2020/2021 CLUB TEAMZ HANDBOOK

* Many details of our 2020-2021 season will be dependent on Covid-19.

PROGRAM MISSION

Splitz Club Teamz Program exists to provide an opportunity for every athlete to achieve their full potential in the sport of gymnastics and develop a lifelong love for sport and physical activity. Our purpose is to support each gymnast in reaching their potential with respect to their own goals. We strive to be positive role models and to bring out the best in each individual within the realms of physical, mental, emotional and social development. Safety, fun and skill acquisition are key to achieving these goals and makes Splitz a wonderful environment for athletes to pursue their goals.

PROGRAM STRUCTURE

The Club Teamz Program follows a consistent annual training schedule beginning in July and cumulating in June (this season's start has been delayed to September due to COVID-19). Entrance into the program is by assessment or invitation only.

Gymnasts are placed in age appropriate groups based on their skill level and training hours. Gymnast's training includes general preparation, specific routine preparation, group routine practice and an in-house developmental program.

Athletes will be working towards the completion of our Starz program, by completing all necessary tiers in Bronze Starz, Silver Starz and Gold Starz. For further information on these categories, please refer to "Club Teamz Starz" program below.

GYMNAESTRADA (ON HOLD DUE TO COVID 19)

For the 2020/2021 season, Gymnaestrada is currently on hold until further COVID-19 restrictions lift. Should Gymnaestrada be feasible for the 2020/2021 season, it will be a mandatory event for all Club Teamz athletes.

The BC Gymnaestrada is the largest PLAY recreational gymnastics event in the province. Splitz athletes will attend physically inspiring workshops such as rhythmic gymnastics,

acrobatics & pyramid building, theatre, dance and parkour/breakdancing/trampoline on one of the scheduled event days. The following day, our group will perform their routine for a large audience.

Gymnaestrada events are offered at a Club, Provincial, National and World Levels.

SPLITZ CLUB TEAMZ STARZ DEVELOPMENT

Splitz will be introducing an in-house developmental program that will be launching September 2020. This program is designed to provide a training framework for each athlete to ensure they are reaching their full potential through their skill and strength development.

The Club Teamz Starz program will consists of 3 levels and each level will consist of 3 tiers (similar to their previous categories: Performance, Performance Plus, and Performance Challenge) with a more structured skill base and requirements.

Bronze Starz → *Bronze 1, Bronze 2, Bronze 3*

Silver Starz → *Silver 1, Silver 2, Silver 3*

Gold Starz → *Gold 1, Gold 2, Gold 3*

Platinum Starz → *Bonus category following the completion of Gold Starz.*

Athletes will be awarded with collectable Splitz pins upon the completion of each level, with the opportunity for special achievement awards throughout the season. Athletes will have in-house performance opportunities throughout the season (COVID dependent) in which they will get scored on their routines and tested in a serious of strength evaluations.

Athletes will progress through the program at an individual pace.

EVENT INFORMATION

Our 2020/2021 event schedule will be sent out at a later date. We will be planning for an in-house season until further COVID-19 restrictions lift.

If restrictions lift, opportunities for outside performances will be explored.

<u>High School Gymnastics</u>

Please note that if we be able to run a high school gymnastics program, it will be up to each individual athlete's school if they will allow participation in order to represent their school.

COMMUNITY EVENTS (ON HOLD DUE TO COVID-19)

Our Club Teamz athletes represent Splitz in our community. Athletes may be asked to take part in community events such as parades, open houses, community displays and more. These exciting events are a great way for our gymnasts to gain recognition for their dedicated efforts and unique skill sets. It is expected that athletes will conduct themselves appropriately when representing Splitz.

PROGRAM POLICIES

PROGRAM ACCEPTANCE AND WITHDRAWAL

The Club Teamz Program requires a 12-month commitment. A minimum of a 60-day notice is required when withdrawing a gymnast from the program. Notice must be given before the 1st of the month. Athletes are welcome to train during this 60-day period. Once an athlete has withdrawn, their space in the program is no longer guaranteed. To re-enter the program, the athlete may need to be reassessed or be placed on a waitlist.

Once you have confirmed your space in a group for the upcoming 2020-2021 season, you will not be able to increase or decrease hours. All athletes training together will train the same hours and days. Please be mindful of this commitment upon accepting a space in a group.

COMMUNICATION

Communication for the Club Teamz Program will be primarily through email. It is important that families keep their contact information current on their family account. Family accounts can be accessed through the parent portal at splitzgymnastics.com or through the iClass portal app which is available on Google Play or in the App store for download. Monthly communication and other pertinent information will be sent out frequently.

We encourage all families to communicate openly with their daughter's coach as necessary. More individual information about gymnasts is beneficial to assist coaches to customize the training experience. For scheduling or administrative questions, please direct communication to: clubteamz@splitzgymnastics.com.

GYM CLOSURES

Splitz is closed for one week at Christmas and one week in Summer to allow for annual maintenance. We are also closed on all BC statutory holidays. This is accounted for in the monthly fee structure.

Labour Day – September
Thanksgiving – October
Remembrance Day – November
Christmas Day – December
New Year's Day – January
Family Day – February
Good Friday – April
Victoria Day – May
Canada Day – July
BC Day – August

Gym closures, due to weather or unforeseen circumstances will be made up by Splitz.

