

Contract between Competitive Athlete, Parent & The Tumble Tot Co. & Tornados Gymnastics 2021 - 2022

*Congratulations on being selected for the competitive program.
Welcome to Tornados Competitive Gymnastics!*

Gymnastics is a very technical and physically demanding sport. Being offered the opportunity to compete in the sport of gymnastics is an honour and a privilege. Competition is an exciting and rewarding experience and requires a strong commitment from the athlete, coaches, and parents. The following guide will help to prepare both the athlete and the parent for the competitive gymnastics experience. Please take the time to read through this with your child as it contains essential information about all aspects of competitive gymnastics.

One Year Contract

When a gymnast is accepted into our competitive program (minimum 6 hours per week), it is required that both the parent(s) and athlete sign a one-year contract. Athletes in any competitive stream program must be invited to return to the competitive program in each consecutive season. Gymnasts are expected to fulfill the required number of training hours weekly, while the parents are expected to provide the support and understanding that is most important during your child's gymnastics career.

All parents must fully understand the commitment that is involved with club membership. Please keep in mind, that it is not always feasible to have an athlete enter the program partway into the season, therefore we expect that once they begin training in September they be committed to the full 12 month program until the end of August. This commitment is necessary to ensure the success of team development and financial commitments made by the club

We do not guarantee that athletes joining the competitive team will compete at outside events in their first year. It is the coach's and the owner/head coach's decision after evaluation of the athlete whether they will participate in the season's competitions or continue to train for a year to gain experience with the skills and routines. Parents will be informed if a coach feels an athlete is not ready to compete.

Summer Training

Summer training is mandatory for all competitive athletes. During the months of July and August the competitive athletes train Monday to Friday. We are very flexible with summer training and make up classes are available, space permitting. **There are no refunds to the contract fees if you are unable to attend classes during the summer.** Coaches sign a contract to coach those hours with the selected number of athletes in their program and we cannot give refunds for missed training.

Athletes will lose their spot in the program in the fall if they are absent for the summer and their spot in the program will not be held if the contracted fees are not received despite the missed training. Any athlete who gives their notice and takes the summer off will not be permitted back into the program the following season.

- There are **NO** refunds for missed training.
- Credits **MAY** be given for missed training due to special circumstances by approval of administrative office only.
- All refund requests are subject to a **\$30.00** administration fee.
- Summer holidays will be June 27th to July 3, 2022 and Aug 1 to Aug 7, 2022. There will be no training during these weeks.
- There will be no training on any statutory holidays.
- Sixty days written notice required for termination of contract.

Fee Structure

	<u>Rate</u>	<u>Subtotal</u>		<u>HST</u>		<u>Total</u>
6 Hours	\$74.55 @ 4wks	\$298.20	+	\$38.80	=	\$337.00
8 Hours	\$88.20 @ 4wks	\$352.80	+	\$47.00	=	\$399.00
9 Hours	\$91.35 @ 4wks	\$365.40	+	\$47.60	=	\$413.00
12 Hours	\$108.00 @ 4wks	\$432.00	+	\$56.00	=	\$488.00

*All fees are rounded to the nearest dollar for ease of monthly expenses

- Fees are for 48 out of 52 weeks in year to account for competitive athletes training hours, summer vacation, statutory holidays, cancelled classes due to competitions & coaches fees. **Monthly fees are payable to The Tumble Tot Co. the first day of every month, regardless of attendance. \$50.00 late fees will apply to members who DO NOT submit all cheques** (listed on the cover page checklist) by this date.
- **10 Post-dated cheques** (September 2021 – June 2022) and 1 cheque dated August 1st, 2021 for the **security deposit** covering membership rates for July and August 2022. Cheques are **mandatory** and are to be received no later than **August 1st, 2021**. Alternatively, payments may be made in a lump sum or quarterly.
- **All Cheques are to made payable to The Tumble Tot Co.** NSF cheques will result in a \$50.00 administration fee. Should this situation occur, a new cheque must be provided prior to the next class for the same amount, including the administration fee. In the case that an NSF cheque has not been replaced, the athlete will be unable to participate until payment has been received.
- If The Tumble Tot Co. has to officially cancel classes due to a Covid-19 outbreak, the monthly payments (cheques) will be returned to customers. In this case, all competitive athletes will be required to participate in online ZOOM training. The monthly fees for online zoom training/classes are \$170.00 per month, payable via electronic funds transfer (EFT) to ttc@tumbletot.com.

