



Flicka Gymnastics

Interclub Handbook

2017 – 2018 Season

History of Flicka

The Flicka Gymnastics Club was founded in 1962 by Louise Hemmingway who represented Canada at the 1960 Olympic Games in Rome. During the intervening period, Flicka has developed a tradition of excellence in instruction at all levels and continues to produce excellent gymnasts who compete at all levels.

Club Goals & Values

Flicka Gymnastics Club is firmly committed to two equally vital goals for youth sport:

- To build confidence, self-esteem and life skills through sport
- To achieve excellence in sport

Flicka Gymnastics Club holds the following core values:

- Holding paramount the safety and security of gymnasts;
- Demonstrating respect for others;
- Valuing and including all gymnasts;
- Committing to excellence in coaching and program quality;
- Demonstrating professionalism, enthusiasm and hard work on and off the floor; Building and supporting the Flicka community/team.

Club Structure

The Flicka Gymnastics Club is a non-profit society and operates under the direction of a volunteer board of directors. It is governed by the British Columbia Society Act, its constitution and bylaws, as amended from time to time. The constitution and bylaws of the Flicka Gymnastics Club are available for perusal in the office and a member of the Club can obtain a copy upon request.

Board of Directors

The Board of Directors is elected at the Annual General Meeting, which takes place at the end of the training year (June). Their term runs from August to July of each year. The responsibility of the Board of Directors is to ensure, through a number of elected members, that the Club functions in a financially sound manner. In addition, the board will provide oversight and guidance to the club's management team to ensure that the goals and mandate of the society are being met. Board members meet at least once a month. A member can request that an item be placed on the agenda of a board meeting and can attend any board meeting, provided a request is made to the secretary prior to the meeting.

Code of Conduct for Athletes & Parents/Guardians

All athletes, parents and staff in Flicka Gymnastics have the right to work, learn and achieve their goals and aspirations in an environment in which they are treated with care, respect, compassion and free of harassment or bias.

Athlete Code of Conduct:

- Gymnasts shall treat athletes, coaches, staff and members with courtesy and respect to maintain a positive environment where everyone thrives and succeeds.
- Gymnasts shall take pride, care and be proud of their training facility. Maintaining gym cleanliness, keeping valuables secured and reporting any misconduct will accomplish this.
- Regular attendance is essential to success. Frequent absences undermine and disrupt training regimens/cycles. Gymnasts shall always strive to be punctual for training, competitions or activities ensuring they inform coaching staff of any anticipated absences.
- Athletes shall inform coaching staff of any injuries or illness.
- Gymnasts shall not enter or utilize the facility equipment without proper supervision or permission.

- Flicka reserves the right to immediately and effectively address inappropriate behaviour including breaches of the Code of Conduct.

Parent Code of Conduct:

- Parents or Guardians shall treat athletes, families, visitors and staff members with courtesy, respect and understanding.
- Parents or Guardians shall ensure athletes are punctual for their training sessions.
- Parents or Guardians shall notify the Head Coach of any anticipated absences.
- Parents or Guardians shall inform coaches of any medical concerns or injuries that may affect training.
- Parents or Guardians shall not enter gym floor during training in Flicka or any competition.
- Parents or Guardians shall not contact any other clubs/organizations that concerns Flicka's staff members/administration.
- Parents or Guardians are not allowed to direct training for the safety of the athletes.
- Parents or Guardians are not allowed to talk to athletes/coaches during competition.

Selection Criteria & Athlete Levels

The Head Coach will determine, through testing and observation, whether a gymnast has or potentially could have the strength, flexibility, endurance and power, and psychological qualities necessary to succeed in competitive gymnastics.

This evaluation will include whether the gymnast has, and to what degree he/she has:

- Maturity
- Ability to develop a fearless trust in coaches
- Ability to handle the discomfort, aches and pain of hard training

- Ability to handle stress in competition
- Desire to learn new skills
- Desire to work and improve on personal weaknesses
- Determination to do her best
- A positive training attitude
- Co-operation with coaches and teammates
- Competitive spirit
- Good sportsmanship
- Seriousness of commitment and family support

Placement in Training Groups

Once selected into the Interclub program, gymnasts are divided into groups based on such factors such as skill level, potential, general training attitude and attendance record. Each category and level of Interclub has certain skill requirements. Each gymnast will be placed in the level best suited to her skill level, form, and maturity. The Head Coach will assign each gymnast to a category and level which will be challenging yet allow her to experience individual success. All gymnasts progress at different rates; according to age, physical growth, maturity, etc., therefore, not all gymnasts can progress from one level to the next at the same rate. Each gymnast who trains seriously, is expected to progress and experience increased personal success.