Splitz cannot offer make-ups for missed training. This is due to the maintenance of safety ratios between athlete/coach and cohesion with training plans in the rest of the groups.

INJURIES/ILLNESS

For extended injury or illness Splitz may put monthly tuition fees on medical hold for up to 2 months. A doctor's note is required in these cases. There are no refunds for short absences due to minor illnesses or personal schedules.

Splitz places the health and safety of our gymnasts first. However, injuries can be a part of competitive sports. When a gymnast is injured and will not be able to take part in full training, it is the policy of the club to encourage the gymnast to remain active but to reduce the number of hours as appropriate to the injury. The coach, parent and medical practitioner will determine the reduced hours and level of activity. Please recognize the

importance of communication with the coach regarding injuries. It is imperative to have as much information as possible when handling injuries. Our coaches are knowledgeable with respect to the human body, but they are not medical professionals. If it is suggested that your child visit a sports medicine professional, please provide your coach with the name of professional, diagnosis, recommendation/ implications for training via summary for the coach outlining the injury and recovery. It is also important to keep the coach informed of any physical training your child is doing outside of gymnastics.

DROP OFF AND PICK UP POLICY

Please refer to our COVID-19 Safety Plan for current drop off and pick up information.

ATTENDANCE

Gymnasts are expected to make every attempt to attend all training sessions. Occasional absences are to be expected, however we ask families to remember your child has committed to a technical sport. Gymnastics requires hard work, dedication and perseverance. Repetitive absences make improvement for the gymnast harder, may slow progression and potentially deteriorate athlete motivation.

We ask families to contact our office for any planned absences so the information may be communicated to coaches.

ATHLETE EXPECTATIONS

Gymnastics is a very exacting sport that requires athletes to exhibit control and behave in a disciplined manner. Splitz 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 are aware of safety rules, follow specific instructions and not disturb the concentration of other gymnasts.

Although gymnastics is an individual sport, the Club Teamz Program is a team program and as such requires positive and supportive behavior from all members. Splitz takes issues of bullying or harassment very seriously. Our goal is to create the best experience we possibly can for all of our participants.

We will enlist the support and co-operation of all parents in the program and encourage open communication. We want to ensure any problems that may arise be managed early. If you have any feedback for us that you think would be helpful, we would appreciate hearing from you.

Our team will approach parents for support if a gymnast's conduct does not meet the programs expectations.

HARASSMENT POLICY

Splitz is committed to providing a sport environment in which all individuals are treated with respect and dignity. The Club has adopted the harassment policy and procedure written by Sport BC. The harassment policy applies to all members of the Club.

PARENTAL SUPPORT

A healthy support system is essential for athletes. Research is absolutely clear, athletes with a strong support system have a better chance at being successful. As a parent, it is important to let your child know you love and support them regardless of their success in gymnastics. Ways of showing support can be: Asking your daughter how training was; Celebrating successes including new skills/ personal achievements; Encouraging your daughter during challenging training times; Finding ways to show your daughter you are proud of her. Sometimes in attempting to be supportive, our actions can be detrimental to an athlete's motivation. Please avoid comparing your daughter's skills or abilities to other athletes or critiquing technical aspects of performances or training. We appreciate families to leave the technical aspects of gymnastics to our coaching team. If you have questions on how to support your daughter, please don't hesitate to ask.

SOCIAL MEDIA

Our Club Teamz Program has an Instagram account dedicated to showcasing the athletes' accomplishments in and out of the gym. Follow splitz_clubteamz and splitz_gymnastics to share the journey alongside this great team!

We ask that athletes, parents and coaches do not communicate through personal social media accounts, email, or text. All communication can be directed to clubteamz@splitzgymnastics.com, during class time, or can arrange to have a scheduled

meeting with your athlete's coach. We also advise that athletes and coaches do not follow each other's personal social accounts.

FEES/ ADDITIONAL EXPENSES

MONTHLY TUITION FEES

Monthly tuition fees are processed on the 1st of the month and are calculated based on group training hours. Splitz accepts Visa / MasterCard/ Debit and E-cheque.

2020/2021 Tuition Fees:

4 hours: $209.00
5 hours: $247.00
6 hours: $272.00

All Fees are subject to 5% GST. A 2% fee is applied to monthly credit card /debit payments.

ANNUAL MEMBERSHIP FEES

All Club Teamz participants are required to be full members. Please be advised that the 2020/2021 Splitz Insurance Fee of $80 will automatically be processed with your monthly tuition fee on September 1st, 2020. Benefits to our Splitz Membership program can be found on our website.

TEAM UNIFORM

All Club Teamz gymnasts are expected to obtain and maintain the club body suit and tracksuit. As restrictions lift and events can be organized, we will communicate a plan for this season's teamwear.

FLOOR ROUTINE CHOREOGRAPHY

Athletes will keep and maintain their 2019/2020 season routine.

As restrictions lift and events can be organized, we will communicate a plan for this season's floor routines.

COVID-19 CLOSURE POLICY

In the event that we would need to close our facilities due to COVID-19, classes will be moved to online participation. Tuition will be reduced to 50% for the first month of closures and further reduced to 25% for the second month. Our withdrawal policy will remain the same and 60 days notice prior to the first of the month will be required to discontinue the program.