



## INTERCLUB COMPETITIVE PROGRAM 2017 – 2018 SEASON

Rhythmic Gymnastics is a beautiful and challenging sport that combines the elements of artistic gymnastics with the 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 Interclub rhythmic gymnastics program is a great option for gymnasts looking for something more than a recreational class, but not quite the commitment of the provincial stream competitive program. Gymnasts in the interclub program have the option of training once or twice per week. Our talented staff of coaches and choreographers ensures our athletes develop their skills in a fun and encouraging atmosphere. Classes in the interclub program cover strength and conditioning training, flexibility training, basic ballet, and apparatus and skill development. A large focus is placed on developing and maintaining individual 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:

- Provincial Stream competitive classes begin Saturday, September 9th, 2017, and end the first weekend in June 2018. Please note that after Provincial Championships (normally held around mid-April), training consists of group practices for Provincial Gymnaestrada, and typically run once per week. A detailed practice schedule and further information will be available approximately mid-April 2018.
- 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 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.

# INTERCLUB PROGRAM DETAILS:

Base Fee: 1 day - \$ 500  
2 days - \$1000

- Level 1 – ages 7 and 8 (born 2011 or 2010)
- Level 2 – ages 9 and 10 (born 2009 or 2008)
- Level 3 – ages 9, 10 and 11 (born 2009, 2008 or 2007)
- Level 4 – ages 11, 12 and 13 (born 2007, 2006 or 2005)
- Level 5 – ages 13, 14 and 15 (born 2005, 2004 or 2003)
- Level 6 – ages 15 and up (born 2003 and earlier)

\*Age is determined as of **December 31, 2018**

The interclub program is a great segue into competitive training. Beginning in September 2016, this program replaced the Sapphires Pre-Competitive program. The interclub program gives gymnasts a taste of what provincial stream training is like, with less of a commitment.

The interclub program allows for competitive opportunities for athletes of all ages and abilities. Gymnasts competing in the interclub stream are adjudicated but not ranked against other gymnasts in their level. Gymnasts receive a gold, silver, bronze or participation award based on their performance at a competition. This creates a positive, fun and encouraging competition environment!

Gymnasts have the freedom to choose to compete as much or as little as they like throughout the season. Typically, there are between 3 and 6 competitions during the competitive season (December to May). If a gymnast is unsure of her desire to compete, it is completely acceptable for her to train in the interclub program and not compete at all, or only compete once or twice during the season. In addition to competitions, gymnasts will have various other opportunities to perform their routines throughout the season (Sapphires Winter/Spring displays, mock competitions, etc.). Parents are encouraged to communicate regularly with their daughters' coach regarding upcoming competition and performance intentions.

Gymnasts in this program have the option to train once or twice per week. Classes are 2.5 hours in length, for a total of 2.5 or 5 hours per week. The class days, times and locations are as follows:

Monday	Lansdowne School	6:00pm to 8:30pm
Thursday	Isaac Brock School	6:30pm to 9:00pm

As there is overlap with some ages and levels, the coaching team will determine the level each gymnast is placed in. Parents and gymnasts are welcome to provide their input to the coaching team regarding level placements.

## Fees:

- All fees include pictures, club displays, and the year-end windup.
- Registration with Rhythmic Gymnastics Manitoba (RGM) is **mandatory** and the fee of \$60 will be added to the base fee.
- There is a family discount for 2 or more children registered in the interclub competitive program of \$25 per child, if registered by August 7, 2017.
- There is an early registration discount of \$35 per child if the completed registration package is received by August 1, 2017.
- There is a discount of \$35 per child if paying the years training fees in full. Payment must be received by August 7, 2017 in order to be eligible for the discount.
- Completed registration packages received **after** the regular registration deadline of August 7, 2017 are considered late, and subject to a \$50 late registration fee.
- A deposit of \$150 (post-dated cheque for December 1<sup>st</sup>) for competition fees during the season is required at the time of registration. Competition fees range from \$75 - \$100, and there are 6 local competitions: ARGO, Royals, Sapphires Challenge, Elite Manitoba, HPTCI Manitoba Cup, and Provincials. Depending on the competitions attended, additional fees may be required by March 1<sup>st</sup>, 2018. Should there be any unused competition fees remaining in the athlete's account at the end of the season, the amount will be refunded. Fees for out of town competitions are additional, and information with regard to these competitions will be provided during the season.
- Payments can be made in one full payment, monthly, or quarterly payments. The Sapphires will accept cheques only. 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. Please contact Karen Trojan (Club Treasurer) if you have any further questions regarding payment.
- 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.
- There will be a \$35 administration charge for all NSF cheques.
- There will be a \$35 administration fee for all changes to an athlete's training program at any time during the season.
- Kidsport Canada provides funds to support grants available to kids who are unable to participate in sports due to financial barriers. For more information on Kidsport, or to submit an application for your daughter, go to [www.kidsportcanada.ca](http://www.kidsportcanada.ca). Please note that the submission of an application **does not** reduce the amounts required to complete registration. Should an amount from Kidsport be received by Sapphires, fees will be adjusted accordingly.

