

# Competitive Parents Handbook 2020/2021



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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/Xcel/TG (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 placed in a bun if their ponytail can touch their eyes when pulled over their head. Undergarments should not be visible (i.e. regular bras 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 discretion of the coach). No jewelry except stud earrings.
- TG (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 discretion 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 discretion 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 placed 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.
- Xcel: OGC competition suits and black leggings. Hair must be tied up neatly and placed 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.
- TG (female): OGC training suits and track suits. Hair must be tied up neatly and placed in a bun if their ponytail can touch their eyes when pulled over their head. Undergarments should not be visible. No jewelry.
- TG (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 to email your child's coach (WAG/MAG/TG) or program coordinator (Xcel) 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 makeup classes for missed training. There will be times throughout the season that classes may be cancelled due to Ottawa Public Health (OPH), competition schedules for the coaches, inclement weather and/or coach illness.

### **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. Due to COVID 19, athletes will be required to exit the facility immediately after training (i.e. no waiting in the lobby or facility) and will not be supervised by staff outside of the building. In the case of an emergency (where pick up may be delayed) please contact the front office emergency line at 613-722-6679.

## *Viewing, Videoing and Conversations in the Lobby*

Due to COVID 19 there are no spectators permitted in the lobby at this time. Should this change in the future, 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***

Athletes training 5 hours or more, or those under the age of 9, will have a scheduled nutrition break about halfway through each training session. For groups training less than 5 hours, breaks will be provided if requested by the athlete or based on the recommendation of the coach. Please keep in mind that OGC is a **nut free facility**. No pop, junk food or sugary snacks are allowed. For more tips on proper nutrition please visit our annual member's website page, <https://www.ottawagymnasticscentre.ca/sites/files/nutrition.pdf>

## ***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 (please send an email request for a meeting/phone call appointment)
2. If things do not resolve after speaking to the coach, then you may contact the program 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 our assistant director Mike Vieira, [mvieira@ottawagymnasticscentre.ca](mailto:mvieira@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.

## ***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/pages/About-Us/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](http://www.flipphysio.com)

[brenna@flipphysio.com](mailto: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.*

## **Massage Therapy and Chiropractic Services**

*The Wellness House*

[www.wellnesshouse.ca](http://www.wellnesshouse.ca)

*Offering a 15% discount to OGC members.*

*Amy Licari*

*Registered Massage Therapist*

[www.musclesforlife.ca](http://www.musclesforlife.ca)

[amylicarirmt@yahoo.ca](mailto: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](mailto:britt.gordon@gmail.com)

*Offering a 15% discount to OGC members.*

## **Mental Performance and Sports Psychology**

*Arianne Bérubé-Lavoie, MHK, BKin*

*Mental Performance Consultant - CSPA*

*Certified Personal Trainer - CSEP*

[arianne.berubelavoie@gmail.com](mailto:arianne.berubelavoie@gmail.com)

613-402-9414

*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](mailto: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 & Xcel**

There are 3 scheduled testing events over the course of the season for all WAG & Xcel programs. Testing criteria will be determined by the technical director and coordinators for the WAG/Xcel programs.

### **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 coaching staff and program coordinator.

### **TG**

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.

## *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 1<sup>st</sup> – 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 demonstrate 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 are determined by the Coaching Staff, Technical Leads and Program Coordinators and aligns with the Long Term Athlete Development Plans developed by the OGC in conjunction with Gymnastics Canada and Gymnastics Ontario.

## Competition Information

All competition information (call to meet, location, schedules) can be found online via the Gymnastics Ontario website, [www.gymnasticsontario.ca](http://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 makeup and nail polish is not permitted, and jewelry not allowed (exception small stud earrings). OGC competition leotard and track suit required for all competitions.

*Xcel* 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 makeup and nail polish is not permitted, and jewelry not allowed (exception small stud earrings). OGC competition leotard (required) and track jacket (optional for 2020/2021 but mandatory for next season) and black leggings required for all competitions

*TG 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 makeup and nail polish is not permitted, and jewelry not allowed. OGC competition leotard and tracksuit required for all competitions

*TG male* athletes are required to tie up long hair. White socks/slippers are mandatory. No jewelry allowed. OGC competitive singlet with shorts and tracksuit required for all competitions.

*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). OGC competition singlet, shorts, pants and track suit required for all competitions.

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 pre-competition season (December-February) depending on the level of the athlete). Following the competition season the coach will provide a second report and/or meeting (virtual or in person, TBD) with each family (April-June depending on the level of the athlete). Parents are expected to attend all meetings (virtual or in person, TBD) as requested by the coach, coordinator and/or administration.

## Contact Information

<b>WAG</b>	<b>Xcel</b>
Amanda Pepin WAG Program Coordinator <a href="mailto:wag@ottawagymnasticscentre.ca">wag@ottawagymnasticscentre.ca</a>	Kerry James Xcel Program Coordinator <a href="mailto:rec@ottawagymnasticscentre.ca">rec@ottawagymnasticscentre.ca</a>
<b>MAG</b>	<b>TG</b>
Amanda Pepein (Interim) MAG Program Coordinator <a href="mailto:mag@ottawagymnasticscentre.ca">mag@ottawagymnasticscentre.ca</a>	Denise Bussiere TG Program Coordinator <a href="mailto:dbussiere@ottawagymnasticscentre.ca">dbussiere@ottawagymnasticscentre.ca</a>
Amanda Pepin Competitive Program Manager <a href="mailto:wag@ottawagymnasticscentre.ca">wag@ottawagymnasticscentre.ca</a>	
<b>ADMINISTRATION</b>	
Front Office <a href="mailto:admin@ottawagymnasticscentre.ca">admin@ottawagymnasticscentre.ca</a> 613-722-8698	
Sureen Gosal Executive Director <a href="mailto:sureen@ottawagymnasticscentre.ca">sureen@ottawagymnasticscentre.ca</a>	Mike Vieira Assistant Director <a href="mailto:mvieira@ottawagymnasticscentre.ca">mvieira@ottawagymnasticscentre.ca</a>