



Competitive Program Handbook 2025 – 2026

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ABOUT US:

Quinte Bay Gymnastics Club (QBGC) is a not-for-profit organization that is run by a volunteer board of directors composed of community members and parents. We would encourage any parents that have an interest in the board to become involved. The board and parent volunteers share in the responsibilities of forming various committees which in turn help to oversee a variety of non-coaching activities that occur within the club.

INFORMATION FOR NEW AND RETURNING MEMBERS:

Competitive Season: July 1, 2025 – June 30, 2026

COMPETITIVE FAMILY COMMITMENTS:

All fundraising and volunteer requirements must be fulfilled by **April 30th** of the respective Competitive Season. Any additional volunteer hours or fundraising above the requirement **cannot** be transferred into the next season. All volunteer sign-up opportunities are sent via email. Follow the *Sign-up Genius* link that is provided in the email.

Fundraising:

As part of your commitment, all competitive families **must** participate in fundraising.

- Each Competitive Family must fundraise a combined minimum total of **\$250**.
- Pre-Team and TG Families with an athlete born in 2019 must sell a combined minimum total of **\$125**.

There is a **mandatory \$100 chocolate fundraiser** in August. Monies from this fundraiser go toward the year-end competitive banquet and awards. The cost of the chocolates is upfront, so when you sell your box of chocolates you keep the money. When available, additional boxes of chocolates may be purchased, and this cost would go towards your family's fundraising commitment.

There are a variety of fundraisers offered throughout the competitive season. The fundraisers for the 2025- 2026 season are as follows:

- **Canadian Safety Supplies** – August 18 to September 19, 2025
- **DFS Holiday Wrap Up** – September 22 to October 10, 2025
- **Greenery with CC Farms** – October 6 to October 26, 2025
- **Halenda's Pepperoni Sticks** – October 27 to November 16, 2025
- **Moms Pantry** – January 12 – February 2, 2026
- **CC Farms Spring Planters** – TBD
- **Mabel's Labels** – Ongoing fundraiser located on QBGC website

There is always a buyout option (Except for the \$100 chocolate fundraiser) for those who do not wish to partake in any fundraising opportunities. If you do not fundraise the required amount as of **April 30th**, the monetary difference will be owed. Please contact Barb (admin@quintebaygymnastics.com) for any additional information regarding buyout options.

Fundraising is important for the club given that all monies generated through fundraising are used to purchase new equipment and training aids. Fundraising has enabled QBGC to purchase a new competitive floor, new rod floor, matting for the beam area, new beams, blocks, boards, and other miscellaneous equipment. These equipment purchases provide the most benefit to our competitive gymnasts and as such all competitive families must contribute to QBGC's fundraising efforts.

Volunteer Hours:

- **Each** competitive **family must** volunteer **30** hours
- Pre-Team and TG Families with an athlete born in 2019 must volunteer **20** hours
- For any **additional child** in a competitive program, 10 hours is added to a **maximum** of 40 hours per family

This volunteer commitment is essential to the successful operation of the club. Competitive athletes benefit from the highest number of training hours at the lowest cost per hour and are coached by some of the most experienced – and highest cost-coaches. To keep fees accessible while maintaining high standards, we depend on family participation to help offset operational demands. All funds generated through fees and fundraising are reinvested back into the gym- supporting facility maintenance, equipment upgrades and program development. Your time and contributions directly impact the quality and sustainability of our club.

Please note that if you have a parent, brother, sister, aunt, uncle, grandma, grandpa, friend, etc that would like to join you in completing your volunteer hours, QBGC would welcome their help. The more family/friends that have signed up for a volunteer opportunity, the more hours that go towards your family quota. If you are having trouble completing your hours, please **contact Barb**. Please do your best to communicate with her as early as possible and well before the **deadline of April 30th**. If you do not complete your volunteer hours, you will be billed **\$30** for every hour missed. **Any amount owing will be posted to your account at the end of April and will be due with your May tuition.**

Below are several available opportunities. Please note that all dates are subject to change. There is also a buyout option for those who do not wish to partake in volunteer hours. Please contact Barb for details regarding this buyout option.

Volunteer Opportunities:

Gym Cleanings:

QBGC is cleaned nightly by a professional cleaning company. However, throughout the year more in-depth cleaning is necessary, and as such we require volunteers to complete these tasks. Some examples of this include washing walls, cleaning pits, storage area organization, and kitchen cleaning.

Opportunities are sent via email so please be sure to check your email and sign up where possible. Please let Barb know if you require any assistance navigating the sign-ups.

