



**PARENT/ATHLETE  
HANDBOOK  
2019 - 2020**

*Welcome to the Team!*

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## 1. OUR STORY – LONDON GYMNASTICS ACADEMY (LGA)

Congratulations and welcome to the team! London Gymnastics Academy is a competitive gymnastics program, and there is no doubt that being a member of our competitive team is a significant commitment of both time and money. Most parents will say that, other than family life, sport involvement becomes the most significant event in their child's life. Besides the obvious physical benefits, children who become involved in team gymnastics rarely accept negative influences in their lives. They learn self-discipline, how to work as a member of a team, and how to handle their emotions in various situations. The two most important qualities of a competitive gymnast are positive self-esteem and effective time management. Team children are almost always excellent students.

LGA is owned and operated by Jen and J.P. Kraemer. Jen and J.P. have been involved in the sport of competitive gymnastics most of their lives, first as competitive athletes, and second as competitive coaches. Hard work and striving for excellence are the key ingredients for a successful competitive program. We intend to give our athletes the best coaching we possibly can, always keeping the goal of developing the whole athlete and using a holistic approach of becoming a "well-rounded" individual.

We are celebrating our one year anniversary and are thrilled with all of the space and state of the art equipment at our new 25 000 sq. ft location on 2946 Bateman Trail. **LGA ALL THE WAY!**



## 2. INTRODUCTION

**The decision to enter competitive gymnastics is an important and exciting step in the life of your child.**

This team manual is designed to answer questions and explain the rules and policies for the competitive gymnastics program at London Gymnastics Academy. We focus on maximizing the potential of all athletes while maintaining a fun and nurturing environment.

Competitive gymnastics is a unique sport requiring the support of the entire family for any gymnast to be successful. Therefore, when making the selection for the team, we also look closely at the team parents. Can they also make a commitment to the program? This need not be a difficult or demanding task, only one that shows each family is interested in, and committed to, providing their child with a positive learning experience through the competitive aspect of women's gymnastics.

You are to be commended because you are taking the time to think through the decision of team membership. Many parents are so thrilled when their child is invited to be on the team, but they do not take the time to assess what the effect will be on the rest of their lives.

### 3. MISSION STATEMENT AND PHILOSOPHY

#### Mission Statement

Our mission is to make a positive difference in the lives of our athletes. Our goal is to provide a program that offers quality instruction and integrity in our service while building the self-confidence and aspirations of our students. We believe that through gymnastics training both physical and emotional growth can be achieved.

#### Team Philosophy

Our goal as a team is to excel in the competitive forum while maintaining positive attitudes, showing good sportsmanship and encouraging each team member to be the best she can be.

### 4. LIFE CHANGES

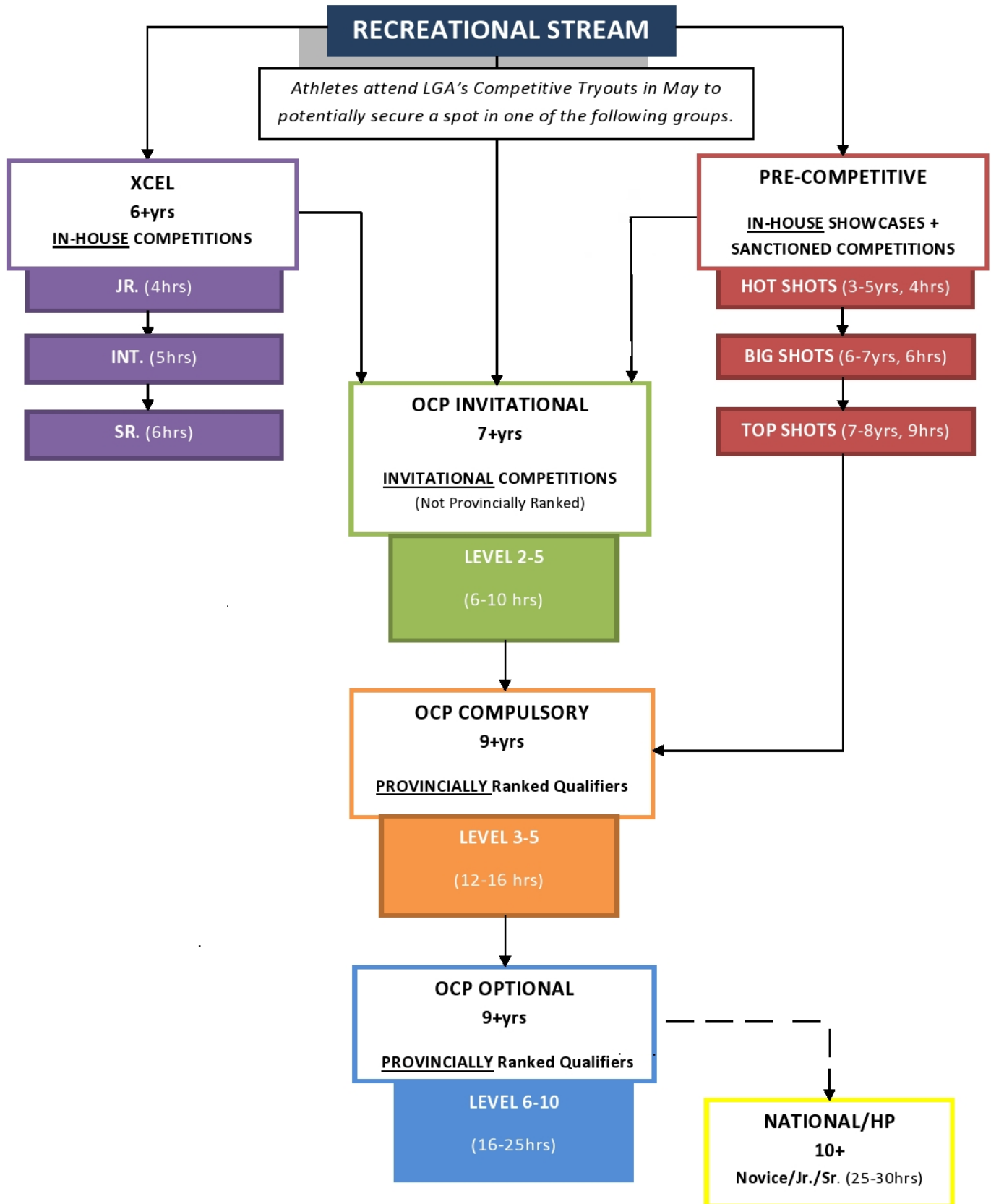
#### Life changes to keep in mind:

