



Team Handbook and Policies

2023-2024

July 2023



Table of Contents

Table of Contents	1
Mission Statement	3
Welcome	3
Safe Sport	3
Respecting Others	4
Team Programs	5
Base Commitment - all competitive team programs	5
Pre-Competitive Team	7
Provincial Team	8
National Team	9
Elite Team	10
Level Prerequisites and Advancement	11
Partnering Decisions	12
General Team Policies	13
Training and Performance Attire	13
Attendance/Reporting Absences	15
Viewing	17
Travel	17
Individual Travel	18
Team Travel	18
Fees and Refunds	21
Payment of Fees	21
Penalties/Discipline/Forfeiture of fees	22
Collections	23
Performance Events	24
Program Withdrawal	25
Shutdown Contingencies	26

Choreography Fees	26
Refunds	27
Parent Responsibilities	28
Communications	29
Coach Meetings	29
Athlete Responsibilities	30
Healthy Eating Recommendations	31

Mission Statement

Provide a high quality and positive sport and fitness experience to athletes of all abilities.

Welcome

Welcome to the Edmonton Acrobatic Gymnastics Family. Our programs have been designed to offer:

- A positive, encouraging and safe environment
- Development of essential life skills such as Respect, Trust, Teamwork, Commitment
- Qualified coaches with exceptional skills in all areas of athlete development both physical and emotional



Safe Sport

Edmonton Acrobatic Gymnastics takes Safe Sport seriously in all aspects. We require all coaches (including owners) to maintain annual proof of a clear criminal background check including any vulnerable sector reports. Edmonton Acrobatic Gymnastics proudly trains all coaches and leaders with Respect Group's Respect In Sport¹ and NCCP² Making Ethical

¹ <http://respectgroupinc.com>

² <https://www.coach.ca>

Decisions Programs. **Edmonton Acrobatic Gymnastics requires at least one parent/guardian of each team member and/or adult athletes having any communications with Edmonton Acro Staff, volunteers or athletes to go through an online Respect In Sport for Parents program and provide proof of completion (certificate number) to the club within 45 days of joining the programs.** *This program may incur a small fee which is the responsibility of the parent or guardian.*

You can register and complete the course here:

https://gcparent.respectgroupinc.com/koala_final/

Any concerns can be reported to Edmonton Acrobatic Gymnastics management or directly to the appropriate authoritative entity.

For more information on how Safe Sport is a priority or to report a violation or concern, please refer to the Alberta Gymnastics Federation Safe Sport program at:

<https://abgym.ab.ca/SafeSport>

Respecting Others

One of the draws to Acrobatic Gymnastics is the family-like atmosphere and close bonds developed by athletes and their family members. Personal and social differences can result in strong opinions. Family members of athletes are equally expected to express their opinions respectfully at all times, whether to athletes, other parents/guardians, event officials or coaches.

Team Programs

All competitive and other team programs demand a high level of commitment and can be financially demanding. We strongly encourage you to reflect on the cost in both time commitment and money prior to registering in any team programs.

Edmonton Acrobatic Gymnastics has a variety of team programs to accommodate athletes of various ages and abilities. Registration in any all team programs is by invitation only and will be based on coach recommendation for the program best suited to your child's current athletic ability. We will work with you to understand the budget involved in the recommended program and the time commitments. Athletes will not be permitted to compete in levels higher than the Head Coach recommends.

Base Commitment - all competitive team programs

Competitive Acrobatic Gymnastics is not merely an after school recreational activity with more days to attend. It is a serious high-performance competitive sport with many opportunities as athletes advance. Physical preparation is a key factor in the safety and quality of the athletes skill portfolio. Athletes wanting to transition from recreational programs into competitive acrobatics, must be ready to put their commitment to training, the team and events as priority over other activities.