Front of Club Cleaning Dates:

- Saturday, August 23, 2025 – 8:00AM-11:00AM
- **Saturday, December 6, 2025 – 5:15PM-8:15PM**
- Saturday, February 28, 2026 – 5:15PM-8:15PM

Gym Cleaning Dates:

- Saturday, August 16, 2025 – 8:00AM-11:00AM
- **Saturday, December 6, 2025 – 5:15PM-8:15PM**
- Saturday, February 21, 2026 – 5:15PM-8:15PM

Hosted Competitions:

QBGC hosts 2-3 competitions per year. Parent volunteers are an essential component in the successful running

of a Meet given that there are over 30 – 40 volunteer spots per day that need to be filled. Volunteer opportunities include but are not limited to cooking, cleaning, assisting judges, tearing down the gym, putting the gym back together when the Meet is over, etc. Meet dates can be found on our website under the Competitive tab.

- **Confirmed 2025-2026 Hosted Competitions**

- TG 2nd Ontario Cup, January 30 – February 1, 2026
- MAG & WAG Level 6 – 10 Ontario Championships, April 8 -12, 2026 (Wellness Centre Belleville)

ACCESSIBLE CUSTOMER SERVICE:

The *Accessibility for Ontarians with Disabilities Act, 2005* (AODA) was passed by the Legislative Assembly of Ontario with the goal of creating standards to improve accessibility across the province. The AODA allows the government to develop specific standards of accessibility that are designed to help make Ontario more accessible.

One of the specific standards that has been developed and made law is the Accessible Standards for Customer Service. These standards detail specific requirements for all services. The standards pertain to all employees and volunteers.

In general, service providers must deliver service in a way that preserves the dignity and independence of people with disabilities. As such, QBGC requires **ALL parents/guardians/volunteers** who will be volunteering at competitions or in our facility to be aware of this policy. A copy of this document and signature form are available in the following areas:

1. A printed copy is available in the office area
2. On our website www.quintebaygymnastics.com under the 'Competitive' tab

PAYMENT INFORMATION:

Monthly Tuition Fees:

Fees will be processed automatically on the first business day of each month via your preferred payment on file. If fees are not paid by the 10th of each month a late fee of \$10 will be added to the account.

Generalized Additional Fees and Fee Schedule:

***Please see the individual breakdown sent via email between June - August for your athlete's specific fee schedule.*

- July 2025 - Base GO Fee: **\$45**
- August 2025- Chocolate Fundraiser: **\$100**
- September 2025 - Competitive GO Fee: **See below**
- October 2025 - **1st Meet Fee: TBD**
- November 2025- **2nd Meet Fee: TBD**
- December 2025 - **3rd Meet Fee: TBD**
- January 2026 – **Competitive Development Registration Fee (per family): \$50**

Competitive GO Fee: This fee varies from \$113.00 (Invitational/Interclub), \$254.25 (Provincial) or \$367.25 (National) depending on the level and program of the athlete. Your athlete's specific amount will be posted to your family account closer to September 2025.

Meet Fees: We are currently reviewing and re-evaluating the Meet Fees for the 2025-2026 season. This

process will be completed once Gymnastics Ontario releases the Meet Directives for the upcoming season, expected toward the end of August. We will share any updates as soon as they are finalized. We appreciate your patience and understanding.

****NOTE:** Any **additional** Competitions or opportunities such as Eastern Canadian Championships, Ontario Championships, National Championships, Tour Selection, Team Ontario or Canada Meets, Invitationals, Training Camps and Clinics are **not included** in the scheduled fees and will be added to your account when/if applicable

WITHDRAWAL POLICY:

All competitive programs are a **one-year commitment** and run from **July 1, 2025 to June 30, 2026**. If you choose to withdraw before the end of the program you must provide the club with a **‘Notice of Withdrawal’ via email to comp@quintebaygymnastics.com**. Regardless of when the notice is provided, you will be charged for the following month’s tuition fee, during which time your child is welcome to train. Along with payment of the following month’s tuition fee, you will be charged for any outstanding fundraising and volunteer hours at a rate of **\$30** per hour.

NOTE: QBGC is not responsible for parental conflict as it relates to payment, volunteer hours, fundraising, etc.

2025-2026 HOLIDAY AND PLANNED CLOSURES:

- July 1, 2025 – Canada Day
- August 4, 2025 – Civic Holiday
- September 1-5, 2025 – End of Summer Break
- October 12-13, 2025 – Thanksgiving Weekend
- December 22, 2025 – January 4, 2026 – Winter Break
- February 16, 2026 – Family Day
- April 3, 2026 – Good Friday
- April 5, 2026 – Easter Sunday
- May 17-18, 2026 – Victoria Weekend

INCLEMENT WEATHER:

You will be notified as soon as possible via push notification and social media if QBGC must close due to inclement weather or any other unforeseeable reasons. Make-up classes **may be** scheduled based on availability; however, weather closures are taken into consideration when determining monthly tuition fees.

PUNCTUALITY & ARRIVAL TO TRAINING:

All gymnasts are encouraged to be on time and ready to begin class at their scheduled time. We do, however, understand that athletes will arrive as soon as they can for training after school. Early arrival is encouraged but all competitive gymnasts are required to wait until the coach officially begins the practice before they proceed with any gymnastic skills. Playing or fooling around is not permitted while waiting.