## Additional Costs:

- Bodysuits, individual equipment, toe shoes, club tracksuits, competitions (\$75 - \$100 each), summer, winter and spring camps (optional).
- You may want to take advantage of the Sapphires used bodysuit/equipment sale in the fall. Details on the event will be distributed in September.

## 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% of the training fees.
- Refund requests will be accepted up to December 1, 2017 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.
- Please note that the mandatory RGM fee of \$60 is **non-refundable**.

## 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 bingos, selling poinsettias, etc. Information regarding these events will be provided at the Sapphires AGM in September, 2017, and sent via email.

## 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 registration, managing facilities and equipment, communication, bookkeeping, liaising with Rhythmic Gymnastics Manitoba (RGM), etc. The Board meets several times per season. 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 upcoming season. More details will be provided in September.
- Mandatory participation includes volunteering at our competition, Northern Lights Cup/Sapphires Challenge, 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 are 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.

<b>2017/2018 Class &amp; Fee Schedule:</b>						
	Days	Time	Location	Base Fee	RGM Fee	Total Fee
Levels 1 - 6 Interclub *Choice of 1 or 2 days per week	Monday	6:00pm-8:30pm	Lansdowne School	\$500.00 (1 day) \$1,000.00 (2 days)	\$60.00	<b>\$560.00 (1 day)</b> <b>\$1,060.00 (2 days)</b>
	Thursday	6:30pm-9:00pm	Isaac Brock School			

<b>2017/2018 Payment Options:</b>							
Class:	Payment Option:	Total Fees: (payment in full)	Total Fees: (payments)	Initial Payment: Aug 1, Aug 7, or Sept 1	Post Dated Cheque Options		
					Quarterly		Monthly
					Dec 1st	Mar 1st	
Levels 1 - 6 Interclub *1 day per week	Early Bonus - before Aug 1st	\$490.00	\$525.00	\$195.00	\$165.00	\$165.00	\$55.00
	Regular - by Aug 7th	\$525.00	\$560.00	\$230.00			
	Late - after Aug 7th		\$610.00	\$280.00			
Levels 1 - 6 Interclub * 2 days per week	Early Bonus - before Aug 1st	\$990.00	\$1,025.00	\$365.00	\$330.00	\$330.00	\$110.00
	Regular - by Aug 7th	\$1,025.00	\$1,060.00	\$400.00			
	Late - after Aug 7th		\$1,110.00	\$450.00			
*Total fee includes RGM registration of \$60							
*Competition Fees deposit of \$150 is required on an additional cheque post-dated December 1, 2017							



### **Summer Registration Discount!**

Register by August 1, 2017 and receive a \$35 reduction in your fees.



### **Family Discount!**

Receive a \$25 reduction in fees per child if you register by August 7, 2017.

## How to Register:

1. Fill out the Sapphires REGISTRATION FORM.
2. Complete the Sapphires PAYMENT FORM.
3. Complete and sign the SAPPHIRES WAIVER FORM AND AGREEMENT.
4. Complete and sign the RGM RELEASE FORM.
5. Mail or drop off the Registration Form, Payment Form, Sapphires Waiver and Agreement, and RGM Release Form to:

Karen Trojan  
713 Airlies St.  
Winnipeg, MB R2V 2Z4

\*Include all post-dated cheques with your registration (payment in full OR initial payment cheque, competition deposit cheque, as well as quarterly/monthly cheques). Registrations received without ALL the required forms and payments/cheques will be considered incomplete, and the gymnast will **not** be registered.

The registration deadline is August 7, 2017. Registrations received after this date will be considered late and will be subject to a \$50 late penalty. The \$50 late fee must be included with the initial payment or the registration cannot be accepted.

If you have any questions about our interclub program, or would like to discuss your daughter's training schedule for next season, please contact:

Mikayla Trojan (Interclub Coach)  
Phone: (204)229-9079  
Email: [mikayla.trojan14@hotmail.com](mailto:mikayla.trojan14@hotmail.com)

Karen Trojan (Club President/Treasurer)  
Phone: (204)471-7346  
Email: [kat729@hotmail.ca](mailto:kat729@hotmail.ca)

Tanya Manastersky (Head Coach)  
Phone: (204)226-2351  
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