

Competitive Parents Handbook 2019/2020



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Athlete Training Attire

Athletes are representatives of OGC and are expected to train in appropriate attire. This includes the following:

Regular Training

- WAG/TRA (female): A well fitting leotard and gym shorts if desired (please note that the WAG competitive girls will be required to train without their shorts 1-2 weeks prior to every competition). Hair must be tied up neatly and place in a bun if their ponytail can touch their eyes when pulled over their head. Undergarments should not be visible (i.e. regular bra's and underwear, sports bras are acceptable). Loose clothing such as baggy T-shirts, pullovers or sweatpants are not permitted (consideration will be given in colder months for warm up purposes only and at the discursion of the coach). No jewelry except stud earrings.
- TRA (male): A well fitted training singlet, t-shirt or tank top with gymnastics training pants or shorts. Loose clothing such as baggy T-shirts, pullovers or sweatpants are not permitted (consideration will be given in colder months for warm up purposes only and at the discursion of the coach). No jewelry except stud earrings.
- MAG: A well fitted training singlet, t-shirt, tank top or no shirt with gymnastics training pants or shorts. Loose clothing such as baggy T-shirts, pullovers or sweatpants are not permitted (consideration will be given in colder months for warm up purposes only and at the discursion of the coach). No jewelry except stud earrings.

Training Camps and Special Events

- WAG: OGC training suits and track suits. Hair must be tied up neatly and place in a bun if their ponytail can touch their eyes when pulled over their head. Undergarments should not be visible. No jewelry except stud earrings.
- TRA (female): OGC training suits and track suits. Hair must be tied up neatly and place in a bun if their ponytail can touch their eyes when pulled over their head. Undergarments should not be visible. No jewelry.
- TRA (male): OGC competitive singlet, pants or shorts and track suits. No jewelry.
- MAG: OGC competitive singlet, pants or shorts and track suits. No jewelry except stud earrings.

Competition Attire

- Please refer to competition information on page 8

Athlete Attendance

Regular Training

If you are going to be absent and/or away, we kindly ask you email your child's coach and/or contact the gym on the emergency line at 613-722-6679. Regular attendance is directly correlated to the development of your child's abilities, skills and level. Punctuality is important to prepare and warm up the body for the practice and sets the tone for training that evening. Attendance will be monitored and used to determine the athlete's and family's level of commitment to their program and whether it is a good fit for them to continue into the next season.

Please note that we do not offer make up classes for missed training. There will be times throughout the season that classes may be cancelled due to competition schedules for the coaches, inclement weather and/or coach illness. The OGC will do it's best to try and reschedule under these circumstances but it is not always guaranteed.

Prior to Competition

Athletes are expected to be present for all their training a minimum of 1 week prior to a qualifier/invitational and a minimum of 2 weeks prior to a major competition (i.e. provincials and Eastern championships). National level athletes must discuss and follow the expected training regime prior to each event and competition as determined by their personal coach. Failure to meet the training expectations prior to competition can result in a withdrawal from the meet at the coaches' request *

Mock Meets

All athletes are expected to participate in all scheduled mock meets. Should an athlete miss a mock meet for any reason (exception injury or illness) they may forfeit their spot at the competition *

*In the case of extenuating circumstances, the program coordinator will make the final decision.

Drop-Off and Pick-Up Policy

Please note that parents are responsible for their children up until the start of class and immediately following their training session. We kindly ask that athletes under 12 years of age do not leave the facility unaccompanied. We recommend that parents come through the front door to drop them off and pick them up. It is highly recommended that you arrive at the gym a minimum of 10-15 minutes before the start and end of your child's training to ensure you have time to park and get into the gym.

Viewing, Videoing and Conversations in the Lobby

Parents and athletes are expected to represent the OGC in a positive manner when in the lobby area. Poor behavior, actions or words will not be tolerated. We kindly ask all competitive members to refrain from sitting in the window/lobby during training times. Please remember that we are a large gym and in order to accommodate all of our recreational programs we need to provide as much space as possible for them. In addition to this we feel that stepping away from the lobby allows your child to develop self confidence, personal responsibility for their training and fosters a stronger trust in their coach.