GROOMING AND ATTIRE:

Gymnasts are expected to be neat and clean both at the gym and during competition. It is recommended that an athlete have multiple leotards/singlets and that they are laundered after each wear. During training, girls must wear a gymnastics leotard with the option of spandex gymnastics shorts or leggings.

Boys must wear a singlet with shorts that must be above the knee. T-Shirts, belly tops, sports bras, leotards with skirts and loose athletic shorts may not be worn in the gym and will result in the inability to participate until proper clothing is attained. This is for the safety of both the athlete and the coach.

Long hair must be securely tied back and away from the face with elastics and fish clips. **Bobby pins** are **not** permitted in the gym given that they can fall out and become a safety concern. All jewelry, including watches, should be left at home. Stud earrings are however permitted.

PERSONAL BELONGINGS:

All personal belongings not required for training must be left in the changeroom lockers and not brought into the gym. This includes items such as backpacks/bags, footwear, coats, and clothing. Cell phones, iPods, iPads, and other electronics must also be safely secured. Athletes may bring a water bottle, lunch pail, and a small drawstring or grip bag for items such as chalk, grips, ankle weights, or other necessary items for training as requested by their coach into the gym and store them in the white cubbies.

QBGC is not responsible for any lost or stolen items. **Lock use** is strongly encouraged to ensure personal belongings stay secure. Locks must be taken off each night and belongings brought home as lockers are for single day/night use only.

COMPETITION WEAR:

All competitive athletes are expected to wear the current competitive attire during any QBGC represented competition and/or event. Competitive attire must be kept in pristine condition. If they are not, you will be required to purchase another. Please follow the laundering instructions that are provided with the garment. Handwashing and hanging to dry is always best.

2025-2026 Team Jackets and Pants:

- All competitive athletes must have the current team jacket.
- 2024/2025 jacket cost was \$68



- **Pants for Females:** Girls are to wear all black leggings. They must be tight to the leg all the way down to the ankle. Leggings cannot have obvious logos, designs, meshing, or colours, including the waistband.
- **Pants for Males:** Boys are to wear all black track pants. The matching track pants to the team jacket are available in the boutique for purchase. Pants cannot be fleece, shiny or have obvious logos, stripes, designs, and colours.
- **Name on sleeve:** Adding a name is permitted; however, it **MUST** be done by "**GLI Promotions**". This is the company that supplies and embroiders our jackets. GLI has the appropriate specifications for

lettering, placement, font and colour to ensure our jackets remain the same. GLI Promotions address is 250 Sidney Street, Belleville. Their website is glipromotions.ca, phone is 613-962-3663 and email is glipromos@gmail.com. Please contact GLI directly if you would like to have this done.

- **Footwear:** If athletes choose to wear socks onto the competition floor for march-in and warm-ups, they must be all black, otherwise they are to have bare feet. Slide-on sandals/shoes are recommended for wear at competitions before marching in and between events.

2025-2026 Competition Leotards/Singlets:

It is required that your athlete has the current competitive leotard or singlet. Please see below for the suit your athlete will need.

Longsleeve Leotard

2024-2025 Longsleeve Leotard cost was \$230

- WAG Provincial Levels 6 +
- TG National Levels 5 +



Female Competition Shorts (TG & WAG)

Shorts are optional to wear at competitions for all TG & WAG athletes; however, if an athlete chooses to wear shorts, club uniform shorts must be purchased and worn.

2024/2025 Shorts cost was \$26

Male Singlet & Shorts (*NEW for 25-26 season) – All Male TG athletes

2024/2025 Singlet cost was \$80

2024/2025 Shorts cost was \$48



Shortsleeve Leotard (*NEW for 25-26 season)

2024/2025 Shortsleeve Leotard cost was \$98

- WAG Developmental 1 & 2
- WAG Compulsory Levels 3-5
- WAG Xcel
- TG Jr & Sr Interclub
- TG Pre, Jr & Provincial 1/2
- TG Provincial 2/3 Jr & Sr
- TG Pre-National (Up to Level 4)



Acrobatic Athletes

Individualized competition leotards will be selected each season for partnerships to ensure the attire compliments the music selection.

Team Training Suit:

All competitive athletes must have a current team training suit. These suits do not have to be worn as a uniform to every practice. Athletes can continue to wear their fun suits as well as training suits to practice. Training suits are to be worn when requested or when representing QBGC outside our facility such as at development camps and clinics.

The training suit is always to be packed and brought to competitions in your athlete's bag as a backup suit in case something happens to their competitive suit.

