



GELICO POLICIES 2023/2024 SEASON: PRESCHOOL/PARENT & TOT/BOYS RECREATIONAL COMPETITIVE

STAY INFORMED: We would ask that all families make it their responsibility and priority to keep themselves informed of activities, cancellations, upcoming events within the Club so that your child does not miss out on any opportunities. You have three ways to keep yourself up to date:

- **Website:** www.gelicogymnastics.com The website will be kept as up to date as possible at all times, including a calendar of events, special news etc.
- **Email:** Please ensure your email address is provided on Amilia Registration or provide it to us at gelicogymnastics@live.com. You may UNSUBSCRIBE from our electronic mailing list at any time by sending an email to us at gelicogymnastics@live.com. It is recommended that if you are not receiving communications from the club that you ensure that emails from notifications@amilia.com are not blocked or going to your spam folder

We would mention that the Executive members have other full-time jobs and in addition, we volunteer our spare time to Gelico Gymnastics all year round. We appreciate your cooperation in keeping yourself informed and up-to-date with Club matters by using the website (www.gelicogymnastics.com) or email (to gelicogymnastics@live.com) and we will do our best to keep the website current.

OUR LOCATION: The address is 160 – 8th Avenue N.W.

FOOTWEAR: As with most gyms, **all footwear must be removed and left on the boot racks in the entry** (gymnasts and parents).

PARKING: The driveway in front of the building is for 10-minute parking only (pick-ups and drop offs only). We ask that vehicles be aware when using the 10-minute drop-off driveway ***please watch for children.***

DROP OFF/PICK UP: *In an effort to reduce congestion and improve the safety of the gymnasts we would request that all families (except Parent/Tot gymnasts) adhere to the following drop off & pick up processes.*

****Please also be respectful of the neighbors and do not park in front of OR on other driveways. ****

Drop off: *No more than 10 minutes before practice start time, accompany your child to the gym **All footwear must be left in the foyer on the boot racks (gymnasts & parents).** Please hang jackets/clothing on the hooks (so as to minimize the amount of clothing inside the gym).*

Pick up: *Parents are to come in to the entry/foyer and wait there for your children (please do not enter the gym). Coaches (or parent helpers) will bring your child to entry.*

Parents **MUST** come into the Building for dropping off and picking up before and after class. Children will not be allowed to leave the building without a parent. Parents of Parent Tot classes must stay for the class.

ATTENDANCE: Regular attendance is a must if your child is to benefit from training. Each gymnast is important to the progress of the class. If your child is going to be absent, please email the club at gelicogymnastics@live.com as soon as possible. After the Christmas break, gymnasts will be learning routines for competitions. Our competitive athletes are required to attend one competition per year; missing practices after Christmas will make it very difficult for gymnasts to be properly prepared for these events.

CLASS PROGRESS AND STRUCTURE: Gymnasts are placed into groups with other children of the same age, skill level, practicing habits and attendance. If the coach and head coach feel that a gymnast isn't progressing fast enough, or could progress faster they will be moved to the appropriate group at the head coach's discretion. All gymnasts learn, grow and mature at different rates, and it will have a direct impact on their development. Parents are encouraged not to compare their child to other gymnasts but rather, to focus on their child's own personal goals and accomplishments.

SELECTION FOR PRE-COMPETITIVE AND COMPETITIVE PROGRAMS: *Invitation only Programs.* Gymnasts are selected for the competitive program based on focus, talent and ability. We look for is the ability to excel in gymnastics. Several physical attributes are assessed such as strength, flexibility, body control, body awareness, speed, power and agility. Other areas such as the ability to focus, willingness to learn, and general positive attitude are also evaluated. It is important to select gymnasts for these programs so that they will feel successful and therefore build confidence, self esteem and pride in their accomplishments. We work hard to ensure that gymnasts are placed in the program that is right for them. Our coaches also "scout" our recreational athletes for potential competitive athletes.

FEES: Gelico Gymnastics is a non-profit group organized/operated by parent volunteers. All fees collected are used to pay for facility rentals, coaching, equipment and related expenses. All payments must be made by VISA, MasterCard, cheque, money order or bank draft (**NO CASH**, no exception). All registration fees and post-dated cheques (for fundraising) are to be submitted no later than your child's 2nd class. Your child will not be able to participate in the class until all of the necessary cheques are provided.

CANCELLATIONS: We have the right to cancel classes at any time due to circumstances out of our control with no makeup classes or refunds. There may be other cancellations as the season progresses based on the needs of our coaches for training and /or their regular school studies and competitions.

REFUNDS: A full refund will be given if you withdraw from the club prior to August 31, 2023 for the Fall Session and December 31, 2023 for the Winter Session. A partial refund (we will deduct the Gym Sask Registration Fee and an Admin Fee) will be given if you withdraw prior to the first week of class. If you must withdraw from gymnastics practice due to medical reasons, kindly provide a doctor's note and a pro-rated refund can be calculated and reviewed by the board. No full refunds for changing your mind.

