ELK VALLEY GYMNASTICS TEAM HANDBOOK

2026-2027 SEASON



WELCOME AND CONGRATULATIONS!

We would like to take this opportunity to welcome your family to the Elk Valley Gymnastics "*Team Program*." This handbook is being provided to ensure both parents and gymnasts have a clear understanding of what it means to be a member of EVGC's competitive and performance program, and the commitments required.

We have found that a strong family commitment is essential to the success of our athletes. Your support for your child as well as support and respect towards the coaches who will be working hard to help your children achieve their individual goals are crucial.



Please thoroughly read this handbook. Additional information can be found on our website. The website and UpLifter registration/account program and online calendar are our parent's tool for communicating with our office and viewing/ updating your individual accounts.

Once again, thank you for making the commitment to participating in our Team Program, and we look forward to spending many years with your child.

Sincerely,
Elk Valley Gymnastics

EVGC Team Philosophy

To be successful in the competitive program at Elk Valley Gymnastics, gymnasts must first possess a strong DESIRE to be a competitive gymnast. There are many fulfilling aspects to being a competitive gymnast, but there are also certain aspects that are less appealing: the conditioning, the need for repetition, the aches, and pains, etc. Regardless of these things, if a gymnast still has the desire to come back into the gym, repeatedly, and passionately "wants it", they more likely possess the DISCIPLINE to do what it takes to become successful. They must be willing to give 100% to everything they do, even the things they do not enjoy doing. When they don't feel like coming to practice, they must possess the DEDICATION to come regardless, realizing that the time put into this sport is a necessary factor. Combined, these "3 D's" are the foundation on which we build our program.

We also feel that for the gymnast to succeed in a healthy fashion, it is important that ALL persons involved, (coaches, gymnasts and parents) work together. For healthy working relationships to exist we feel it is essential that the lines of communication are open between all three parties.





CHAMPIONS FOR LIFE

It is our mission at Elk Valley Gymnastics to help our athletes strive to be the best they can be, in an environment that is both competitive and nurturing. We believe each child is given different gifts, talents and abilities and it is our mission to bring their abilities to fruition.

At Elk Valley Gymnastics Club we have athletes competing in levels CCP 1-8 and Xcel Bronze, Silver, Gold, Platinum and Diamond. We also have our Boys Performance team. Each level and program has different requirements. It is up to the coach to place gymnasts in a program where they will be the most successful**.**

Moving up Competition levels:

Artistic athletes rarely move levels during the competitive season. There are set required skills that athletes must be able to perform safely before moving up a level. It is at the discretion of the Manager and Coach as to when a gymnast will move up and when they are ready to compete. This means that if there is a skill that your gymnast is unable to perform without the aid of a coach they will not compete the skill, this may result in a child being asked to compete at a later time in the year giving them more time for practice.

Level 1-4 and Xcel Bronze, Silver, Gold and Platinum gymnasts may participate in other sport activities in the off- season. It is highly recommended for Level 5-8 and Xcel Diamond to dedicate their time to gymnastics exclusively. If your athlete is doing other activities in the off-season please be careful so they do not over-train. If any pain or injuries occur make sure to seek professional help immediately.

WAG = Women's Artistic Gymnastics
MAG = Men's Artistic Gymnastics

STUDENT GUIDELINES:

PRACTICE ATTIRE

- WAG gymnasts must practice in a single-piece leotard with optional shorts or leggings. MAG gymnasts may practice in a singlet with pants or shorts or a tighter-fit shirt.

- **Hair must be pulled back for every workout; this also includes bangs. Please make sure this is done before arrival.**
- NO GUM
- Bring a water bottle.

- For practices 3h and longer, we will have a quick snack break halfway through. Make sure to bring a healthy snack that can sustain your athlete for the rest of practice.

GYMNAST RULES AND CONDUCT

- All gymnasts are expected to attend all scheduled practices. If for any reason it is impossible to attend a practice, please notify Moa as soon as possible. A text can be sent to 250 430 0010; email to: competitive@elkvalleygymnastics.com

- Gymnasts should attend 100% of their required training sessions. Attendance will be taken and less than 80% attendance will require evaluation of the gymnast to remain in the level and or team she/he was placed in. Decreased attendance reduces the rate of progress, and competition readiness, but more importantly creates safety issues. Due to an ever growing team we can no longer guarantee make-up classes.