2024/2025 - Female Training leotard cost was \$49

2024/2025 Male Training singlet cost was \$56



COMPETITIVE PROGRAMS AND DESCRIPTIONS:

Competitive Age:

- Competitive age is determined by the age your athlete will be as of December 31, 2026

Certificates versus Awards:

- If your child attends ODP Meets, they will receive a certificate with scores, are not ranked against each other, and are awarded Gold, Silver, Bronze or Merit on each event based on the score they achieved versus the Ontario set standard scores.
- If your child is competition age 7 or 8 in the WAG Compulsory, Optional or Xcel program, they will be ranked at competitions and are eligible to receive ribbons and/or medals; however, scores cannot be published or flashed at competitions. If your child is competition age 9+ in the WAG Compulsory, Optional or Xcel Program, they will be ranked at competitions and are eligible to receive ribbons and/or medals. Scores will be published and flashed at competitions.
- If your child is competing Interclub Tumbling in Showcase, athletes will receive a certificate and not compete against others as they will submit goal cards to the judges for achievement and feedback.

Pre-Team Program:

Pre-Team is an invitation-only program specifically designed to prepare young athletes (born in 2020 - 2019) for future success in the Competitive Programs. Athletes are working to develop strength, flexibility, power, and fundamental gymnastics skills in a fun, positive environment. They will be working on the beginning competitive levels in the Ontario Developmental Program (ODP) rather than the Recreational Progress Report system. Athletes do not attend competitions; however, they will participate in a Mock Meet (December) and the QBGC Showcase in June as well as have the QBGC Team training suit.

WOMEN'S ARTISTIC GYMNASTICS (WAG):

Gymnastics Ontario WAG Competitive Streams:

Ontario Development Program (ODP)

ODP was created with the Sport Canada Long Term Athlete Development principles in mind to provide a more positive introduction to competition by changing the focus and philosophy regarding awards and ranking at competitions for this age group. ODP helps to improve the level of physical preparation in gymnasts, as well as improve the level and quality of gymnastics being performed within this age group. ODP also helps in the development of a more 'rounded' gymnast using all areas of basic movement to increase basic skills.

Xcel Program

The program was adapted by Gymnastics Ontario from USA Gymnastics, is currently in its third year of running here in Ontario and has quickly become quite popular with many clubs. The Xcel program was designed to offer competition outside the traditional Compulsory Program. Xcel allows athletes to compete individualized routines against other athletes in Ontario. There are 4 levels within the Xcel program: Bronze, Silver, Gold and Platinum.

Compulsory Program

There are five levels in the compulsory program that a gymnast may progress through. At each level of the compulsory program a gymnast must learn a specific routine for each event. As such each athlete, at that level, is competing with the same routines and will be judged accordingly. If in levels 3-5, the athletes top two scores in their respective levels from the three competitions they attended are then averaged and

ranked against the other competing athletes in Ontario that are within the same age grouping and level. Athletes age 9+ are then invited to compete at Ontario Championships based on overall ranking.

Optional Program

Athletes compete in Levels 6 and higher. They will normally attend three qualifying competitions where their top two scores are averaged and ranked against other competing athletes in the same age group and level within the province. Generally, athletes who rank in the top 32 may qualify for Ontario Championships. Athletes competing level 7 and higher may then qualify for Eastern Canadian Championships while those competing level 9 and higher may qualify for National Championships. Athletes aged 14+ may also compete at WAG Tour Selection where the top qualifiers are selected for Team Ontario which then allows them to compete at an international competition.

2025-2026 WAG Groupings:

Developmental 1

- ODP Levels 1-3 & Compulsory Level 1-2
- 6-9 hours per week
- Attend 3 Competitions (2 ODP & 1 OCP)
- Optional QBGC Showcase

Developmental 2

- Compulsory Level 2
- 9-10.5 hours per week
- Attend 3 Invitational Level 2 Competitions
- Optional QBGC Showcase

Xcel

- Levels Bronze to Platinum
- 8-10 hours per week
- Attend 3 Invitational Competitions

Compulsory 3, & Sr Compulsory (4-5)

- Levels 3-5
- 10-14 hours per week
- Attend 3 Ontario Qualifying Competitions
- Optional competitions based on qualification could include:
 - Ontario Championships

Sr Optional & WAG High Performance

- Levels 6+
- 11-18 hours per week
- Attend 3 Ontario Qualifying Competitions
- Optional competitions based on qualification could include:
 - Ontario Championships
 - Eastern Canadian Championships
 - Tour Selection

A note about WAG Athlete's moving up to the next competitive level

Compulsory/Optional Levels:

Women's Artistic Gymnastics (WAG) in Ontario is extremely competitive, and athletes need to perform excellent routines to qualify for Ontario Championships. In Provincial categories, the top qualifying score is generally above 38 points overall which is an average score of 9.5 for each event. Overall, the average qualifying score is nearly 37 points, which is what Gymnastics Ontario recommends for an athlete before moving on to the next level. Athletes should be scoring at least **36.5 - 37.0** points and show mastery of the next level skills before expecting to move on to the next level.

ACROBATIC GYMNASTICS (ACRO):

Acrobatic (Acro) gymnastics is the newest competitive discipline at QBGC. Partnerships of duos or trios work together and perform routines consisting of acrobatic moves, dance, and tumbling that is set to music. Acro is practiced in men's groups/pairs, women's groups/pairs, or mixed groups/pairs.