The PreInterclub Program

The PreInterclub program is a developmental program designed to enhance physical and psychological qualities and teach correct developmental skills in a challenging yet enjoyable environment. Girls from age 6 are assessed and selected for invitation to this program, based on ability, desire, and the potential to pursue gymnastics as a competitive sport. Recommendations to be assessed may come from other programs within the club. The PreInterclub program is not necessarily a continuation of the Kinder-gym or the Recreational Program, however it can stream into the competitive stream and the higher levels of Interclub. Being a part of PreInterclub does not guarantee your daughter's placement into the higher levels of Interclub or Competitive.

The PreInterclub program is divided into two groupings of athletes. The divide of the group is to ensure that athletes are placed with similar skilled athletes to allow each athlete to challenge themselves in a comfortable learning environment. PreInterclub group 1 will compete in one competition annually and PreInterclub 2 will have the opportunity to compete in two competitions annually.

Junior & Senior Interclub

Junior Interclub is for athletes aged 8-12 years old with gymnastics experience. Junior Interclub is broken into two training groups in order to better suit the skill sets and needs of athletes. The two groups, Junior 1 and Junior 2 separate athletes based on skill level, experience, and maturity. Senior Interclub is for athletes aged 12-17 years old who have experience with the sport of gymnastics.

Communication

Communication for the Interclub Program will be primarily through email. It is important that parents keep their contact information current on their online family account. Family accounts can be accessed through Studio Director. Monthly communication, competition information, uniforms and other important information will be sent out frequently. Please read all emails sent out from Interclub@flickagymclub.com.

Gymnastics BC Insurance Fee

All Interclub athletes are required to be insured through Gymnastics BC. The Insurance fee is due September 1st, is non-refundable and will be valid until August 31st of the following year. This fee will automatically be processed with September's monthly tuition. 2017-2018 Insurance fee is: *\$30.00*

Monthly Tuition Fees

Level	Hours	Monthly Fees
PreInterclub	4	\$192
Junior (2x/week)	5	\$220
Junior (3x/week)	7.5	\$330
Senior	6	\$240

Payment Schedule for 2017-2018

September 1 st	September monthly fee + GBC Insurance Fee (\$30)
October 1 st	October monthly fee + Fundraising Fee/Purdy's
November 1 st	November monthly fee + Volunteer Payout + NSI Registration for Seniors
December 1 st	December monthly fee + January Competition Fees
January 1 st	January monthly fee + February & March Comp Fees
February 1 st	February Monthly fee + April Competition Fees
March 1 st	March Monthly fee + May Competition Fees
April 1 st	April Monthly fee + June Competition Fees
May 1 st	May Monthly fee
May 1 st	June Monthly fee
June 30 th	Volunteer Commitment

Floor Routine Choreography Fees

New for the 2017-2018 Interclub Season! Floor Routine Choreography for Interclub athletes will be done outside of training times and coaches will schedule a time slot with each athlete to come in and learn their routine. Athletes are learning their routines outside of training time in order to maximize regular training time and to ensure they receive enough time to learn their choreography.

A choreographed floor routine is mandatory for all Interclub athletes. If your child is sharing a routine with another athlete, families will split the total choreography fee between them. Your child will be informed if they are sharing a routine or if they have the option to have their own. The choreography fee for floor routines will depend on the level of the athlete.

* Choreography fees will increase for the 2018/2019 season.

The fee includes:

- Music of their choice (Senior Athletes)
- A fully choreographed routine
- 1 hour - 1.5 hours with their coach to learn the routine

Body Suit & Team wear

It is required of each athlete to purchase a body suit for competitions. This body suit is to be worn only at competitions unless otherwise stated by the coaches. The body suit ranges from \$75 - \$85. Generally a competitive body suit will be kept for 2-3 years before a new design is chosen.

Team wear is new for the 2017-2018 season! An Adidas tracksuit comes with a jacket and matching tracksuit pants. We ask that athletes wear this tracksuit only to competitions. The cost of the tracksuit is \$95.00.

Volunteering

Flicka is a non-profit organization. To keep training fees low, and to support the efforts of the gymnasts, each family must complete a required number of annual Volunteer Hours calculated at 2 times the weekly training hours of

your gymnast (each successive child requires an additional annual commitment of 5 hours).