- Gymnasts cannot talk back to coaches, eye-rolling, or disrespect of any kind - No unkind or vulgar language directed to coaches or teammates

- No unsportsmanlike conduct was directed toward fellow gymnasts. Remember gymnastics is an individual sport; however, it is very much a team sport at EVGC, and we should support our team members and friends.

TEAM PARENTS

Congratulations again for having your child invited to participate in our gymnastics team! As was mentioned in our welcome letter, Team gymnastics requires a "family" commitment. Team gymnastics is a tough, year-round sport that requires long hours and complete dedication and without full family support, a gymnast may not succeed. The EVGC team commitment is from Sept – June, plus mandatory summer classes for returning and new athletes. We ask that parents respect these dates and have their children attend all practices within this time.

Gymnasts are expected to attend the 4 practices before all competitions; the only exception is if the athlete is very sick. Failure to do so may result in not being able to compete. Please do not book family vacations the week before a scheduled meet.

This may mean training during Spring or Winter Break. If there is a reason to miss practice, please make sure to tell Moa by email or text as soon as possible.

Along with moral support and encouragement comes the necessity for financial support as well. By allowing your child to accept a position on our team, we ask that you are aware of all that this position entails.



Competitive and Performance Gymnastics

- Ever-increasing practice hours depending on the gymnast's level

- Increasing tuition costs depending on the gymnast's level

- Travel requirements (sometimes airfare is necessary), weekends away from home. Possibility of school time missed

-Tuition fees will only be adjusted for medical reasons together with a doctor's note

- A team member commits to competing each year

- Parents must commit to trusting their coaches to do what is in their child's best interest.

- Parents must commit and understand the financial responsibility associated with competitions, practice, and uniform purchases.

VOLUNTEER and Fundraising Commitments

2026–2027

Elk Valley Gymnastics Family Volunteer Points System Overview
Elk Valley Gymnastics is a non-profit organization dedicated to keeping training affordable, acquiring necessary equipment, and contributing to our Forever Home Fund. This year, we've introduced a Family Volunteer Points System to engage all families in our community efforts.

Points Requirements:

- **Single Child Families:** 10 points throughout the year.
- **Multiple Child Families:** 18 points total (9 points per child).

Point Assignments:
Points are earned through various volunteer and fundraising activities. Some opportunities will be exclusively for adults, while others will be available for athletes.

Mandatory Volunteering:

1. **Ghostrider Game:** 2 points
2. **$150 Bottle Money:** 1 point
3. **1 Raffle Ticket Book:** 1 point

Sign-Up and Responsibilities:

- Volunteer and fundraising opportunities will be available in Uplifter under the "Volunteering" section for easy sign-up.
- **Responsibilities:** Once you sign up, it is your responsibility to fulfill your shift or find a replacement if you cannot attend.
- **No-shows:** A fine equal to the points value will be charged to your account for any missed commitments.

Deadline:
All volunteer and fundraising activities must be completed by **May 15th, 2027.** Failure to meet these commitments may result in a charge for the missed points, and if obligations are not met, your child may have to leave the team.

Rocky Mountain Tumble Volunteering
Volunteering for Rocky Mountain Tumble will be separate from the annual family commitments. Here's what you need to know:
Important Details:

- **Opportunity Posting:** Volunteering opportunities will be published by **April 1st**.
- **Available Activities:** The following are examples of potential volunteering opportunities (note: this list is not exhaustive):
    - Event setup and breakdown - each Family MUST pick one
    - Concession and kitchen
    - Selling Raffle and 50/50 Tickets
    - Selling Merchandise
    - Decor committee and decoration of the Event
    - Admission
    - Athlete social

We typically ask that each family commit to two shifts during the event, along with the setup and takedown. This may change depending on how many athletes we have registered. Rocky Mountain Volunteering is Mandatory for all EVGC families. Failure to volunteer will result in your child not being able to compete.

We encourage all families to participate in these opportunities to support our programs and enhance the community experience! Keep an eye out for more details in Uplifter as the date approaches. Thank you for your commitment!