- 6-9 hours per week
- Age 9+
- Attend 2 Ontario Cup Qualifying Competitions
- Attend Ontario Championship
- Optional competitions based on qualification could include:
 - Canadian National Championships
 - Tour or other International Competitions

POWER TUMBLING (TG):

2025-2025 TG Groupings:

Jr Interclub Tumbling - Showcase

Showcase is the first level of Interclub Tumbling. Athletes born in 2019 must compete at this level. Athletes born in 2018 and 2017 are also eligible to compete at this level. The Showcase level of Interclub Tumbling does not have set competition tumbling passes, the athlete will showcase what skills and passes based on ability. Showcase-level athletes will receive a certificate/award and not compete against others as they will submit goal cards to the judges for achievement and feedback.

- 3-4.5 hours per week
- Ages 7-9
- Attend 2 Interclub Competitions
- Optional QBGC Showcase

Jr Interclub, Sr Interclub & Pre-Provincial Tumbling

Athletes in Jr/Sr Interclub or Pre-Provincial born in 2018 or later are progressing through the last 3 levels of Interclub Power Tumbling which are Beginner, Intermediate and Advanced. Interclub tumbling prepares athletes for provincial level programming.

- 3-6 hours per week
- Ages 8+
- Attend 2 Interclub Competitions
- Optional QBGC Showcase

Provincial 1/2 & 2/3 JR + SR Tumbling

Athletes are trying to achieve a predetermined qualification score, as set by Gymnastics Ontario while competing against others from across the province. Achievement of this score would then qualify the athlete making them eligible for Ontario Provincial Championships as well as other qualifying opportunities such as Eastern Canadian Championships or Provincial Tour.

- 7.5-9 hours per week
- Ages 9+
- Attend 3 Ontario Cup Qualifying Competitions
- Optional competitions based on qualification could include:
 - Ontario Championships
 - Eastern Championships
 - Tour Selection (Age 13+)

Pre-National Tumbling

Athletes are trying to achieve a predetermined qualification score, as set by Gymnastics Ontario while competing against others from across the province. Achievement of this score would then qualify the athlete making them eligible for Ontario Provincial Championships as well as other qualifying opportunities such as Eastern Canadian Championships or Provincial Tour. Athletes in Pre-National are working towards mobilizing to National levels.

- 9 hours per week
- Ages 9+
- Attend 3 Ontario Cup Qualifying Competitions
- Optional competitions based on qualification could include:
 - Ontario Championships
 - Eastern Championships
 - Tour Selection (Age 13+)

National Tumbling

Athletes at this level will be training with the goal of representing the province and/or country through National and/or International events.

- 9-12 hours per week
- Ages 11+
- Competitions include:
 - Ontario Cup
 - Ontario Championships
 - Elite Canada
 - Canadian National Championships
- Optional competitions based on qualification could include international assignments from Gymnastics Canada such as World Cups and World Age Group events.

TIPS FOR ATHLETES AND PARENTS:

Gymnastics is **NOT like school or other sports** where you 'move up' each year. Many times, athletes repeat levels throughout their careers. Sometimes it is more important to master a level than to move on prematurely. Moving on before an athlete is ready can lead to many difficulties such as bad habits, fear, struggles in competition, etc. Your athlete's coach along with the Competitive Program Director for your athlete's specific discipline know what is best as it relates to gymnastics and building your athlete's confidence

Here are some tips to consider when thinking about competitive levels and competition.

- Focusing on getting better
- Where you rank depends on who else shows up that day, what matters more is that you are improving your shapes and skills
- Gymnastics is a journey, all about learning and life lessons
- Keep learning, listening, growing, and improving and you will go far in the sport of gymnastics
- Remember gymnastics is about having fun and pushing yourself to get better every day
- Don't compare yourself to others; you are on your own unique path
- Trust in your coaches that your path is the best one for you
- Remember to work hard, be a leader, and learn to use obstacles as fuel to make you stronger

COMPETITIONS:

Competitions are mandatory for all competitive athletes. As such, anyone who cannot commit to competitions should not be in a competitive program. QBGC is not responsible for scheduling conflicts and as such athletes are expected to compete at their respective scheduled competitions.

Parents and athletes **MUST** be aware of certain behaviours that are not permitted at a competition site. Athletes must be responsible for their belongings such as grip bags, warm-up clothing, etc. These items must be removed from the competition floor at the end of the athletes' session.

- No athlete may leave the competitive floor to talk with people in the viewing area until the last competitor of that session has performed. Failure to abide by this rule can result in athlete disqualification by the meet director or CCJ/head judge.
- Parents are not permitted to address any judge or meet officials during a competition. Any concerns, questions or comments may only come from a registered club coach given that Gymnastics Ontario has set standards by which a coach may address judges and meet officials. Failure to abide by these rules can result in not only the athlete being disqualified, but the entire team could also be disqualified from the competition as well as other competitions later in the season.
- WAG athletes must ask the judges at the event for permission to leave the competition area or field of play for a washroom break.
- All judges and officials must be treated with respect.
- Under no circumstance may a parent enter the competition area or field of play. In the event of serious injury, a parent will be invited to be present during first aid treatment.
- It is important to support your team and fellow gymnasts. As such, during the awards ceremonies all competing gymnasts must remain on the competition floor until the last award for that session is given. Leaving prior to the completion of awards could result in severe deductions to the athlete's final score and/or disqualification.

