



North Valley Gymnastics Society (NVGS) is pleased and excited to welcome you and your child to the NVGS Women's Artistic Gymnastics (WAG) program. NVGS is committed to developing and nourishing each athlete to her greatest potential. NVGS strives to offer programs that develop athletes both physically and mentally in a positive, safe, and respectful environment.

NVGS' WAG teams have experienced great success at competitions, but what makes the teams so special is how they encourage and motivate each other day in and day out during training. Each team member- from the most beginner developmental gymnast to the seasoned veteran is expected to be positive, respectful, hard-working, and always have a little bit of fun when they come to the gym.

Thank you for your commitment and enthusiasm! We look forward to another fantastic season.

NVGS would like to acknowledge the support and guidance of GBC to complete this document.

MISSION STATEMENT

OUR VISION

To provide excellent gymnastic opportunities to the community today and tomorrow.

OUR MISSION

In partnership with the community, and through a culture of respect and sportsmanship, we are dedicated to delivering gymnastics opportunities in a safe, responsible and fun atmosphere.

VALUES

- **Excellence** Programs are delivered in accordance with the principles of the National Coaching Certification Program (NCCP) Code of Ethics.
- **Leadership** Quality program delivery is achieved through strong leadership and mentorship, and investment in our coaches.
- **Safety** A safe environment is the result of the focus and determination of the entire team.
- **Respect** All participants, staff, parents and volunteers are treated with respect and dignity.
- **Accessibility** Programs and services are offered to all members of the community and surrounding area.

Women's Artistic Gymnastics (WAG) Program

Athletes are invited into the WAG program in either the Canadian Competitive Program (CCP) or the Xcel Program. This will be the 3rd year BC has used the Xcel program. This year BC added the Platinum level (the 4th of 5 levels) of the Xcel program. The adoption of this level will add new challenges for athletes. Like CCP (formally JO) BC clubs and coaches had to "learn" how the program works.

The USA Gymnastics Xcel program was developed as an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment

*levels the opportunity for a rewarding gymnastics experience. The program allows a wide choice in skills to meet requirements so selection may be based on an **individual athlete's strengths**.*

The writers/developers for the Xcel program are the same people who have developed the JO program (known now in the USA as Developmental now and in Canada CCP). The progressive nature of CCP is the same in Xcel; however, it's less tied to specific skill sets.

CPP has such strict, rigid requirements and very specific skill requirements that become more and more difficult with each level. The time, physical, and mental commitment is big, but the competitive payoff is as well! NV has spent most of its competitive programming in the past 8 years focused on this type of training and commitment. As the club moves forward with all the big changes it's gone through and will go through in the next year, it's time to expand the competitive program in all directions.

Commitment

WAG athletes should train consistently from September to June. NVGS recognizes that family and school commitments are a priority, and possible illness and injury may prevent an athlete from attending her training days. Competitive gymnastics, like any other competitive sport, is very demanding. If any athlete misses too much training time her skill development and strength will suffer and the potential for injury increases. Summer training is mandatory for a minimum of two weeks. NVGS WAG athletes should not train at other clubs unless approved by NVGS head coach.

Group Requirements

Groups will be based on an athlete's skill level, commitment, and at the coach's discretion. Groups are following a natural progression that considers the level the athletes are competing at and what would be necessary to achieve competitive success. The training recommendations are made from NVGS' past experience, norms among other clubs in BC, and CCP and Xcel program suggestions.

Athlete level

An athlete's level is constantly being evaluated; however, there is a time when coaches need to make a decision as to what level an athlete will compete. This does not mean that there wouldn't be movement of an athlete throughout the year. Level placement can be very sensitive and coaches base their decisions on what skills an athlete can perform with minimal execution errors, do they meet the requirements for the level, and where she will have the most competitive success. Requirements and expectations vary between the CCP and Xcel programs.

Competitions

Training 2 weeks prior to all competitions is the most advantageous for the athlete. The timeline leading up to a competition is very important both for physical and mental preparation. The load of routines is high at the beginning of the two-week period and slowly decreases leading up to the competition.