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COMMUNICATION

Communication is the key to success in our program. All information regarding your gymnast will be provided by the office. If you have questions about your child's progression, practices or anything with competitions, please contact Moa through email competitive@elkvalleygymnastics.com. If you have any questions regarding registrations and billing, please contact Cristina through email at info@elkvalleygymnastics.com, and if you have any questions regarding volunteer hours, please contact Jen -fundraising@elkvalleygymnastics.com

All parents are responsible for letting Cristina and Moa know if their child will be away for a vacation during the season.

Please check our website and your emails and online calendar often to find important information regarding our Competitive and Performance Team Program.

Injuries:

Injuries Outside the gym:

Please ensure that your child's coach is well informed of any serious joint or muscle injuries that your child has incurred outside of the gym. Our trained coaches will adapt the exercises to ensure that your child's safety is intact and the injury is not irritated further. The sooner we know about an incident and its specifics the better adaptations we will be able to make. Missing training due to a minor injury is rarely necessary. It is crucial to maintain strength, flexibility, team cohesion, and mental training to avoid falling behind once the injury has healed.

Injuries Inside the gym:

If an injury has occurred at EVGC during training time, your child's coach will inform you how it happened, and what first aid has been provided. Most injuries in the gym simply require ice. In the event of a serious injury, protocol dictates that we call 911 for medical assistance and then call the parent. A coach will accompany your child to the hospital should that be necessary. If an injury persists for more than a few days, you may want to consider seeking medical attention. Please keep the coach updated on your child's health at all times.

If your child becomes injured they are still a team member, and (with doctor's approval) they are required to return to the gym for restricted training. An injured gymnast will be given a specific work-out plan tailored to what they are capable of doing, which will include extra conditioning or flexibility. (i.e. if a gymnast has an ankle injury, they would have an extended bar workout plus additional conditioning.) In some cases, the workout plan will be shorter than their regular hours. If hours are restricted due to injury, fees will be adjusted accordingly with a doctor's note. We will hold injury days as a credit on your account, to be used for future fees.

You are strongly encouraged to have a good relationship with a trusted physiotherapist or another

sport-related care provider. Gymnastics can be hard on a growing body and having professional assessments and therapeutic care can be a tremendous benefit.

For all injuries, we highly recommend a visit to your doctor and then, upon returning to the gym, an appointment with Kate Powell, our in-house Physiotherapist, for a return-to-sport plan.
Bookings can be made by booking directly with her here: https://mountainlife.janeapp.com/ She can meet you in her studio or here at the gym every other Tuesday.

DISCIPLINE

In most cases, discipline problems are minor and will be handled quickly and easily in the gym during workouts. With discipline issues, we typically give them two warnings before we give a consequence. Consequences range from a brief time-out period to being sent home (in extreme or persistent behavior.) In the event that the situation continues either with a **child or parent**, we will set up a conference to discuss the problems that we are having. If the situation cannot be resolved, we will ask the athlete and the family to leave our team.

Uplifter

EVGC's registration is done through our Uplifter online portal. Please make sure your account is up to date with your credit card and that it is set to take auto payments. If you had trouble last year please contact Cristina to make sure it is set up correctly. This is where all EVGC billing is done, please check your account regularly and confirm all billing is up to date.

Please make sure your account is set as the Member as a parent with your birthdate - MUST be over 17 yrs and have your gymnast set as the Participant with correct birthdates.

Volunteer sign up and tracking of points will be completed in your upliftr account as well. Please make sure you are logging in regularly to keep up to date with your billing and volunteer commitments.

TEAM COSTS

EVGC is a non-profit organization with a parent-run board, We rely on fundraising to help offset our costs. There will be fundraising events that happen throughout the year that will be for both the club and specifically the competitive team. These fundraisers will help with the costs of team swag but also updated gym equipment.

At Elk Valley Gymnastics, we believe that the training, educational opportunities and emotional support that we offer our athletes are valuable and important. The coaches not only spend time in the gym coaching your child, but they spend time at home working on skill development plans for each athlete, practice structure, reviewing educational materials and videos, and countless hours conferring as a coaching staff regarding the teams and individual gymnasts.
In order to give our parents the most economically friendly cost plan possible, Elk Valley Gymnastics tuition is charged monthly according to the hours your gymnast is training. All months will be charged at 4 weeks per month. There may be extra training days added as we get closer to competition season, as well as training over spring and winter break. We will let you know the exact dates closer.