Membership, Registration, Insurance and Competition Fees

COMPETITIVE GIRLS (born in 2015 or prior)

- Gymnastics Ontario Interclub Athlete Program fees have not yet been received. For your information last year fees (2020 - 2021) were **\$113.00**. We will notify you about the fees and a **due date** as soon as we receive Gymnastics Ontario Registration Handbook 2021-2022.
- Gymnastics Ontario Annual Individual Membership Fees for all individual members (fees are non-refundable as per G.O. bylaws) and The Tumble Tot Co. & Tornados Gymnastics non-refundable registration and administration fee is **\$175.00** (incl. HST) is

due August 15th, 2021. Fees are Valid September 1st, 2021 – June 30th, 2022 and cover Administration Fee, GO Club Membership Fee, Competitive Membership Fee and Annual Music License Fee for SOCAN (The Society of Composers, Authors and Music Publishers of Canada) and RE: SOUND

- **The above fees are determined by Gymnastics Ontario and are subject to change.**
- Gymnastics Ontario has not announced yet any competitions for the 2021 – 2022 season so we will let you know the details as soon as Gymnastics Ontario post their competition schedule on their website. Entrance fees for competitions will be due at this time.

COMPETITION COACHES EXPENSE STRUCTURE

3 Competitions will be announced (by email and posted on the competitive bulletin board) as soon as Gymnastics Ontario displays the calendar for competitions on their website. The competitions may be added, changed, or canceled.

1-2 weeks before a competition, we will post on the competitive bulletin board a competition information sheet that includes times, gymnasts & coaches attending, host hotel (if needed), phone numbers, and a map. It is not uncommon for host clubs to send out meet information late or make last minute changes. It is a good idea to clear the whole weekend of a meet on the chance there will be last minute changes that could conflict with your previous plans.

Parents of the athletes competing in invitational competitions are responsible to cover these coaches' fees:

- All competitive coaches will get paid 1st flight \$80.00, 2nd flight \$70.00 and 3rd and all subsequent flights on that day receive \$60.00 each. (This will be summed together and divided evenly between all the athletes competing at the competition.)
- Coaches travel expenses of \$0.55 per kilometer. Subject to change depending on gas prices.
- Coach's accommodation must be paid if necessary.

Example: Competition in Vaughan

Total athletes competing: 19

Saturday 1st flight 9am	3 athletes = coach #1 =	\$ 80.00
Saturday 2nd flight 11am	6 athletes = coach #1 =	\$ 70.00
Sunday 2 flights @ same time	10 athletes = coach #1 and #2 =	\$160.00
Travel expenses round trip for coach #1 (\$0.55/km x 100km) x 2days =		\$110.00
Travel expenses round trip for coach #2 (\$0.55/km x 100km) x 1day =		<u>\$ 55.00</u>
	TOTAL	\$475.00

\$475.00 divided by 19 competing athletes = \$25.00 per athlete

***Fees will be due no less than one week prior to competition date. It is athletes responsibility to give minimum 3 weeks notice if they are unable to attend a competition. A late fee of \$1 per day will be applied to all past due expense invoices. Athletes will not be able to compete at the next competition until all fees have been paid.**

Provincial Championships

Any athlete age 9+ and level 3-5 is automatically entered into the provincial ranking system. The best 2 out of 3 Overall scores are averaged to determine ranking. Any athlete that qualifies for championships will be notified when the official list is released to us by Gymnastics Ontario. If an athlete qualifies and wishes to attend Championships additional fees will be required. Fees will be due at the time of registration for Championships.

Travel Expenses

It is the responsibility of each competitive parent to cover the cost of their gymnast's travel expenses for competitions, qualifiers, and championships held out of town/province/country. Expenses will be added to the expense worksheets for 2021/22 and will include the following costs:

- Coaching fees and rates
- Travel expenses (mileage or airline rates)
- Hotel accommodation for entire stay (to be split by all attending athletes)

Attendance

Athletes are expected to arrive **on time** and ready to practice. Attendance at all practices from start to end is a must! When unable to make a scheduled training session, the parent is expected to phone/email The Tumble Tot Co & Tornados Gymnastics to inform the coach/staff of their child's absence or tardiness.