Competition Dates:

Competition details including the exact date and time your athlete competes will be shared once they have been confirmed by the Host Club which is **approximately 2 weeks before the meet**. Most competitions include Friday and some even Thursday as part of the weekend competition and as such you can expect that some of your competition dates will take place on a Thursday or Friday.

Parents will receive an email from the Competitive Coordinator with Meet Schedules once they are ready for distribution. Parents can access the information on the QBGC website Competitive Tab as well as the Gymnastics Ontario website using the following links.

All Disciplines Calendar: <http://www.gymnasticsontario.ca/calendar/>

WAG Events Calendar: <https://www.gymnasticsontario.ca/wag-event-calendar/>

TG Events Calendar: <https://www.gymnasticsontario.ca/tt-event-calendar/>

ACRO Events Calendar: <https://www.gymnasticsontario.ca/acro-aero-event-calendar/>

TRAINING DURING COMPETITION WEEKEND:

Training will not be held on weekends when your athlete is scheduled to compete as coaches will also be attending the competition.

All Important dates – including competitions, breaks, and schedule adjustments are found on our website under the competitive tab. It is the responsibility of families to check the calendar regularly.

If a class will be running during a competition weekend, families will be notified via email. Otherwise, please assume that no training will take place.

TRAINING HOURS:

QBGC is a child-centered facility where a child's physical and emotional development remains the priority with skill level being secondary. Gymnastics training hours are set so that an athlete may remain competitive while still attending school and/or participating in other sports and activities. Some athletes may have the option to train during school hours, which should not interfere with academics. If needed, QBGC will provide a letter for your athlete's schoolteacher. However, parents are responsible for communicating with their athlete's school/teacher and if necessary, arranging for an alternative homework schedule. It is always good practice to discuss your athlete's training schedule with their teacher regardless of whether they will need to miss school or not.

Training hours are set two times per year to reflect the age and level of the athlete. Staff availability is also a consideration when determining training hours. Training times during the school year will be different than training times during the summer. It is important to note that the summer months are the most crucial time to gain new skills and as such, athletes are expected to attend summer training. We do, however, understand that athletes may miss a few practices due to summer plans and vacation.

It is also possible that group training times and days may need to be changed for a variety of reasons such as coach schedules, gym scheduling, group sizes, etc. As such, should changes become necessary families will be notified as soon as possible.

ATHLETE MOVEMENT DURING THE SEASON:

Every athlete is placed twice in a competitive season, once for the summer and again for the school year given that athletes are constantly being assessed and monitored. Even though an athlete may be in a competitive group for the year or longer it does not guarantee them a spot in the program each year. It is important to understand that this is a competitive program and as such it is a privilege to be a part of the team. It is possible that an athlete may move to another group during the regular season and if this were to occur the athletes' training hours could increase or decrease depending on the change which in turn can affect the fee structure.

ABSENTEEISM AND CLASS CANCELLATIONS:

Club closures will be communicated via the QBGC app, website, Facebook, Instagram, and voice mail. Singular class cancellation will be sent individually via email to the affected families. If your athlete is missing a class, please **report the absence through your parent portal** which will ensure coaches and coordinators are aware.

If a coach must cancel a class, it will be the coach's responsibility to provide a make-up class at an alternate day/time. Make-up classes or training with another group are not possible or provided if an athlete misses a class.

If there are two or fewer athletes in attendance at any given class, the class will be considered a private or semi-private lesson and due to the learning intensity, physical endurance, and safety of the athletes, the class time will be reduced. Parents will be contacted and instructed to pick their athlete up at the halfway point of their regularly scheduled class.

INJURIES AND ILLNESS:

Gymnastics is a high-risk sport where injuries do occur. If an injury occurs, depending on the severity, the athlete may still be able to adapt their training to partake in conditioning to maintain strength and flexibility. The Club does not pro-rate monthly training fees for illness, vacation, or other absences, including injuries less than forty-two days in duration. Please contact the office if an injury exceeds forty-two days.

Following an injury, a note from a medical professional and/or Return to Play Form (Schedule A) is required before the athlete can return and fully participate

Please do not send your athlete to the gym if they are ill with fever, cough, sneezing, skin infections, or other communicable disease, as they will be sent home. As well, athletes who come to the gym complaining of joint pain, headache, fatigue, or dizziness will also be sent home.

Gymnastics training requires full use of physical and intellectual readiness, as such, any compromise to these systems may subject an athlete to injury.

PARENT VIEWING:

It is in the best interest of all competitive athletes that parents limit viewing to a maximum of **30 minutes** per training session given that the more you watch, the less progress you will notice in their abilities.

