RITMO
GYMNASTICS

2025-2026 Competitive Handbook

RITMO
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RITMO GYMNASTICS

Welcome

Welcome to the 2025-2026 Ritmo Gymnastics competitive season and congratulations to our new athletes that have been invited to take part. We are looking forward to an exciting year!

This handbook contains guidelines and information that each member and his/her family will need to know for the year.

Please read through the handbook carefully so you don't miss anything. If you have any questions, don't hesitate to ask.

History of Ritmo Gymnastics

Ritmo Gymnastics (Ritmo = rhythm in Spanish) was born out of the love for rhythmic gymnastics and a need for more competitive programming in Saskatoon and the surrounding area. Founded in May 2016, we began with a summer bootcamp and ran our first season that Fall in an aircraft hangar. We rented space in the hangar three nights a week and rolled out carpets we had rented every evening before and after class. The hangar doors opened multiple times throughout the evening, and in -40-degree weather we would often have to run to another area with jackets to stay warm while they moved aircraft around us. We had a total of 29 athletes and five coaches.

Flash to our current day, we recently surpassed the 200 members mark, have 12 coaches (and counting) and a growing Special Olympics program. Over the years, we have never run one season in the same way – we are constantly growing and evolving as we learn new things.

What matters to us?

Long-term, holistic, personal growth and fitness.

What's at stake for us?

Fun, safe, supportive spaces to grow together.

What do we want for ourselves and our participants?

Confidence, creativity, and leadership.

What will it take to get this?

A family of role models to help each other step up in all ways possible.

You will notice that none of the above mentions results, scores, or medals. However, as a competitive gymnastics club, we also recognize the importance of pursuing excellence in the sport. We are committed to providing a technically sound and professional competitive atmosphere where each gymnast can strive to achieve their personal best.

While we aim for success in competitions, we believe that true achievement goes beyond scores and medals. Our goal is to nurture well-rounded individuals who thrive not just in gymnastics but in all areas of life. We encourage our participants to focus on the holistic picture of growth, supporting each other's journey towards becoming confident, creative, and resilient leaders.

2024-2025 Staff

Competitive Coaching Team

Angelina Malkoske - Head Coach, Level 3 Certified

Mikayla Doerksen - Comp 1 Certified, Comp 2/Level 3 Trained

Devyn Cole - Comp 1 Certified

Breanna Schultz – Comp 1 Trained

Janae Klassen - Comp 1 Trained

Club Admin

Dalena Juarez, Founder & CEO

Tania Schultz, Operations Coordinator

Registration Process

Registration is not guaranteed upon submission of the registration form. All registrations will be treated as applications and will be reviewed based on the participant's payment history, attendance record, and family commitment from previous years.

Once an application is approved, an initial invoice will be sent.

Please be aware that some athletes may be placed on a waitlist, depending on the number of gymnasts per level. In these cases, registrations will be processed on a first-come, first-served basis.

Competitive Program Options

Provincial Stream – Level A

This level is considered an introductory level. It is recommended athletes train a minimum of twice per week.

Level A athletes are further divided by age specific numbers (2A, 3A, 4A, 5A, 6A). This level has 2-3 routines depending on age. Level As attend competitions throughout the season to compete against other athletes within the province, as well as attend provincial championships. Athletes in level 2A and higher can attend out of province competitions.

Training Schedule

Wednesdays and Thursdays from 6-9PM (Breanna, Devyn, Janae).

Fridays from 5-9PM can be added for additional training hours. Highly recommended for athletes interested in progressing to the Western Stream in the future. (Coached by Devyn).

Membership Options for Sept 2025-June 2026

All provincial stream athletes must pay a registration fee to Gymnastics Saskatchewan and Gymnastics Canada of $166 upon registering for the season. This membership is valid at any member club until August of the current season. In addition, athletes may choose from two membership options for training:

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1) Silver Member = $250 (tax in) per month, 10-month commitment, includes two nights of training per week (Wednesday & Thursday)

2) Gold Member = $295 (tax in) per month, 10-month commitment, includes three of training nights per week (adding Friday)

Western Stream – Level 1-2B

This level is considered a beginner-intermediate level. Athletes are required to train a minimum of two times per week.