Failure to maintain a ninety (90%) percent attendance rate may result in the suspension from upcoming competition but not its financial obligations.

Makeup classes are available to competitive athletes at the discretion of the **athlete's coach**. **A maximum of 3 makeup classes per quarter are permitted.** Parents **MUST** arrange make up classes privately with their coach **PRIOR** to the class they are hoping to attend. A coach has the right to deny an athlete make up classes at any time due to class sizes and coach to athlete ratios, or if they feel athletes are abusing the makeup class policies. Parents who have an athlete missing an extended period of time for **any reason** should not expect that the athlete will be able to make up all the time lost. **Refunds will not be given.**

Parent Guidelines

Unless explicitly invited, parents are **NOT ALLOWED IN THE GYM OR WAITING ROOM DURING TRAINING**. A parent's presence in the gym is distracting to both the coach and the athlete. When in training the athletes needs to focus on their coach and the coach's focus needs to be on the athlete. Parents in the gym or sitting in the parent lounge can lead to distraction and frustration for both the child and the coach.

Competitive parents will receive a monthly newsletter by email which will contain valuable information about what is going on in the gym, special events, competitions, GO updates, etc. Please find us on **Twitter** and **Facebook** for additional updates and information **@tumbletotco** and on **Instagram @TornadosGymnastics**

Please be reminded that **progress is achieved over time and repetition is often required for this progress to occur.** Your role is to be supportive and encouraging, **NOT** to judge your child's progress. Please make an appointment with your child's coach to discuss progression

and performance or to address any questions or concerns you might have. Gymnastics training is based on constant corrections and instructions from the coach who is striving for constant improvement and most importantly the proper technical execution of the skill to avoid possible injury and lead to future skills and sequences. Your child's coach may be concentrating on a specific area of concern such as body position during a skill. If criticism is simultaneously given by a parent for other things, such as bent knees, the gymnast may no longer focus on the area the coach was focusing on and progress is therefore hindered. Parents should always refrain from making technical comments or suggestions to their child. These comments interfere with the progression sequence being followed by the coach.

A parent should encourage and promote healthy eating practices, discourage the consumption of junk food and high fat foods, and offer their gymnast healthy meals and snacks. Your child is given a 10 minute break where they may consume a healthy snack. Some healthy suggestions for snacks include: Pieces of fruit, raw veggies, whole grain crackers or rice cakes, protein or granola bars and yogurt (please send only **water** for training and snack time). Along with being healthy we ask you to ensure all snacks are **NUT-FREE**. The Tumble Tot Co. & Tornados Gymnastics strictly prohibit nuts and nut products in the facility due to severe life-threatening allergies.

Coach

The coach is a mentor and a guide. Gymnasts and their coaches spend many hours training together. Over the course of the year the coaches are there to assist the athletes in achieving their gymnastics goals and skills to the best of their ability. It is a special relationship built through mutual respect, faith, and trust. It is a challenge for any coach to work with a wide variety of personalities. Challenge can quickly turn to frustration if parental support is lacking, undermining the relationship between a coach and an athlete. Gymnasts should be encouraged to work through their conflict and when necessary approach their coach to discuss difficulties. Allowing children to walk away from situations that have not been resolved can lead to unanswered questions, confusion and loss of ambition.

The Tumble Tot Co. & Tornados Gymnastics has a very qualified and diverse coaching staff, all with unique coaching styles and different areas of expertise. All the coaches' work together to foster a fun and productive environment that facilitates the progress of the athletes.

Concerns

Over the years our coaching staff has provided care, concern, and respect for each individual athlete in all our programs. Coaching performance is monitored and reviewed by the owner/head coach and administration. Respect for the coaching staff is of extreme importance. However, the club is unable to foresee every problem that may occur. Please, do not let a problem go un-addressed or assume it cannot be solved. The Tumble Tot Co. & Tornados Gymnastics wishes to tackle any problems before they grow into larger issues.

