

COMPETITIVE PARENT HANDBOOK

2025 – 2026 SEASON

Celebrating over 50 years of gymnastics excellence!

The staff and coaches of the RR Gymnastics and Trampoline Club are excited about our upcoming competitive season. We are very fortunate to have a great coaching team who are here to make you and your family as comfortable as possible. Our qualified staff has the knowledge and expertise to deliver quality programs from pre-competitive to national levels.

COMPETITIVE PROGRAM

Entry into the competitive program is by selection from the recreational program or by transfer from another club's competitive program and is dependent on availability. A formal evaluation of athletes' potential will be done by the discipline directors.

Gymnasts are evaluated and selected into the competitive program based on physical, emotional, and social characteristics. Physical and emotional well-being, along with personal and gymnastics/trampoline skill development, are the primary objectives of this program. We feel that by following these objectives, gymnasts will continuously advance in the program at a rate that is challenging and satisfying but not pressuring.

Competitive gymnastics at RR Gymnastics and Trampoline involves training commitments of up to 12 hours per week. Training fees, competitive suits, meet fees, and travel expenses can be very expensive. Parents should fully understand this time and financial commitment prior to undertaking entry into the competitive program.

As a significant amount of training time and dedication is required to produce a competitive athlete, it is important that members understand the guidelines for the competitive program. Many elements are involved in success including discipline, work ethic, respect, talent, parental support, attitude, commitment, and much more.

To ensure consistency, safety, progression, and improvement in our athletes, it is important to train the entire schedule that is set out for their assigned group.



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COMPETITIVE COACHING STAFF

	Shelby Hare - Women's Program Competitive Coach and Director - Competition Introduction Advanced (Comp 2), 10 years of coaching experience and a former National-level Trampoline athlete. - Responsible for club management as well as preparation and delivery of our Women's Program.
	Carol Anne Prost - Trampoline and Tumbling Program Co-Director - Competition Development (Comp 3) and 19+ years coaching experience. - Responsible for the preparation and delivery of our Trampoline and Tumbling Program.
	Carol McGean - Trampoline and Tumbling Program Co-Director - Competition Development (Comp 3) and 25+ years coaching experience. - Responsible for the preparation and delivery of our Trampoline and Tumbling Program.

Meet the rest of our 2024-2025 Competitive Coaching Team:

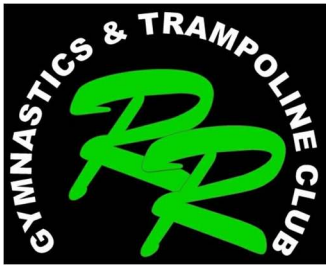
Daniel Brownell – Precompetitive and Competitive Trampoline

Emily Redmond – Precompetitive and Competitive Women's Artistic

Kristina Prost – Precompetitive Trampoline and Women's Artistic

Morgan White – Precompetitive Women's Artistic

Kaylee Campbell – Precompetitive Women's Artistic



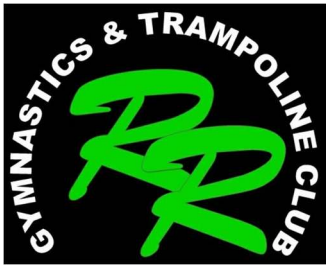
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COMPETITIVE PROGRAM GUIDELINES

ATHLETE GUIDELINES

Accountability Respect Action

- ✓ You are responsible for your own athletic performance. Coaches are here to encourage and aid in your athletic improvement but ultimately, it is you who oversee your destiny.
- ✓ You are responsible for the way you speak to coaches and athletes
- ✓ You are responsible for being honest with yourself and to other coaches
- ✓ You are responsible for attending practice on a regular basis as absence is not beneficial to your development. This includes attending practices even when injured.
- ✓ Respect your coach and other coaches for their knowledge and ability to help you
- ✓ Respect your fellow athletes, your club, and the sport of gymnastics/trampoline
- ✓ A positive attitude, sportsmanship, and fairness to all must be always practiced
- ✓ Always work to the best of your ability
- ✓ Always bring healthy snacks to aid in your gymnastics progression
- ✓ Ask yourself: "Did I do everything possible to improve my gymnastics today?"
- ✓ Gymnasts must arrive on time and be prepared for training
- ✓ Gymnasts are not permitted on any equipment before or after training
- ✓ Prepared for training means:
 - ✓ Proper training attire:
 - Hair tied back and off shoulders.
 - No jewelry/smart watches
 - On the floor at start time
- ✓ Cell phones must remain in bags during training sessions and in change rooms
- ✓ SafeSport guidelines must be always followed