Level B athletes are further divided by age specific numbers (1B*, 2B, 3B, 4B, 5B, 6B). This level has 2-3 routines depending on age. Athletes in level 3B and higher can attend out of province competitions and are also eligible to qualify for Western Championships.

*EXCEPTION: 1B athletes compete but are not scored at a competition, only receiving awards for participation.

Training Schedule

Mondays and Tuesdays from 5-9PM (Coached by Angelina & Mikayla)

Thursdays from 5-9PM can be added for additional training hours, and this is highly recommended for athletes at this level who hope to qualify for Western Championships in the future.

Membership Options for Sept 2025-June 2026

All provincial stream athletes must pay a registration fee to Gymnastics Saskatchewan and Gymnastics Canada of $166 upon registering for the season. This membership is valid at any member club until August of the current season. In addition, athletes may choose from two membership options for training:

1) Silver Member = $250 (tax in) per month, 10-month commitment, includes two nights of training per week (Monday & Tuesday)

2) Gold Member = $295 (tax in) per month, 10-month commitment, includes three of training nights per week (adding Thursday)

Western Stream – Level 3-6B

This level is considered an intermediate to advanced level. Athletes are required to train a minimum of three times per week.

Level B athletes are further divided by age specific numbers (1B*, 2B, 3B, 4B, 5B, 6B). This level has 2-3 routines depending on age. Athletes in level 3B and higher can attend out of province competitions and are also eligible to qualify for Western Championships.

Training Schedule

Mondays 5-9PM (Coached by Angelina & Mikayla)

Tuesdays 5-9PM (Coached by Angelina & Mikayla)

Thursdays 5-9PM (Coached by Angelina & Mikayla)

Friday 5-9PM (Coached by Devyn)

Membership Options for Sept 2025-June 2026

1) Silver Member = $295 (tax in) per month, 10-month commitment, includes three nights of training per week (Monday, Tuesday, Thursday) for approximately 3 hours per night (must end an hour early and train 5-8PM if choosing this option, cannot start an hour late)

2) Gold Member = $350 (tax in) per month, 10-month commitment, includes three nights of training per week (Monday, Tuesday, Thursday) for approximately 4 hours per night*

3) Platinum Member = $375 (tax in) per month, 10-month commitment, includes four nights of training per week (adding Friday) for approximately 3-4 hours per night (may differ during competition)

*Gold is required for athletes attempting to qualify and attend Western Championships.

Advanced Stream

This level is advanced. Athletes in this stream are required to train a minimum of three times per week. Level C is suitable for athletes transitioning in or out of the national stream. National stream is the most advanced level of competition. Level B athletes in Levels 4 and under MAY be included in this stream by invitation only and must be aspiring to compete at the National level in the future.

The Advanced Stream includes Level C and National stream athletes. Level C athletes are further divided by age specific numbers (2C, 3C, 4C, 5C, 6C). This level has 3 routines. National stream athletes are further divided by age specific categories: Novice, Pre-Junior, Junior, Senior. These levels have four routines with apparatus varying for each level. Athletes in level 3C and higher can attend out of province competitions and are also eligible to qualify for Western Championships, Elite Canada & Canadian Championships (National only).

Training Schedule

Mondays 5-9PM (Coached by Angelina & Mikayla)

Tuesdays 5-9PM (Coached by Angelina & Mikayla)

Thursdays 5-9PM (Coached by Angelina & Mikayla)

Friday 5-9PM (Coached by Devyn)

Membership Options for Sept 2025-June 2026

All provincial stream athletes must pay a registration fee to Gymnastics Saskatchewan and Gymnastics Canada of $166 upon registering for the season. This membership is valid at any member club until August of the current season. The cost for National athletes is $320.