The base commitment includes:

- Full season commitment from the start date through to the end of the following June
- Payment of all fees
- Volunteering for club events such as hosting competitions, fundraising, or other club requirements

-
- Attending all scheduled training sessions except for illness or with approval of the head coach
 - Participation in occasional fun team events
 - Participation in all mandatory events detailed in the associated year's fee schedule.
 - No additional extracurricular programs permitted that may have potential to conflict with team commitments (eg soccer, after school volleyball, etc)
 - Any other personal activities and hobbies must be preempted by team commitments when conflicts occur (eg. piano, art programs, etc)
 - This includes any extra commitments that may conflict with preparedness for team activities including training and events. Consider not only potential **schedule conflicts**, but if additional programs may affect **physical and mental preparedness** for team activities. *eg. If this extra activity may result in my child being too tired physically or mentally to participate to their full potential.*

Pre-Competitive Team

Training Commitment:

- 3 Hours per week

Training Times: (12 Month Program - July to June of the following year)

- Saturdays 2:00pm - 5:00pm

Program Fees Include:

- Regularly scheduled training activities

Not included:

All fees or costs that are not part of regularly scheduled in-gym training. Examples of fees not included in program fee; Event entry fees (if applicable), teamwear, athlete travel and accommodation.

Levels included: N/A

Summer Training: Encouraged, but not mandatory. Late registration (After July) may result in a requirement for a tryout prior to rejoining the team.

Competitions: This team does not participate in the competitions, but may be invited to occasional demonstrations or similar events.

Travel: Domestic travel opportunities may be available for group events and performances. No travel or event opportunities are guaranteed.

Provincial Team

Training Commitment:

- 6 Hours per week*

Training Times: (12 Month Program - July to June of the following year)

- Mondays, 5:30pm - 8:30pm
- Fridays, 5:30pm - 8:30pm
- *Additional training times added as necessary (eg. choreography, special events)

Program Fees Include:

- Regularly scheduled training activities

Not included:

All fees or costs that are not part of regularly scheduled in-gym training. Examples of fees not included in program fee: Optional competition leotards, event entry fees (unless opted in to monthly event fee payment plan), teamwear, extra training by invitation, choreography and music cutting, athlete travel and accommodation.

Levels included: Level 5 and Level 6

Summer Training: Encouraged, but not mandatory. Late registration (After July) may result in a requirement for a tryout prior to rejoining the team.

Travel: This program has domestic travel commitments within Alberta and the rest of Canada. Additional travel opportunities may be available (eg. Vegas Acro Cup) with coach recommendation, provided all participants in a unit are in agreement.

National Team

Training Commitment:

- 9 Hours per week*

Training Times: (12 Month Program - July to June of the following year)

- Tuesdays, 5:30pm - 8:30pm
- Thursdays, 5:30pm - 8:30pm
- Sundays,
 - 5:30pm - 8:30pm (July/August), 9:00am - 12:00pm (September to June)
- *Additional training times added as necessary (eg. choreography, special events)

Program Fees Include:

- Regularly scheduled training activities only

Not included:

All fees or costs that are not part of regularly scheduled in-gym training. Examples of fees not included in program fee: Competition leotards, event entry fees (unless opted in to monthly event fee payment plan), teamwear, extra training by invitation, choreography and music cutting, athlete travel and accommodation.

Levels included: Level 7, Level 8, Youth, FastTrack Level 6 (by invitation)

Summer Training: Registration in July and Summer training required. Late registration may be considered at head coach discretion and may require a new try-out prior to joining the team and is subject to the availability of athletes not yet assigned to a unit.

Travel: This program has both domestic and international travel commitments that may include North, South and Central America (Pan Am Countries), Europe, Asia and Oceania. No international travel opportunities are guaranteed to any group or participant and are dependent on a variety of factors including timing, cost and mutual agreement of partnership.

Elite Team

Training Commitment:

- 12 Hours per week*

Training Times: (12 Month Program - July to June of the following year)

- Mondays 5:30pm-8:30pm
- Tuesdays, 5:30pm - 8:30pm
- Thursdays, 5:30pm - 8:30pm
- Sundays,
 - 5:30pm - 8:30pm (July/August)
 - 9:00am - 12:00pm (September to June)
- *Additional training times added as necessary (eg. choreography, special events)
- *Additional schedule may be added for special purposes (eg. Skill specific training)

Program Fees Include:

- Regularly scheduled training activities only

Not included:

All fees or costs that are not part of regularly scheduled in-gym training. Examples of fees not included in program fee: Event entry fees (unless opted in to monthly event fee payment plan), teamwear, extra training by invitation, choreography and music cutting, athlete travel and accommodation.