- At the lower team levels, the number of practice hours per week are relatively few. As your daughter progresses up the competitive ladder the hours and days of workout will continue to increase.
- You will have to change your schedule to the extent that you are available to drive your gymnast to training and pick her up after training.
- THERE WILL BE AFTERNOON TRAINING for most Provincial groups.
- There will be gym competitions that take up a number of weekends during the competitive season.
- Homework will have to be done much more efficiently and with better study habits due to shorter periods of time available. (It has been the experience of most coaches that students who are involved in competitive gymnastics tend to have higher grades and are better at studying because they have learned the time management skills necessary to budget their time more effectively than their peers).

The rest of this team manual will go over the various aspects of team participation. Please take time to read this material and discuss in a family meeting exactly what your child's goals are and if they can be achieved in this setting. Be aware that once a child has developed a taste for the sport of competitive gymnastics it is a commitment that will grow and become a part of your child for life!



# RECREATIONAL/COMPETITIVE FLOW CHART (2019-2020)



## LGA COMPETITIVE **SUMMER/FALL SCHEDULE 2019-2020**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
4:30 – 6:30 Jr. Xcel 4:30 – 6:30 Invitational A 4:30 – 7:30 Invitational D 4:30 – 8:30 Provincial A 4:45 – 7:45 Top Shots 4:45 – 8:45 Optional C 6:30 – 8:30 Invitational B 6:30 – 8:30 Invitational C	12:30 – 4:30 Provincial D 12:30 – 4:30 Provincial E 4:15 – 8:15 Optional A 4:15 – 8:15 Optional B 4:30 – 6:30 Invitational A 4:30 – 8:30 Provincial B 4:30 – 8:30 Provincial C	4:15 – 8:15 Provincial E 4:30 – 6:30 Hot Shots 4:30 – 7:30 Invitational D 4:30 – 8:30 Provincial A 4:45 – 8:45 Optional C 5:00 – 8:00 Big Shots 6:30 – 8:30 Int. Xcel
<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
12:30 – 5:30 Optional A 12:30 – 5:30 Optional B 12:30 – 5:30 Optional C 4:30 – 8:30 Provincial D 4:30 – 8:30 Provincial E 5:00 – 8:00 Top Shots 6:00 – 9:00 Sr. Xcel	4:00 – 9:00 Optional C 4:30 – 6:30 Invitational A 4:30 – 8:30 Provincial B 4:30 – 8:30 Provincial C 4:30 – 9:00 Optional A 4:30 – 9:00 Optional B 5:30 – 8:30 Invitational B 5:30 – 8:30 Invitational C	8:30 – 10:30 Hot Shots 10:30 – 1:30 Int. Xcel 10:30 – 1:30 Big Shots 1:30 – 4:30 Top Shots 9:30 – 11:30 Jr. Xcel
<b>SUNDAY</b>	<b>SUMMER SCHEDULE:</b>  <u><b>Provincial D &amp; E</b></u> Monday, Tuesday, Wednesday, Friday 12-4  <u><b>Optional A &amp; B</b></u> Monday 4-9 Tuesday 4-9 Thursday 11-4 Friday 4-9  <u><b>Optional C</b></u> Monday-Friday 11-4  *Please note that this schedule may be changed at any time at the discretion of the Head Coaches, Jen and J.P. Kraemer.	
9:00 – 1:00 Invitational D 9:00 – 1:00 Provincial A 11:30 – 3:30 Provincial D 11:30 – 3:30 Provincial E 12:30 – 3:30 Invitational B 12:30 – 3:30 Invitational C 2:45 – 6:45 Provincial B 2:45 – 6:45 Provincial C 3:00 – 8:00 Optional A 3:00 – 8:00 Optional B 3:00 – 8:00 Optional C 3:45 – 6:45 Sr. Xcel		

\*\*LGA competitive coaching roster will be published by the first week of June.

