

# Polarettes

COMPETITIVE TEAM

# YUKON GYMNASTICS CENTRE

# 2026–2027 HANDBOOK

Women's Artistic Gymnastics Program

Yukon GYMNASTICS CENTRE

HOME OF THE POLARETTES TEAM

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# ABOUT US

The Yukon Gymnastics Centre is operated by the Polarettes Gymnastics Club – a volunteer-driven, non-profit society whose purpose is to provide recreational and competitive gymnastic programs. It is operated by professional coaching staff under the general direction of the Board of Directors, which is elected in accordance with the Club's constitution.

## MISSION STATEMENT

To inspire a commitment to sport through fostering athlete development and coaching excellence, offering programs for all ages and skill levels, and by providing opportunities for athletes and families to connect and enjoy sport in a friendly and vibrant community.

## OUR COACHES

The Polarettes are committed to providing the highest standards of gymnastics services in the North. This includes investing in a professional coaching staff and their continuing education.

Our professional coaching staff also undergo extensive on-the-job training through shadow coaching, coach-in-training courses, online video sharing and ongoing coaching clinics.

## OUR GUIDING BELIEFS

We believe in diversity and inclusion in our sport and our community.
We believe that the safety of our athletes, volunteers and staff is paramount.
We believe in building a foundation for women and girls to achieve their aspirations.
We believe in strengthening partnerships with other community-based sports organizations for the benefit of all Yukoners.
We believe in gender inclusivity.
We honour and value the dedicated support of our volunteers and staff.
And we believe in the power of our sport to create friendships and memories that will last a lifetime.

*Athletes thrive when they feel safe, seen, appropriately challenged, encouraged, supported, and connected.*

## OUR VISION

A healthy, fun, active and inclusive local community experiencing a lifetime enjoyment of sport and physical activity.

# OUR CULTURE, VALUES, AND EXPECTATIONS

The Polarettes Gymnastics Club Women's Gymnastics team is built on a foundation of established culture and values. Our programs are tailored by Women, for girls to thrive in sport. The club is a strong advocate for the Women and Girls in Sport initiative, which ensures that programs for girls remain accessible, positive, and uplifting.



We asked our athletes and coaches what we value most, and this is what they came up with:

- At the gym, you can be yourself. Everyone loves you for who you are, and everyone is supportive.
- Our health comes first. You can talk about your health honestly and rest when you need to rest.
- Work hard; it's more fun when everyone works hard and progresses. Show up on time, and be ready to put your best foot forward.
- Strive for excellence. Gymnastics is an artistic, beautiful, and powerful sport, and we ask our athletes to bring attention to its artistry and beauty.
- Relax. Taking yourself too seriously can get way too stressful fast - set realistic goals and enjoy the journey.
- Have fun - Sometimes fun is working hard and progressing, and sometimes it's a game at the end of practice. Learn to love it all!
- Love to learn - stay open-minded and enjoy the process, everyone is here to support you. You also need to support yourself.
- Positive self-talk is your friend; you decide what energy you bring to the gym and team each day.

We have a culture of respect, support, and a love of sport. By joining our team, you're invited to our close-knit family. We cannot wait to get to know you better. We stand for safe sport; We stand for Women and Girls in sport; We stand for people and progress over winning; We stand for open communication and honesty; We stand for personal accountability and commitment to the team.

We do not stand for a win-at-all-cost mentality. We do not stand for putting gymnastics before health. We do not stand for bullying or harassment.



# CLUB STANDARDS

By registering for our Competitive Program, you agree to abide by this handbook and all standards and expectations set out within it.

As a parent, you are expected to educate yourself, your family, and your child on safe sport practices.

*"Playing sports is a great way to learn skills, stay fit, and see the positive results that come from hard work and teamwork. Coaches have a responsibility to provide participants with a safe environment.*
*All parents have the right to speak with the coach or the coach's employer if they have questions or concerns about interactions involving their child. In fact, parents may have the most vital role in shaping their children's experience of sport – and in the development of the sport organization where their children play."* - Coaching Association of Canada



You can find information, links, and courses for you and your athlete here:

1. https://coach.ca/sport-safety-parents
2. https://protectchildren.ca/pdfs/C2K_SportEdition_ParentsGuide_eng.pdf

You'll also be pleased to learn that Polarettes is a strong advocate for the Responsible Coaching Movement and has taken the pledge.