Medical Considerations

If an athlete has an injury either from gymnastics or an outside activity please notify her coach. An athlete will never be asked to participate if she is in pain. NVGS coaches will do as much as they can to assist an athlete within his/her scope of practice. If an injury is chronic then the athlete should seek professional assistance. **Please notify your child's coach via email or in person if your child is injured.**

Health & Wellness

Gymnastics is one of these most demanding, if not the most demanding, sports. It requires an exceptional amount of strength, power, flexibility **and time**. Athletes who are training 9 hours or more are putting in more time than many other athletes in other highly competitive sports. This should not be taken for granted. Gymnastics is a huge time commitment, but it is also a commitment physically and mentally. If an athlete injures herself in or out of the gym she must do her best to heal safely. Whether it's rest and/or physiotherapy. Athletes will not be asked to push themselves if an injury occurs. Her health is the number one concern.

We strongly encourage the use of physiotherapists as they are so supportive of getting an athlete back into her/his sport as quickly and safely as possible. Physiotherapists are also an easy way for a coach to get the information on what an athlete should or should not be doing.

A healthy snack, general nutrition, and water is needed to fuel athletes through their whole work. In addition, positive sleep habits and general health and wellness aid in recovery and an increase in strength and flexibility.

Missed Classes

Please notify NVGS if she will be absent from training. Either email or call the club and leave a message. Credits are not given for sick days (regardless of a doctor's note). NVGS will credit those athletes injured while training or at a competition for NVGS. Injuries that occur outside of NVGS must provide a doctor's note to receive a credit or refund.

Gym Rules and Athlete Conduct

Invitational athletes are expected to follow the gym rules:

- Gymnasts should come ready for class in their leotard (minimizing changing at the gym as much as possible)
- Gymnasts should have had a small snack before the start of their class
- Cell phones are not allowed in the gym unless the coach has given permission to the gymnast
- **ABSOLUTELY NO SMOKING, VAPING, ALCOHOL USE OR DRUGS permitted**- this will result in immediate suspension from the Invitational team
- Gymnasts are responsible for cleaning up their eating area at the end of their break
- Gymnasts are encouraged to arrive early for their class and begin rolling out and doing light stretching before their class starts. With no use of other equipment permitted.

General Gym Safety for Gymnasts:

- Always listen to your coach
- Stay with your group and coach at all times unless otherwise instructed
- If you get hurt let your coach know right away
- Be respectful of everyone's space & physical distance when possible
 - No running in the gym unless directed by your coach
 - Care must be taken to avoid collision with other gymnasts and mats
 - No rowdiness or excessive noise
- Dress in appropriate clothing (no buttons or zippers)
- Bring a water bottle
- If you need to leave the gym always ask your coach first
- No food or gum chewing allowed in the gym
- **Understand and practice proper hand washing and hygiene while in the gym**

General Equipment Safety for Gymnasts:

- Do not go on the equipment until the coach has instructed you to do so
- Perform only skills that you have been training skill development for
- Gymnasts are required to move mats when necessary as directed by their coach
- Only coaches or trained gymnasts are permitted to adjust equipment (no recreational gymnast should ever adjust equipment)

Gymnasts not following the above instructions may be asked to sit out

Training Fees

This season fees will be broken into 3 sessions- similar to our recreational program. This will allow our admin team to track accounts more accurately. It will also allow for any adjustments that need to be made to the seasonal calendar because of competitions or spring break training etc.

Families will still be able to pay monthly, but the fee will adjust slightly from session to session as each session has different total weeks. The option to pay for the session in full will still be available.