Each family must submit a Volunteer Commitment Payment, which is either a post-dated cheque equal to \$100, (dated September 30, 2017 or agree to have the amount charged to a credit card account on September 1st, 2017.

The post-dated cheque will be returned after June 30th, 2018. The payment will be cashed or charged ONLY if the family does not fulfill its volunteer hours.

When a member obtains a \$1000 sponsorship for the NSI or other competition of the Board's choice, your annual volunteer hours are considered complete (up to 10 members).

If a family has not completed all volunteer hours by June 30th, 2018, the uncompleted hours will be charged as a percentage of the monthly training fees on a pro-rated basis.

Fundraising

Flicka is very fortunate to have a vibrant and dedicated parent community that is committed to maintaining the lowest competitive fees in the Lower Mainland. But we need your ongoing help! Fundraising efforts go towards equipment replacement or other resources so that our gymnasts have the ability to match their focus on gymnastic training. In order to make fundraising as palatable as possible and to make sure that we demonstrate a community that is willing to fundraise to the Gaming Commission- we offer a variety of options to parents each year. Fundraising information is released each year at September registration.

Attendance at Meets

Parents are responsible for the expenses to attend competitions. Competition fees can range from \$70-\$95 per competition. Each group of athletes has different competition requirements and must adhere to the competition guidelines in order to be a part of the program. Competition details are released in the fall and families choose which competitions they would like to

attend by filling out the competition registration form and handing it in before the deadline.

Below is a list of competition requirements for each level:

PreInterclub Group 1

The athletes are required to commit to one competition for the season, at the end of the season. The competition will most likely be held in June of 2018.

PreInterclub Group 2

The athletes are required to commit to one competition for the season, but have the option to attend two throughout the year. The competitions will most likely be held in May and June of 2018.

Junior Groups 1 & 2

The athletes are required to commit to two competitions throughout the season from January - June.

Senior

The athletes are required to commit to three competitions throughout the season from January - June. One of which must include the North Shore Invitational in December.

Gym Closures

The Interclub program does not run for two weeks over Christmas. The gym is closed on all BC statutory holidays. This is accounted for in the monthly training fees.

Labour Day – September

Thanksgiving Day – October

Remembrance Day – November

Christmas Day & New Year's Day – December 22nd – January 7th

Family Day – February

Good Friday – April

Victoria Day – May

Canada Day – July

BC Day – August

*The last day of training will be June 22nd 2018

Makeup Class Policy

We cannot guarantee make-ups for missed training due to personal reasons. Makeup classes are only an option for athletes if they have missed training due to medical conditions or severe sickness. A doctor's note will not grant you a refund for the missed class(es). A doctor's note is required in order for a makeup class to be scheduled. Please contact the Head Coach in order to schedule a makeup class.

If an athlete injures themselves either at training or outside of training and will need an extended time off from training, a doctor's note is needed to place the athlete on medical hold. You will not be charged your monthly tuition while your child is on medical hold. You will only be charged once your child returns to training.

Attendance

Gymnasts are expected to make every attempt to attend all their training sessions. Gymnasts should only miss training if they are ill, have a major injury, or for medical and dentist appointments. Gymnasts must have a minimum of 2 weeks training prior to attending a competition. If training is interrupted in the two weeks prior to a competition, without consent from the coach, the athlete may not be allowed to attend the competition. Gymnasts should contact their coach for any planned absences.

Discipline

Gymnastics is a very exciting sport that requires athletes to exhibit maturity and behave in a highly disciplined manner. Every day Flicka gymnasts are asked to execute difficult skills that imply a certain amount of risk at all levels. In order to maintain safety in the training environment while allowing for progress, coaches must ensure that the gymnasts will conform to rules, follow specific instructions explicitly, and not disturb, through inappropriate

displays of anger or emotion, the concentration of other gymnasts. Rudeness and discourtesy will not be tolerated. Bullying and harassment are not tolerated and gymnasts will be disciplined if this occurs.

If a gymnast's conduct or performance does not meet the coaches' expectations some disciplinary actions may be taken.

This discipline usually takes the form of, in increasing severity:

- Sitting out
- Notification of parents with documentation &/or phone call
- Probation – a mutually agreed upon time period during which the athlete is given an opportunity to change their behaviour
- Suspension
- Expulsion

Withdrawal from the Program

Cancellation of Flicka membership can be made with one month's written notice to the office. All training fees are due and payable during the month's notice period. Athletes may attend training during this thirty-day period. Membership fees paid to GBC are non-refundable.