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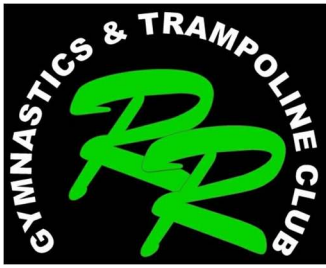
** All athletes must sign a contract and abide by these guidelines to maintain eligibility in our competitive program **

PARENT ETIQUETTE

- ✓ Ensure that your child arrives on time and is prepared. Ongoing tardiness negatively affects the athlete and group.
- ✓ Encourage your child in their activity and help them foster respectful attitudes towards coaches and peers.
- ✓ Encourage open discussion and problem solving between your child and coach.
- ✓ Parent viewing is available during training sessions. Be respectful of the guidelines outlined in this document.
- ✓ Do not interrupt training to speak with a coach – arrange for before/after training.
- ✓ Do not interrupt your child's training by communicating with them during the session.
- ✓ Under no circumstances should a parent enter the gym area unless requested to do so by a coach.
- ✓ Check your emails consistently and be sure to read all communication carefully as deadlines are concrete.

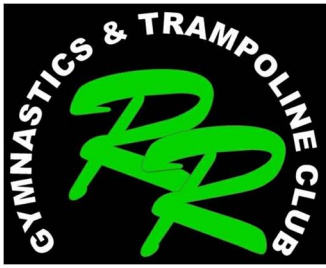
Accountability Respect Action

- ✓ It is your responsibility to support and uphold the rules and regulations of RR Gymnastics and Trampoline. Club
- ✓ You are responsible for the way you speak about the club, athletes, and coaches.
- ✓ You have the power to influence your child's performance as well as the performance of others.
- ✓ Recognize that you can have a major effect on the success or failure of your child's performance.
- ✓ You are responsible for providing your child with the necessary tools to succeed. This includes healthy snacks, proper attire, and extra equipment if required.
- ✓ Respect the coach for their knowledge and their capacity to contribute.
- ✓ Coaches must not assume to ever become parents and parents must never try to become coaches.
- ✓ If conflict arises throughout the year, respect your coach and child, make arrangements to meet at a time that is convenient for both.
- ✓ Respect all athletes, parents, and coaches, at all times.
- ✓ Support and respect efforts to resolve issues that arise throughout the season.
- ✓ Every time you work at communicating with your child and your child's coach a positive gymnastics environment is developed.
- ✓ Accept your child for who they are and for their gymnastics abilities.



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- ✓ Accept your child's instructors as certified coaches who know their jobs.
 - ✓ Encourage your child through positive reinforcement.
 - ✓ Know your child's goals, dreams, challenges, limitations, and achievements.
- ** All parents must sign a contract and abide by these guidelines in order to maintain eligibility in our competitive program**



COMPETITIVE PARENT HANDBOOK

DISCIPLINE POLICY

ANTI-BULLYING SAFEGUARD

The RR Gymnastics and Trampoline Club is committed to providing a friendly, safe and positive environment for all our members so they can enjoy our programs in a relaxed and secure atmosphere. We strive to create a setting where athletes encourage each other in a teamwork-based approach. Harassment or bullying of any kind is unacceptable.

Bullying is any intentional act that results in the emotional or physical injury of another member of our club. Bullying can be:

Verbal

- Name calling, sarcasm, spreading rumors, teasing.

Emotional

- Being unfriendly, excluding others, tormenting with words or gestures

Physical

- Pushing, kicking, hitting, punching, use of violence

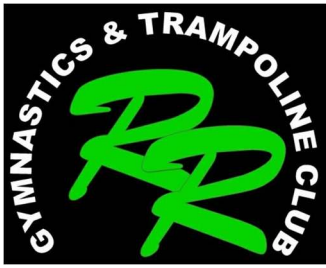
Racist, Sexual, Homophobic

- Unwanted physical contact or sexual comments, racial taunts, words or gestures that focus on sexuality.

REMOVAL FROM PROGRAM

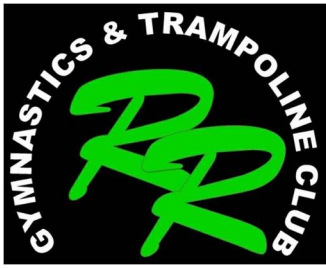
The RR Gymnastics and Trampoline Club's staff, coaches, and volunteers commit a considerable amount of time and effort to each athlete and program during the competitive season. We expect the athletes and parents return the same level of commitment in support of our programs. Entrance into the competitive program is limited and therefore we must ensure maximum opportunities are provided for all committed members.

Under certain circumstances it may be necessary to ask that an athlete withdraw from the program. At the discretion of our directors, an athlete can be suspended from the competitive program at any time during the season, temporarily or permanently, under any of the following conditions.