Parents must watch from the viewing area upstairs and are asked not to coach their athlete from that area or at home. Periodically throughout the year, there will be competitions or other demonstrations where you can view your child's progress and there may be times when a coach might invite a parent into the gym to view a new skill or routine.

Please be aware that the viewing area is closed during Summer Camp, Monday to Friday 8:00AM-4:00PM

PRIVATE LESSONS:

Private and semi-private lessons are available at a cost of **\$60** and **\$80** (**\$40** per athlete) per hour, respectively and can be of benefit to some athletes. Private and semi-private lessons are booked directly with the coach for your athlete. If your athlete's coach is not available, they will recommend an alternate coach. All lessons must be booked, in advance, and paid for through the office. Please email

comp@quintebaygymnastics.com

CHOREOGRAPHY:

Women's Artistic:

There may come a time when you are notified that your athlete will require a personalized routine. This is typically for Level 6+ athletes. When this happens, you will need to hire a gymnastics choreographer. It is the responsibility of the parents to hire a choreographer who has both dance and gymnastics experience as well as a good reputation for routine artistry and composition. If you are unsure about where to look, please check with your athletes' coach as they may be able to recommend someone for you.

Choreography fees vary but are roughly \$250 per routine, and routines are generally kept for two years. However, if a coach feels that the routine no longer suits the athlete, or the routine does not accommodate the athlete's new skills and/or level it may be necessary to acquire a new routine before the two-year mark. All choreography must be arranged and paid for by the parent with the choreographer.

Xcel athletes will require choreography which will be done by their coach at a cost \$100 and is paid directly to the coach. Specific information will be provided to families via email when it is the appropriate time.

Acrobatic:

You will be contacted when your athlete requires a personalized routine. All arrangements will be made through the Acro Program Director and/or coaches. All choreography costs must be paid for by the parent and will be shared equally among the respective duo or trio grouping directly to the coach(es).

PERSONAL EQUIPMENT AND SPECIAL PURCHASES:

Athletes may be required to bring personal equipment with them to each class. You will be notified as to which items your athlete will require. Equipment will vary depending on the group and program; however, common items athletes may require are:

- Athlete/medical tape
- Chalk
- Sponges
- Grips & wristbands (WAG)
- Handstand Pegs (ACRO)
- Ankle Weights (TG)

COMMUNICATION:

Your athlete's coach is an important person in their life given that they are together for several hours a week. As such, the coach must know if your child has any difficulties such as anxiety given that this can affect their performance in the gym. GOOD COMMUNICATION BETWEEN THE PARENT AND COACH IS ESSENTIAL. You can talk to the coach briefly before or after training, time permitting, about quick things such as absences, competitions, illness, injuries, etc. However, for matters that require more time, please send an email to make these arrangements. If there are any concerns or issues please share them with the coach, program director or competitive program coordinator immediately. Please do not wait until the end of the season as we lose out on the opportunity to make meaningful changes that could benefit your athlete and the team. All communication must occur at QBGC. It is important to remember that many QBGC coaches are full-time students or have full-time jobs elsewhere and as such, may take a few days to return your email or phone call. As well, please be respectful of a coach's time off by not phoning or texting them at their homes or on their cell phones. Please email comp@quintebaygymnastics.com for assistance.

Communication Guidelines:

Parents are invited to talk to their athletes coach **briefly** before or after regular training about absences, meets, scheduling, physical ailments, anxieties, or other questions that can be answered in a couple of minutes. For issues that cannot be resolved in a couple of minutes please request a meeting with the coach.

Questions about curriculum, coaching methodologies, and other issues at a program level should be documented in writing via email and sent to the respective Program Director for your athlete. All directors welcome an individual parent's comments, concerns and/or suggestions and will give them due consideration. If you are happy with the program, tell others, if you are not, please tell us, and allow us to respond. If you are not sure who to speak with regarding your athlete, always start with your child's coach. Questions about training directed to a staff member or board member will be referred back to the coach as they are most familiar with your athlete's progress and needs.

To ensure effective communication, please follow the three-step process outlined below. If your concern is not resolved at step one, you may move to the next step.

Step 1 – Athlete's Coach

To schedule a meeting, please email the Competitive Coordinator with the coach's name and "Meeting Request" in the subject line

Step 2 – Discipline Program Director and/or Competitive Coordinator

If further discussion is needed, please contact the Program Director or Competitive Coordinator via email.

Step 3 – General Manager

For unresolved concerns after Step 2, please contact the General Manager via email.

Competitive Program Coordinator (**All disciplines**) – Tori Hollett (comp@quintebaygymnastics.com)

Women's Artistic Gymnastics Program Director (**WAG**) – Allyssa Teno (wag@quintebaygymnastics.com)

Trampoline Program Director (**TG**) – Katelyn Thompson (tg@quintebaygymnastics.com)

Acrobatic Program (**ACRO**) – Tori Hollett (comp@quintebaygymnastics.com)

Administrator – Barb Mutton (admin@quintebaygymnastics.com)

General Manager – Tracy Teno (gm@quintebaygymnastics.com)

Communication Platforms:

Please ensure your athlete's emergency contact information, parent/guardian cell number, and email address is up to date on your account.