**SUMMER HOLIDAYS**  
 June 28 – July 7, 2019  
 August 26 – September 2, 2019

**5. TEAM DESCRIPTIONS: A brief description of each program, hours, competitions and financial obligations.**

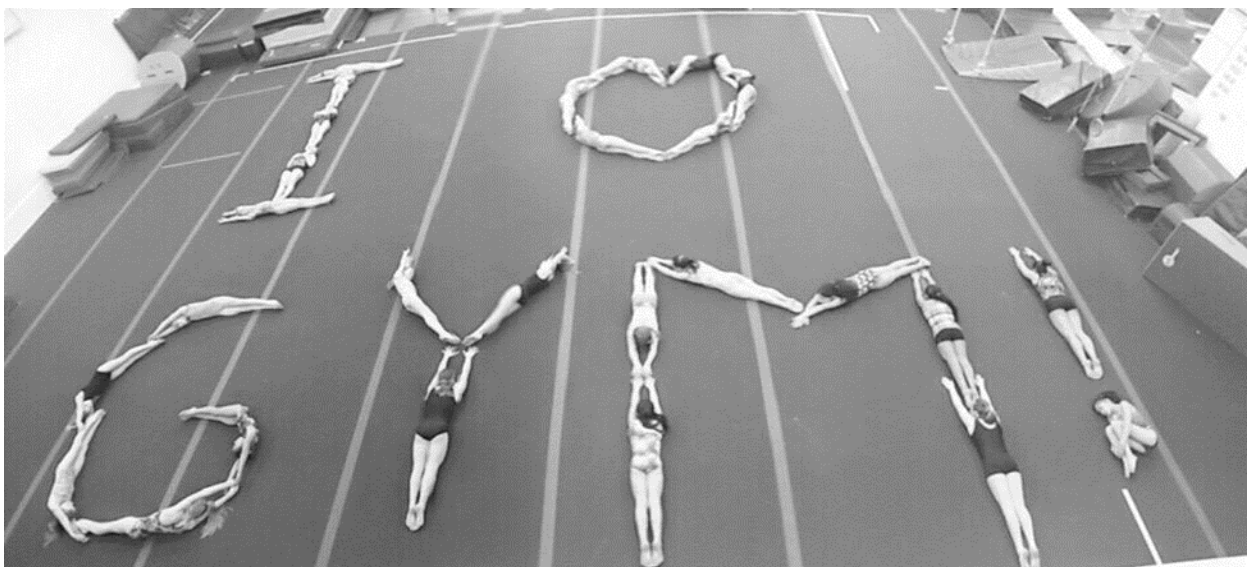
**XCEL TEAMS – Junior, Intermediate and Senior Xcel (6+ years)**

Xcel is for those athletes who wish to train at a higher level than the recreational program and have the opportunity to compete. Entry into any of these teams is dependent upon meeting specific ability, strength, flexibility, coordination and training attitude requirements.

- Junior Xcel team trains 4 hours per week (2 x 2 hours)
- Intermediate Xcel team trains 5 hours per week (1 x 2 hrs and 1 x 3 hrs)
- Senior Xcel team trains 6 hours per week (2 x 3 hours)
- Commitment is for the full year.
- Xcel Teams will have 3 in-house competitions throughout the season (usually December, April and June). Parents, family and friends will be invited to all competitions, giving the athletes a wonderful opportunity to compete in front of their strongest supporters. We are very excited about this program and always thrilled to see the accomplishments and progress of our LGA athletes.
- Athletes will learn their floor and beam choreography during practices.
- 10-12 athletes per group

TEAM	Registration Deposit	GO Insurance/ Program fee	Competition Fee Deposit	Monthly Tuition	LGA Booster Club Fee	Competition Leo (mandatory)	Comp track jacket (optional)
	due at reg'n	due at reg'n	due June 13 <sup>th</sup>	July/2019 - June/2020	due Sept. 16/ Nov. 14	due at sizing	due at sizing
Junior Xcel	220.00	55	150	225.75	50	Approx. 130	Approx. 100
Intermediate Xcel	220.00	55	150	239.00	50	Approx. 130	Approx. 100
Senior Xcel	220.00	55	150	252.00	50	Approx. 130	Approx. 100

- Monthly tuition fee (includes registration, membership, tuition, etc.)
- HST will be added to fees at time of processing
- In-House Competition Fees (deposit only) include Choreography Fees
- Competition leo is a short-sleeved leo and mandatory for all Xcel athletes
- LGA Booster Club Fee – See Booster Club Fact Sheet for more information



## PRE-COMPETITIVE - Hot Shots, Big Shots & Top Shots

- The pre-competitive program is for 3-7 year olds.
- It is intended to increase the strength, flexibility and overall preparedness of athletes starting out in the sport of gymnastics. It also incorporates the teaching of basic gymnastics skills.
- All of the children in the Pre-comp programs will show advanced training ability and have the psychological motivation necessary for concentrated training.
- Pre-competitive competitions are designed to be interactive and instructional for the athletes and a positive, fun introduction to competition for the beginner gymnast.
- Each athlete must attain specific skill pre-requisites before advancing to the next skill progression or competitive level. This method will ensure optimum technical performance and safety.