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- If the child's temperament, development or skill level prevents him/her from meeting the requirements of the competitive program.
- If the conduct of the child or his/her parent(s) is disruptive and unsupportive of the club, its goals, and/or its guidelines.
- If the conduct of the child or his/her parent(s) has resulted in a red card.
- If the athlete is repeatedly absent, frequently late or leaving early without reasonable excuse.
- If the family has unpaid fees.
- If an athlete or parent takes any action to discredit the club, Board members, or coaching staff.



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COMPETITIVE FINANCIAL OBLIGATIONS

Tuition Fees: All outstanding fees from the previous year **MUST** be paid in full prior to acceptance for the new season. Families are required to pay their fees through their account on our Uplifter website.

Tuition Policies: The competitive tuition is based on a 12-month season with a variety of payment plan options. If a member is injured and cannot train at full capacity, they are still encouraged to attend practices whereby their coach will provide them with a rehabilitation plan that is suitable for their age and injury. Tuition may not be adjusted due to injury, illness, vacations, camps, or schedule conflicts. Partial refunds will only be granted if a gymnast does not intend a return for the remainder of the season, however, **NO** refunds will be issued after May 1st of each year. If the club requests that your child increase or decrease their weekly number of hours, then an adjustment to fees will be communicated to you and made at that time.

Family Discount:

Families are offered a 10% discount for the second and all additional competitive athletes' registration fees. Please note that this discount does not apply to annual membership fees.

Annual Gymnastics Nova Scotia Fee:

All competitive athletes are required to pay an annual fee to cover the insurance - \$95.

Annual fees must be paid upon registration, in order for training to commence.

Other costs to consider:

✓ **Competition Fees:** All competition costs (i.e., entry fees, travel, accommodation) are the responsibility of the parents.

✓ **Competition/Training Attire:** Bodysuits, tracksuits, grips, shoes, supports, etc. are the responsibility of the parents.



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COMPETITIVE FEE STRUCTURE

2025 – 2026 Season			
	Training Hours	Cost	
Artistic			
Xcel Bronze **	4 – 2 hrs. 2 times per week	\$682.20	Sept – June
Xcel Silver **	6 – 3 hrs. 2 times per week	\$934.16	Sept - June
Xcel Gold	8 – 4hrs 2 times per week	\$1,157.13	Sept - Aug
Xcel Platinum	12 – 4 hrs. 3 times per week	\$1,373.76	Sept - Aug
Trampoline			
Precompetitive Trampoline **	6 – 3 hrs. 2 times per week	\$934.16	Sept - June
Competitive Trampoline - 9	9 – 3 hrs. 3 times per week	\$1,199.75	Sept - Aug
Competitive Trampoline - 12	12 – 4 hrs. 3 times per week	\$1,373.76	Sept - Aug

- ✓ **Precompetitive yearly tuition includes regular season (10 Months)
- ✓ Competitive yearly tuition includes regular and summer season hours (12 Months).

**Families can choose to pay their tuition according to the following payment plan:

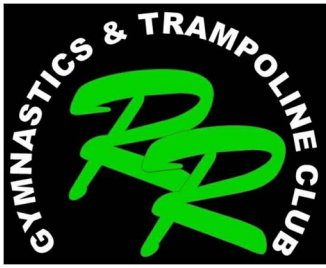
1. Full payment – Due upon registration
2. 10 equal payments – 1st payment due upon registration; and 9 remaining payments at the first of each month (Oct-Jun.)
3. Your own plan - as all fees are to be paid by July 1 each year.

FUNDRAISING/FAMILY COMMITMENT

The RR Gymnastics and Trampoline Club is a not-for-profit business that works hard to keep program fees as low as possible while also providing quality programs for our youth. In order to do so, we rely heavily on our volunteers. It is from the collective effort of our members – through fundraising, hosting events, and other volunteer jobs - that we are able to help our athletes find success in the sport they love!

Did You Know?

The fees that are generated through registration are only a portion of what is needed to cover the costs of general operation and maintenance, coaching, and equipment. It is with your commitment that our club is able to continue to offer reasonable tuition fees.



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FUNDRAISING

Families are encouraged to participate in our 3 fundraisers each year. These fundraisers typically coincide with our recreational sessions and may include such things as:

Fall Fundraiser (details to follow)

Winter Fundraiser (details to follow)

Spring Fundraiser (details to follow)

Fundraising profits are used for new equipment, building improvements, etc.!

