



**GELICO 2019/2020 SEASON:**  
**PRESCHOOL/PARENT & TOT: SEPT 22/ SEPT 24- 10 WEEKS**  
**RECREATIONAL: SEPT 20 TO MARCH 29/2020**  
**COMPETITIVE: SEPT 9 TO APRIL 2020 (AFTER LAST COMPETITION & PROVINCIALS)**

**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](http://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](mailto:gelicogymnastics@live.com). You may UNSUBSCRIBE from our electronic mailing list at any time by sending an email to us at [gelicogymnastics@live.com](mailto:gelicogymnastics@live.com).

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](http://www.gelicogymnastics.com)) or email (to [gelicogymnastics@live.com](mailto:gelicogymnastics@live.com)) and we will do our best to keep the website current.

**OUR LOCATION:** The address is 160 – 8<sup>th</sup> Avenue N.W. Our new phone # 306-773-4415

**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.\*\***

<p><b>Drop off:</b> No more than 10 minutes before practice start time, accompany your child to the gym <b>All footwear must be left in the foyer on the boot racks (gymnasts &amp; parents)</b>. Please hang jackets/clothing on the hooks (so as to minimize the amount of clothing inside the gym).</p>	<p><b>Pick up:</b> 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.</p>
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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 inform the coach as soon as possible. After the Christmas break, gymnasts will be learning routines for competitions – 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, 2019. 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.

**REFUND POLICY FOR COMPETITIONS:** Full or partial refunds are not guaranteed, will be based on case by case basis and a doctor's is required.

**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:** Each Gymnast will have a photo session during the season with the exception of Parent & Tot 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 will NOT be cancelled due to the weather.

**VOLUNTEERING:** We made a CHANGE to our volunteering commitments in the 2017/18 season. We will NOT require anyone to sign up for cleaning or snow removal, however, we would greatly appreciate your helping organize and distribute the fundraising projects etc. Should you be approached. We require 2 postdated cheques/credit card authorization for Nov 1 & March 1 (Preschool and Parent & Tot per session) to cover your fundraising commitment. When you have fulfilled your winter & spring fundraising commitments, your postdated cheque/credit card form will be shredded.

**EXTRA PRACTICES:** We may occasionally offer extra practices to JO 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.

**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, CanGym & Teen \$46.00; JO 1 & 2 \$90; JO 2/3, 3, 4, 5, 6 \$159.00.

**INFORMATION SPECIFIC TO YOUR CHILD'S CLASS:**

	Parent/Tot & PreSchool	CanGym, Teen Class, Lil Boltz & JO
<b>DRESS CODE</b>	See "Uniform Requirements & Information" sheet.	See "Uniform Requirements & Information" sheet.
<b>FUNDRAISING</b> 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 member.	<p><i>Fall Session:</i> 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 1<sup>st</sup> to cover the fundraising commitment.</p> <p><i>Winter Session:</i> 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 1<sup>st</sup> to cover the fundraising commitment.</p> <p>When your fundraising commitment has been fulfilled your postdated cheque will be shredded.</p>	<p>All families will be required to participate in our 2 fundraising events. The Fall Fundraiser is Mom's Pantry Products and the Winter Fundraiser is a Progressive 50/50.</p> <p>Mom's Pantry Products. We require 1 postdated cheque in the sum of \$100 dated November 1<sup>st</sup>. Progressive 50/50. We require 1 postdated cheque in the sum of \$50 dated March 1<sup>st</sup>.</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](http://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](mailto:gelicogymnastics@live.com).

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## Uniform Requirements & Information

	Parent/Tot	PreSchool	CanGym 1 & 2	Teen	Lil Boltz	JO 1, 2	JO3, 3/4, 4, 5, 6
<b>Practices</b>	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. Please bring your own labeled water bottle to class.		Plain Black 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.		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.		
<b>Competition</b>	N/A	N/A	Plain black suit (below). (The Rosetown Fun Meet will be available for you to attend.)		Club Suit ( <i>sleeveless</i> ) <b>MANDATORY</b>		Club Suit ( <i>long sleeved</i> ) <b>MANDATORY</b>
					Black legging preferred but not mandatory	Club Jacket & Club black legging <b>MANDATORY</b>	

- Plain Black Suit Youth \$30.00 without logo (Youth 4-6 6X-7 8-10 12-14)
- \$35.00 with logo
- Plain Black Suit Adult \$35.00 without logo (Adult XS, S, M, L, XL)
- \$40.00 with logo
- Girls No-Sleeve Club Suit \$TBA (custom measured & fit)
- Long Sleeved Club Suit \$TBA (custom measured & fit)

- Club Jacket Youth \$85
- Ladies \$87
- Club Leggings Youth \$57
- Ladies \$74

### COMPETITIVE MEASURING TIMES:

Uniform fittings will take place at the start of your child's first class. Please come during your child's class **only!**

### RECREATIONAL BLACK SUITS SELLING TIMES:

Black suits will be available to purchase at the start of your child's CanGym or Teen class.

Uniform fittings will take place during your child's set class **ONLY**. Full payment for clothing will be required at that time. VISA, MasterCard or personal cheque will be accepted. **Boltz, JO must have the complete uniform or they will not be able to attend competitions.**



## 2019-2020 Season Practice Dates For Parent & Tot and PreSchool & cancelled class dates for *ALL* classes

Class Name/Time	Fall Session 10-Class Dates	Winter Session 10-Class Dates
<b>Sunday</b> <b>Preschool</b> <b>Preschool Advanced</b> <b>Tues/Thurs</b> <b>Parent &amp; Tot (Sept- Dec)</b>	Sept 22, 29. Oct 6, 20, 27. Nov 3, 17, 24. Dec 1, 8 NO CLASS OCT 13, Nov 10	TBA

For all other classes (Lil Boltz, CanGym, Teen, JO) practices start on Monday, September 9th and run each week at your regularly scheduled practice time **EXCEPT the following known cancellation dates**:

Month	Day of Week	Date	Reason
October	Friday, Sunday, Monday, Thursday	11-14 & 31	Thanksgiving Long Weekend, Halloween
November	Friday, Sunday, Monday	8-11	Remembrance Day
December		22-Jan 5	Christmas Break/New Year's Day
February		16-23	Spring Break
April		13-17	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 the notice board and website ([www.gelicogymnastics.com](http://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.