Levels included: Level 10, FIG Age Groups, Jr. , Sr. , Level 9 (By Invitation)

Summer Training: Registration in July and Summer training required.

Travel: This program has both domestic and international travel commitments that may include North, South and Central America (Pan Am Countries), Europe, Asia and Oceania. No international travel opportunities are guaranteed to any group or participant and are dependent on a variety of factors including timing, cost and mutual agreement of partnership.

Level Prerequisites and Advancement

Physical preparedness is critical for both the safety and quality of the performance of athletes. Edmonton Acrobatic Gymnastics has prerequisite guidelines for team programs for each of the competitive levels. Athletes will not be permitted to advance or remain in levels unless they meet these prerequisites.

Coaches implement testing prior to finalizing partnerships and may make adjustments based on athlete progress and how close they are to meeting prerequisites.

Participants and guardians should be aware that progression to higher levels is at the head coaches discretion. **Unlike school programs, an athlete or group level may not increase every year.** This is especially true at higher levels where athletes may remain in that “level” for multiple years.

An athlete’s level may be lowered from previous years based on a number of considerations, including physical growth, vacation or other downtime, available partnerships, changing position in a unit (top/middle/base) or other factors. **This is not a reflection on the skill or ability of the individual athlete, but just a reality of the sport.**

Likewise, if a specific partnership is progressing extremely well and their physical preparedness is adequate, on rare occasions, coaches may recommend a group to increase their level partway through a season.

Partnering Decisions

The head coach makes all decisions regarding partnerships. Athletes will be partnered at coaches discretion only. We understand that friendships and close bonds form with some individuals and families, especially those who have worked as partners in past seasons. This typically creates personal preferences for partnerships. These are considered, but ultimately partnerships will be based on what works best based on the head coach expertise. *Athletes (or guardians) who refuse to work with an individual or group will be requested to have a meeting with the appropriate coaches. Refusal to work with specific team mates may result in disciplinary action up to and including expulsion from the team.*

Most partnerships will NOT be finalized until September/October, except in circumstances where a group is advancing together from the previous season or natural strong partnerships work out during summer conditioning or tryouts. This is especially true for Levels 7 and under.

Numerous factors will be included when defining partnerships. Some of which may not be readily apparent to the athletes or other guardians directly. These may include specifics such as family circumstances that will not be discussed with others without permission from the affected individual. (eg. joint custody arrangements, financial constraints, etc).

Some other factors that are considered are;

- Level prerequisites / physical preparedness
- Partnership dynamic
- Similar athletic abilities
- Athlete ages
- Technical rules (eg. maximum age gaps)
- Attendance history (eg. numerous vacations affecting training)

General Team Policies

Training and Performance Attire

All athletes will be required to purchase/acquire team attire. If they already own attire from a previous season this may be used if in good condition and matches the current season selections.

Team attire includes:

- Female Athletes: Training bodysuit and black dance style shorts (female)
Male Athletes: body shirt [tank] and shorts (male)
- Team Performance leotard for their group or competitive routine(s)
- Custom Competitive Leotards are required for levels 7 and up, Level 6 custom competitive leotards are optional and require the mutual agreement of all partners in their unit
- Team jacket
- Black yoga pants or leggings (no color stripes or excessive mesh patterns, no capris)

Training Attire and Hair

Appropriate training attire is required at **all** training sessions which includes proper bodysuit [gymnastics leotard] (shorts optional)* [Women/Girls] or approved shorts or gymnastics leggings and approved t-shirt or tank [Men/Boys].

Long hair must be tied back in a bun prior to arrival for training and follow competition rules at performances. Jewelry must not be worn for training or competitions.

Long or shaped Gel Nails are not permitted for safety reasons.

Failure to come prepared with proper attire and hair and nails may result in removal from participation for that day.

Team Leo Day

Provincial Team: Fridays are designated as Team Leo day”.

National and Elite Teams: Sunday and Thursday are designated as Team Leo days”

Team athletes are required to wear a team leotard and black shorts for every training class that falls on their designated leo days. Shorts must be black dance style shorts. Extra team leotards can be ordered if you would like spares, otherwise be sure they are clean and ready for every Team Leo day.

