



# Rhapsody RG Fredericton

Competitive Team Info Package

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## 1. About us

Our mission:

**FUN** - Girls in Rhythmic gymnastics will experience the joy of dancing, the acrobatics of gymnastics and excitement of handheld apparatus circus-like tricks (rope, ball, hoops, ribbons, clubs). All in one! With individual and group routines presentations they are sure to always be socially engaged while making friends and learning each day. Rhythmic Gymnastics is FUN!

**HEALTHY** - An Olympic sport that incorporates physical, motor, and cognitive training; our lessons also incorporate nutrition advice. In Rhythmic gymnastics we focus on developing a strong healthy body within a strong healthy mind!

**AFFORDABLE** - with the ongoing decrease in children's physical activity our goal is to turn this trend around. To balance our expenses and ensure our growth we introduced smaller fees and gained a higher volume of participants. Special assistance and funding are also available. Rhythmic Gymnastics is for every income level!

**QUALITY**- Our goal is to develop a team of happy healthy gymnasts! Professional experienced coaches are dedicated to creating positive experiences and opportunities that will last a lifetime. We introduced more training hours, we follow a structured training program (Canadian Long Term Athlete Development), we instill work ethics and discipline. We coach with a positive mind set, patience and care. We build confidence!

Our vision:

Is to develop a professional rhythmic gymnastics team where coaches, gymnasts, and their families as well as everyone else involved will bring together their passion, enthusiasm, and hard work to showcase the uniqueness of the most beautiful sport in the world!

## 2. Competitive team selection criteria

The competitive team (Interclub, Provincial, National) is selected based on age, experience and skill level.

Additionally, new gymnasts may be invited to join the Interclub stream based on their age, previous experience and skill level, and/or after completing one of our programs.

Coaches take many factors into consideration when they determine eligibility for either of the programs.

Child growth differs and our goal is to choose a healthy and successful developmental path for each of them over a long term plan.

Here are some examples of what coaches assess:

1. Mental ability
  - a. Maturity
  - b. Motivation
  - c. Focus
  - d. Perseverance
  - e. Work ethic
2. Motor
  - a. Balance
  - b. Coordination
  - c. Flexibility
3. Physical
  - a. Muscular development
  - b. Bone structure
  - c. Ligaments structure
4. Behavioural
  - a. Respect
  - b. Team player

### 3. Training schedule (subject to change)

*Please respect arrival times. The lessons are planned in advance and the efficiency of the lesson relies greatly on the available time. Please note that late arrival will result in the gymnast losing practice and coaching time. If a gymnast arrives late they will be asked to complete a general lesson, without routine practice.*

Training lessons	Dates	Includes
Regular Season	September-July	<ul style="list-style-type: none"><li>● Winter Show mid-December.</li><li>● Interclub and Provincial Competitions January-May.</li><li>● Evaluation and Tryouts in May.</li><li>● Year-End Show mid-June.</li><li>● Choreography sessions mid-June- mid July</li></ul>

March Break Clinics	March	Two single-day camps; 3-hours each; included with the Regular season registration.
Summer Camps	August	Competitive (2 weeks) Mo-Fr 8:30 am-4:30 pm

## 4. Competitions schedule (subject to change)

### A. Interclub Stream

Competition	Tentative Date	Location
Interclub 1	April	Home
Interclub 2	April	Away
Interclub 3	May	Away
Other	TBD	TBD

### B. Provincial Stream

Competition	Tentative Date	Location
Regionals	January	Home/Away
Eastern Qualifiers Individual 3B, 4B/C, 5B/C, 6B/C and Groups 3 ,4 ,5	February	Home/Away
Provincials	March	Home/Away
Atlantics	April	Home/Away
Easterns Individual 3B, 4B/C, 5B/C, 6B/C and Groups 3 ,4 ,5	May	Home/Away
Other Invitationals	TBD	TBD

## 5. Competitions estimated costs (subject to change)

### A. Training apparel and equipment expenses:

- **Gymnast bag** - All gymnasts are required to purchase their own apparel and equipment as per the list found here: [Competitive Apparel and Equipment suppliers](#)

