



COMPETITIVE PROGRAM

2013-2014 SEASON

Rhythmic Gymnastics is a beautiful and challenging sport that combines elements of artistic gymnastics with many styles of dance. It incorporates the use of the five hand held apparatus: Rope, Ball, Hoop, Ribbon, and Clubs, with various movements to music.

Our competitive rhythmic gymnastics programs start at 4 hours per week, with our highly competitive Elite Provincial Stream athletes training a total of 15 hours per week. Our talented staff of coaches and choreographers ensure our athletes develop their skills in a fun and encouraging atmosphere. All of our competitive programs will cover strength and conditioning training, flexibility training, basic ballet, and apparatus and skill development. A large focus in the competitive stream is placed on developing and maintaining either individual (gymnast performs by herself) or group (two to five gymnasts performing together) routines. Gymnasts will have the opportunity to perform and compete their routines many times throughout the season.

The Sapphires Rhythmic Gymnastics Club is the ideal place to watch your daughter grow. She will develop self-confidence, and a passion for a healthy, active lifestyle!

Club Information and Policies

About the Program:

- Competitive classes begin Saturday, September 7th and end the first weekend in June.
- No classes on statutory holidays, school winter and spring breaks.
- **Dates, times and locations are subject to change.**
- The Sapphires reserve the right to combine or cancel any class that does not meet the minimum requirement of 5 gymnasts.
- All coaches are certified according to the National Coaching Certification Program and in CPR & First Aid.
- **The Sapphires are not responsible for class cancellations caused by the facility provider.** In the event of a facility cancellation, the Sapphires will attempt to arrange for the use of an alternate facility. However, if another facility is not available, the class will be cancelled and may or may not be rescheduled for another date.

Fees:

- There is a Family discount for 2 or more children - \$25.00 per child (competitive programs only) if registering by August 15th, 2013.
- There is an early registration discount of \$35.00 per child if registering by August 15th, 2013.
- There is a discount of \$25.00 per child if paying the years training fees in full. Payment must be received no later than August 15th, 2013 in order to be eligible for the discount.
- If you are a Sapphires coach, you will receive a \$40 reduction in your fees.
- Registrations received **after** the regular registration date of August 19th, 2013 will be subject to a \$50.00 late registration fee.
- All fees include pictures, club displays, year-end windup, and group equipment.
- Registration with Rhythmic Gymnastics Manitoba (RGM) is **mandatory** (added to base fee). Approximately \$50 to \$100.
- Additional costs for competitive gymnasts may include:
Bodysuits, individual equipment, toe shoes, club tracksuit (optional), group competition suit, competitions (\$30.00 - \$120.00 each), out-of-town competitions (optional), winter & spring camps (optional).
- You may also want to take advantage of the Sapphires used bodysuit/equipment sale in the fall. Details on this event will be distributed in September.
- There will be a \$25.00 administration charge for all NSF cheques.
- KidSport Canada provides funds to support grants available to kids who are unable to participate in sport due to financial barriers. For more information on KidSport or to submit an application for your daughter, go to www.kidsportcanada.ca
- Regrettably, an athlete whose account is in arrears will lose her training privileges until such time as her account is brought up to date. Similarly, fees for competitions must be received by the registrar prior to any athlete being registered for a competition.
- Payments can be made in one full payment, monthly, or quarterly payments. The Sapphires will accept cash or cheque only. Please do not send cash in the mail. If you are paying monthly or quarterly, post-dated cheques must be submitted with your registration. Full details on payment options can be found in the attached Fee Payment Schedule.

Refund Policy:

- In the event of a program cancellation by the Sapphires, a full refund will be issued.
- Program refunds made at the request of the participant will be subject to an administration fee of 10%.
- Refunds will be made up to December 1st, 2013 and will be pro-rated based on the number of classes that took place between the start of the season to the date of the refund request.

Fundraising:

- Fundraising is an important part of any non-profit organization but one we try to keep to a minimum. Funds are used to enhance our programs by way of new equipment, music, and special events. We greatly appreciate any assistance you can provide.
- **Optional Fundraising** events may include selling gift cards, working bingo, selling poinsettias, etc. Gymnasts may be eligible for a reduction in their fees for participation in specific fundraisers. Information regarding these events will be sent to you via our Club Newsletter.

Parent Volunteer Requirements:

- **Parent support** is greatly relied upon to keep our club operating efficiently, and to provide optimal support for our coaches, and ultimately, our athletes. Our coaches are assisted by a Parent Board, who take on duties such as coordinating special events, competition registrations, managing facilities and equipment, communication, bookkeeping, liaising with the Rhythmic Gymnastics Manitoba, etc. The Board meets monthly. We ask that all parents attend our first meeting of the season, in late September, in order to learn how they can become involved and to obtain information about the coming season. More details will be provided in our September Club Newsletter.
- **Mandatory** participation includes volunteering at our competition, Northern Lights Cup/Sapphires Challenge (tentatively scheduled for mid-February), and 1-2 competitions hosted by RGM which require the participation of each club. Every effort is made to coordinate parents' volunteer times with when their daughter has to be at the competition venue, and there is plenty of relief volunteers to ensure that no one misses their daughters' performance. These are wonderful opportunities to meet other parents, both within our club, and from other clubs, and share in the fun and friendship of the Manitoba rhythmic gymnastics community.