Team attire promotes a sense of unity and discipline. Both athletes and observers will note that wearing the team uniform shows that they are truly working to compete to their full potential and makes for a professional training environment.

Competition Leotard Leases

On occasion, some athletes may be permitted to lease a competitive leotard owned by the Club for their competitive events in the season. Any cost for alterations to the leotards will be the responsibility of the athlete.

A Lease rate will be provided and payment must be received prior to receiving the leotard. Any damages to the leotard while in possession of the athlete will be the responsibility of the athlete.

Failure to return the leotard following the final competition it is leased for will result in being charged a \$450.00 replacement fee.

Attendance/Reporting Absences

Reporting Absences

All absences must be reported to the coach/head coach of the athlete prior to training start time. Absences may be reported by email or text message to the coach/head coach. Planned absences of 3 training days or less must be requested a minimum of 8 training days prior to the absence.

All vacations must be cleared with the head coach in writing. Any absence of more than 3 training days requires a minimum 30 days notice. More notice is appreciated. Unrealistic short notice or excessive vacations may result in; the unit being pulled from participating in various events, changes in the assigned group or level or other necessary changes as required by the head coach without refund.

Please bear in mind attendance requirements prior to any competition or performance event when planning any in-season vacations.

Attendance

Attendance directly affects the success, confidence, performance and morale of the affected athlete and others in the unit. Excessive absenteeism will result in a request for a meeting to discuss the issues and may result in expulsion from the unit or team.

Prior to performance events, **athletes participating in the event must be present for a minimum of two weeks** (4 training days for Provincial Levels Team athletes, 6 training days for National Level Athletes). Unexcused absences may result in being pulled from participating in the event without refund for event fees and may be subject to any non-refundable event fees of their partner(s).

Prior to competitions, athletes participating in the event **must be present for training for the 6 training days** prior to the event or they may be pulled from the competition without refund and may be subject to any non-refundable event fees of their partner(s).

Injury

Injuries may occur anytime in a season whether in-gym or out of gym. Depending on the nature of an injury, **athletes typically would be expected to continue to attend training during recovery except in special circumstances..** Coaches will work with the athlete to create an appropriate conditioning/drill program or alternate team or athlete building activities that will allow them to continue the program until recovered.

Illness/Contagions

Athletes with any symptoms of contagious disease will be expected to remain home for the duration of their symptoms and follow any additional medical recommendations on self-isolation or quarantine.

In the event of an outbreak, epidemic, or pandemic, athletes may be required to complete a medical screening prior to attending each class. Athletes without screening filled in advance of attendance may be isolated from the team and unable to participate until screening is completed. To facilitate daily screening, Edmonton Acrobatic Gymnastics will make the appropriate form(s) available online for either downloading and printing or if permitted by regulatory bodies, filling in online.

Viewing

Due to space constraints, in-facility viewing is unavailable. In lieu of this, Edmonton Acro makes program viewing available to participant families via the Zoom online platform. (<https://zoom.us>) Due to the online nature of this viewing model, no guarantees can be made as to its availability at any time.

For security purposes, Parent/Guardians will be sent links with the code and appropriate password to allow viewing as needed. ANY sharing of these links outside of the approved group list is forbidden. Sharing of this information may result in disciplinary action up to and including the athlete's expulsion for the program.

Travel

There are a few possible travel models that may apply to team events. The mode of travel and gymnasts' responsibilities will be communicated as they relate to each event. In general, travel within Alberta is handled using the Individual Responsibility, requiring at least one parent to stay with their child. Out-of-province, Team Alberta or Team Canada events may follow the Team travel model below.

Individual Travel

- All travel arrangements are the responsibility of the gymnasts'
- Gymnasts' stay with parents
- **Gymnasts must stay at the team hotel or facility**
- Gymnast supervision and travel is parental responsibility outside of team activities

Team Travel

- All travel and accommodation arrangements are the made by the club or organizing agent (eg. AGF, GymCan)
- All associated fees will be paid according to the organizing agent's arrangement for the event.
 - Athletes arrange direct payment of their portion to travel agent, hotel, airline, etc
 - Or the organizing agency collects individual portions of payments from athletes and processes group payment with the travel agent, hotel, airline, etc directly.
- Athletes stay in team rooms with other athletes

Principles of the Edmonton Acrobatic Gymnastics Travel Policy regardless of the model used

- **Team First** - The needs and benefits of the team as a whole will be considered higher priority than individual exceptions. **Families are expected to support the team first model, even if it is more inconvenient or costly for them individually.**
- Payment must be received before the gymnast travels.