As a minimum standard, our competitive coaches are required to be NCCP Competition 1-trained, Respect in Sport Certified, Making Ethical Decisions certified, annually screened with a police and vulnerable sector check, hold a Standard First Aid and CPR C certificate, and have completed the Making Headway in Sport concussion training.

We follow the Rule of Two standards, abide by the universal code of conduct for coaches, and require ethical decision-making and respect-based training.

## PROGRAM STRUCTURE

Beginning in the 2026–2027 season, Team Polarettes will operate one aligned competitive pathway.

Xcel and CCP athletes will now:

- Train together where appropriate
- Be held to similar training standards and expectations
- Be coached within shared developmental systems
- Have flexibility to move between programs when appropriate

The decision to compete in Xcel or CCP will be based on what best supports the athlete's:

- Safety
- Readiness
- Goals
- Training capacity
- Long-term development
- Confidence and success

We do not view one pathway as "*better*" than another. Both pathways offer valuable competitive experiences and opportunities for growth.



# COMPETITIVE PATHWAY OVERVIEW

(LTAD: Learn to Train, Train to Train, Train to Compete, Compete to Win)




Our Recreational and Developmental programs follow a specific curriculum to help athletes reach their goals. Gymnastics is a challenging sport, and we have pathways for everyone to enjoy the journey.

### *NEW* HOUSE LEAGUE

If you're more curious about House League programming, please visit our website here

## DEVELOPMENTAL PROGRAM ( LEARN TO TRAIN )

Designed for athletes building strong fundamentals, work habits, and confidence.

Typical focus areas:

- Strength and flexibility development
- Skill foundations
- Body awareness

- Coachability
- Team culture
- Safe progressions
- Learning competition routines and expectations



Approximate training commitment:

- 6–12 hours/week

Competition opportunities may include:

- Mock meets
- Winterfest
- Yukon Championships
- Select training camp opportunities

## POLARETTES ASPIRE & MOMENTUM TEAMS ( TRAIN TO TRAIN )

Designed for athletes ready for increased commitment and travel competition experiences.

Approximate training commitment:

- 12–16 hours/week

Expectations include:

- Consistent attendance
- Summer training participation
- Team fundraising participation
- Expected to participate in 2 to 4 travel competitions annually

## POLARETTES PERFORMANCE TEAM ( TRAIN TO COMPETE )

LTAD: Learning to Compete, Training to Compete
Designed for athletes pursuing higher-level competitive goals.

Approximate training commitment:

- 12–18 hours/week

Expectations include:

- Strong attendance and training consistency

- Independent athlete responsibility
- Positive leadership within team culture
- Commitment to competition preparation
- Expected to participate in 3 to 6 travel competitions annually

## POLARETTES NATIONAL TEAM ( TRAIN TO COMPETE/COMPETE TO WIN )

Designed for athletes pursuing advanced competitive pathways in National categories (L9, 10, Jr, Sr.).

Approximate training commitment:

- 16–24+ hours/week

This level requires:



- High training consistency
- Strong physical preparation
- Emotional readiness
- Goal-oriented training
- Ability to manage school, recovery, and training demands
- Participation in 6 to 10 outside travel competitions or training camp opportunities

Selection into higher-level competitive opportunities is based on:

- Safety and Readiness
- Skill completion
- Mental preparedness
- Attendance
- Coachability
- Competition standards



## REGISTRATION AND PROGRAM TUITION

This year, you are required to secure your spot in our Competitive programs by June 12th, 2026, by paying your membership fee in advance. This will be held as a deposit and considered a commitment to next season's training. If you're not able to commit by June 12th, we cannot guarantee placement in our program for next season.

Coaching resources are limited, and waitlists are extremely long. We will create groups based on those who can guarantee they'll return and open available spots to those on the waitlist for our programs as of July 1st.

## PAYMENT SCHEDULE

**June 12th:** Only the membership fee is due at the time of registration

**By August 31st:** Commitment Bonds, Service Fees, and all outstanding payments from last season are due.

**By September 1st:** September's training fees & teamwear invoice

Our program is pleased to offer low hourly rates for all of our competitive programs. We do require parent commitment hours as well, to help subsidize the cost of our programs to keep our club safe, clean, and well-run.

You may choose to pay in full up front or make monthly payments. If paying monthly, you must set up payments online or via post-dated cheque. Membership dues and the commitment bond are due before the first class.