### Hot Shots: 3-5 Years Old

- 4 hours per week (2 x 2 hours)
- Beginner developmental
- 2 in-house competitions in November and March/April

### Big Shots: 6-7 Years Old

- 6 hours per week (2 x 3 hours)
- Continuation of the Hot Shots program with emphasis on perfection of basics
- 2 in-house competitions in November and March/April

### Top Shots: 7-8 Years Old

- 9 hours per week (3 x 3 hours)
- focus on strength, flexibility, form and body line - all necessary for a well-rounded athlete who has all the basics for advanced skill and competition in the future
- 2 in-house competitions in November, March/April
- One ODP competition (mixture of ODP stations and skills) April/May/June

TEAM	Registration Deposit	GO Insurance/ Program fee	Competition Fee Deposit	Monthly Tuition	LGA Booster Club Fee	Competition Leo (mandatory)	Comp track jacket (optional)
	due at reg'n	due at reg'n	due June 13 <sup>th</sup>	July/2019 – June/2020	due Sept. 16/ Nov. 14	due at sizing	due at sizing
Hot Shots	220.00	55	100	225.75	50	Approx. 100	Approx. 100
Big Shots	220.00	55	100	252.00	50	Approx. 100	Approx. 100
Top Shots	220.00	140	200	278.00	100	Approx. 100	Approx. 100

- Monthly tuition fee (includes registration, membership, tuition, etc.)
- HST will be added to fees at time of processing
- Competition leo (short-sleeved leo) are mandatory for all pre-comp athletes and will be worn at competitions
- Competition jacket is optional but recommended for topshots
- LGA Booster Club Fee – See Booster Club Fact Sheet for more information





## INVITATIONAL/COMPULSORY:

- 7+ years old – Level 2-5 Compulsory routines at invitational competitions
- The premise of this program is for athletes to learn compulsory routines safely, with good form and proper technique and to have the opportunity to travel to competitions.
- Compete at 3 invitational competitions in Ontario per year
- Athletes will not be ranked provincially and do not compete at Ontario Championships
- Athletes will learn their floor and beam choreography dance during practices.
- 8-10 athletes per group

INVITATIONAL A: team trains 6 hrs/week (3x2 hours) \* competes level 2  
 INVITATIONAL B: team trains 8 hrs/week (2x3 hours) and (1x2 hours) \* competes level 2/3  
 INVITATIONAL C: team trains 8 hrs/week (2x3 hours) and (1x2 hours) \* competes level 2/3  
 INVITATIONAL D: team trains 10 hrs/week (2x3 hours) and (1x4 hours) \* competes level 3

TEAM	Registration Deposit	GO Insurance/ Program fee	Competition Fee Deposit	Monthly Tuition	LGA Booster Club Fee	Competition Leo (mandatory)	Comp track jacket (mandatory)
	due at reg'n	due at reg'n	due June 13 <sup>th</sup>	July/2019 – June/2020	due Sept. 16/ Nov. 14	due at sizing	due at sizing
Invitational A	220.00	140	325	252.00	150	Approx. 130	Approx. 100
Invitational B	220.00	140	325	270.00	150	Approx. 130	Approx. 100
Invitational C	220.00	140	325	270.00	150	Approx. 130	Approx. 100
Invitational D	220.00	140	325	288.00	150	Approx. 130	Approx. 100

- Monthly tuition fee (includes registration, membership, tuition, etc.)
- HST will be added to fees at time of processing
- Competition leo (short-sleeved leo) and track jacket are mandatory for all Invitational athletes and will be worn at competitions
- LGA Booster Club Fee – See Booster Club Fact Sheet for more information



**PROVINCIAL/COMPULSORY:**

- 9+ years old – Level 2-5 Compulsory routines at provincial qualifiers
- designed for those who have progressed through the other developmental levels and have achieved a level of physical and mental preparation needed for provincial competitive gymnastics
- Compete at 3 Provincial Qualifiers throughout the year
- Athletes will be eligible to qualify for Ontario Championships – 9+ year old athletes
- Athletes will learn their floor and beam choreography dance during practices.
- Possible invitational competitions (USA competitions) with a focus on fun, positive participation and team building. All US competitions are optional for the athlete to attend on a “sign-up to go” basis.
- Train during afternoon one weekday/week
- 8-10 athletes per group

PROVINCIAL A: team trains 12 hrs/week (3x4 hours) \*competes level 3/4  
 PROVINCIAL B: team trains 12 hrs/week (3x4 hours) \*competes level 3/4  
 PROVINCIAL C: team trains 12 hrs/week (3x4 hours) \*competes level 4/5  
 PROVINCIAL D: team trains 12 hrs/fall + 16 hrs/summer (3x4 hrs/ 4x4 hrs) \*competes level 3/4/5  
 PROVINCIAL E: team trains 16 hrs/week (4x4 hours) \*competes level 4/5

TEAM	Registration Deposit	GO Insurance/ Program fee	Competition Fee Deposit	Monthly Tuition	LGA Booster Club Fee	Competition Leo (mandatory)	Comp track jacket (mandatory)
	due at reg'n	due at reg'n	due June 13 <sup>th</sup>	July/2019 – June/2020	due Sept. 16/ Nov. 14	due at sizing	due at sizing
Provincial A	220.00	280.00	400	339	300	Approx. 130	Approx.100
Provincial B	220.00	280.00	400	339	300	Approx. 130	Approx. 100
Provincial C	220.00	280.00	400	339	300	Approx. 130	Approx. 100
Provincial D	220.00	280.00	400	339/365	300	Approx. 130	Approx. 100
Provincial E	220.00	280.00	400	365	300	Approx. 130	Approx. 100

- Monthly tuition fee (includes registration, membership, tuition, etc.)
- HST will be added to fees at time of processing
- Competition leo (short-sleeved leo for Compulsory and long-sleeved for Optional) and track jacket are mandatory for all Provincial athletes and will be worn at competitions
- LGA Booster Club Fee – See Booster Club Fact Sheet for more information