The yearly fees to expect:

Monthly Fees: Depending on hours trained per level

Meet fees: approx. $180-$200 each

All EVGC gymnasts are required to attend our Rocky Mountain Tumble May 27th-30th 2027 and either the Classic in Cranbrook February 18th-21st 2027 or Peaks Winter Cup in Invermere January 15th-17th 2027.

The minimum meet registration per level and program is as follows:
-MAG Performance, CCP 1-2 and Xcel Bronze - required to attend mandatory meets
-CCP 3-5, and Xcel Silver - required to attend mandatory meets + 1 optional meet
-Xcel Gold and Platinum -required to attend mandatory meets + 2 optional meets
-CCP 6/8 – required to attend mandatory meets + 3 optional meets

Team wear (Bodysuit for WAG or Singlet for MAG, Team Jacket, Black Leggings for WAG and optional pants or shorts for MAG, black socks or Optional white croc slides for both MAG and WAG)
Team Jackets: $150 each Team Suits: Depending on style $75 - $160 each

Travelling for meets will be necessary. We encourage parents to carpool, and we will notify you of any hotel deals associated with the competition.

All accounts will be charged on the first day of the month unless you have emailed the office and arranged a different payment plan.

LATE FEES: payments are considered “late” when they are received after the 10th of the month due to declined credit cards or insufficient funds. The late payment will be $10.00. If a family is 3 months delayed in payments their child will be unable to continue to train or compete until payment or payment arrangements can be made.
Administration Fees: A $10.00 administration fee will be applied to all registration changes made

mid-season.

CHOREOGRAPHY

Level 6-8 and Xcel Program need floor/beam routines choreographed generally every 2 years. Music is selected by the coach but each athlete will be asked to bring a few music suggestions.
Routines will begin mid-September and will be done during class for recycled routines or with a private session for a brand new routine. The cost for a new routine is $75.00. Once the choreography is taught it is each athlete's responsibility to memorize the routine. During routine days a good way to easier memorize routines can be to take notes or record with their own phone or tablet. Remember that it takes hard work to perfect routines, it does not happen overnight and each move will need a lot of work before it will look good.

DEPARTURE FROM THE TEAM

Our coaches are always preparing each child for the upcoming competition year because that is the goal of “Team” gymnastics. By accepting your gymnast's place on the team, it is a full 10-month commitment.

It is the responsibility of team members to notify Elk Valley Gymnastics in writing 30 days before you intend to withdraw from the program and the effective date of the withdrawal. Withdrawals for anything other than injury or moving away will be subject to a fine of 2 months of training fees.

Verbal notification is not accepted. **ONLY AN EMAILED WITHDRAWAL NOTICE** is acceptable. Each family will also have to pay for any already registered competitions before departure.





PARENT CONDUCT

1. Please make every effort to have gymnasts at practice on time.

2. Encourage good diet and sleeping habits.

3. Please do not train your child at home

4. Leave the coaching to the coaches and give them the support they need in order for them to do the best job they can.

5. Communicate with your child's coach at competitive@elkvalleygymnastics.com. If you have last-minute changes, are not able to attend practice or are running late, please text the coaches at 250-430-0010

6. Reward effort rather than results.

7. All parents are expected to be advocates of the gym and their coaches and in setting a GOOD example not only to other parents but most importantly, to their child. Bring any concerns to coaches or the main office. Please refrain from gossiping amongst parents.

8. Due to our small space and distractions while training, we do not allow casual watching of practice. Please abstain from coaching and commenting to your child or coaches during any training/private sessions. Each family will be able to watch 2 practices throughout the year if they wish. Parents must book them through the office. To ensure the practice is not disrupted, we ask that there is one parent per practice who must stay the entire practice with no in-and-outs, no siblings and refrain from communicating with coaches or gymnasts throughout training.



MEET CONDUCT

1. Please note that detailed information regarding your gymnast's competition session is usually NOT available until the week prior to the actual meet date. Do not call the host gym for information. Please check the internet for meet updates. Arrive at the meet at least 30 minutes prior to warm-up time.