### DISCOUNT OPPORTUNITIES:

1. If you pay by post-dated cheque or cash, the service fees are waived, saving you 5%.
2. If you have two children registered in competitive programs, you will also receive 5% off the second child's fees (whichever child's fees are cheaper, the discount will be applied to those fees).

Fee chart will be added once final training schedules have been made.
We are just finalizing the exact # of training hours per group.
Expect a 3.2% Cost of Living increase this season

Please notice which group you're signing up for; **some programs run from September to June, and some run from September to August.**

12-month programs are calculated based on 46 weeks of training to account for club cancellations, family vacations/missed practices. 10-month programs are calculated at 38 weeks. If you select the monthly payment option, the training fees are split into 10 or 12 equal payments. No make-up classes for cancelled training or missed training will be provided.

### YOUR TUITION FEES INCLUDE:

- Annual training with certified coaches
- Registration dues for mock meets
- Physical testing events
- Membership: Includes membership in Polarettes (you will have a vote at our AGM), access to classes and programs, and coverage for your child's insurance.
- Nutrition seminars (when funding is available)
- Some programs include dance, strength, and mental training (Check the commitment table above)

### YOUR TUITION FEES DO NOT INCLUDE:

- Teamwear expenses (Long Sleeve & Competition Leotards, track suits, hoodies, shirts)
- Personal equipment (grips, grip bags, tape, chalk, tiger paws, gymnastics shoes)
- Registration for competitions or events
- Travel costs for camps or competitions
- Private lessons or extra training required for additional strength, mental training, nutrition, physiotherapy, massage, flexibility, or choreography beyond what we offer in our regular schedule.

# LATE OR NON-PAYMENT POLICY

The Polarettes is a non-profit society that relies on prompt payments from families to meet its financial commitments.

Accordingly, if a family does not satisfy training fees (including providing post-dated payments for the year), travel costs or any other invoice resulting from the athlete's participation in the competitive program within the time frame set out in the notice or in a policy contained in this handbook, their child will not be permitted to train. Once payment has been satisfied, the child can resume their training. There are no exceptions to this policy.

All competitive payments must not be more than 60 days in arrears and must be paid by the 15th of the third month. For example, fees are due in September.... October 1st – 1 month in arrears, November 1st – 2 months in arrears, November 15th – If fees are still in arrears, athletes will not be permitted to train.

### SERVICE CANCELLATION

Refunds for services already provided will not be issued. Service cancellation requests can be issued 30 days before service termination.

Reasons for service termination may include, but are not limited to:

- The athlete is retiring from the sport indefinitely
- The family is moving out of the territory
- Families cannot attend for a long period of time (exceeding 4 weeks) due to major family emergencies, or catastrophic events such as long-term injury, illness, or death.

Reasons for service termination may NOT include:

- The family is going on vacation and doesn't want to pay for the months missed
- The child wants to do another activity this month, and then return to gymnastics later, but the family does not wish to pay for training during that time.

Written notice must include: Reason for service termination, date of request, medical note if required, or explanation of circumstance. Notices may be delivered in person or via email to the Head Coach.

Everyone must provide written notice for service terminations; no exceptions will be issued. Once a service termination is approved, the remaining fees for future training months will be put on hold, cancelled, or refunded, depending on the situation.

Please remember that our coaches are highly trained, and running training sessions is expensive for the club. When you commit to the program, we expect your family to remain committed, and we rely on your dues to help us stay afloat.

## PARENT COMMITMENT

We ask that everyone in competitive programs help the club in any way they can through parent-participation commitments. It takes a village to keep not-for-profit sports organizations operating at their best! The goal of our parent commitment policy is to ensure that all families are contributing to the team and club, as all families and athletes will benefit from our events, fundraising, activities, and efforts.
Your family has two options to fulfill your parents' commitment;

*Option 1:*

You can opt out of parent participation by paying the commitment amount set for your child's group at the beginning of the year. This will buy you out of parent commitments, and we will send a staff member in your place instead. If you choose this option, it's non-refundable. The amounts due will be reviewed annually and outlined in the CCP Handbook and the Parent Commitment Policy.

*Option 2:*

At the beginning of the year, you will be asked to provide a commitment bond upfront, with the amount set for your child's group. As you participate, for every hour of approved participation, we will deduct 50 dollars from your bond. If you have completed your full parent commitments by the end of the season, your bond will be fully refunded.