Additional Fees

- Grip- please ask the coach for assistance prior to purchasing grips. There are many varieties and the size of the grip is very important. Please ask your child's coach for assistance before ordering grips.
- Wrist supports
- Optional Floor Routine choreography (\$200)
- Competition Fees and Travel costs
- Competition leotard
- Team training leotard (optional)
- Team hoody or jacket

Additional Events/activities for Competitive Athletes

NVGS greatly appreciates the athletes assisting with such events as

- The annual recreational Fruit Bowl (held in June)
- Other community events that NVGS is invited to take part in (for example the team put a little tumbling display for the opening of the new track and field facility).
- NVGS encourages athletes 14 and older to begin shadow coaching if they are interested

NVGS Board of Directors

The Board of Directors is collectively accountable to the member community, funders, and other stakeholders. They are accountable for the Society's performance in relation to its mission and strategic objectives and for the effective stewardship of financial resources. Individuals who are interested in learning more about becoming a member of the Board are encouraged to speak with the General Manager and/or Board President.

Communication within the Invitational Program

Communication is important in the running of a smooth program. All of our communication to parents is done via email. It is the expectation of all families to check their mail and keep up with all required correspondence with the coaches and office. We do our best to keep everyone informed but please remember it is a shared responsibility.

If parents would like to speak with their daughter's coach in person you should set up a time via email and we will do our best to fulfill your request. If either the parent, athlete or coach feels that they would like to have a third party (Board member) present at the meeting then NVGS will accommodate this request.

Family Participation Program

A mandatory volunteer program will be developed and implemented in 2024.

Program Contact:

Nicole Plysiuk

Email:

For Program inquiries: headcoach@nvgym.com

For account questions: info@nvgym.com

Phone: 250.558.5136

Texting or calling a coach on his/her personal cell phone is prohibited unless there's an emergency.

Gymnastics BC's Conduct & Discipline Policy (excerpts)

For the full document please go to: <https://gymbc.org/public/uploads/conduct-and-discipline-policy.pdf>

2.0 General Rules of Conduct

Conduct shall at all times reflect honesty, good sportsmanship, courtesy and respect toward others. All members are encouraged to cooperate together for the betterment of the sport. Unsportsmanlike conduct, misconduct, harassment or any form of discrimination are not acceptable and subject to disciplinary action as outlined in the GBC Disciplinary Policy

Bill of Rights for Athletes

2.1.1 Athletes' Rights

Athletes are at the centre of Gymnastics BC's responsibilities and mandate. Athletes shall meet the standards of behavior established by their individual clubs and GBC, and have the following rights as athlete-members.

Athletes have the right to:

- a. have fun through sport;
- b. play as child athletes;
- c. participate in sports regardless of ability;
- d. participate at a level that is consistent with the developmental level;
- e. have qualified, sensitive leadership;
- f. participate in a safe and healthy environment;
- g. share in the leadership and decision making of their sport;
- h. proper preparation in the sport;
- i. an equal opportunity to strive for success;
- j. be treated with dignity by all involved and be free from harassment or discrimination.

2.1.2 Athlete Code of Conduct

When participating in competitions, training, team activities or traveling to or from any activity sanctioned by GBC, athletes must follow GBC's standards and expectations.

Athletes shall:

- a. adhere to their club's rules and regulations;
- b. be encouraging and supportive to all teammates and competitors at meets, through social interaction and when using electronic communication;
- c. avoid the use of, advocating for, condoning, promoting or distributing banned substances as published by the Canadian Centre for Ethics in Sport from time to time in the Drug Classification Handbook;
- d. be respectful and courteous to coaches, judges, volunteers and spectators;
- e. acknowledge and follow instructions from coaches or other persons of authority at events and when travelling, for the athlete's own safety and protection

f. report to a GBC official any situations in which the athlete is made to feel uncomfortable or is being asked to do anything outside of the context of these Codes.

2.2 Coaches' Code of Ethics

This Code of Ethics outlines the expectations for personal conduct consistent with the position and profession of Gymnastics BC Coach. All GBC Coach members must uphold and reflect the core values of this Code.