EXTRA PRACTICES: We may occasionally offer extra practices to Competitive groups. There will be minimal additional cost for extra practices. Gymnasts registered with Gelico Gymnastics must train only in a Gymnastics Facility that is registered with Gym Sask. Failure to comply with this policy will result in suspension of the gymnast without refund from Gelico Gymnastics Club.

COMPETITIONS: All communications regarding competitions must be sent directly to the Club. All gymnasts must attend competitions with a Gelico coach and must choose within the competitions our club will be attending.

REFUND POLICY FOR COMPETITIONS: Full or partial refunds are not guaranteed, will be based on case-by-case basis and at the discretion of the hosting club, in most cases a doctor's note will be required.

ATTIRE: Gym suit and/or Competitive suit designs, and Competitive wear are subject to change every 2-3 years.

NSF CHEQUES: The individual will automatically receive a \$25 surcharge from the Club and the child will not be permitted to participate in the class until payment has been properly made.

PHOTOS: A photo session will be offered during the season. The cost of the photos will be determined and collected by the photographer on picture night.

EQUIPMENT: For safety and insurance reasons, non-registered children (ie siblings of gymnasts) are absolutely restricted from the matted gym floor and ALL equipment at all times. Furthermore, registered Gymnasts are not to be on the equipment without coach supervision – no exceptions.

WINTER WEATHER: Regularly scheduled practices may be cancelled due to the weather.

VOLUNTEERING & FUNDRAISING: We will not require anyone to sign up for cleaning or snow removal, however, we would greatly appreciate your help in the organizing and distribution with fundraising projects etc. should you be approached. We require postdated a cheque/credit card authorization for Nov 1st for the Fall session & March 1st for the Winter session, Preschool and Parent & Tot are also per session to cover your fundraising commitment. When you have fulfilled your Fall & Winter fundraising commitments, your postdated cheque/credit card form will be shredded.

GYMSASK MEMBERSHIP FEES: A portion of the registration fee you are paying to Gelico will be remitted to Gymnastics Canada and Gymnastics Saskatchewan for Individual Member Fees, as follows: Parent/Tot, Preschool, Lil Boltz, Can Gym & Teen \$48.00; Level 1 & 2 \$94; Level 3, Xcel Gold, Xcel Platinum \$166.00.

INFORMATION SPECIFIC TO YOUR CHILD'S CLASS:

	Preschool. Boys Can Gym, Teen Class, Lil Boltz & Competitive
DRESS CODE	See "Uniform Requirements & Information" sheet.
FUNDRAISING As a non-profit group, fundraising is very important to the operation of Gelico Gymnastics. Monies collected from fund-raising are used to pay for the purchase, repair, and replacement of gym equipment, facility rental, Coaching training, and help to keep the amount of registration fees from increasing drastically. Mandatory fund-raising is required by each family.	<p><u>Fall Session:</u> All families will be required to participate in our Fall Fundraiser, which is Mom's Pantry Products. We require 1 postdated cheque in the sum of \$100 dated November 1st to cover the fundraising commitment.</p> <p><u>Winter Session:</u> All families will be required to participate in our Winter Fundraiser, which is a Progressive 50/50. We require 1 postdated cheque in the sum of \$50 dated March 1st to cover the fundraising commitment.</p> <p>When your fundraising commitment has been fulfilled your postdated cheque will be shredded.</p>

By registering your child with Gelico Gymnastics, the participant or guardians of participant, do hereby acknowledge that they are aware of all activities normally required in and associated with participation in the Gelico Gymnastics Club. They do consent to the participant fully participating and know of no condition that may affect the ability of the participant from safely participating. They waive and release and forever discharge any and all rights and claims for damage, which may have, or may hereafter accrue to me against the Gelico Gymnastics Club, the organizers, or their respective officers, agents, and representatives. They acknowledge that the Gelico Gymnastics Club reserves the right

to require a Medical Certificate from any participant. They have read and are in agreement with the Gelico Gymnastics Club policies as put forth in the policy & information package.

PRIVACY POLICY: Participants &/or Guardians of Participants understand that Gelico Gymnastics has adopted the Privacy Policy of Gymnastics Saskatchewan and that the Privacy Policy can be found at www.gymsask.com as part of the Operations Policy Manual. They consent to give Gelico Gymnastics permission to gather personal information for the following purposes:

- a) Name, address, phone number, and date of birth for the purpose of registering the club members with Gymnastics Saskatchewan and Gymnastics Canada.
- b) Name, address, photos, competition results, phone number, cell phone number, fax number and e-mail address for the purpose of communicating about programs, events and activities.
- c) Date of birth to determine eligibility, age group and appropriate level of competition.
- d) Child Abuse Registry Checks and related personal reference information of coaches for the purpose of implementing Gymnastics Saskatchewan's screening program.
- e) Personal health information including provincial health card numbers, allergies, emergency contact and past medical history for use in the case of medical emergency.
- f) Name, address, phone number, cell phone number, fax number and e-mail address for the purpose of providing information to Gymnastics Saskatchewan and Gymnastics Canada for insurance coverage, managing insurance claims and conducting insurance investigations.