It is best to bring concerns, after waiting 24 hours from experiencing an issue, to the coach's attention privately, **outside regular training hours**. A suitable time should be arranged to meet and discuss the matter at hand. Make an appointment in advance to sit down and discuss the matter with your coach in a private environment when they are not distracted by their classes or other customers and coaches. If the coach cannot resolve the problem, then the issue will be presented to the owner.

Selection Process

Our Physical Ability and Skill Testing program is designed to evaluate the natural ability and potential of our pre-competitive and competitive athletes. The test is based on the Canadian Gymnastics Federation standards for the women's and men's pre-elite testing program and technical requirements required for each discipline as well as evaluate the gymnasts' strength, power and flexibility. As well, it will give the coaches an idea of the gymnasts' present skill level by viewing a series of standardized moves on various apparatus. We also use the USA Junior Olympic Program Guidelines and Skill Testing to determine provincial competition eligibility and level determination.

The purpose of the selection process and ongoing selection screening is to develop competitive groups according to their age, skill level and future ability.

Occasionally gymnast will move a level during competitive season. These decisions will be discussed with parents on an individual basis. Official ability and skill testing will be performed by your child's coach during the month of May (refer to newsletter for details) and will be reviewed by the senior competitive coaches. Based on the results, athletes will be selected to the appropriate pre-competitive, competitive and provincial groups for the next competitive season. Please be advised that if an athlete is unable to keep up with the demands of the program they have been selected for the coach has the right to remove them from that program (with 30 days notice to the parent and discussion and observance of the athlete by the Owner). Another program will be recommended and discussed for your child to continue in the sport of gymnastics at a less demanding level.

Injury

In the event of a major injury or medical situation the coach will administer first aid.

1. Emergency Medical Services will be called at the discretion of the coach on the floor.
2. Parents will be notified as soon as possible.
3. The appropriate individual will fill out an accident report.
4. A Return-To-Practice Form, signed and completed by the parent and the physician, will be required before the athlete can return to training.

Every athlete and/or their parent(s) are responsible for **notifying** the coach and administration of any injury, illness, or medical condition. Athletes under a physician's care are required to have a doctor's note outlining the athlete's limitations.

Injured athletes are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and turn a difficult situation into something positive by increasing work on flexibility, strength, or specific skills. **There is no reduction in tuition unless the injury takes you completely out of the gym for over one month and then only if the gymnast cannot participate in workouts in any way.** In that instance, tuition may be adjusted depending on the circumstances.

As with any sport, there will be times when your child experiences injury. This will range from sore muscles to bumps and bruises. Occasionally (even with our strong emphasis on safety) your child may sustain injury that requires medical intervention. Be sure to bring **ANY ongoing concern or unusual pain** to your child's coach who will assess the situation. If the coach feels that your child requires medical attention, they will suggest appropriate action. Depending on the type of injury a medical doctor as well as a sports injury clinic may be recommended.

Please do not allow your child to miss classes due to sore muscles. Muscle soreness is common during certain stages of the program and is often relieved with continued training throughout the week.

Lockers

Competitive athletes are assigned a locker by their coach. All athletes are required to share a locker with one or more athletes. Please ensure lockers are kept tidy and remove all snacks after each training session. Lockers should be cleaned out and wiped clean by the athlete and parent **monthly**. Athletes are permitted to decorate the **inside** of their lockers **with** their locker partner(s). Absolutely nothing is to be stuck to the outside door of the locker. Athletes are permitted to have a lock on their locker but **MUST** share the combination with their parent **AND** their coach. Athletes should store an extra training suit, pair of socks, hair elastics, athletic tape and pro wrap in their locker at all times.

Uniforms

All gymnasts will be fitted for the competition uniform in the winter. The club uniform consists of competitive bodysuits and a club track suit. This uniform is mandatory for gymnast's at all sanctioned competitions & demonstrations. For the upcoming 2021 – 2021 season the cost for the competitive bodysuit will be locked in at the time of ordering in November 2021. The design of the uniform is determined by the program and may vary from year to year. The design is exclusive for The Tumble Tot Co. & Tornados Gymnastics.

We expect that our athletes look presentable at all times. Neat hair is a must and absolutely no jewelry is permitted for safety reasons.

