

OGC  
Competitive Parent Handbook  
2023/2024



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## Athlete Training Attire

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

### Regular Training

- WAG/Xcel and 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 for WAG/Xcel. No jewelry for TG.
- TG (male): A well fitted training singlet, t-shirt or tank top with gymnastics training pants or shorts (all private areas must be covered). 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.
- 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](#) further in this document.

## *Athlete Attendance*

### **Regular Training**

Regular attendance is directly correlated to the development of your child's abilities, skills and level. If they are going to be absent for any training session(s), we ask that you email their coach, the program coordinator, and/or contact the gym on the emergency line at 613-722-6679. Punctuality is important to prepare and warm up the body for the practice and sets the tone for training that evening. Please arrive on time.

Practice times are subject to change. While every effort will be made to maintain a regular and consistent schedule, participants must be aware that practice days and times can and will change over the course of the season. Parents and athletes should expect schedule changes during the summer, December, and March school breaks. Other schedule changes may occur as a result of training periodization, competitions, coaching schedules, and facility restrictions, including circumstances out of the control of OGC (such as, but not limited to, weather, facility closures, power outages, etc).

The number and length of training sessions outlined by the program coordinator at the start of the season represents a maximum number of sessions an athlete can participate in during a given period of time. Due to the schedule considerations outlined above, OGC does not guarantee a minimum number or length of training sessions in a given period. In a given month or training period athletes can and will see fluctuations in their training schedule which will affect the total number and length of sessions available.

No discounts or refunds will be provided for fluctuations in training sessions or hours.

### **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 may result in a withdrawal from the meet or being scratched from certain events at the coach's request.\*

### **Mock Meets**

All athletes are expected to participate in all scheduled mock meets. Should an athlete miss a mock meet for any reason (except injury or illness) they may forfeit their spot at the competition or be scratched from 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 to the start of training 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 and contact the coach.

## *Code of Conduct and Safe Sport*

To ensure a safe and positive environment, parents and athletes are expected to display appropriate behaviour consistent with the values of OGC at all times.

Please review the OGC Code of Conduct: <https://www.ottawagymnasticscentre.ca/pages/about-us/policies/>

Please review the OGC Safe Sport resources: <https://www.ottawagymnasticscentre.ca/pages/safe-sport-resources/>

## *Videotaping and Photography*

Videotaping and photos 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**. For tips on proper nutrition for athletes 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 parents/caregivers to communicate with the coach regarding any absences, late arrivals and/or external factors that may affect your child's participation and/or performance in the gym.

When possible, and when you feel comfortable doing so, questions, concerns or requests for information with respect to your child's daily training can be addressed as follows:

1. Speak to the coach first (please send an email request for a meeting/phone call appointment).
2. If things do not resolve after speaking to the coach, contact the program coordinator.
3. If things do not resolve after speaking to the program coordinator, contact the competitive program manager.
4. If things do not resolve after speaking to the competitive program manager, contact the executive director.

Coaches appreciate the opportunity to address concerns with parents directly, before involving the athlete in the path of communication. This team approach allows both the parent and the coach to work together to support the athlete, which is critical for success. When possible, we encourage parents to wait 24 hours before contacting their coach with any concerns brought home directly after training. This time can give everyone 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 the competitive program manager, Suzanne Fisher, [comp@ottawagymnasticscentre.ca](mailto:comp@ottawagymnasticscentre.ca), 613-722-8698.

Questions about overall in gym activities and yearly calendar can be directed to the coach or program coordinator.

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

[Contact information](#) is included at the end of this document.

## Club Policies

All club policies can be found on our website under the about us tab:

<https://www.ottawagymnasticscentre.ca/pages/About-Us/Policies/>

## 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 their 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 ask you to 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.

Coaches reserve the right to hold back on training should they feel the request for a medical opinion is not being fulfilled.

## 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 reserve the right to hold back on training until the return to play form has been submitted.