## PROVINCIAL/OPTIONAL:

- 9+ years old – Level 6-10 Optional routines at provincial qualifiers
- Qualifiers: 3 throughout the season
- Provincials: 9+ yrs, top 32 athletes in level 6-10 in each age category is eligible for provincial championships
- Tour Selection: 14+ yrs, top 8 athletes in level 6-10 are eligible to compete at Tour Selection to try to secure a placement on “Team Ontario” to compete in a warm US destination
- Easterns: 11+ yrs, Top 4 athletes from level 7-9 at provincial championships represent Team Ontario at Easterns
- Nationals: Level 9 JR (11-13 years old) and Level 10’s who place top 6 at provincial’s are eligible for national championships. JR Level 9’s and 10’s, placing 7<sup>th</sup>-10<sup>th</sup> go to Easterns.
- Possible invitational competitions (USA competitions) with a focus on fun, positive participation and team building. All US competitions are optional but recommended for the athlete to attend on a “sign-up to go” basis
- Athletes will be scheduled with the coach to learn their floor and beam choreography. Prices are determined and confirmed by the coach at the time of the choreography session.
- Train during afternoon 1 day/week
- 8-10 athletes per group

OPTIONAL A: team trains 18.5 hrs/week (1x4hrs, 1x4.5hrs, 2x5hrs) \*20 hrs in summer. \*Competes level 6/7

OPTIONAL B: team trains 18.5 hrs/week (1x4hrs, 1x4.5hrs, 2x5hrs) \*20 hrs in summer. \*Competes level 6/7

OPTIONAL C: team trains 22.5 hrs/week (2x4hrs, 1x4.5hrs, 2x5hrs) \*25 hrs in summer. \*Competes level 8-10

TEAM	Registration Deposit	GO Insurance/ Program fee	Competition Fee Deposit	Monthly Tuition (Summer/Fall)	LGA Booster Club Fee	Competition Leo (mandatory)	Comp track jacket (mandatory)
	due at reg'n	due at reg'n	due June 13 <sup>th</sup>	July 2019– June 2020	due Sept. 16/ Nov. 14	due at sizing	due at sizing
Optional A	220.00	280.00	400	375/379	300	Approx. 300	Approx. 100
Optional B	220.00	280.00	400	375/379	300	Approx. 300	Approx. 100
Optional C	220.00	280.00	400	395/410	300	Approx. 300	Approx. 100

- Note: One training suit is mandatory for Provincial 7-10 (short sleeve)
- Monthly tuition fee (includes registration, membership, tuition, etc.)
- Tuition is reflective of extra hours for summer training
- HST will be added to fees at time of processing
- Competition leo (long-sleeved leo) and track jacket are mandatory for all Optional athletes and will be worn at competitions
- LGA Booster Club Fee – See Booster Club Fact Sheet for more information

## NATIONAL STREAM

- 25+ hours per week – National athletes are determined, self-motivated and training elite skills sets at a much higher intensity.
- High Performance (HP) athletes are required to compete at 2 screening events (one being Elite Canada) to try and make a qualifying score to compete at National Championships. If this score is not attained, the athlete then enters the provincial qualifying system as a Level 10 and tries to earn a spot at Nationals by placing top 6 at Ontario Championships



## 6. FINANCIAL OBLIGATIONS - Team LGA is a Twelve-Month Commitment

- The training season will begin on July 8<sup>th</sup> (holidays are the first week of July, see the Summer Training Schedule for your child's schedule) and will continue until the end of June the following year.
- All agreements will be for twelve months to correspond with the season. The agreement includes four weeks when no training will be offered due to holidays. The tuition fee is a yearly fee which is divided into 12 equal payments.
- **HOLIDAYS:** All civic and statutory holidays will be observed and training will not be provided on these days, unless decided otherwise by the Head Coach. Please note that if there is a competition shortly after a statutory holiday, the coach may choose to have training for those athletes.
- There will be no partial programs offered throughout the season. Example: Should a gymnast be chosen for and accept a 9-hour program, she will pay the annual tuition fee required for the 9-hour program, regardless of whether she attends all training sessions.
- There are NO private lessons with competitive athletes (unless requested by the coach), make-ups, discounts or prorated accounts due to absence of any nature, including vacations.
- Injured athletes are expected to participate in training to the greatest extent possible. It is possible to work around injuries and turn a difficult situation into a positive one by increasing flexibility, strength or specific skills.
- LGA reserves the right to terminate or modify any commitment with a 10-day notice. The Head Coach has the right to terminate or modify any commitment. Upon termination of the commitment, any unused portion of the annual fees will be refunded.
- Optional levels beam and floor choreography and individualized programs, etc., are separate from your monthly competitive program tuition and must be paid for accordingly.

An athlete wishing to withdraw/retire from the program must notify the Head Coach in writing (e-mails are NOT acceptable). Club membership will be terminated when the athlete withdraws.

**\*If an athlete withdraws from the program, understand the following:**

- **Tuition fees are a yearly commitment and monthly fees are still due.**
- **LGA Registration fees are non-refundable.**
- **The Competition Deposit fee is non-refundable after September 3<sup>rd</sup>.**
- **Gymnastics Ontario fees are non-refundable.**
- **Booster Club fee will be processed through your portal as per the fee tables under team descriptions, and are non-refundable.**
- **Fees for competition athlete registrations are non-refundable unless a valid doctor's note is provided to LGA's competitive administrator and the note is received by the host club before their specified refund deadline.**
- **All competition fees including athlete registration fees and coach's fees are non-refundable once these fees have been processed. (approx. 1-2 weeks before a competition).**
- **All fees must be paid before an athlete may compete for team LGA.**
- **Special circumstances will be dealt with on an individual basis.**



## 7. COMPETITIVE REQUIREMENTS

All Gymnastics Ontario fees, LGA Booster Club fees, competition fees, medical data and waivers are due upon entry into the competitive program through the customer portal. Athletes will not be allowed to train if the necessary documents/fees are not provided before summer training.