- **Facebook** - Gym cancellations, events, pictures, updates, etc.
 - <https://www.facebook.com/quintebaygymnastics/>
- **Instagram** - Gym cancellations, events, pictures, updates, etc.
 - @quintebaygymnastics
 - @qbgc_tumbling
 - @qbgc_wag
 - @quintebay_acro
- **Website** - www.quintebaygymnastics.com
 - All competitions, fundraisers, forms, Parent handbook etc can be found on the website under the competitive tab.
 - **All important dates are on the Competitive Calendar on the website**

GROUP PLACEMENT:

Athlete group placements are determined through a comprehensive evaluation process. The following criteria are considered to ensure each gymnast is placed in a group that supports their safety, progress, and long-term success:

- **Physical Abilities** - Each gymnastics level has required physical benchmarks. These standards are essential to ensure the athlete can safely manage training demands, perform skills correctly, and progress confidently. Athletes will not be moved to a higher level if they have not met the physical prerequisites.
- **Behaviour** - Gymnasts are expected to demonstrate respectful behaviour, follow all gym rules, and train independently. Consistent focus and cooperation are essential to being part of a competitive team.
- **Skill Acquisition & Progression** - Skill development and progression are critical to placement decisions. Athletes must master, not just attempt, the majority of skills required at the next level before advancing. Progress is reviewed regularly and weighed alongside other criteria.
- **Sportsmanship** - All athletes are expected to be courteous and respectful to teammates, coaches, judges, and athletes from other clubs. Disrespectful behaviour will not be tolerated and may result in removal from the competitive stream.
- **Commitment** - Consistent effort, attendance, and a positive attitude toward training are required. Family commitment, including support for club expectations and policies, is also a consideration.
- **Competition Results** - While competition is not solely about winning, performance at competitions provides insight into an athlete's readiness for their current or future level. Athletes who consistently place at the bottom of their category may need to be re-evaluated for appropriate group placement.
- **Parent Support** - All families in the competitive program are expected to fulfill volunteer and fundraising commitments. Lack of support may impact the athlete's eligibility to remain in the program. The Board of Directors, General Manager, or Program Coordinator reserve the right to remove an athlete if these expectations are not met.
- **Attendance** - "Good" attendance is defined as:
 - At least 80% attendance between September and May
 - At least 50% attendance between June and August
 - Exceptions may be made for illness or injury. Excessive absences, frequent late arrivals, or early departures — especially without notice — may jeopardize an athlete's place in the program.

REMOVAL FROM PROGRAM:

Coaches regularly meet to review each athlete's progress throughout the year. As in other competitive sports, placement in the program is not guaranteed from season to season and must be earned based on performance, attitude, and commitment. If an athlete's continued participation in the competitive program is at risk a meeting will be scheduled involving the parent(s), coach, Program Director and/or Competitive Program Coordinator to discuss the concerns and potential next steps. Please note that space in the competitive program is selected each season based on a combination of criteria including skill level, attendance, behaviour, commitment, and overall suitability for the group. Continued participation depends on meeting the standards and expectations outlined in this handbook.

CHANGING PROGRAMS:

There may come a time when a program or discipline (WAG, TG, ACRO) no longer suits the age, skill, or commitment level of the athlete. Should this occur, every effort will be made to ensure there is a smooth transition towards a different discipline or program. QBGC competitive programs have the best interest of each athlete at heart and as such we will place athletes in the programs where we feel they are best suited and have the most potential to develop and succeed.

If an athlete chooses to leave the competitive program completely, their spot will not be held and such they must be retested should they wish to return.

SNACK BREAKS:

Any class that is 3 hours or longer, athletes will be given a short nutrition break, as needed. Breaks will take place in the designated kitchen area. Please pack easy-to-eat, nutritious fuel for your athlete's body. For those athletes who do not have a 3-hour practice, please send your athlete with a few snacks as they may get hungry and need something quick to eat. We are a peanut and nut-aware facility and ask that you do not pack foods that contain peanuts or nuts.



Athlete “Return to Play” Form

To be completed by the Physician and Submitted to the participating club prior to their next scheduled class/training session.

Athlete/Participants Name:		Age:
Address:		Level:
Telephone:	Parent/Guardian Name:	
Date of Injury:	Event:	
Injury Occurred: ☐ During Practice ☐ During Competition ☐ Outside of Gym		
Name of Physician:	Telephone:	
Nature of Injury:		
Circumstances/Limitations Under Which Athlete Can “Return to Play”:		

I understand that prior to returning to play the above information must be complete and all conditions described by the attending physician must be met.

Signature of Physician

Date

For Club Use Only:

Received:	Return to Play Date:
Authorized By:	