1) Silver Member = $350 (tax in) per month, 10-month commitment, includes three nights of training a week for approximately 3-4 hours (generally 4, may differ during competition season)

2) Gold Member = $375 (tax in) per month, 10-month commitment, includes four nights of training a week for approximately 3-4 hours (generally 4, may differ during competition season)

*National stream athletes are required to have a gold membership.

Training Schedules

Monthly fees should not be considered a guarantee of the number of training sessions and hours per week.

Actual hours in any given week/month may vary according to training demands, competition schedules, statutory and civic holidays, school breaks, club events, or coach absences. This includes full/partial weeks off training during school breaks as these times off are included in the calculation of the annual fees. Training will generally not be offered on civic or statutory holidays, except as planned during competition season.

Program Movement

To move from provincial to western stream, athletes must:

- Have competed at least one full year at the provincial stream level,
- Show an increased mastery of apparatus and body skills for their level,
- Demonstrated high scores/rankings at competitions in their current level,
- Be recommended by a coach to move to Western Stream.

To move from Western Stream to Advanced stream, athletes must:

- Qualify to Western Championships and score within the top 10 AA in their level,
- Be ready to commit most of their free time to training and attending competitions.

Music and Choreography

While coaches will look to each gymnast/family to provide input, the ultimate decision on music choice and choreography is the responsibility of the coaches. Music must be dynamic and appropriate for the age, skill level, and apparatus. If a certain song does not work one year, it could work the next.

Choreography fees will be billed out mid-October at $35/routine.

While choreography is taught at the beginning of the season, routines are constantly changing throughout the year. Gymnasts should be prepared to adapt and change their ways of thinking to keep up with modifications, especially during competition season.

Communication

To assist with communication, we have set up a new What's App Community for the club. Please join by using the link provided after registration.

All important information will continue to be sent via email. What's App will be used for more informal communications as well as to facilitate discussions between each team/class with more emergent message (class cancellations, reminders, etc).

Rule of Two and Electronic Communication

When following the Rule of Two, two responsible adults (a coach, staff, parent, or screened volunteer) are to be present with a participant. Ritmo observes this rule in the gym and during events with coaches and athletes. There may be exceptions in emergency situations. Coaches will also be asked to observe this rule when communicating with athletes.

The Rule of Two will also applies to parent interactions with our coaches, in person and electronically. Individual text messages or emails to any coach is not permitted. The main Ritmo email (info@ritmogymnastics.com) or number (306-717-1849) must be CCd/included in every message UNLESS it is a very generic, attendance related issue (ex "Susie is sick tonight). If texting, please use What's App so that we can save all chat history.

This policy is crucial for maintaining a safe and transparent environment. It aims to help prevent misunderstandings and ensure that all interactions are documented and monitored, thereby safeguarding both parties.

Family Commitments

Our fundraising and volunteer requirements aim to promote fairness, ensuring that all families share the responsibilities more equally.

There may be occasions when we require additional assistance beyond the mandatory volunteer hours. We hope that, despite this, families will be willing to step up and support the club, as we truly rely on your involvement and the dedication of our team families to remain in operation.

Fundraising Hours

Background

Ritmo Gymnastics' philosophy has never been about generating profit. Instead, ownership has involved significant personal investment without reimbursement or compensation to the owner for work and coaching done for the business.

Each year, we face financial challenges and significant deficits to the owner that is unsustainable. To mitigate this, we have begun to require fundraising hours from all participants in the competitive program. Our goal is to achieve sustainability while reducing costs for participants in the future. Effective fundraising will allow us to one day lower prices in other areas, such as eliminating invoices for choreography fees and coach travel expenses for events.

A detailed fundraising plan will be circulated once the season starts.

- **Silver members** at any level are required to contribute a minimum of 10 fundraising hours throughout the season, as well as provide a $25 raffle prize for the 2025 Steak Night. Silver members will receive two tickets at cost for the steak night.
- **Gold members** at any level are required to contribute a minimum of 15 fundraising hours throughout the season, as well as provide a $50 raffle prize for the 2025 Steak Night. Gold members will receive two tickets at cost for the steak night.