The participant or Guardian of Participant consents to Gelico Gymnastics sending electronic communications including newsletters, updates, invitations, notifications, membership renewals etc. via email, text or other electronic means. You may UNSUBSCRIBE from our electronic mailing list at any time by sending an email to us at gelicogymnastics@live.com.

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Recreational Gymnastics Uniform Requirements & Information

	Parent/Tot	Preschool	Can Gym 1 & 2	Teen	Boys
Practices	<p>Close fitting shorts and tuck in t-shirts or tank tops. No socks (bare feet only), no loose clothing, skirts, tutu's etc. Hair must be off the face and secured, no jewelry.</p> <p>Please bring your own labeled water bottle to class.</p>		<p>Recreational Club Suit for all practices. No socks (bare feet only), no loose clothing, hair must be off the face and secured, no jewelry. Suit must be purchased at the time of registration.</p> <p>Please bring your own labeled water bottle to class.</p>		<p>T- shirt and shorts for practice (No Baggy or Loose Clothing)</p> <p>No socks (bare feet only)</p> <p>Please bring your own labeled water bottle to class.</p>

☐ **Recreational Club Practice Suit \$38.00 (Mandatory for Can Gym & Teen Classes)**



Competitive Uniform Requirements & Information

	Lil Boltz	Level 1, 2	Level 3, Xcel Gold, Xcel Platinum
Practices	Gym suit for all practices. No socks (bare feet only), no loose clothing, hair must be off the face and secured, no jewelry. Please bring your own labeled water bottle to class.		
Competition	N/A	Club Suit (<i>sleeveless</i>) MANDATORY	Club Suit (<i>long sleeved</i>) MANDATORY
	Black leggings preferred but not mandatory	Club Jacket & Club black joggers MANDATORY	

- ☐ **Club Jacket** (Youth Or Adult Sizing)
- ☐ **Club Joggers** (Youth Or Adult Sizing)
- ☐ **No-Sleeve Club Suit** \$70.00 (custom measured & fit) Level 1&2
- ☐ **Long Sleeved Club Suit** \$150.00 (custom measured & fit) Level 3 and up
- ☐ **Club Practice Suit** \$40.00 (not mandatory)

Club Practice suits will be available to order at the time of registration.

Information will be sent out in September regarding orders for Competition No-Sleeve & Long-Sleeved Club Suits & Club Jackets & Joggers.



2023/2024 Preschool & Boys Class Dates & Cancelled Class Dates for **ALL** Classes

Friday Preschool Classes	Fall Session 10-Class Dates	Winter Session 10-Class Dates
Preschool Advanced- 4:45-5:30pm	Sept 29 Oct 6, 13, 20, 27 Nov 3, 10, 17, 24 Dec 1	TBA

Saturday Preschool Classes	Fall Session 10-Class Dates	Winter Session 10-Class Dates
Preschool 3 & 4 yrs-9:00-9:30am Preschool 3 & 4 yrs -9:45-10:15am Parent & Tot 2 yr-10:30-11:00am Preschool Aged 5 yrs- 11:15-12:00pm	Sept 30 Oct 14, 21, 28 Nov 4, 18, 25 Dec 2, 9, 16 <u>NO CLASS OCT 7th & NOV 11th</u>	TBA

Boy's Class & Time	Fall Session 8-Class Dates	Winter Session 10-Class Dates
Boys Friday's 4:45-5:30pm	Oct 6, 13, 20, 27 Nov 3, 10, 17, 24	TBA

For all other classes (Lil Boltz, Can Gym, Teen, Competitive) practices start the week of Sunday, September 10th and run each week at your regularly scheduled practice time **EXCEPT the following known cancellation dates:**

Month	Day of Week	Date	Reason
October	Saturday /Sunday/Monday Tuesday	7 th , 8 th , 9 th 31st	Thanksgiving Long Weekend. Halloween
November	Saturday	11 th	Remembrance Day
December	Wednesday	20 th	Christmas Break Begins
February	TBA/Winter Session		Spring Break
April	TBA/ Winter Session		Easter Break

There may be other cancellations as the season progresses based on the needs of our coaches for training and/or their regular school studies (ie, exam week, Spring Break, Easter Break). Please watch your emails and website (www.gelicogymnastics.com) carefully to avoid showing up at the gym, when practices are cancelled! If a competition is scheduled there may be extra scheduled gym days during marked holidays.