You will need to sign up for parent commitment opportunities. We have many opportunities to get involved. Here's how you can help:

- Help with fundraising opportunities
- Join a Committee - We are looking for members for the fundraising and sponsorship committees.
- Join our Board of Directors and actively participate in meetings and tasks

- Join the Yukon Gymnastic Association Board of Directors and actively participate in meets and tasks
- Participate in approved activities and events (which may include competition events, donations, or manual labour/services such as moving equipment, cleaning the gym and foam pit, etc.).

A small collective effort will have a big impact on our team's success. Keep in mind that our commitments are minimal, and any contribution beyond that is absolutely wonderful and appreciated!

The full policy, approved in 2017, is available upon request and will be distributed with the handbook package.

### MULTIPLE CHILDREN:

If you have multiple children in the competitive program, the total commitment hours are capped at 20 hours per family.

### WITHDRAWALS MID-SEASON:

A prorated amount reflecting the time the athlete stayed in the program will be assessed.

### PARTIAL COMPLETION OF THE COMMITMENT:

Partial commitment will result in a partial refund, depending on how much commitment time remains and how much has been completed.



## ATHLETE EXPECTATION

We expect athletes to:

- Arrive prepared and ready to train
- Communicate respectfully
- Support teammates
- Follow safety expectations
- Demonstrate effort and willingness to learn
- Take responsibility for their belongings and preparation
- Practice healthy habits, including sleep, nutrition, hydration, and recovery
- Speak up when injured, uncomfortable, overwhelmed, or unsure
- Be kind and contribute to a healthy environment for practice.
- Be humble in moments of success

We do not expect perfection; we value effort more than results.

Athletes are allowed to:

- Have hard days
- Ask questions
- Need support
- Progress at different rates
- Make mistakes while learning
- Celebrate small moments

We care deeply about building resilient athletes, but resilience should never come at the expense of safety, health, or dignity.

## PARENT EXPECTATION

Parents are an important part of our team culture

We ask parents to:

- Support respectful communication
- Help athletes arrive on time and prepared
- Encourage healthy routines and recovery
- Support coaches in maintaining a focused training environment

- Communicate concerns appropriately and respectfully
- Help athletes build independence and accountability
- Model good sportsmanship
- Trust the process and the journey



We encourage families to focus on:

- Effort
- Growth
- Enjoyment
- Teamwork
- Confidence

rather than only placements, medals, or scores.

**During Training**

For athlete focus and safety:

- Parents should avoid coaching from the sidelines
- Parents should avoid interrupting practice unless necessary
- Athletes should remain focused on their coach during training

If something important arises, please connect with the coach after practice or by email.



# ATTENDANCE & COMMITMENT

Consistency matters in gymnastics.

Athletes build:

- Physical readiness
- Confidence
- Safety awareness
- Team synchronization
- Routine consistency
- Mental stamina

through regular participation.

That said, we also recognize that athletes are humans first.

We understand there will occasionally be:

- Illness
- School demands
- Family emergencies
- Mental health needs

Communication and honesty matter most.



# COMPETITION PREPARATION

As competitions approach, attendance expectations increase for safety reasons.
Athletes missing significant training leading into a competition may need:

- Modified routines
- Event reductions
- Competition withdrawal

These decisions are made jointly with the coach and head coach for athlete safety and readiness, not punishment.

We consider "significant training" to be missing 2 consecutive weeks or more of training, including due to unexpected illness, injury, or family emergency, or missing more than 70% of practices in the weeks and months leading up to the event.

A gymnast will be registered for a meet based on their competition level, athletic preparedness, physical testing, health, attitude, commitment and effort at training sessions.
Gymnasts and their parents/guardians will be notified as far in advance as possible of their child's competition.



# MOVING FROM LEVEL TO LEVEL AND SELECTION OF MAJOR GAMES TEAMS

Switching levels and/or the eligibility and selection of Major Games teams are at the full discretion of the Head Coach.

The Board of Directors will not involve itself in any discussions or decisions regarding the placement level of any member of the competitive team or the placement of any athlete on a Major Games Team. Rather, they defer to the professional experience of our coaching staff to make these determinations.

Our coaches are highly committed to their athletes and work very hard to develop the safe, technically sound gymnastics required for success in competition. Accordingly, it is Club policy that any issues regarding an athlete's training must be discussed with the child's regular coach before being discussed with the Head Coach.