Videotaping from/through the lobby window is **prohibited**.

Nutrition Breaks

All athletes under the age of 9 and those who participate in 5-hour training sessions will be provided with a 10-15-minute nutrition break. Please keep in mind that OGC is a **nut free facility**. No pop, junk food or sugary snacks are allowed. Please note that we will make allowances for special needs as requested.

Path of Communication

Questions, concerns or information with respect to your child's in gym activities should be addressed as follows:

1. Speak to personal coach first (for more complex issues please send an email request for a meeting)
2. If things do not resolve after speaking to the coach, then you may contact the coordinator.
3. If things do not resolve after speaking to the coordinator you may contact the competitive program manager.
4. If things do not resolve after speaking to the program manager, you may contact the executive director.
5. If things do not resolve after speaking to the executive director, you may contact the board of directors.

Questions about your membership package, fees, fundraising and support hours should be directed to the administration/front office, admin@ottawagymnasticscentre.ca, 613-722-8698.

Questions about Gymnastics Ontario, and host clubs or competitions should be directed to your specific program coordinator (direct contact with Gymnastics Ontario or a host club of a competition is not permitted).

Contact information is included at the end of this document on page 8.

Club Policies and Code of Conduct

The Ottawa Gymnastics Centre's code of conduct and ethics can be found on our website under the about us tab, <https://www.ottawagymnasticscentre.ca/policies> . Additional policies surrounding discipline and complaints can also be found under the same link.

Rule of Three for Pain

If after 3 practices your child has continuous pain or injury to a body part, the coach will request you follow up with a doctor and/or physiotherapist. For more serious issues you may have to fill out a return to play form before we can proceed with training. Coaches reserve the right to hold back on training should they feel the request for a medical opinion is not being fulfilled.

Physiotherapy, Massage, Sports Nutrition and Sports Psychology

The OGC is working hard to provide a well-rounded program for its athletes. This includes recommendations for supporting activities to the physical and mental well being of its athletes. We have assembled a team of individuals who meet the criteria and understand the sport of gymnastics and can provide additional assistance as needed. Our recommendations are as follows:

Physiotherapy

Brenna Casey – Flip Physiotherapy Centre

www.flipphysio.com

brenna@flipphysio.com

Registered Physiotherapist, B.Sc. Kinesiology, M.Sc. Physio Therapy

A.R.T., Medical Acupuncture Certified

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

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

Sports Nutrition

Brittany Gordon – Healing Ginger
R.H.N., Nutritionist, Sports Nutrition, Skin care, Allergy Support
<http://www.healing-ginger.com>
britt.gordon@gmail.com
Offering a 15% discount to OGC members.

Mental Performance and Sports Psychology

Arianne Berube-Mental Performance Consultant
Offering counseling/consulting services to help any level athlete improve or deal with aspects of mental performance in relation to competing or training.
aberu016@uottawa.ca

Sieger Roorda - Mental Performance Consultant
MHK Intervention & Consultation, B. Sc. Psychology, Canadian Sport Psychology Association
Offering counseling/consulting services to help any level athlete improve or deal with aspects of mental performance in relation to competing or training.
Sieger.roorda@gmail.com
514-708-5107

Calendar of Events, Schedules, Membership Information, Newsletters and Support Hours Tracking

All competitive program calendars can be found online on our website under the annual members tab (please make sure you are aware of the name of your child's program to ensure you are looking at the right calendar):

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

Families are responsible for checking them on a regular basis for updates or changes. Any last-minute concerns or conflicts will be sent in an email from the coordinator.

All competitive training schedules, membership information, and newsletters will be emailed directly to the families via the administration or program coordinators.

Support hours will be tracked by the front office.

Physical Abilities Testing

WAG

There are 3 scheduled testing events over the course of the season for all WAG programs. Testing criteria will be determined by the technical directors for the WAG program.

Participation in testing is mandatory.