Notes regarding Competitive Classes:

- Competitive rhythmic gymnastics is done on a 13m² carpet. Since some of the facilities we access for regular training do not have a carpet, in order to gain experience using the carpet, gymnasts in level 1 will be invited to train an additional one practice per month, at a facility with a carpet, beginning in November. The practices are tentatively scheduled for Sunday afternoons; more information will be provided as soon as it is available. The cost for these additional practices is included in the registration fees.
- If a gymnast is unavailable on an evening when her class is scheduled please contact the Head Coach as there may be an option to train on an alternate day. The Sapphires try to accommodate family's schedules as best as possible because we believe it is important children have the opportunity to participate in other activities such as piano, dance, swimming, etc. if they choose.
- If a gymnast would like to train more than the required 2-4 days per week, please contact the Head Coach to identify additional training days. A schedule and corresponding fee will be coordinated according to the athlete's needs/goals.

PROVINCIAL STREAM INDIVIDUAL COMPETITIVE CLASSES:

Level 1A & 1B

Level 1 – ages 6, 7 & 8 (as of December 31, 2014)

This class meets 2 days per week for 2 hours each day (4 hours per week total). The class days, times and locations are as follows:

Monday	Lansdowne School	5:30pm to 7:30pm
AND		
Thursday	Lansdowne School	5:30pm to 7:30pm

*Note: gymnasts born in 2008 are eligible to register for Level 1A. Gymnasts in this level will not compete against other gymnasts but will have the same performance and evaluation opportunities as gymnasts in Level 1B (born 2006 or 2007).

Level 2A & 2B, Level 3A

Level 2 – age 9 (as of December 31, 2014)

Level 3A – age 10 (as of December 31, 2014)

This class meets 2 days per week for 2.5 hours each day (5 hours per week total). The class days, times and locations are as follows:

Sunday	Max Bell Centre	1:30pm to 4:00pm
AND		
Thursday	Lansdowne School	6:00pm to 8:30pm

Level 3A, 3B, Level 4A

Level 3 – age 11 (as of December 31, 2014)

Level 4A – age 12 & 13 (as of December 31, 2014)

This class meets 2 days per week for 2.5 hours on one day and for 3 hours on the second day (5.5 hours per week total). The class days, times and locations are as follows:

Sunday	Max Bell Centre	2:30pm to 5:00pm
AND		
Tuesday	Lansdowne School	5:30pm to 8:30pm

Level 4B, 4C, Level 5A

Level 4 – ages 12 & 13 (as of December 31, 2014)

Level 5 – ages 14 & 15 (as of December 31, 2014)

This class meets 2 days per week for 3 hours on one day and for 2.5 hours on the second day (5.5 hours per week total). The class days, times and locations are as follows:

Sunday	Max Bell Centre	6:00pm to 9:00pm
AND		
Wednesday	Lansdowne School	6:00pm to 8:30pm

Level 5B & 5C, Level 6A, 6B & 6C

Level 5 – ages 14 & 15 (as of December 31, 2014)

Level 6 – ages 16 & up (as of December 31, 2014)

Gymnasts have the option to train either two or three days per week for a total of either 6 or 9 hours per week. The class days, times and locations are as follows:

Wednesday	Isaac Brock School	6:30pm to 9:30pm
Saturday	Wheelies Roller Rink	8:00am to 11:00am
Sunday	Max Bell Centre	4:00pm to 7:00pm

Elite Provincial Stream Program

Level 4C – ages 12 & 13 (as of December 31, 2014)

Level 5B, 5C – ages 14 & 15 (as of December 31, 2014)

Level 6B, 6C – ages 16 & up (as of December 31, 2014)

Gymnasts have the option to train either three or four days per week for a total of 9 - 12.5 hours per week. The class days, times and locations are as follows:

Tuesday	Lansdowne School	5:30pm to 9:00pm
Wednesday	Isaac Brock School	6:30pm to 9:30pm
Saturday	Wheelies Roller Rink	9:00am to 12:00pm
Sunday	Max Bell Centre	4:00pm to 7:00pm

PROVINCIAL STREAM GROUP CLASSES:

Novice & Junior Group

Novice – ages 10-12 (as of December 31, 2014)

Junior – ages 13-15 (as of December 31, 2014)

This class meets one day per week for 3 hours. The primary focus of this class is group, however throughout the year gymnasts will work on developing individual skills in addition to the group routine.

Friday Lansdowne School 5:30pm to 8:30pm

Senior Group

Senior – ages 16 & up (as of December 31, 2014)

This class meets one day per week for 3 hours.

Wednesday Isaac Brock School 6:30pm to 9:30pm