The definition of "hours" may vary depending on the fundraiser and will be clearly defined with each project.

There will be many opportunities to earn hours throughout the year. We will work with you to ensure that you get your hours done. We will also evaluate the requirements throughout the year and adjust as needed if we no longer require as many hours per athlete as anticipated.

If a family does not complete their fundraising hours by April 30 of the current season (or submit a plan to do so prior to end of June of the current season), they will be required to pay out their remaining hours at a rate of $100 per hour before their athlete is eligible to participate in Provincial Championships.

Fundraising Opt Out

Fundraising commitment hours can be bought out for the price of $1000 per gymnast for the season. This buy out option is only available at the beginning of the season and not on an ongoing basis, however it can be split into 10 months along with the monthly tuition payments. If there are multiple athletes, each family is responsible for the number hours of the child who trains the most hours.

If the buyout option is chosen, these fees are completely NON-REFUNDABLE at any point in the season, regardless of what happens with the gymnast's training schedule and/or registration with the club.

Volunteer Hours

Equally vital to our financial health is the commitment of our members to volunteer hours. Volunteer efforts are crucial for maintaining the smooth operation of our club and supporting various events and activities. Your contributions directly impact our ability to provide quality programs and opportunities for our athletes.

- **Silver members** at any level are required to contribute a total of 10 volunteer hours throughout the season. Up to 2 hours of extra vacuuming can count towards this total.
- **Gold members** at any level are required to contribute a total of 15 volunteer hours throughout the season. Up to 2 hours of extra vacuuming can count towards this total.

The definition of "hours" may vary depending on the event/position and will be clearly defined with each project. These hours are essential to our community-driven approach, helping us manage events, assist with administrative tasks, and support the overall functioning of the club. Volunteer hours cannot be bought out – we need your participation, not just financial contributions!

Families may choose to pay others to fulfill their shifts at a recommended rate of $35 per hour – but this is up to families to manage and track independently.

If there are multiple athletes, each family is responsible for the number hours of the child who trains the most hours.

There will be many opportunities to earn hours throughout the year. We will work with you to ensure that you get your hours done. We will also evaluate the requirements throughout the year and adjust as needed if we no longer require as many hours per athlete as anticipated.

Carpet Maintenance and Transportation

The competitive team will be responsible for carpet maintenance and transportation to and from events, as the carpet is only required for the competitive athletes. Each family must complete a full vacuum of the space at least twice during the season. A signup link will be included in the registration form. Initially, families can sign up for a maximum of two slots so that every family has had the opportunity to sign up. After that, the signup will be circulated again, and families can take additional slots, which may count towards their volunteer hours.

For our showcases and the Ritmo Invitational, each family is required to provide one able-bodied person to assist with rolling and transporting the carpets from Ritmo to the event venue and back. **This commitment does not count towards volunteer hours.** Families may choose to pay others to fulfill this requirement at a recommended rate of $35 per hour. The only exception to this requirement is if an athlete has provided a medical note and is not participating in the Showcase or Invitational.

Competitions/Travel

Competition experience is the best way for athletes to gain confidence and improve scores throughout the season. They are an added expense with entry fees and travel expenses. A detailed competition calendar with estimated costs will be finalized and sent out as early as possible in the season. Athletes who attend competitions share the travel expenses and wage for the required coaches (and sometimes judges) to attend.

Fees are invoiced before attending and are non-refundable.

Ritmo does not coordinate team travel. When we attend competitions, athletes and their families are responsible for getting to and from the competition however they wish. This allows for flexibility in travel choices (driving or flying) as well as accommodation (hotel or family/friends). Sometimes coaches may join in on a carpool to save costs. Any travel arrangements (hotel rooms, rental cars, purchasing meals) involving Ritmo coaches must be approved by Ritmo beforehand.

