

# Competitive Parent Handbook 2022/2023



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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 (with or without gym shorts), fitted sports tops/bras with training shorts (all private areas must be covered, spaghetti strap tops/bras or shirts are not acceptable). Hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment or stepped on by hands when inverted, in these cases a bun will be required). 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 (all private areas must be covered, spaghetti strap tops/bras or shirts are not acceptable). Long hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment or stepped on by hands when inverted, in these cases a bun will be required). 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 (all private areas must be covered, spaghetti strap tops/bras or shirts are not acceptable). Long hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment or stepped on by hands when inverted, in these cases a bun will be required). 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 in a safe manner (i.e not obstructing their view or getting caught on the equipment). Undergarments should not be visible. No jewelry except stud earrings.
- Xcel: OGC competition suits, track jackets and black leggings. Hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment). Undergarments should not be visible. No jewelry except stud earrings.
- TG (female): OGC training suits and track suits. Hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment). Undergarments should not be visible. No jewelry.
- TG (male): OGC competitive singlet, pants or shorts and track suits. Long hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment). No jewelry.
- MAG: OGC competitive singlet, pants or shorts and track suits. Long hair must be tied up neatly in a safe manner (i.e not obstructing their view or getting caught on the equipment). 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, program coordinator 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 or being scratched from certain events 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 or be scratched on certain events at their coach's discretion\*

\*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. Athletes 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*

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 adhere to their designated viewing days/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 will have scheduled nutrition breaks about halfway through each training session. 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>

## ***Parent/Coach/Organization Communication***

The coach is a very important person in your child's life. They are together for hours at a time, several days a week. It is important for the parents/caregivers to communicate with the coach in regards to any absences, late arrivals and/or external factors that may affect your child's participation and/or performance in the gym.

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.

Please keep in mind that questioning the coach in front or to the athlete undermines the coach's authority and damages the athlete-coach relationship, which is critical for success. Additionally we encourage parents to wait 24 hours before contacting their coach with any concerns brought home directly after training. This time gives the athlete/parent/coach the necessary time to reflect on the issue and approach it with a better perspective and clear mind.

Questions about your membership package, fees, fundraising and support hours should be directed to our interim executive 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.

## ***Cell Phone Guidelines for Athletes***

Athletes are not permitted to use (i.e video, call, text etc.) or carry their cell phones into the training gym without the consent of a coach. Cell phones may be used by the coach(es) and/or athlete(s) for educational purposes with regards to specific techniques and programming at the discretion of the coach. All videos taken by a coach and/or athlete must not include other members. If an athlete needs to use their phone for personal reasons they may be excused from the gym to do so.

## Pain and Injury

If your child has continuous pain or injury to a body part, the coach will request you follow up with a doctor and/or physiotherapist. We recommend that if pain persists more than 3-5 days, is gradually increasing, rated more than a 7/10, or the injured area becomes discoloured, hot or swollen you should seek medical attention as soon as possible.

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

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| <p>Brenna Casey – Flip Physiotherapy Centre<br/><a href="http://www.flipphysio.com">www.flipphysio.com</a><br/><a href="mailto:brenna@flipphysio.com">brenna@flipphysio.com</a><br/>Registered Physiotherapist, B.Sc. Kinesiology, M.Sc.<br/>Physiotherapy, A.R.T., Medical Acupuncture Certified<br/>Offers onsite appointments for a reduced rate, please check the website for more details.</p> | <p>Ottawa Physiotherapy &amp; Sport Clinics<br/><a href="http://www.optsc.com">www.optsc.com</a><br/><b>Orleans</b><br/>Catherine Lamothe - <a href="mailto:catherine@optsc.com">catherine@optsc.com</a><br/>Mathew Pulickal - <a href="mailto:mathew@optsc.com">mathew@optsc.com</a><br/><b>Westboro</b><br/>Kirstie Gillanders - <a href="mailto:kirstie@optsc.com">kirstie@optsc.com</a><br/><b>Barrhaven</b><br/>Nick Antaya - <a href="mailto:nick@optsc.com">nick@optsc.com</a><br/><b>Hunt Club</b><br/>Martin Primeau - <a href="mailto:martin@optsc.com">martin@optsc.com</a><br/><b>Glebe</b><br/>Martin Primeau - <a href="mailto:martin@optsc.com">martin@optsc.com</a><br/><b>Kanata</b><br/>Olivia Messina - <a href="mailto:olivia@optsc.com">olivia@optsc.com</a><br/><b>Main Street</b><br/>Nishanth Kumar - <a href="mailto:nishanth@optsc.com">nishanth@optsc.com</a></p> |
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### Massage Therapy and Chiropractic Services