MAG

There are 3 scheduled testing events over the course of the season for all MAG programs. Testing criteria will be determined by the MAG program coordinator.

Participation in testing is mandatory.

TRA

There are 3 scheduled testing events over the course of the season for all TRA programs. Testing criteria will be determined by the TRA program coordinator.

Participation in testing is mandatory.

Group/Level Placement and Mobility Guidelines

Selection of an individual athlete's level, mobility and or training hours from one season to the next or mid-season includes, but is not limited, to the following factors:

1. Safety 1st – Athlete meets the skill requirements and or physical ability/potential for that Group/Level and/or number of training hours.
2. Athlete meets expectations with regards to form/execution and technique of the skill set required.
3. Athlete consistently demonstrates the skill set and required expectation of form/execution during training on a regular basis (this includes excessive absences).
4. Athlete demonstrates the expected work ethic and mental skills throughout their training regularly.
5. Final Group/Level placement and training hours is determined by the Coaching Staff, Technical Leads and Program Coordinators.

Competition Information

All competition information (call to meet, location, schedules) can be found online via the Gymnastics Ontario website, www.gymnasticsontario.ca . Families are asked to keep up to date with the GO calendar and look for competition information there as needed. Anything missing from the website that is communicated to the club will be passed on to the families via the program coordinator. All meet registrations will be handled by the club directly. Please note that final meet schedules are at the discretion of the individual host clubs may not be received or posted until 2 weeks before the competition.

Athletes are required to arrive for competition at the **start of registration**. Each family is responsible for ensuring their child has a uniform and that it fits properly. Please note that you will receive information about the placement of orders and deadlines in your membership package as well as from the program coordinator or administration (sizing for leotards and track suits will be handled by the club or supplier). Additional items such as grip bags and club bags will be available and are required for carrying/storing their items while on the competitive floor.

WAG athletes are required to wear a high ponytail for competition or bun (if their ponytail touches their eyes when flipped over their head they **MUST** place it in a bun). Clips may be used to contain short hairs and should match the color of their hair or leotard. Excessive make up and nail polish is not permitted, and jewelry not allowed (exception small stud earrings).

MAG athletes are required to tie up long hair and have a pair of white socks for use on high bar, parallel bars, pommels and rings. No jewelry allowed (exception small stud earrings).

TRA female athletes are required to wear a high ponytail for competition or bun (if their ponytail touches their eyes when flipped over their head they **MUST** place it in a bun). Clips may be used to contain short hairs and should match the color of their hair or leotard. Excessive make up and nail polish is not permitted, and jewelry not allowed.

TRA male athletes are required to tie up long hair. White socks/slippers are mandatory. No jewelry allowed

Athletes should pack a small snack in their competition bag. No nuts, junk food or messy items please.

Each host club is permitted to determine their refund policy. As a result, it may not be possible to receive a refund for optional competitions once paid for, regardless of the circumstances.

Please note that parents and spectators are not permitted to approach or make contact with the athletes, coaches, judges or hosting officials during competition. Parents are also not permitted to be on the competitive floor (exception, injury/emergency).

Progress Reports and Parent Meetings

The first set of progress reports will be delivered to the families in mid to late January. Between late May to mid-June there will be parent meetings instead of progress reports for all competitive groups (developmental groups will receive a second progress report instead). Parents are required to attend all meetings requested by the coach, coordinator and/or administration.

Contact Information

| WAG | MAG | TRA |
|---|--|--|
| Amanda Pepin WAG Program Coordinator wag@ottawagymnasticscentre.ca | Alfredo Solis MAG Program Coordinator mag@ottawagymnasticscentre.ca | Denise Bussiere TRA Program Coordinator dbussiere@ottawagymnasticscentre.ca |
| Amanda Pepin Competitive Program Manager wag@ottawagymnasticscentre.ca | | |
| ADMINISTRATION | | |
| Sureen Gosal Executive Director (ED) sureen@ottawagymnasticscentre.ca | Admiration admin@ottawagymnasticscentre.ca | |