2. Arrival to a competition after warm-up has started may result in your athlete not being able to compete.

3. Gymnasts MUST arrive 30 min before the start of warm-up, ready to compete.

WAG -Hair tied back in either two French braids or two bubble braids; older athletes are permitted to wear a bun, but it must be slicked back. Bangs need to be pinned back off the face, and all facial piercings must be removed or taped; only stud earrings will be permitted.

MAG - Hair longer than the ears must be tied back; all facial piercings must be removed or taped; only stud earrings will be permitted.

MAG and WAG - Team suit/singlet, Team jacket, Black leggings and black socks. Athletes have the option of wearing shorts over their suits. They must be black with nothing on them. They must be tight-fitting. Anything outside of this will not be permitted on the gym floor.

4. Parents are not permitted on the gym floor during meets according to the BC Gymnastics Rules. Never approach a judge or meet official. If there is a problem with a score or age, simply inform your coach and let them handle it.

5. Try to maintain a positive attitude with your child before, during and after the meet. Your attitude influences how your child feels and performs.

6. Never speak negatively at a meet about other gyms, coaches etc…

7. Athletes are expected to stay with their team at all times until the last gymnast at the meet has performed their last routine. A gymnast is not allowed to go to the stands at any time during the meet to speak to parents.



8. ONLY coaches can determine the competitive readiness of the athlete. The coach may scratch an event at any time prior to or during a meet.

9. Gymnasts are expected to stay

throughout the awards. Do not leave until the team award is given.

10. Encourage positivity regardless of how a gymnast does.

11. Good sportsmanship is a priority, and all gymnasts and parents are expected to display good sportsmanship at all times! Never talk negatively about another gymnast or team during meets.

12. Always speak positively about your coach in front of your child. This greatly affects your child's training

To all Team Parents:



Elk Valley Gymnastics is proud to be inviting new members to our team program this year. We truly have a wonderful group of competitive and performance athletes. We ask that our returning athletes act as ambassadors to our new ones as they grow with our program.

Please keep in mind as parents that all children progress at different levels, skills will come with training and continued practice and conditioning. Sometimes athletes will have a period when they are learning a lot and quickly, and sometimes that process will slow down. This is completely normal! From home, gymnasts need encouragement and support. Please leave all coaching to the coaches during practice.

All gymnasts are encouraged to keep a training journal that they will write in and record progress, goals for skills and personal bests. The coaches will help keep track of skills mastered and ones that still need work. At the beginning of the year, a skill list will go home listing skills the athletes will need to accomplish in order to compete. The coaches will email twice a year progress reports so that parents are aware of skills that are mastered and those that gymnasts are struggling with.

COMPETITIONS/MEETS

The Elk Valley Gymnastics Executive Director and Competitive Coordinator consider and decide which meets each team will participate in during the season. Meets are chosen for various reasons; level of competition, travel experience, etc. EVGC will pick around 7 different meets for this year, each level will have a minimum number of meets they must attend. An online form to fill out will go out early August. It will be due by October 1st latest. Please note that even if you are only planning on attending the mandatory competitions you still have to fill out the form. You will be registered to any competition filled out on the form and you will be charged for them even if you decide not to attend later on. Some meets might fill up instantly. We will do our very best on our end to make sure all athletes get in. Board members athletes will get priority and then we will go down the list of who filled out their competition form first. Payment for competitions will be charged the week before the meet is being held. The competition fee must be paid before your child competes.

UNIFORMS

Elk Valley Gymnastics requires competition uniforms for all team gymnasts. Uniforms/ Competition Leotards are on a two-year design cycle but we retain the right to replace them sooner if we so choose. Parents will be required to purchase the team suit/singlet and the Team Jacket/ Sweatshirt.



Thank you for taking the time to read this handbook. Please understand Elk

Valley Gymnastics' first priority is the gymnasts. We hope that this handbook has given you a better understanding of the terms necessary to participate in Elk Valley Gymnastics Competitive Teams.

Parents and gymnasts need to sign the Acknowledgement Form and the Parent-Child-Coach Contract and return them to Elk Valley Gymnastics so we can keep proper files. It is MANDATORY that the signature page is signed and that you understand that the Acknowledgement Form automatically renews each year. Remember, by signing this agreement, you acknowledge your commitment and financial obligation to Elk Valley Gymnastics for each year your child remains on the team. Gymnasts without signed forms will be unable to continue with training until a form is brought back and signed.