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| <p>The Wellness House<br/><a href="http://www.wellnesshouse.ca">www.wellnesshouse.ca</a><br/>Offering a 15% discount to OGC members.</p> | <p>Amy Licari<br/>Registered Massage Therapist<br/><a href="http://www.musclesforlife.ca">www.musclesforlife.ca</a> / <a href="mailto:amylicarirmt@yahoo.ca">amylicarirmt@yahoo.ca</a></p> |
|--|--|

### 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)

## **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  
[Sieger.roorda@gmail.com](mailto:Sieger.roorda@gmail.com)  
514-708-5107

### **Calendar of Events**

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 encouraged to check them on a regular basis for updates or changes. Any last-minute concerns or conflicts will be sent via email.

### **Physical Abilities Testing**

#### **WAG & Xcel**

There will be 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 will be 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 will be scheduled testing events over the course of the season for all TG programs. Testing criteria will be determined by the TG 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, consistency and/or physical ability/potential for that group/level and/or number of training days/hours per week.
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.

Please note that athletes can change groups and/or coaches from one season to the next.

### *Athlete Selection for Training Camps and Special Events*

Athlete selection for training camps and/or special events includes, but is not limited, to the following factors:

1. Safety 1<sup>st</sup> – Athlete meets all the technical requirements as determined by Gymnastics Canada, Gymnastics Ontario and/or OGC.
2. Athlete meets expectations with regards to physical ability/potential for the selected camp.
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, discipline and mental skills throughout their training regularly.
5. Final athlete selection will be determined by the Coaching Staff, Technical Leads and Program Coordinators and will align 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 and 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 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.

All athletes are required to tie up long hair neatly in a safe manner so as not to obstruct their view or get caught on the equipment. Hair/ponytails that obstruct the face must be tied up in a bun (please no braided hanging pony tails). Excessive makeup and nail polish are not permitted, and jewelry is not allowed (exception small stud earrings).

*WAG* - WAG OGC short sleeve or long sleeve competition leotard (optional OGC shorts/leggings) and tracksuit required for all competitions.

*Xcel* - OGC Xcel competition leotard ( optional OGC shorts/leggings), track jacket and black leggings required for all competitions.



*TG female* - OGC competition leotard (optional OGC shorts/leggings), tracksuit and white slippers/socks required for all competitions.

*TG male* - OGC competitive singlet with shorts, tracksuit and white slippers/socks required for all competitions.

*MAG* - White socks for use on high bars, parallel bars, pommels and rings. OGC competition singlet, shorts, pants and track suit required for all competitions.

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

**Contact Information**

| <b>WAG</b>  | <b>Xcel</b>  |
|---|--|
| <p>Amanda Pepin<br/>WAG Program Coordinator<br/><a href="mailto:wag@ottawagymnasticscentre.ca">wag@ottawagymnasticscentre.ca</a></p> <p>Nausikaa Muresan<br/>WAG Program Coordinator<br/><a href="mailto:naus@ottawagymnasticscentre.ca">naus@ottawagymnasticscentre.ca</a></p> <p>Andrea Lauzon<br/>WAG Developmental Program Coordinator<br/>(Tiny Tumbler, Petite Elite, Pre-Competitive)<br/><a href="mailto:andrea@ottawagymnasticscentre.ca">andrea@ottawagymnasticscentre.ca</a></p> | <p>Kerry James<br/>Xcel Program Coordinator<br/><a href="mailto:kerry@ottawagymnasticscentre.ca">kerry@ottawagymnasticscentre.ca</a></p>     |
| <b>MAG</b>  | <b>TG</b>  |
| <p>Wajdi Bouallegue<br/>MAG Program Coordinator<br/><a href="mailto:mag@ottawagymnasticscentre.ca">mag@ottawagymnasticscentre.ca</a></p>  | <p>Denise Bussiere<br/>TG Program Coordinator<br/><a href="mailto:denise@ottawagymnasticscentre.ca">denise@ottawagymnasticscentre.ca</a></p> |
| <p>Amanda Pepin<br/>Competitive Program Manager<br/><a href="mailto:wag@ottawagymnasticscentre.ca">wag@ottawagymnasticscentre.ca</a></p>  |  |
| <p><b>ADMINISTRATION</b></p> <p>Front Office<br/><a href="mailto:info@ottawagymnasticscentre.ca">info@ottawagymnasticscentre.ca</a><br/>613-722-8698</p>  |  |
| <p>Mike Vieira<br/>Interim Executive Director<br/><a href="mailto:mvieira@ottawagymnasticscentre.ca">mvieira@ottawagymnasticscentre.ca</a></p>  |  |