Travel cost estimates are based on:

- Entry fees
- Transportation costs
- Destination ground transportation / transfers
- Coaches' and chaperones' expenses

Accommodation – Club hotel

- Hotels are chosen by the head coach based on previous experience, location, and a balance of quality and price.
- If Edmonton Acrobatic Gymnastics arranges for hotel accommodations, the gymnast is required to book with the group booking.

Chaperones (if required)

- Chaperones provide a valuable contribution to the wellbeing of our gymnasts and coaches at competitions that we travel as a group to.
- A brief description of a chaperones duty may include:

Highlighted are REQUIRED:

- FOLLOW ALL REQUIRED SAFE-SPORT REGULATIONS AT ALL TIMES
- Follow Rule of 2 at all times

-
- * Clean criminal background check including vulnerable sector required
 - * Respect in Sport (Respect Inc.) course required
 - * Child Intervention Check
 - Supervise gymnasts when they are not competing
 - Chaperone at the hotel
 - Coordinate meals as required
 - Provide transportation between the hotel and the competition site
 - Act as a liaison between the gymnasts and the parents at home
 - Ensure that all gymnasts are aware of the hotel location and have cell numbers of the chaperones
 - Respond to medical incidents and emergencies
 - Wait with athletes until their parents have picked them up
 - Maintain full confidentiality of the information they receive about gymnasts
 - Act in a responsible manner.
 - Alcohol or cannabis are not permitted anytime within 24h of having athletes within the care of the chaperone
 - Keep receipts and record of any expenses incurred

Chaperones are assigned for all events that we travel as a group. The exception is when the group is small enough that the coach fulfills this role or if the athletes are adults. The required number and experience of chaperones varies depending on the competition, including level of competition, age of gymnasts, and number of gymnasts. The head coach will email a “Call for Chaperones” when the need arises. Parents who wish to become chaperones must respond to the call for chaperones. The head coach will choose the chaperone(s). Chaperone training will occur as the need arises.

Travel Attire

When attending team events, modest attire is required at all times. When traveling and attending hotels or other events with pool facilities, modest bathing suits are required. “String” type bikinis are not permitted as athletes frequently try acrobatics in the hotel pools. Athletes wearing inappropriate swimwear may be required to change, or not participate in pool activities to avoid any embarrassing wardrobe malfunctions.

Combined Team Membership and Travel

When athletes are selected to other teams such as Team Alberta, or Team Canada, those policies supersede any club policy. The nature of large team travel occasionally results in delays in receiving booking information. Athletes are NOT permitted to make their own travel arrangements until directives are provided by the associated entity and must follow those directives. Any personal arrangements made outside the directives may result in the unit being pulled from participation in that team without any refund for fees already paid and may be subject to any non-refundable event fees of their partner(s).

Fees and Refunds

Payment of Fees

The program fee is billed in its entirety for the full season from start date through to the end of the season. Payment of this fee can be made in installments divided equally for the duration of the remaining months of the season. This does **not imply a monthly pay-as-you-go model. Any unpaid portion of the program fee due to early termination is subject to the applicable withdrawal, suspension or expulsion policy.**

Handling of cash and or post-dated cheques will not be available. A credit card on file will be required for participation in our team programs. Registration is billed as a yearly fee with monthly installments. Monthly installments will be processed against the assigned credit card on the first day of each month unless special requests are made. *Visa and Mastercard Debit cards are acceptable, but must bear the Visa or Mastercard logo for our system to be able to process them.*

Any additional fees, if required will be sent as a request for payment using our secure banking system. These fees may include incidentals such as team attire, choreography, additional training, personal items (tape, chalk, etc) or other fees. You will be required to enter your payment when requested for any additional fees.

Installment payments that are declined **may be subject to a \$25 late payment penalty.** Payments late by more than 30 days may result in expulsion from the program.