### ✓ TRAINING/TUITION FEES

The tuition fees are outlined under each team's description. Fees are payable by Pre-authorized Payment through the customer portal. Currently we have Visa and MC. LGA will not be accepting post-dated cheques for team fees. For those who wish to pay by cash or debit, payments can be made by cash or debit at the office prior to the due date.

### ✓ GYMNASTICS ONTARIO FEE

Each athlete is required to be registered and insured through the Ontario Gymnastics Federation. This annual fee is valid from July 1<sup>st</sup> - June 30<sup>th</sup> of the following year. Fees are determined by Gymnastics Ontario. GO fees are non-refundable.

### ✓ COMPETITION FEES

There are three to eight competitions per season (Invitationals, Provincial qualifiers and Nationals). Please consider the increase of competition fees and athlete/coach travel as you go up in levels. Invitational meet fees/coaching costs are significantly less due to a number of factors (fewer competitions, proximity of competitions (generally in Ontario or close across the border), fewer judges, insurance rates, etc. As the athlete moves up the competitive ladder, there is opportunity for more competitions, more expensive competition fees, increased insurance fees, greater distances travelled (some include air fare and extensive competition schedules and therefore more athlete/coach costs). There is a deposit required at registration to cover the registration fee for qualifiers.

**REFUNDS: Fees for competition athlete registrations are almost always non-refundable \*(some clubs allow refunds with a valid doctor's note and is received by the refund date. It is stated for each individual competition in the call to meet.)**

### ✓ COACHES' FEES

- All athletes are responsible for their own coaches travel costs to and from the competition site, your coaches travel costs, the hotel costs for your coach (if needed), and your coaches costs to be on the floor at the competitions.
- The fees for each competition will be determined based on the host clubs competition schedule that we receive closer to the date of each competition. ie. Head Coach Jen coaches the Optional C group. Jen's total coach competition fees will be divided evenly between the athletes in her group competing at the same competition. Since all parents have already paid \$100 per competition, we will send an email closer to the date of each competition with the remaining balance (if any) of the competition fees.
- Parents have already paid 80-90% of your competition fees. With every competition, coaching fees are calculated depending on the number of days/sessions the coach attends, travel and coach per diems.
- The fees will be calculated once the details of the competition are known, and are due 1-2 weeks prior to the competition, and will be processed through your customer portal.

**National:** Because of the increased opportunity for travelling greater distances, longevity of larger competitions and added national training camps, the parents of national athletes will cover the travel and coaching fees. The expectation is that the parents of national athletes will pay the coaching fees. This will be dealt with on an individual basis as these occasions arise.

## 8. TEAM GUIDELINES AND EXPECTATIONS

1. Gymnastics training is exclusive to LGA.
2. Each gymnast is required to attend all regularly scheduled workouts. Be PUNCTUAL! This is imperative. You put your child at a disadvantage, if they are regularly late for training. If you are late or absent, you are required to email and notify the coaches at [competitive@londongymnasticsacademy.com](mailto:competitive@londongymnasticsacademy.com). It is recommended that vacations follow the competitive season calendar. Please advise the coach/competitive director in writing of any additional vacations during the competitive season. Optional athletes who miss training the month before Provincial championships, Eastern Championships, National Championships or Tour Selection could result in athletes not being able to compete for safety reasons.
3. Good communication between the coaches and parents/athletes is imperative. Please follow the proper communication protocols with questions or concerns. It is important for the coach to know if your child has special concerns or problems. Do not hesitate to tell the coaches about immediate training anxieties, illnesses, family issues, or injuries. Feel free to call or email the coach/competitive administrator at [competitive@londongymnasticsacademy.com](mailto:competitive@londongymnasticsacademy.com) and set up an appointment to express any individual issues or concerns. Please refrain from pulling the coaches off of the floor during their training times, unless it is an emergency. Always be respectful when addressing our coaches verbally or through email. If you feel your concerns are not being addressed by first the personal coach verbally or e-mail, then please feel free to contact our competitive director Caitlin Kachmar at [competitive@londongymnasticsacademy.com](mailto:competitive@londongymnasticsacademy.com). If you have followed these steps and need further clarification or assistance please contact the owner, Jen Kraemer through the competitive portal at [owner@londongymnasticsacademy.com](mailto:owner@londongymnasticsacademy.com).
4. All injuries are to be reported and documented to the coach/program director. LGA has on site, physiotherapy, chiropractic, massage therapy, acupuncture, nutritional information and sport psychology for our competitive athletes. (See athlete wellness section for more information). Our wellness staff is in constant communication with the coaches, competitive program director and head coach to provide the best personalized care possible for our athletes. A Doctors note may be needed for athletes to train/compete. Please communicate any medical updates from Doctors/healthcare professionals outside of LGA to the coach/competitive director.
5. Proper attire is a must. A properly fitting leotard is the only acceptable workout attire. Hair should be neatly tied back. No jewelry or piercings, other than the ears, is acceptable. LGA is not responsible for lost or stolen articles.
6. Gymnasts may not leave the workout or competition floor without the express permission of the coaching staff. Athletes who leave the competition floor without permission may be disqualified.
7. No athlete is allowed to use the equipment until their class begins and they have done a proper warm up.
8. We understand that, especially for younger children, it may be necessary at times to be present during practices; however, athletes generally train with more focus and determination when they are not being distracted. LGA provides up close and personal opportunities inside our new facility for parents, friends and families to watch their gymnasts progress throughout the season including; holiday events, showcases and mock competitions.
9. The coaching staff has the final say in all competitive program matters as they are ultimately responsible in the eyes of the law for each child's well-being and safety. All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level in order to be permitted to enter a competition. In addition, the athlete must be in good health and have attended every workout the week prior to any competition. Special situations should be discussed well in advance of the competition with the coach.
10. Any articles or reporting of activities and/or competition information of LGA athletes, or which uses LGA's name, in ANY public media or social media (including newspapers, Facebook, etc.), MUST be approved by the Head Coaches or the Program Director.
11. Full disclosure of any criminal charges related to children is required for program membership.