Despite this flexibility, there are still expectations that all families MUST abide to during a weekend/week of competition:

1) The coach attending with the team has the first authority on any team decisions for the duration of the competition. Examples of this include but are not limited to:

- Arrival and departure times to the host city, as well as the competition gym
- Required team meetings (usually held at the coach's hotel, no matter who else may or may not be staying there)
- Recreational activities (for example asking athletes not to swim the night before a competition)
- Meals (including suggested mealtimes, types of food, and whether the team will be required to go for team meals at any point)
- Athlete's use of phones and recommended curfews

2) Parents and other spectators are expected to remain positive in and out of the competition area, especially around other people (Ritmo or other clubs). You never know who is next to you and who could be hurt by what you think may be an innocent comment. Competition is often stressful for everyone - please reflect on how you react to situations and how those reactions may affect those around you.

3) EVERYONE is expected to refrain from commenting on teammate's scores and/or providing any feedback to other Ritmo athletes and parents. These conversations should be kept between the athlete, parents, and Ritmo coaches.

Competitions that require qualification

Some competitions require qualification before athletes can attend. Many of these qualification processes are created by Gymnastics Saskatchewan, with consultation by the Rhythmic Technical Committee (RTC). These standards are put in place to ensure that

athletes with potential to rank highly at an event have the opportunity to represent Saskatchewan and receive funding for their travel.

Elite Canada

Elite Canada is unique in that the qualification process is based on the results of the Canadian Championships in the previous year. Gymnastics Canada sends out a qualification list months before the competitions, and if athletes have qualified, they are permitted to register. It is not a Team Sask event; however Gymnastics Saskatchewan often funds one coach per club to attend, which brings down the cost for the club athletes.

Western Championships

The provincial qualification rules change from year to year. We do not know what the qualification will be for the 2025 season. This will be communicated to families as the coaching team gets more information.

Canadian Championships

Athletes qualify to attend this competition at Western Championships. Saskatchewan generally gets two spots per province, per level.

Ritmo's Responsibility

While there may be provincial/national qualification standards in place, it is also our job as coaches to determine if an athlete is ready to attend a major competition. Athletes will be asked at the beginning of the season what their goals are, and we will work together to achieve them. However, if the coaching team does not feel an athlete is ready to attend a major competition, we will not support them to attend. If this is the case, we will have open and honest conversations with the athlete and family to determine the best course of action.

Mock Competitions

A mock competition is a practice competition. We simulate all aspects of a competition as best we can in our space and usually hold them one week before a real competition.

Why?

Competing is a skill that needs to be practiced. Competitions include things we can control and things we can't control.

Athletes need to know how to control their performance. They also need to be prepared to be unaffected by things they can't control. Competitors may not know how they will react to changes until they are faced with them; for example many athletes will make more mistakes when their parents are watching. It is important to learn what affects an athlete negatively so that they can build tools to be able to master these fears for when it counts. Competing well is a learned and developed skill. This process takes work and time.

By holding mock competitions, we help athletes get closer to their goals of knowing themselves well enough to become confident at competitions.

Please help by coming out to watch all the athletes!

Athletes:

Come with hair and make-up competition ready, with all competition suits ready to be changed into.

Team Bonding

Since COVID, we have felt the community shift as we no longer get to see athletes and their families as much in and out of the gym. To address this, we are planning to host parent nights at the gym where everyone can come together and spend some time (if interested). These will be led by Operations Coordinator, Tania Schultz.

Birthday Treats

Many athletes love to bring birthday treats to the gym on/around their special day. We ask that if you are planning to do this that you find out how many gymnasts will be at the gym that night to ensure there is enough for everyone. Please keep treats as healthy and neat as possible to avoid any messes on the carpet.

Social Activities

Not all families and athletes will spend time together outside of the gym. However, please be sensitive to other athletes who may not be part of a private social gathering and refrain

from associating it with the Ritmo tag (for example, having a small group of athletes together outside of training and saying something like "Ritmo is heading to the park today!").