Notes:

- Please check with the coach before buying equipment (toe shoes, apparatus, etc.) to ensure it is RG approved.
- Some expenses aren't necessary as gymnasts already have some of these items.
- These expenses can be recovered from fundraising. Parents and gymnasts are expected to organize their own fundraising events following the club policy. You can read the fundraising policy here: [Rhapsody RG Fundraising policy](#)

**B. Competitions costs:**

- Please click here to view the competition costs for the Competitive Interclub Stream: [Competitive Interclub competition costs](#)
- Please click here to view the competition costs for the Competitive Provincial Stream: [Competitive Provincial competition costs](#)
- Prices are approximate and may vary.
- We have a few track suits and leotards available for renting instead of purchasing. Limited quantities. First come first served. Please contact the coach right away to reserve your items.
- These expenses can be recovered from fundraising. Parents and gymnasts are expected to organize their own fundraising events following the club policy. You can read the fundraising policy here: [Rhapsody RG Fundraising policy](#)

**c. Coach competition traveling expenses**

- [Interclub Team Coaches Expenses](#)
- [Provincial Team Coaches Expenses](#)
- These costs are added to each competition invoice, and before the competition registration due date. They are divided equally amongst all participants.
- These expenses can be recovered from fundraising. Parents and gymnasts are expected to organize their own fundraising events following the club policy. You can read the fundraising policy here: [Rhapsody RG Fundraising policy](#)

## 6. Volunteering

All parents in the competitive stream, Interclub, Provincial and National, are expected to volunteer during the organizing and delivery of each event, competition, travel, and all other team activities.

## 7. Class behaviour policy

Competitive Rhapsodies (9+) Gymnasts practice behavior, and consequence policy:

Gymnasts in this competitive program are expected to take classes seriously and work hard. If a gymnast is seen not practicing, chatting, playing without a notice of break from the coach, they will receive a warning. The consequences for receiving more than 2 warnings may be:

1. Time sitting out until they are ready to work again; writing in the notebook what the expectation is and how they will correct the behavior. All gymnasts must have a notebook in their gym bag at all times.
2. Notice that the coach will discuss with the parent at the end of the class.
3. If the coach has to talk to the parents frequently and the behavior is not corrected after approximately one month, the issue will be brought to the board to discuss the gymnast's status on the competitive team.

Coaches will give all comp gymnasts notebooks.

Parents must ensure gymnasts have a complete gym bag, check before they leave the house that the gymnast has everything in the bag, and check after each class that the gymnast put everything back in their bag.

## 8. Class schedule policy

Competitive levels and amount of class time and frequency of classes are directly related. If we don't have enough time to dedicate to practice, we will need to reevaluate the level of eligibility. (ex. should a gymnast be on a provincial team, or in a B level, if they can't do a certain number of hours?). We can also evaluate the results expectations. (if we can not practice the needed time, we can not expect high results).

Class time is considered the time posted on the website.

1. Gymnasts must arrive 15 minutes before class time to:
  - Set up mat
  - Set up their equipment
  - Dress, hair, washroom, etc.
2. The first 15 minutes of class time are allocated to:
  - Notify the coach of injuries, ask questions, etc.
  - Get information on class plan
  - Write in their notebooks
  - Relax/play
3. The 3h class structure is:
  - i. Intro: 15 min
  - ii. Warm up: 60 minutes

- iii. Main:
  1. Elements 30 min
  2. Apparatus 15 min
  3. Routines 45 min
- iv. Conditioning: 10 min
- v. Cold down: 5 min
4. Gymnasts are expected to leave the gym 15 minutes after class ends:
  - i. Clean up equipment 5 min
  - ii. Rollup mat 5 min
  - iii. Check their notebooks with their coaches. 5 min
5. If a gymnast does not arrive in time for set up, they are responsible for their own set up. Coaches or other gymnasts will not be available to support them.
6. If a gymnast arrives after the Intro they will be given a pre established basic practice plan that they already know how to perform: warm up, diagonals with DBs and PR/R, apparatus warm up, full routines, conditioning and they will not have a chance to notify the coach of injuries, ask questions, etc., they will not participate in the first part of the main lesson as they are on a different timeline. Warm up can not be shorter.
7. We understand one off situations. We want to discourage habitual occurrences.
8. Parents have a duty to inform the coaches at least one hour prior to practice if the gymnast will be missing.