Credit Card Security

Edmonton Acro submits your credit card information to a secure banking system hosted by a certified credit card payment processor. This processor meets or exceeds all requirements to be certified Payment Card Industry Data Security Standards compliant. Once submitted to this system, we no longer will have direct access to your cardholder information, but rather a token assigned to Edmonton Acro to allow us to process only our own transactions against the card.

Penalties/Discipline/Forfeiture of fees

Athletes involuntarily pulled from events at the head coach discretion are **not refundable**. Examples of an athlete being involuntarily pulled from an event can include but are not limited to: disciplinary action, breach of contract or policy, late or non-payment of fees, abusive speech or action of the athlete or parents of the athlete.

IMPORTANT: If an athlete is removed from an event for any reason, voluntary or involuntary, preventing participation of their partner(s), they may be held accountable for the associated event and expense fees of their partnership. For example, if athlete A and B are in a partnership. Athlete A is pulled from an event for disciplinary action preventing partner B from participating. Athlete A may be responsible for all non-refundable fees and expenses of partner B regardless of their reason for not participating.

Collections

Any unpaid amounts remaining for withdrawal or failure to pay may result in legal action. Any costs incurred in collecting unpaid balance will be assessed and added to any amounts owing. Outstanding fees may include, but are not limited to program fees, event fees, teamwear, travel expenses, leotard rentals. A \$100 minimum collection fee will be added to any final bill requiring any additional contact between the Club and the account holder. Additional collection or legal fees will be added as required if the matter goes to a collection agency or before the courts.

Performance Events

To promote the sport and develop greater awareness of Acrobatic Gymnastics in the Province, athletes may be required to perform their assigned unit routine(s) and/or additional group routine(s) at various events within the Province. These performances are in addition to the competition(s) that Competitive athletes are required to participate in and may or may not have additional participation fees associated with the event.

Program Withdrawal

Prior to group/unit assignment

Withdrawal within 30 days of signing a team contract will be without penalty, however any remaining club, provincial or national federation membership fees will still be due.

After 30 days of signing the team contract, athletes who have not yet been assigned to a competitive unit require 30 days notice. amounting to a minimum of one (1) monthly installment. (Typically any time prior to group assignment in Sept/October of the season.) There will be no refunds or credits for any portion of program fees already collected or portions mandatory event participation fees collected.

After group/unit assignment

Athletes are typically assigned groups or partnerships in Sept/Oct of a season. In order to protect all athletes from individual withdrawals affecting their training and competition season, a **payment-in-full withdrawal policy** will apply in order to be assigned a unit. As Acrobatics is not an individual sport, this is intended to strongly discourage athletes from withdrawing mid-season and having a detrimental and costly impact on their competitive unit partner(s).

Any withdrawal after waiving the 30 day notice policy will require **payment in full** of the outstanding program fees in addition to any non-included event fees due or past due at the time of withdrawal*. Any non-refundable event fees incurred by their assigned partnership will also be added to any outstanding balance if the withdrawal affects the remaining partner's ability to participate in any events. Should a replacement athlete become available to participate, the appropriate fees will be refunded after the event.

Athlete Group Resignment

On occasion the head coach may need to re-assign competitive units during a season. This may be due to various factors including; significant growth spurts, group dynamic, athlete effort, athlete psychology, injury, or other factors.

Job Loss exception

In the event of a **job loss** due to a health order, natural disaster or government order, withdrawal will be permitted without penalty. Any late payments, outstanding fees or non-refundable event fees will remain due.

Shutdown Contingencies

In the event that training in the primary facility is interrupted due to health orders, natural disasters, facility issues or otherwise, it will be addressed by immediately **adapting our mode of instruction without downtime, rather than refunds or credits**. This may include a variety of adaptations including online training, outdoor training, physically distanced training or otherwise.

Choreography Fees

Choreography and music choice remain property of Edmonton Acro. Any Choreography fees paid are for time with the choreographer, not intellectual property rights of choreography which remain under ownership of the Club.

Refunds

Federation and Club Membership fees

All fees collected for membership in the club, provincial and/or federal bodies are non-refundable at any time.