If you would like to speak with your child's coach, please arrange an appointment. If you are not satisfied, you may bring your issue to the Head Coach; if it remains unresolved, the Head Coach will consult with the President of the Board.

Major games include but are not limited to competitions such as Western Canadian Championships, Canadian National Championships, Elite Canada, Arctic Winter Games, and Canada Winter Games.



## PLACEMENT IN TRAINING GROUPS

Once selected for one of our Competitive programs, athletes are divided into training groups based on their skill level, potential, general training attitude, and attendance record.

Every gymnast is carefully placed in the group where the head coach & professional coaching staff believe the gymnast will succeed best. We strive to place athletes in a group that will challenge them without overwhelming them and give them the best opportunity to progress at the level at which they are striving to compete.

The placement of gymnasts in training groups is at the Head Coach's discretion and responsibility.

## LEVEL PLACEMENT

The decision of an athlete's level is the responsibility of their coach and the head coach. Each level of gymnastics has certain skill requirements. The score of a routine is determined by firstly whether the skill is completed, and secondly by the form and perfection displayed by the gymnasts in their execution of those skills.

Each gymnast will be placed in the competitive level best suited to their skill level, form and maturity. The head coach will assign each gymnast to a challenging level while allowing her to experience individual success.

All gymnasts progress at different rates, depending on age, physical growth, maturity, and other factors.

Therefore, not all gymnasts can progress from one level to another at the same rate. It is expected, however, that if a gymnast follows our program and takes their training seriously, they should experience increased personal success.

## PARTICIPATION IN COMPETITIONS

Our competitive program is highly structured, and participation in a minimum number of competitions for their assigned group is mandatory unless specified by the coaches. Athletes are expected to attend their listed competitions unless ill or injured.

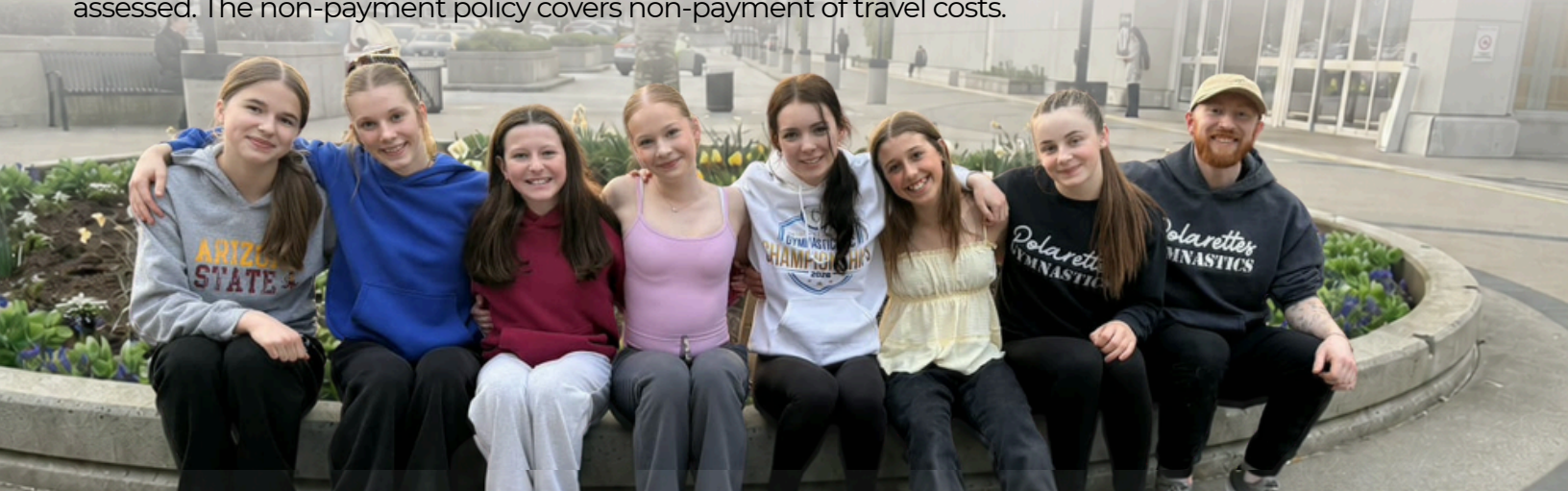
# TRAVELLING TO COMPETITIONS

The Head Coach determines participation in competitions in consultation with your child's coach. Once this is done, you will receive a list of potential competitions your child is eligible to attend. For the 2026/2027 season, we will be using a new system to register for competitions. We will be using Activity Messenger to host all competition information, including registration. Failure to reply within the allotted time will indicate that you do not wish your child to participate. Once you have signed the forms, this signifies your child's commitment to attend, and the Club may proceed with registration.