 **OGC Return to Play Form 2023.docx.pdf**

## Physiotherapy, Massage, Sports Nutrition and Sports Psychology

The OGC is working hard to provide a well-rounded program for the athletes. This includes recommendations for supporting activities to the physical and mental well being of all 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:

### Massage Therapy and Chiropractic Services

<i>The Wellness House</i> <a href="http://www.wellnesshouse.ca">www.wellnesshouse.ca</a> Offering a 15% discount to OGC members.	<i>Amy Licari</i> Registered Massage Therapist <a href="http://www.musclesforlife.ca">www.musclesforlife.ca</a> / <a href="mailto:amylicarirmt@yahoo.ca">amylicarirmt@yahoo.ca</a>
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### 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](mailto:britt.gordon@gmail.com)

## Mental Performance and Sports Psychology

<i>Arianne Bérubé-Lavoie, MHK, BKin</i> Mental Performance Consultant - CSPA Certified Personal Trainer - CSEP <a href="mailto:arianne.berubelavoie@gmail.com">arianne.berubelavoie@gmail.com</a> 613-402-9414	<i>Sieger Roorda - Mental Performance Consultant</i> MHK Intervention & Consultation, B. Sc. Psychology, Canadian Sport Psychology Association <a href="mailto:Sieger.roorda@gmail.com">Sieger.roorda@gmail.com</a> 514-708-5107
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## Physiotherapy

<i>Brenna Casey – Flip Physiotherapy Centre</i> <a href="http://www.flipphysio.com">www.flipphysio.com</a> <a href="mailto:brenna@flipphysio.com">brenna@flipphysio.com</a> 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.	<i>Ottawa Physiotherapy &amp; Sport Clinics</i> <a href="http://www.optsc.com">www.optsc.com</a> <b>Orleans</b> Catherine Lamothe - <a href="mailto:catherine@optsc.com">catherine@optsc.com</a> Mathew Pulickal - <a href="mailto:mathew@optsc.com">mathew@optsc.com</a> <b>Westboro</b> Kirstie Gillanders - <a href="mailto:kirstie@optsc.com">kirstie@optsc.com</a> <b>Barrhaven</b> Nick Antaya - <a href="mailto:nick@optsc.com">nick@optsc.com</a> <b>Hunt Club</b> Martin Primeau - <a href="mailto:martin@optsc.com">martin@optsc.com</a> <b>Glebe</b> Martin Primeau - <a href="mailto:martin@optsc.com">martin@optsc.com</a> <b>Kanata</b> Olivia Messina - <a href="mailto:olivia@optsc.com">olivia@optsc.com</a> <b>Main Street</b> Nishanth Kumar - <a href="mailto:nishanth@optsc.com">nishanth@optsc.com</a>
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## 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 appropriate calendar):

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

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

## Physical Abilities Testing

There will be scheduled testing events over the course of the season for all competitive programs. Physical abilities testing is a necessary tool that the coaches use in order to safely develop your athlete's training program to meet their personal needs. Testing criteria will be determined by the program coordinators and/or technical director (where applicable). Athletes are required to attend all scheduled testing events.

## 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 demonstrates the skill set and required expectation of form/execution during training on a regular basis (this includes consideration of any excessive absences).
4. Athlete regularly demonstrates the expected work ethic and mental skills throughout training.
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 groups and/or coaching assignments can change 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 demonstrates the skill set and required expectation of form/execution during training on a regular basis (this includes excessive absences).
4. Athlete regularly demonstrates the expected work ethic, discipline, and mental skills throughout their training.
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 may be available for carrying/storing items while athletes are on the competition 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. No jewellery may be worn except for small stud type pierced 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* - OGC competition singlet, shorts, pants and tracksuit required for all competitions. White socks for use on high bars, parallel bars, pommels and rings.

Athletes should pack a small nutritious snack and water in their competition bag. Please note that the majority of competition venues are nut free environments.

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 and/or program of the athlete).

Following the competition season, MAG/WAG developmental and Xcel families will receive a second progress report along with a recommendation for next season. All other MAG/TG/WAG families will have an individual parent meeting (virtual or in person, April-June depending on the level and/or program of the athlete). Parents are expected to attend all meetings as requested by the coach, coordinator and/or administration.

## Contact Information

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

# **True Sport Principles**

**Go For It**

**Play Fair**

**Respect Others**

**Keep It Fun**

**Stay Healthy**

**Include Everyone**

**Give Back**

**TRUE  
SPORT**