Parent Expectations and Requirements

Expectations

As a parent, the most important thing your child needs to hear from you is that you loved watching them. It is up to her and her coaches to make any adjustments to her competition preparation. As a parent you can help most by facilitating healthy food, hydration, good sleep, organized bags, and being supportive of any performance outcome.

I Love To Watch You Play by Robyn Kademan

Parenting is one of the hardest things anyone will ever do, and sports parenting adds another level of challenge. Lucky for me, I have great people around me who have shared great advice with me along the way.

Probably the best advice I was ever given when my son started playing sports at age 4 was from a former college basketball player, varsity coach, teacher, and amazing dad. He gave me six magic words to share with my son at the end of every game: “I loved to watch you play.”

I must have looked confused when he said it because he elaborated. If you comment on the goal they scored or the block they made, they will think that those are the things that made you happy. They may also think that not doing those things would make you mad. That is not what was intended; you were simply excited. Instead, if you say, “I loved to watch you play,” they know that the outcome is not what matters, and the confusion goes away.

Robyn Kademan has been coaching youth sports since she was a teenager, has been teaching middle schoolers for twenty-plus years, and has six years of youth sports parenting under her belt. Through it all, she’s loved

watching the joy that sports bring to kids. The sparkle in an eye when that first goal is scored, the cheers from a team when a friend has a great hit, and the kindness kids show teammates when someone is struggling are the things that bring her joy. I love to watch you play, and her tribe of fellow sports parents have helped her grow on her sports parent journey, and she hopes to pass on some of that wisdom to others.

For more sport parent resources, please visit:

https://ilovetowatchyouplay.com/

https://truesportpur.ca/

https://changingthegameproject.com/

Requirements

All parents will be required to submit a proof of completion of the "Respect in Sport for Parents" e-learning course, EVERY 2 YEARS.

Feedback and Safe Sport Policy

We welcome feedback and suggestions on our programming at any time via email at info@ritmogymnastics.com. Please note that while we value and review all input, we may not be able to provide individual responses. We will share relevant training plans as needed; however, we are not obligated to and will not share daily, weekly, or other detailed performance plans.

If a gymnast is unable to continue the season due to medical reasons or dissatisfaction with the season and/or programming, families must give at least one month's written notice of cancellation.

For complaints and dispute resolution, Ritmo has adopted the most recent Safe Sport policies of Gymnastics Saskatchewan. The full policy suite and complaint process can be found HERE.

Conclusion

Thank you for taking the time to read through our handbook. We are thrilled to have you as part of the Ritmo Gymnastics team and look forward to a fantastic season ahead. Remember, our journey is not just about winning medals but about growing together, supporting each other, and becoming the best versions of ourselves both in and out of the gym.

Let's make this season one filled with hard work, laughter, and unforgettable memories. Together, we can achieve greatness and create a positive, inspiring environment for everyone involved!

ATHLETE & COACH EXPECTATIONS

- COMPETITIVE TEAM -

Our goal is to create a positive, disciplined, and growth-oriented environment where athletes can thrive. These expectations promote respect, accountability, and excellence in and out of the gym.

ATHLETES

COACHES

TRAINING

- Arrive on time, dressed in full training attire with hair secured neatly.
- Bring all necessary equipment (apparatus, training tools, water bottle, etc.).
- Be mentally and physically prepared to give your best effort every day.
- Demonstrate respect to coaches, teammates, and yourself.
- Follow the training plan and stay focused throughout practice.
- Maintain a positive attitude—even during difficult or challenging sessions.
- Take responsibility for corrections and apply feedback.
- Headphones may only be used with coach permission.
- Keep phones and other distractions away unless approved by a coach.
- Communicate any injuries, pain, or issues before training starts.

- Arrive prepared with a structured training plan.
- Provide clear, constructive, and individualized feedback.
- Foster a safe, supportive, and disciplined training environment.
- Demonstrate respect for all athletes, coaches, and yourself.
- Communicate expectations calmly and consistently.
- Encourage athlete confidence, resilience, and growth mindset.
- Model professionalism and respectful communication.
- Remain engaged and focused during the training session.
- Stay informed and current with judging and technique standards.