## 9. Competition behavioural expectations

The following list of rules for parents attending a competition is taken from a book for coaches. It helps everyone know what is permitted and what is not.

10. Respect the schedule planned by the coach.
11. Stay in the audience area during the event.
12. Don't interact with the coaches or gymnasts unless they request it. During competition and training, you should be ready to pass the responsibility of your child to the coach.
13. During breaks, while in the audience, show interest in what your child is doing, encourage and support them. Clap your hands, smile, thumbs up are all positive and encouraging signs that your child needs to maintain their focus.

14. Refrain from instructions and critical remarks to the child.
15. Be ready to help the coaches or the organizers if asked.
16. Do not allow offensive comments towards athletes, coaches, parents of other children and organizers of competitions to happen.
17. Don't do something that might embarrass you or your child.
18. Go ahead and make your child proud!

## 19. Code of Ethics

### **CODE OF ETHICS - GYMNASTS**

Participating in gymnastics is the essence of respecting the code of ethics.

1. I respect all judging decisions, coach decisions without questioning their competencies and integrity.
2. I support my team members.
3. I am respectful and polite towards the coaches, the administrators, the parents, the judges, the fans and other gymnasts by choosing appropriate language.
4. I respect my engagement to my coaches and my team mates.
5. I consider performing at my personal best more important than obtaining a medal or a trophy.
6. I proudly represent my sport.
7. I remain calm and collected even when faced by very emotional situations.
8. I respect the rules and directives of my coach as well as club rules.
9. I pledge to refrain from the sale, consumption, to be in possession or to be under the influence of illicit substances (alcohol, drugs, etc...)
10. I uphold the team spirit.
11. I refuse to win by cheating and using illegal means.
12. I do not exhibit any intimidating behaviors, physical or verbal violence towards anyone.
13. I accept defeat by being satisfied with my own accomplishments and within my own limitations and I also recognize the hard work of others.
14. I know and respect the rules of my CLUB.
15. I take care of our club equipment, of the facility equipment and of the equipment of others.
16. I willingly fully offer my apologies if I have wronged someone.
17. I give my best at each performance/competition in order to achieve the best results.

### **CODE OF ETHICS - PARENTS**

Participating in gymnastics is the essence of respecting the code of ethics.

1. I understand that children practice sports first and foremost to have fun and not to entertain me.
2. I do not have unrealistic expectations. I understand that the children are not professional athletes and that they will not be judged as professionals.



3. I respect all of the judges' decisions, Club decisions, coach decisions and I encourage others to do the same.
4. I do not make fun of a child who has made an error during a competition. Instead I offer positive comments to motivate and encourage a continued effort from the child.
5. I recognize that each child may make errors.
6. I allow the coaches to do their work; it is their responsibility to teach the technical elements of the activity.
7. Violence is not accepted.
8. I am proud of my child and tell her, no matter what the outcome, I remain positive.
9. I understand that a healthy competition environment is also one respected by parents.
10. I pledge to refrain from the sale, consumption, to be in possession or to be under the influence of illicit substances (alcohol, drugs, etc.)
11. I recognize my responsibility in having my child respect the code of ethics and that it also applies to all family and friends.
12. I am on time for practice, any shows the club may be organizing and competitive events.
13. Males are not to be permitted in the locker areas and change rooms assigned to athletes.
14. I understand that parents are not allowed in the warm up areas and practice areas.
15. I am committed to actively participate in all mandatory fundraising events and will respect the identified deadlines for handing in the funds.