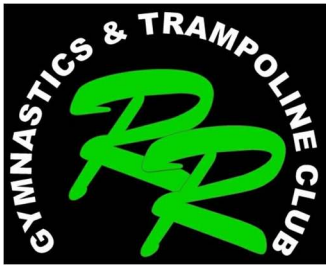
FAMILY COMMITMENT PLAN

- ✓ Competitive families are required to volunteer for various tasks during the season.
- ✓ Competitive families must commit to volunteering in a variety of capacities during our annual Riders Rodeo.
- ✓ Throughout the season, families may also be sought out to volunteer for tasks such as (but not limited to):
 - Major gym cleaning events
 - Competition organizing/volunteering.
 - Board Member
 - Fundraising distribution/collection
 - Organizing special events/activities
 - Trade work based on skill set.
 - Other needs/tasks that may arise.

A **Volunteer fee** of **\$100** will be added to your invoice automatically when you register for the new Competitive season. This will be refunded to your account when you have completed a minimum of 10 Volunteer hours and our annual Competition – Rider's Rodeo (not included in the 10 hours).

SPONSORSHIP

We are always looking for local companies to sponsor our club and competitive athletes – securing sponsorship is a great way to volunteer! If you know of a company who would be willing to sponsor our club or competitive team, please reach out to our office staff for more details and direction.



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COMPETITION INFORMATION

The nature of our competitive program is just that – competitive. We have limited space in our program and therefore we must reserve spaces for those athletes who are interested in competing. With this in mind, it is mandatory for all competitive athletes to compete in a minimum of 2 meets per year. Exceptions may be made (at the discretion of the coach) for younger athletes who have just started in the program.

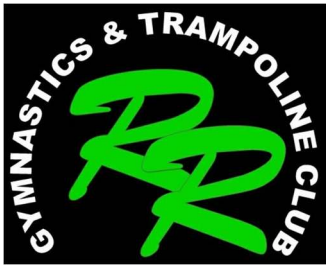
- A tentative schedule of competitions and events will be provided on our website in the Competitive section. Dates may be changed/added/removed from the calendar at any time.
- You MUST respond to registration by the deadline in order to avoid disappointment (late registration will not be accepted).
- Athletes are responsible for bringing all their own equipment to the competition. This includes grips, team suits, floor music, shoes etc.
- Competition entry fees are typically between \$100-\$135 (a portion of this fee covers coaching expenses during weekends).
- Please note that a final schedule cannot be provided at the time of registration. Competition directors do not provide this information to clubs until all registration has been received and organized. Final schedules will be communicated to you once the info is sent to our club (normally 1-2 weeks prior to the competition). Do Not contact host clubs directly for this information.
- Under no circumstance should a parent be on the competition floor. If so, they risk their child's disqualification from the competition by the host club.

Athlete Responsibilities

1. To abide by the rules and guidelines of RR Gymnastics and Trampoline Club.
2. To respect my fellow athletes as well as coaches and officials.
3. To provide positive moral support to my fellow athletes.

Parent Responsibilities

1. To conduct myself according to the guidelines outlined in this parent guide.
2. To exhibit a positive attitude and sense of fair play towards ALL athletes, coaches, judges, and volunteers.



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TEAM APPAREL

All **competitive** athletes are required to purchase our competitive club bodysuit and Tracksuits.

Precompetitive athletes, bodysuits are recommended, and tracksuits are optional.

Team suits are subject to change every 5 years. Sizing for all team attire will take place in September/October and an invoice will be added to your account once the order is placed.

Team Leos

- are ordered through [DNA Performance Wear](#) in Saskatoon, SK.
- For Precompetitive, we order the tank version with rhinestones and black women's shorts.
Tank Suits are \$125.99 + GST, and shorts are \$33.74 + GST.
- For Competitive, we order the long sleeve version with rhinestones and black women's shorts.
Suits are mandatory. **Suits are \$182.24 + GST, and shorts are \$33.74 + GST.**
- Singlet (Boy's/Men's version of the suit) **Suits are \$67.49 + GST, and shorts are \$33.74 + GST.**

Team Tracksuits

- There are track jackets and pants available from [LJR Imprintables](#) in Kingston, NS, next to Mama Sofia's. We ask parents to order directly from them since we won't be ordering in bulk.

Other Equipment

- You may notice some athletes wearing special.
 - o **Tramp shoes.** Some athletes can find these on Amazon or other sites. Here are the shoes we've ordered before – [Gymslippers](#). We recommend **IWA 502 Goldline Gymnastics Shoe or IWA 508 Goldline Trampoline Shoe**. For precompetitive, it is not necessary to have them at this time.
 - o **Bar grips.** These are not mandatory but highly recommended to allow the athletes more bar time with less physical damage to their hands. For the XB and XS levels, we like to recommend the beginner style grips as opposed to the dowel grips to start. You can find these on Amazon or other sites. Here are the ones we've ordered from before - [Beginner Grips](#). If you order grips for your athlete, ensure they also have **2" or 4" wrist bands** as well!