The coach - athlete and coach - parent relationships are privileged ones. Coaches play a pivotal role in the personal and athletic development of their athletes. Coaches are key role models through which the values and goals of the sport and the sport organizations are channelled. Coaches should understand and be sensitive to the inherent power they can exert over athletes. Coaches must also recognize that they assume the full range of "duty of care" responsibilities while the athlete is under their control.

2.2.1 Ethical Principles

The Coaches' Code of Ethics is organized around four ethical principles:

a. **Respect for Participants** The principle of respect challenges coaches to act in a manner respectful of the dignity of all participants in sport. Fundamental to this principle is the basic assumption that each person has value and is worthy of respect.

b. **Responsible Coaching** The principle of responsible coaching ensures that the activities of coaches will benefit society in general and participants in particular and will do no harm. Fundamental to the implementation of this principle is the notion of competence - responsible coaching (maximizing benefits and minimizing risks to participants) is performed by coaches who are "well prepared and current" in their discipline.

c. **Integrity in Relationships** Coaches are expected to be honest, sincere, and honourable in their relationships with others. Acting with the principle of integrity on these values is most possible when coaches possess a high degree of self-awareness and the ability to critically reflect on how their perspectives influence their interactions with others. d.

Honouring Gymnastics This principle challenges coaches to recognize, act on, and promote the value of sport for individuals, teams, and other partners in gymnastics and for society in general.

2.2.2 Adoption of the National Coaching Certification Program (NCCP) Code of Ethics

Gymnastics BC has adopted the Coaching Association of Canada's "National Coaching Certification Program (NCCP) Code of Ethics" to describe the expectations for good conduct from coaches within the GBC membership.

- Physical safety and health of athletes:
 - Ensure that training or competition site is safe at all times
 - Be prepared to act quickly and appropriately in case of emergency
 - Avoid placing athletes in situations presenting an unnecessary risk or that are beyond their level
 - Strive to preserve the present and future health and well-being of athletes

- Coaching responsibly
 - Make wise use of the authority of the position and make decisions in the interest of athletes
 - Foster self-esteem among athletes
 - Avoid deriving personal advantage for a situation or decision

- Know one's limitations in terms of knowledge and skills when making decisions, giving instructions or taking action
- Honour commitments, word given, and agreed objectives Maintain confidentiality and privacy of personal information and use it appropriately
- Integrity in relations with others
 - Avoid situations that may affect objectivity or impartiality of coaching duties Abstain from all behaviours considered to be harassment or inappropriate relations with an athlete Always ensure decisions are taken equitably Respect Ensure that everyone is treated equally, regardless of age, ancestry, colour, race, citizenship, ethnic origin, place of origin, language, creed, religion, athletic potential, disability, family status, marital status, gender identity, gender expression, sex, and sexual orientation Preserve the dignity of each person in interacting with others Respect the principles, rules, and policies in force Honouring sport Strictly observe and ensure observance of all regulations Aim to compete fairly Maintain dignity in all circumstances and exercise self-control Respect officials and accept their decisions without questioning their integrity

Parent / Athlete / Coach Commitment Contract

September 2023-August 2024

Parent/ Guardian

I agree to send my child to gymnastics practices and related events on time, well fed and well rested. I will fully support her commitment to continue her training through good times and tough times. I understand that my role in the gym is one of support and encouragement, not coaching. Discussions regarding my child and gymnastics will include her coaches in a positive and respectful manner before any final decisions are made.

Parent signature_____ Date:_____

Athlete

I realize that it is a privilege to be a part of this Invitational team. I agree to come to all my training and other activities on time and prepared for my sport. I will show respect for my coaches and fellow athletes and adhere to the rules of the gym at all times. I promise to participate fully through easy days and tough days until the season ends in June. Discussions regarding my gymnastics will include my parents and my coach before any final decisions are made.

Athlete signature_____ Date_____

Coach

I agree to be responsible for the development of this athlete. I promise to train them to the best of my ability, to come to class on time, well fed, and well rested. Discussions regarding this athlete and gymnastics will include the parents and the athlete before any final decisions are made.

Coaches signature_____ Date_____