## 9. ATHLETE WELLNESS

### Modern Health and Performance

LGA prides ourselves with a well-rounded approach to athlete development. We have partnered with Modern Health and Performance to have on site physiotherapy, chiropractic, massage therapy and acupuncture to provide our athletes with elite injury prevention and care. LGA coaches work hand in hand with our all-female performance practitioners to communicate and develop individualized programs for our competitive gymnasts. As a program it is our goal to have all of our athletes in peak physical condition. As with any sport we have to provide care outside of training times and rehabilitation programs that are geared specifically for athletes. All practitioners share a common passion for sport and athletics and have experience working with athletes of all ages.

Dr. Devon Dodge (DC)

Juliana Bergin (PT)

Nichole Lee (RMT)

MHP offers convenient online booking at [www.mhpttherapy.com](http://www.mhpttherapy.com) and direct billing for applicable insurance.

519-601-8444

### Elite Mind Performance

It has been proven that mental wellness and emotional wellbeing is just as important as physical prowess in a competitive sport such as gymnastics. We have partnered with renowned sports psychiatrist Natascha Wesch from the University of Western Ontario to help our athletes in many different areas. Some of these are specific to performance enhancement and some are related to the emotional wellbeing of the athlete. Natascha works with the athletes in group settings and individually if needed. Some of the topics she covers are: how to use competition anxiety to your advantage, how to deal with and conquer fears, positive self-image in a subjective sport, mental imagery, positive self-talk and verbal cues, realistic goal setting, how to be self-motivated and how to be a team player are a few topics she covers.

Natascha Wesch, [nwesch@uwo.ca](mailto:nwesch@uwo.ca)

### Sport Nutrition

Proper nutrition is essential for overall good health and optimal athletic performance. Participants of all ages and at all levels of competition are affected by good nutrition. It's not only about knowing what to eat -- it's also knowing when to eat. We recommend you review the Sport Nutrition for Athletes resources set out by Gymnastics Canada at <http://gymcan.org/programs/coaching/coach-resources>

\*Along with our mandatory athlete medical information sheets and waivers, parents are encouraged to inform coaches/competitive director via email if their child has any food allergies, nutritional restrictions or health concerns including, diabetes and low blood sugar. Non expired EpiPens must be onsite with athletes with allergies at all times.

\*\*Because of the number of allergies and dietary restrictions parents are asked not to bring food to share with other athletes or groups. This unfortunately includes birthday treats.

### The following outlines our athlete wellness/nutrition breaks:

Every competitive group will have mandatory water/drink break every 30 min (or sooner if athletes are engaging in conditioning), no matter the duration of the practice and whenever requested or at any point during a training practice. Athletes may request and will be granted permission of a nutrition break at any point during a practice (even if there is one already scheduled). Coaches need to have current information regarding individual athlete food allergies, nutritional restrictions or any other health concerns.

Pre-competitive Teams: (Hotshot, Bigshot, Topshot) will have a scheduled, dedicated nutrition break regardless of the duration of practice.

All competitive groups (Xcel-Optional) will have a scheduled, dedicated nutrition break if their practice is more than 2 hours in duration.

### Tips on How to Care for Gymnast's Hand Rips

Athlete should wash her hands to remove any chalk and surface germs. Yes, it stings, but it has to be done. Pat the rip dry with a paper towel.

The coach will carefully trim any excess skin using sterilized scissors/clippers.

Cover with a band aide and then wrap with athletic tape to keep in place. This should get the athlete through the remainder of practice.

Once at home, to help reduce any pain and speed the healing, an athlete can: use Neosporin or a similar antibiotic ointment, and then make sure to keep the area moisturized to prevent cracking and reopening of the wound.

During practice, cover the rip with a band aide and athletic tape or make a tape grip (coach can help) so your athlete can continue training.

It really is good practice for gymnasts to learn to swing bars with a rip because athletes may get a rip before a meet and need to know how to work through it.