ATHLETE & COACH EXPECTATIONS

- COMPETITIVE TEAM -

ATHLETES

COMPETITIONS

• Arrive early, fully prepared, and in the correct club attire.

• Maintain focus and composure throughout the day.

• Support and encourage teammates—success is a shared experience.

• Listen to coach instructions promptly and respectfully.

• Respect all officials, volunteers, and other athletes.

• Keep the competition area clean and organized.

• No negative talk about your own or others' performances.

• Celebrate effort, not just medals.

COACHES

COMPETITIONS

• Arrive early and ready to support athletes throughout the day.

• Ensure athletes are mentally and physically prepared.

• Maintain professional conduct with judges, organizers, and other coaches.

• Remain composed and encouraging, especially in high-pressure moments.

• Prioritize athlete well-being, both physically and emotionally.

• Represent the club values with pride and integrity.

OPEN COMMUNICATION

Athletes and coaches are expected to communicate openly, respectfully, and directly. Concerns or issues should be brought to the coach's attention privately and calmly. Families should direct all communication through appropriate channels (whats app).

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PARENT EXPECTATIONS

- COMPETITIVE TEAM -

Our goal is to create a positive, disciplined, and growth-oriented environment where athletes can thrive. These expectations promote respect, accountability, and excellence in and out of the gym.

1. Supportive Environment

- Encourage your child with positive reinforcement regardless of performance.
- Celebrate effort, progress, and dedication more than competition results.
- Avoid coaching your child from the sidelines or comparing them to others.

2. Respect for Coaches and Staff

- Trust the professional judgment of coaches in matters of training, progression, and competition readiness.
- Direct all questions or concerns through appropriate channels, such as scheduled meetings, whats-app, or email—not during training times.
- Avoid interrupting or engaging with coaches during active sessions.

3. Commitment and Attendance

- Ensure your child attends all scheduled practices, events, and competitions unless there is an emergency.
- Notify coaches promptly about any absences, illnesses, or injuries.

4. Sportsmanship and Team Culture

- Promote a positive team culture by modeling respect, kindness, and patience.
- Speak positively about the team, gymnasts, coaches, and other families.
- Refrain from gossip, negativity, or drama that may disrupt the group environment.

5. Competition Conduct

- Be a supportive spectator—cheer for all gymnasts and respect all judging decisions.
- Do not approach judges, meet organizers, or coaching staff during competition.
- Respect the team's preparation routines (e.g., warm-up areas are for gymnasts and coaches only).
- Refrain from guessing or analyzing scores- if you have a question, please ask a coach after the competition is over.
- Refrain from any negative talk in the stands. Always be positive!

RG

PARENT EXPECTATIONS

- COMPETITIVE TEAM -

Our goal is to create a positive, disciplined, and growth-oriented environment where athletes can thrive. These expectations promote respect, accountability, and excellence in and out of the gym.

6. Communication

- Check team communication platforms (email, whats-app, bulletin boards) regularly for updates.
- Respond to messages in a timely manner and meet registration, payment, or consent deadlines.
- Keep coaches informed of any changes that might affect your child's participation (e.g. medical conditions, scheduling conflicts).

7. Commit to fundraising efforts or volunteer requirements as outlined by the club.

8. Practice Etiquette

- Drop off and pick up your child on time.
- Ensure your child arrives prepared, with appropriate attire, hair done, and required equipment.

9. Social Media Use

- Share photos and updates responsibly, ensuring gymnasts are portrayed positively.
- Do not post criticism about athletes, coaches, or competitions on social media.
- Respect privacy by asking permission before sharing images of other athletes.

10. Open Dialogue

- Foster an honest, respectful relationship with coaches and staff.
- Share any concerns calmly and professionally, aiming for collaborative solutions.
- Remember that a united support system (parents, coaches, gymnasts) leads to the best outcomes for your child.

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