Please note that attendance at these competitions is not guaranteed and will depend on each athlete meeting the minimum requirements for their level and on their attendance in the months leading up to outside competitions. Poor attendance may result in the Head Coach determining that your child has not properly prepared or shown the dedication to attend an outside meet; in addition, failure to be up to date with training fees will also result in your child's inability to attend outside meets.
For the 2026 to 2027 season, no athlete will be permitted to travel outside of the territory for competition unless a minimum score of 32 all-around has been issued by the territorial Head Judge or Head Coach at a mock meet, skill verification event, or trial. Athletes scoring less than 32 all-around will be managed on a case-by-case basis. Consideration will be given to, but not limited to, athlete age, training level, calibre of competition, attendance, training attitude, and general readiness.
For parent travel, parents are responsible for all travel and accommodation arrangements for their athlete. Polarettes is responsible for competition registration.

For team travel, Polarettes will arrange travel and accommodation, and parents will be responsible for paying a deposit before the trip and covering any remaining costs after the competition. Parents are responsible for all expenses relating to the trip.

Parent cooperation in satisfying these invoices upon receipt is required. If your child cannot attend and we are unable to cancel the ticket, you will be responsible for the ticket price and any other non-refundable costs. A final reconciliation will determine if your child's portion of the travel expenses was adequately assessed. The non-payment policy covers non-payment of travel costs.



# TEAM TRAVEL VERSUS PARENT TRAVEL

**Team Travel**

Team Travel is when an athlete travels with their coach and team without their parent or guardian attending as the primary supervisor.

In Team Travel situations, parents are not required to attend. However, if parents choose to attend the same event independently, we ask that families book separate accommodations when reasonably possible and prearrange any involvement in team activities with the Team Coach.

We use this model because team travel schedules are often extremely busy, structured, and fast-paced. Athletes may have early mornings, team meals, transportation schedules, meetings, training times, recovery expectations, and long competition days. Keeping athletes operating within the same structure helps the trip run smoothly and supports consistency, athlete well-being, and team dynamics.
Trips that may involve mandatory team travel typically include major events such as:

- Arctic Winter Games (AWG)
- Canada Winter Games (CWG)
- Western Championships
- National Championships
- Training camps or select out-of-territory events

Whenever possible, a screened parent chaperone or team manager will travel with the coaching staff to provide supervision and support the athlete's well-being throughout the trip.

If a parent chaperone is unavailable, the coach or a designated, screened adult supervisor will oversee team activities and athlete supervision during the event. Our club follows Canadian Safe Sport standards and the Rule of Two principles whenever reasonably possible during all travel activities.

Athletes under 11 years old are generally expected to travel with and stay with a parent or guardian during competitions unless otherwise approved by the Head Coach.

In addition to minimum age guidelines, families should carefully consider whether their athlete is emotionally and practically ready for team travel. Things to think about include:

- Will this be their first extended time away from home or family?
- Have they successfully stayed overnight away from home before?
- Are they emotionally prepared for a busy 4–7 day travel environment?
- Can they fall asleep independently in unfamiliar environments?

- Are they comfortable sharing space with teammates respectfully?
- Can they communicate clearly with coaches or chaperones if they need help?
- Are they comfortable ordering meals, managing belongings, and following schedules independently?
- Do they have any medical, mental health, emotional, sensory, or allergy considerations coaches should know about?
- Are there coping strategies or supports that help them feel successful while away from home?

Homesickness, fatigue, emotional overwhelm, and social stress can all be very real parts of youth travel sport. Preparing athletes in advance helps set them up for success.

Athletes will remain under active team supervision throughout the trip, including:

- Scheduled check-ins
- Curfews
- Team meeting expectations
- Room checks when appropriate
- Supervised transportation and activities

Athletes are expected to:

- Behave respectfully and safely
- Follow schedules and instructions
- Respect teammates, coaches, hotel staff, and event staff
- Remain in approved areas
- Follow curfew and rooming expectations
- Communicate concerns appropriately

Athletes may not:

- Leave approved areas without permission
- Invite unauthorized visitors into hotel rooms
- Participate in unsafe behaviour
- Use substances prohibited by team or event rules
- Engage in bullying, harassment, or inappropriate online behaviour during travel
- Significant misconduct, unsafe behaviour, or repeated failure to follow expectations may result in removal from team activities or early return home at the family's expense.