## 10. PARENT/ATHLETE RESOURCES

Below are some links that we highly recommend you review to better equip you and your athlete for the upcoming season:

Advice on How to Handle Disappointment

<https://gymnasticscoaching.com/2016/05/27/handling-disappointment/>

The Gymnastics Kitchen: Pre- and Post- Workout Snacks

[http://www.flogymnastics.com/article/41986-the-gymnastics-kitchen-with-betsy-pre-and-post-workout-snacks#.V0QwSzy\\_e0w.facebook](http://www.flogymnastics.com/article/41986-the-gymnastics-kitchen-with-betsy-pre-and-post-workout-snacks#.V0QwSzy_e0w.facebook)

25 Questions to Ask Your Gymnast

<http://gymgabblog.com/25-gymnastics-questions/>

Women's Artistic Gymnastics

<https://www.youtube.com/watch?v=ZT6eEORc-A>

Gymnastics Progressions

<https://Gymnasticprogressions/videos/vb.340680109474770/436120653264048/?type=2&theater>

Sacrificing the Ordinary for the Extraordinary

<https://wendybrucemartin.com/2015/09/13/sacrificing-the-ordinary-for-the-extraordinary/>

10 Choices You Make As A Gymnast That Will Serve You For The Rest Of Your Life

<https://annejosephson.wordpress.com/2015/12/17/10-choices-you-make-as-a-gymnast-that-will-serve-you-well-for-the-rest-of-your-life/>

Amazing Words From Mary Lou Retton

<https://cnbc/videos/vb.97212224368/10154237246979369/?type=2&theater>

An Open Letter to Little Gymnasts

[https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.flogymnastics.com%2Farticle%2F41878-an-open-letter-to-little-gymnasts&h=ATP9Y4s\\_pcotCl-bEH1aXwW-274Z0vbELep30N7z8hOWGMOicAmfO2gDvmhBvz3nmDb9I7ROZXvg-ow-2xK-5M9arsUczOINtyD82vJ55GP-mBs8k7O6Tw&s=1&enc=AZPMK\\_o\\_KLeqK09Oefz7ofznejHDvaMy\\_rMiMQboQf\\_0mhzH2i1RxUi6Bk0MibACz-jGEXes5gldHeznlY7kxstV](https://l.facebook.com/l.php?u=http%3A%2F%2Fwww.flogymnastics.com%2Farticle%2F41878-an-open-letter-to-little-gymnasts&h=ATP9Y4s_pcotCl-bEH1aXwW-274Z0vbELep30N7z8hOWGMOicAmfO2gDvmhBvz3nmDb9I7ROZXvg-ow-2xK-5M9arsUczOINtyD82vJ55GP-mBs8k7O6Tw&s=1&enc=AZPMK_o_KLeqK09Oefz7ofznejHDvaMy_rMiMQboQf_0mhzH2i1RxUi6Bk0MibACz-jGEXes5gldHeznlY7kxstV)

Misguided Ideas of Well-Meaning Gym Parents

[https://www.google.ca/url?sa=t&source=web&cd=1&ved=0ahUKEwiji\\_uKSjazUAhUk4IMKHYTGDyEQFggKMAA&url=http%3A%2F%2Fannejosephson.wordpress.com%2F2014%2F08%2F07%2Fa-dangerous-dozen-misguided-ideas-of-well-meaning-gym-parents%2F&usq=AFQjCNFEytQQJuiAFrVCsbgvOWGxTzF9Ng](https://www.google.ca/url?sa=t&source=web&cd=1&ved=0ahUKEwiji_uKSjazUAhUk4IMKHYTGDyEQFggKMAA&url=http%3A%2F%2Fannejosephson.wordpress.com%2F2014%2F08%2F07%2Fa-dangerous-dozen-misguided-ideas-of-well-meaning-gym-parents%2F&usq=AFQjCNFEytQQJuiAFrVCsbgvOWGxTzF9Ng)

## 11. FINAL NOTE

London Gymnastics Academy is based on the fundamental assumption that each athlete is responsible for her involvement and progress in gymnastics. Parents and coaches are a part of the support structure around the athlete, but the “drive” belongs to each child. Parents and coaches are supporters of the athlete and her efforts – they are not substitutes for lack of drive motivation or effort. We believe that team results and team spirit are best developed by each member taking responsibility for her own actions. We believe that everyone is born equal, but some are better suited than others for high level gymnastics. We believe that fairness for all does not mean that all children’s needs are the same.

It takes a cohesive and disciplined group of dedicated volunteers to ensure that LGA is able to continue to offer excellence to the gymnastics community. Parents and athletes are requested to support and maintain the Club’s Expectations, Rules and Requirements. A supportive approach by the parents greatly aids the formation of strong club relationships and helps to provide a positive training environment for our athletes. We ask that each athlete and parent value LGA and work together to help further its objective.

We are happy and excited to welcome all of our new competitive athletes to our LGA family! LGA ALL THE WAY!!!

***“The Secret to Success is the Consistency in One’s Purpose”***



**WHEN YOU REGISTER ONLINE, YOU WILL BE REQUIRED TO  
CLICK ON THE LEGALESE INDICATING THAT YOU HAVE READ  
THIS ENTIRE HANDBOOK AND  
AGREE WITH THE ACKNOWLEDGMENT BELOW**

**PARENT/GYMNAST ACKNOWLEDGMENT**

I (we) have read the document entitled “2019 – 2020 Parent/Athlete Handbook” from cover to cover and understand and agree to the guidelines set forth in it.

I (we) also understand that the policies and procedures may change throughout the year if necessary. Modifications to this document may be made via the website or e-mail at the direction of the Head Coach.

Should you have any questions regarding any policies or procedures, we understand that we should contact the Competitive Program Director, Caitlin Kachmar at [competitive@londongymnasticsacademy.com](mailto:competitive@londongymnasticsacademy.com) or the owners Jen or J.P Kraemer at [owner@londongymnasticsacademy.com](mailto:owner@londongymnasticsacademy.com) for the appropriate answers.

