcel Program Coordinator kerry@ottawagymnasticscentre.ca</p>
MAG	Director of Programs
<p>Florin Matei MAG Program Coordinator mag@ottawagymnasticscentre.ca</p>	<p>Amanda Pepin amanda@ottawagymnasticscentre.ca</p>
ADMINISTRATION	
<p>Front Office admin@ottawagymnasticscentre.ca 613-722-8698</p>	

OGC Training Tenets

Safety

Supervision: You should never be on the equipment unsupervised by a coach. Tell your coach if you need to leave the gym.

Health: Wash your hands frequently, especially after you use the washroom, and before/after your snack break. Stay home from training if you are sick!

Communication: Tell your coach or another trusted adult if you are in pain, sick, are uncomfortable, or have a safety concern.

Attire: Your attire should be safe and gymnastics appropriate. Athletes whose attire and/or hair is a safety hazard may not be allowed to train, at the coach's discretion.

Respect

For yourself: You know your body best. Your health is what matters most.

For your peers: Everyone belongs at OGC. Be inclusive and kind to others. We do not tolerate bullying, name-calling, or exclusion.

For your coaches: Your coaches are experts; listen to their directions. Proper technique and correct progressions are an important part of learning gymnastics safely.

For the gym: Clean up your area after you train and after your snack break. Let's work together to keep the gym safe and clean!

Fun

Strive for *your* personal best!

Support your teammates!

Make friends and lifelong memories!

Learn something new!

External Athlete Support Team

At OGC, we're dedicated to providing a well-rounded program that supports every athlete's physical and mental well-being. We've built a team of experts who understand gymnastics and are ready to offer additional assistance whenever needed.

Massage Therapy and Chiropractic Services

The Wellness House

www.wellnesshouse.ca

Offering a 15% discount to OGC members

Amy Licari

Registered Massage Therapist

www.musclesforlife.ca / amylicarirmt@yahoo.ca

Sport Nutrition

Brittany Gordon – Healing Ginger

R.H.N., Nutritionist, Sports Nutrition, Skin care, Allergy Support

<http://www.healing-ginger.com>

britt.gordon@gmail.com

Mental Performance and Sports Psychology

Arianne Bérubé-Lavoie, MHK, BKin

Mental Performance Consultant - CSPA

Certified Personal Trainer - CSEP

arianne.berubelavoie@gmail.com

613-402-9414

Sieger Roorda - Mental Performance Consultant

MHK Intervention & Consultation, B. Sc. Psychology, Canadian Sport Psychology Association

Sieger.roorda@gmail.com

514-708-5107

Greta Chase (she/her/elle), MHK

Chase Mental Performance

Mental Performance Consultant (Provisional)

<https://www.cspa-acps.com/>

email: chasementalperformance@gmail.com

Physiotherapy

Brenna Casey – Flip Physiotherapy Centre

www.flipphysio.com

brenna@flipphysio.com

Registered Physiotherapist, B.Sc. Kinesiology, M.Sc. Physiotherapy, A.R.T., Medical Acupuncture Certified

Offers onsite appointments for a reduced rate, please check the website for more details.

Ottawa Physiotherapy & Sport Clinics

Orleans

Catherine Lamothe - catherine@optsc.com

Mathew Pulickal - mathew@optsc.com

Westboro

Kirstie Gillanders - kirstie@optsc.com

Barrhaven

Nick Antaya - nick@optsc.com

Hunt Club

Martin Primeau - martin@optsc.com

Glebe

Martin Primeau - martin@optsc.com

Kanata

Olivia Messina - olivia@optsc.com

Main Street

Nishanth Kumar - nishanth@optsc.com

True Sport Principles

Go For It

Play Fair

Respect Others

Keep It Fun

Stay Healthy

Include Everyone

Give Back

**TRUE
SPORT**