- All athletes participating in team travel are required to:
- Complete team travel forms
- Provide emergency medical information
- Maintain appropriate travel insurance coverage
- Follow all club and Safe Sport expectations

**Parent Travel**

Parent Travel is when an athlete travels and stays with their own family during a competition or event.

In Parent Travel situations, athletes remain the responsibility of their parent or guardian outside of official team activities, training times, meetings, and competition sessions.

Families are expected to:

- Ensure athletes arrive on time and prepared
- Communicate schedule conflicts appropriately
- Support team expectations and conduct standards
- Respect competition and coaching environments

Athletes are generally expected to remain with the team during competition sessions and support their teammates throughout the event, unless alternative arrangements have been approved in advance by the Head Coach.

We ask families to remember that competitions are not only individual experiences, but also team experiences. Supporting teammates, celebrating effort, and contributing positively to team culture are important parts of our program.

## COMPETITION EXPENSES

As the only gymnastics club in the Yukon, we have to travel out of the territory for every competition we attend, except for the Yukon Championships.

There is some assistance from our sports body and Lotteries Yukon to help cover these expenses, but they will largely be funded by your individual family. We encourage our competitive gymnasts to attend two to three gymnastics competitions per season and expect greater participation from our higher-level gymnasts.

There are also a variety of funding sources you may be eligible to access, including:

- Kids Recreation Fund
- Jumpstart for Kids
- Yukon Gymnastic Association Bursary
- Yukon Gymnastics Association Travel Funding
- Lotteries Yukon Travel Assistance Program
- Air North GOAL Program
- YASC Funding for Aboriginal Athletes
- High Performance Funding




## CHOREOGRAPHY

The Artistry Coordinator and/or Head Coach must approve the music for each athlete in the club and will direct the composition of the routines. Our Artistry Coordinator will choreograph all floor and beam routines at the Head Coach's direction. Should an athlete choose to have an alternative choreographer create a routine, that is at the parents' expense, and music choices still need to be approved by the Head Coach.

## TEAM WEAR

For the 2026 to 2027 Season, we are updating our competition tracksuits and travel gear for all travelling teams. The full kit is estimated to cost $520 and the partial kit $330. Developmental program groups (Dev C, B, A) will receive a GymGear training suit as their competition suit ($65 value) as part of their training dues. An optional $75 fee will cover their hoodie and t-shirt for Dev programs. All travelling teams will have a custom competition suit made for them (2025), if they require a replacement, this will be invoiced as a separate mandatory expense.

Athletes will be encouraged to fundraise for the new track suits and travel gear.

Athletes on our travelling teams are required to have the teamwear, and the invoiced amount is due before they can pick up their gear.

In gymnastics, athletes require very little personal equipment compared to many other sports, primarily a competition suit. As the main long-term equipment cost, we focus on investing in high-quality suits designed to be worn for multiple competitive seasons. This is our first full-suit redesign with this supplier in over 10 years, and most athletes will get 2 or more years of use from their competition suit.

If cost is a barrier, we encourage families to support fundraising efforts.

## HEALTH, WELLNESS & SAFE SPORT

Athlete health comes first.

Always.

We are committed to creating an environment where athletes feel safe speaking up about:

- Injuries
- Fatigue
- Burnout
- Illness
- Mental health concerns
- Unsafe behavior
- Bullying or harassment





**Injury & Illness**

Athletes should not attend practice if they:

- Have a fever
- Have vomited within 24 hours
- Have contagious illness symptoms
- Are medically advised not to participate

- Relevant medications
- Significant mental or physical health concerns impacting participation

Training modifications may be provided where appropriate.

**Concussions**

Any athlete suspected of a concussion must:

- Be removed from the activity immediately
- Follow medical guidance
- Complete return-to-sport protocols before returning fully

**Mental Health**



Mental wellness matters.

Athletes experiencing:

- Anxiety
- Burnout
- Emotional overwhelm
- Excessive stress

are encouraged to communicate with coaches and parents.
We believe healthy athletes perform better in the long term.