Program fee refunds

A gymnastics season begins on July 1 of a calendar year and ends on June 30 of the following calendar year. Your contract with the Edmonton Acrobatic Gymnastics is a commitment from your start date in the program until the end of the gymnastics season to which it applies. Once assigned to a partnership, no refunds will apply except at the discretion of the head coach or Edmonton Acro administration.

Event entry fee and expense refunds

Mandatory Events

Mandatory event fees and costs (other than travel/accommodation) are part of the program fees and are non-refundable.

Optional Events

Most optional event entry fee refunds are subject to the individual event policies. In general, event entry fees are refundable only if an athlete provides a medical certificate indicating that the athlete is unable to participate for medical reasons. If the event provides a registration refund, it will be returned to the participant. Any non-refundable fees are not the responsibility of Edmonton Acro. Coach travel and expenses for optional events are refundable only at the discretion of the head coach or club directors regardless of the reason for requesting a refund.

Parent Responsibilities

Adult athletes (over 18 years), and all parents or guardians of minor athletes having any dealings with Edmonton Acro staff, volunteers or athletes are required to take the online “Respect In Sport for Parents” within 45 days of joining the program. Information will be emailed to all registered parents following registration in the program. This course may incur a small fee which is the responsibility of the individual taking the course.

Communications

The team communication is primarily by **email, WhatsApp** and text messaging. Parents/guardians must register their email address and check it regularly for important team information and news. Additional technology such as team apps may be included to facilitate communications. We recommend all parents appropriately aged athletes with smartphone install these so they can be added to team communications.

Edmonton Acro has chosen WhatsApp as a key communication tool to communicate with parents. This app is available for both Apple and Android mobile devices and will be used to communicate important team information with members.

Team Calendar

Edmonton Acrobatic Gymnastics maintains a team calendar

Coach Meetings

Your Edmonton Acro Coaching team encourages a strong relationship between athletes and parents. While you are encouraged to share any thoughts or concerns with your coach(es), please remember that the coaching team has extensive theory and practical coaching certification, combined with many years of specific gymnastics coaching experience. Your coach(es) have expertise that can simply not be acquired by viewing from the sidelines, reading text, or even coaching other sports. Gymnastics coaching decisions should be left with your trusted gymnastics coaches.

Meetings to discuss concerns or special needs with your coach must be booked in advance by sending an email to the appropriate coaching team member and should include a brief description of the topic for discussion. These meetings will primarily take place online or via telephone. Impromptu coach meetings with coaches should be restricted to emergency situations only.

Please review your team handbook prior to booking a meeting as many questions are answered in our policies and guidelines.

Note this policy does not apply to friendly chit-chat with your coaching team, which is always encouraged at any time to maintain strong relationships.

Athlete Responsibilities

In addition to all guidelines in this policy and team contract, athletes will be expected to train and perform to the best of their ability at all times. In addition to their own personal achievements, athletes play a role in the successes of the other members of their pair or group and the team as a whole. Failure to show personal effort, participation in training and determination may result in disciplinary action.

Competitive Acro develops numerous life skills in athletes including personal responsibility. **Regardless of age**, all athletes are responsible for various important items related to their training and competitions.. Parents should encourage and assist them with their responsibilities, but not take them on behalf of the athlete. This includes:

- **Minor Team Communications** given by coaches during practice
 - Event reminders
 - Extra practice plannings
- Team Leo Mondays, Thursdays and Sundays - **ensure leo is ready the night before**
- Hair in a bun for every training session (Easy bun permitted for training)
- Handstand Blocks - bring them back and forth between home and gym
- At home training - Blocks practice, handstands, stretching, etc

Healthy Eating Recommendations

Acrobatic Gymnastics is a high performance sport. As such, athletes participating in the sport should consider their dietary needs to be able to perform at peak levels for training and competitions.

It is therefore strongly recommended that competitive athletes seriously consider their food choices both at the gym and in their home life. Failing to follow a healthy eating plan at home will impair an athlete's ability to compete at the level they otherwise would be capable of.

As a general rule of thumb, "junk food" (high salt/fat/sugar) should be limited.

The Canada Food Guide provides a starting point for recommended meal planning:

<https://food-guide.canada.ca/en/>

Athletes and parents may also wish to consult a professional nutritionist for athlete specific recommendations.