During regular training athletes are required to wear a bodysuit of their choice and bare feet. Please ensure that long hair is safely secured (ponytail) and no long ribbon or bobbles are worn. Athletes must have extra elastics and hairclips at the gym.

Please label all your athletes personal belongs and uniforms. Management is not responsible for lost uniforms or belongings. Please check the Lost and Found located in the Girls Change room for any missing items.

Private Lessons

Private Lessons are available to members at the rate of \$70.00 per hour + HST and to non-members at the rate of \$90.00 per hour + HST. A minimum of 4 lessons must be purchased and paid for in full before the first lesson. Private Lessons are available at any time of year and can be arranged with any one of our highly qualified coaches. They are a great way to learn new skills or polish up existing skills and routines before a competition.

Music

In accordance with club policy, floor music and the choreographed routine is deemed to be property of the club. Athletes may not use their choreographed routines or music for ANY outside demonstrations, shows, or performances outside of those arranged by The Tumble Tot Co. & Tornados Gymnastics. Athletes **MAY NOT** use their choreographed routines at another club. Please respect your coach's hard work and creative choreography.

Choreography

Athletes Level 6 and higher will be expected to pay the fee of \$250 to a professional choreographer, if required, provided by the Club for the development of floor routines. This fee includes music composition, routine and one touch up session.

Emergency Closing Procedures

On days when severe weather, particularly winter storms or extremely hot temperatures, threaten and we are forced to cancel classes for safety reasons, we will attempt to inform you in the following manner:

1. Updated message on the club answering machine.
2. Call from your coach where possible
3. Social Media Instagram/
4. Facebook/Twitter & Website

There will be no makeup classes for inclement weather closures.

Force Majeure

Neither Party will be liable for any failure or delay in performing an obligation under this contract that is due to any of the following causes, to the extent beyond its reasonable control: acts of God, accident riots, war, terrorist act, epidemic, pandemic, quarantine, civil commotion, breakdown of communication facilities, breakdown of web host, internet service provider, natural catastrophes, governmental acts or omissions, changes in laws or regulations, national strikes, fire explosion, generalized lack of availability of raw materials or energy.

Social Media Policy

All gymnasts (and their parents) currently enroll at The Tumble Tot Co. & Tornados Gymnastics must abide by the club Social Media Policy.

1. You are responsible to exercising good judgement regarding appropriate use of Social Media towards The Tumble Tot Co. & Tornados Gymnastics
2. Prohibited Social Media Activities include, but are not limited to:
 - a) Posting or sharing joke or language regarding The Tumble Tot Co. & Tornados Gymnastics or its gymnasts, which may be considered discriminatory, harassing, unlawful, defamatory, obscene, offensive, insensitive or otherwise inappropriate.
 - b) Posting or sharing messages that disparage The Tumble Tot Co. & Tornados Gymnastics or its gymnast.

Code of Conduct

Every member of The Tumble Tot Co. & Tornados Gymnastics is expected to treat others with dignity and respect. This includes our participants, parents, coaches, staff and volunteers. Any behavior that is insulting, intimidating, humiliating, malicious, degrading or offensive is not acceptable and will result in appropriate discipline.

Behavior Management Policy

The following steps will be taken in order to deal with unacceptable gym behavior. Attached you will find the "Athletes Code of Conduct". **Kindly have your child read and sign the form.** If you have additional questions or concerns please speak to your child's coach.

1. Verbal Warning – A verbal warning to stop unacceptable behavior.
2. Time Out from training – If a verbal warning fails, a time out will be given.
3. Parents phoned to come and pick up their child
4. Parent Meeting – Coach/parent/athlete meeting will be arranged. Athlete will receive Behavior Incident Report Form
5. Meeting with Director – If a meeting with the coach fails a meeting with the director and the parents will be arranged.
6. Suspension – If a meeting with the director fails, a one week suspension from the competitive program will be given. No refunds will be given for missed training.
7. Expulsion – If the suspension fails, the athlete will be expelled from all competitive programs, without reimbursement of fees.

Thank you for reading through this comprehensive guide to competitive gymnastics. We look forward to the season ahead and a continued relationship with you and your gymnast!

I _____ (parent/guardian of athlete) have read, understand and agree to all sections of this contract.

Signature

Date