**Safe Sport Commitment**

Polarettes has zero tolerance for:

- Abuse
- Harassment
- Bullying
- Discrimination
- Grooming behavior
- Retaliation
- Emotional misconduct
- Unsafe coaching practice

All members of our community share responsibility for maintaining a safe environment.

Athletes and parents are encouraged to report concerns.

Concerns may be brought to:

- Coaching staff
- Executive Director
- Board leadership
- Provincial Safe Sport reporting channels

Reports will be handled respectfully and appropriately.

## SOCIAL MEDIA EXPECTATIONS

We recognize social media is part of modern sports culture.

We ask athletes, parents, and coaches to use social media responsibly.

Please avoid:

- Public criticism of athletes, coaches, judges, or families
- Sharing private team information
- Posting unsafe training content
- Online bullying or exclusion
- Negative speculation about athlete placements or coaching decisions

We encourage:

- Celebrating accomplishments
- Positive team culture
- Respectful online conduct
- Protecting athlete privacy

The club social media policy is under revision and will be available in the Fall.

# CODE OF CONDUCT AND ETHICS

An electronic copy of the Code of Conduct will be sent to you to fill out and complete before the first day of training. This copy is for your records.

**Universal Code of Conduct to Prevent and Address Maltreatment in Sport**

As of December 19th, 2022, Gymnastics Canada and the Yukon Gymnastic Association pledged to adopt the Universal Code of Conduct to Prevent and Address Maltreatment in Sport.

As a requirement of our program, an adapted version of the UCCMS v6.0 is in place for all parents, athletes, coaches, guardians, officials, volunteers, and other stakeholders. It's been adapted by Sport Yukon with the help of Sport and Law, and again slightly adapted to fit the needs of our specific circumstances.

**VERY IMPORTANT NOTE**

A digital copy will be emailed to you upon registration. You may request it before registration if you'd like to read it before starting registration.

The new Code of Conduct and Ethics is extremely detailed, and some content may not be appropriate for young children to read (e.g., graphic or explicit content), which is why we haven't directly referenced it in this document.

We believe that, given what has happened in our sport nationally, it's extremely important that parents take the time to read the full code of conduct and then decide as a family how to make its content appropriate for teaching their young people.

Our program has incredibly high safe sport standards - make sure your kids know the expectations of appropriate conduct, not just in our programs, but as a valuable life skill.

Your registration is not considered complete or valid until the Code of Conduct and Ethics has been signed & all insurance and waivers have been completed and submit.

**Communication Guidelines**

We believe strong communication builds trust.

We are committed to:

- Clear communication
- Respectful conversations
- Timely responses when possible
- Collaborative problem-solving while being fully transparent.

## BEST WAYS TO REACH US

Primary communication methods include:

- Email
- Activity Messenger
- Monthly newsletters
- Team meetings
- Scheduled conversations

Please avoid using coaches' personal phone numbers unless specifically invited to do so.



**Conflict Resolution Process**

If concerns arise:

1. Speak respectfully with the athlete's primary coach first
2. If unresolved, connect with the program lead or the Head Coach
3. If necessary, club leadership may become involved

We ask all families to avoid:

- Gossip
- Group chat conflict escalation
- Public criticism of athletes, coaches, judges, or families
- Social media disputes

We are committed to addressing concerns professionally and respectfully.

As a member of the Yukon Gymnastics Association (YGA), the Polarettes Gymnastics Club is party to and bound by the provisions contained in YGA's Harassment Policy.

The Harassment Policy applies to coaches, athletes, parents, and members of the executive, and all are equally bound by and protected under it. It describes what constitutes harassment and the procedures to follow in the event of a complaint.

The policy manual is currently under revision and will be available in the Fall.

## CONTACT INFORMATION

- Call the office and leave us a message at 867-668-4794
- Emailing our Competitive Team:
    - Executive Director & Head Coach: Kim Jones, ed@polarettes.org
    - Executive Assistant: Maria Thorburn, Maria.Thorburn@polarettes.org
    - Developmental Coordinator: Stephanie Caron, stephanie.caron@polarettes.org
    - Coach Ewan: ewan.campbell@polarettes.org
    - Administrator: Alysia Hornblower, info@polarettes.org
- Tell us in person or have the athlete tell us in training.

# POLARETTES COMPETITIVE TEAM






Polarettes
COMPETITIVE TEAM