## **CODE OF ETHICS - COACHES**

Participating in gymnastics is the essence of respecting the code of ethics

1. I treat each child with respect and fairness regardless of gender, race, physical potential, economic status and all other conditions.
2. My actions are always grounded in the best interest of the child and of the sport.
3. I consider that the development of the individual is key to the development of the sport.
4. I am familiar and respect all rules written and non-written of the sport.
5. I respect all judging decisions.
6. As we aim to achieve medal standings, I also recognize that they are the result of all the hard work and of the joy of participating in the sport.
7. I recognize that each gymnast has the right to make errors. No one is perfect.
8. I respect all decisions coming from the administration and from the administrative council.
9. I respect all gymnasts, coaches and parents from our club and from other clubs also.
10. I refrain from intimidating behaviors and accept that intimidation is not tolerated.
11. I practice honesty at all times in relation to gymnasts, and the sport.
12. I have a responsibility to ensure that the equipment and the installations are safe and are at the right development level for the athletes and also respect the safety guidelines of the sport.
13. I communicate to the athletes the inherent dangers of consuming alcohol and drugs as it relates to anti-doping regulations of the sport. I use a clear and concise language to communicate without use of vulgar expressions and swearing.
14. I respect my power/responsibility as a coach as I strive to protect the physical and mental integrity of the athletes during the sports season.

15. I am proud of my gymnasts and I tell them so. No matter what the situation, I remain positive.
16. I am aware of the continuous pressures weighing on the athletes (from the sport, teammates, school responsibilities, family, etc.)
17. I aim to develop emotional autonomy and stability in each child to guide her to make her own decisions and accept responsibility.
18. I respect all rules coming from the administrative committee of our club.
19. My actions, my demeanor and my apparel choices demonstrate the respect I have for myself and others.
20. I accept responsibility to inform, within reason, all members (gymnasts, parents, assistant coaches, coaches, volunteers) of the existence of the Code of Ethics and of all rules and regulations as it pertains to them.
21. In the event of a conflict situation, I remain calm and ensure the safety of the gymnasts, the coaches, the judges and parents, and volunteers. I promise to not sell, consume, be in the possession of or be under the influence of any illicit substances (drugs, alcohol, etc.)
22. I promise to not discuss/address problems in the presence of individuals to which it does not pertain. My aim is to deflate situations before they escalate further in an attempt to avoid explosive situations.
23. I refuse to win by illegal means and cheating.
24. I avoid and do not allow racist comments, harassment and insults.
25. I do not punish the athletes by making them practice an intense activity, by restricting access to fluids and limiting access to food or through isolation of the athlete.

## **CODE OF ETHICS - JUDGES**

A Judge :

1. Must be alert at all times and ready to produce a correct note quickly.
2. Must have a basis on which to support its note and be able to explain it rationally and logically.
3. Must not allow external influences affect her judgement to the point where it would limit her ability to render a fair and impartial scoring.
4. Should not criticize or attempt to explain a scoring or a decision of another judge to any of the coaches, athletes or any other party.
5. Must refrain from uttering any derogatory remarks pertaining to a scoring awarded for a performance, be it verbal or non-verbal.
6. Must treat all gymnasts, coaches, other judges, volunteers and spectators with respect and by doing so, exemplifies the respect of herself and of her role as a judge.
7. Must demonstrate collaboration when called upon for a judge meeting.
8. Must refrain from all behaviors which could delay a competition or any other event.
9. Must refrain from addressing the media as a representative of the GRNBRG without having explicit consent to do so.
10. Must respect all judging rules as set out by New Brunswick.
11. Must disclose her role as a judge or as a coach for the duration of the competition if she is a judge « coach ».

12. The individual role must be clear from the beginning of the judge meeting at the beginning of the competition and remains as such all day, including breaks. It is only after the final note has been given to the head judge that all judges have been released of their responsibilities that the judges may now engage in conversation with coaches, athletes and other individuals. The role of judge is re-initiated at the following judge meeting for the completion of the competition.
13. Must immediately inform the designated authorities all cases of violence, verbal and/or physical to which she has been a witness, as directed by the Canadian Charter of Rights and Freedoms.