



R H Y T H M I C G Y M N A S T I C S

# INTERCLUB & PROVINCIAL STREAM COMPETITIVE PROGRAM 2019 – 2020 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 rhythmic gymnastics programs start at 2.5 hours per week. Our talented staff of coaches and choreographers ensures our athletes develop their skills in a fun and encouraging atmosphere. The Interclub rhythmic gymnastics program is a great option for gymnasts looking for something more than a recreational class, while the Provincial Stream program is great for those ready for a bigger commitment.

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 (three 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:

- Provincial Stream competitive classes begin Saturday, September 7<sup>th</sup>, 2019, and end the first weekend in June 2020. Please note that after Western Regional Championships (normally held around mid to late April), training consists of group practices for Provincial Gymnaestrada, and typically run twice per week. A detailed practice schedule and further information will be available approximately mid-April 2020.
- 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.

### Fees:

- All fees include pictures, club displays, year-end windup, and use of group equipment.
- 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 competitive program of \$25 per child, if registered by August 31, 2019.
- There is a discount of \$35 per child if paying the years' training fees in full. Payment must be received by August 31, 2019 in order to be eligible for the discount.
- If you are a Sapphires coach, you will receive a reduction of \$50 in your competitive training fees if registered by August 31, 2019.
- Completed registration packages received **after** the regular registration deadline of August 31, 2019 are considered late, and subject to a \$50 late registration fee.
- The mandatory volunteer deposit fee of \$75 is due at registration, and will be added to the base fee.
- A deposit of \$300 (post-dated cheque for December 1, 2019) for competition fees during the season is required at the time of registration. Competition fees range from \$75 - \$160, 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>, 2020. 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 (e-transfer or cheque), monthly payments, or quarterly payments. The Sapphires will accept cheques only for monthly or quarterly payments. All cheques/payments must be submitted with your registration. Full details on payment options can be found in the attached *Class & Fee 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, group competition bodysuit, competitions (\$75 - \$160 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, 2019 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. An administration fee of \$35 will be applied.
- There are no refunds after December 1, 2019.
- 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, selling poinsettias, etc. Information regarding these events will be provided at the Sapphires AGM in September 2019, 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, communication, bookkeeping, liaising with Rhythmic Gymnastics Manitoba (RGM), etc. The Board meets several times per season.
- It is **MANDATORY** 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.
- **NEW this season** – a Volunteer Deposit of \$75 is required at registration. Upon the completion of three 2-hour shifts at competitions, this deposit will be credited back to the athlete account at the end of the season.
- 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.

### **Notes Regarding Competitive Classes:**

- Competitive rhythmic gymnastics is done on a 13m<sup>2</sup> carpet. The Sapphires are proud to be able to offer training on a carpet at least once per week to all competitive gymnasts.
- If a gymnast is unavailable on an evening when her class is scheduled, please contact the Head Coach at the start of the season 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 an 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 2-3 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.
- Gymnasts have the freedom to choose to compete as much or as little as they like throughout the season. Typically, there are between 4 and 6 competitions throughout the season, usually taking place during December to May. If a gymnast is unsure of her desire to compete, it is completely acceptable for her to train in the provincial stream 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.

### **Contact Information:**

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

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

- If you have any questions about fees, payments, or payment plans, please contact:

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

# INTERCLUB INDIVIDUAL CLASSES:

Levels 1 - 6

Base Fee: 1 day - \$525

Level 1 – ages 7 and 8 (born 2013 or 2012)

Level 2 – ages 9 and 10 (born 2011 or 2010)

Level 3 – ages 9, 10 and 11 (born 2011, 2010 or 2009)

Level 4 – ages 11, 12 and 13 (born 2009, 2008 or 2007)

Level 5 – ages 13, 14 and 15 (born 2007, 2006 or 2005)

Level 6 – ages 15 and up (born 2005 and earlier)

\*Age is determined as of **December 31, 2020**

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! Classes are 2.5 hours in length. The class day, time and location are as follows:

Monday	Lansdowne School	6:00pm to 8:30pm
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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. New this season, there is also the option to compete as an Interclub group. More information will be available in the fall if there is enough interest.

\*Please note, a deposit of **\$200** (post-dated cheque for December 1, 2019) 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>, 2020. Should there be any unused competition fees remaining in the athlete's account at the end of the season, the amount can be refunded, or used for the following year. Fees for out of town competitions are additional, and information with regard to these competitions will be provided during the season.

# PROVINCIAL STREAM INDIVIDUAL COMPETITIVE CLASSES:

Level 2, 3 and 4  
Gymnasts born in 2011, 2010, 2009, 2008

Base Fee: 2 days - \$1050

Level 2 – ages 9 and 10 (born in 2011 or 2010)  
Level 3 – ages 9, 10 and 11 (born 2011, 2010, or 2009)  
Level 4 – ages 11 and 12 (born 2009 or 2008)  
\*Age is determined as of December 31, **2020**

Classes are 2.5 hours in length, for a total of 5 hours per week. Gymnasts interested in more training can arrange additional training days with the Head Coach. The class days, times and locations are as follows:

Thursday	Isaac Brock School	6:00pm to 8:30pm
Sunday	Max Bell Centre, U of M	2:00pm to 4:30pm

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.

*\*The base fee does not include the RGM fee of \$60, the volunteer deposit of \$75, nor the competition fees deposit of \$300.*

Level 4, 5 and 6  
Gymnasts born in 2007 and earlier

Base Fee: 2 days - \$1250

Level 4 – age 13 (born 2007)  
Level 5 – ages 13, 14 and 15 (born 2007, 2006, or 2005)  
Level 6 – ages 15 and up (born 2005 and earlier)  
\*Age is determined as of December 31, **2020**

Classes are 3 hours in length, for a total of 6 hours per week. The class days, times and locations are as follows:

Tuesday	Sport For Life Centre	6:00pm to 9:00pm
Saturday	Sport For Life Centre	9:00am to 12:00pm

Gymnasts interested in more training can arrange additional training with the Head Coach.

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.

*\*The base fee does not include the RGM fee of \$60, the volunteer deposit of \$75, nor the competition fees deposit of \$300.*

## PROVINCIAL STREAM GROUP & ADULT CLASSES:

Level 1, 2, 3 and 4

Base Fee: \$600

(if registered for an individual class – add \$350 to the individual class base fee )

Level 1 – ages 7, 8 (born 2013 or 2012)

Level 2 – ages 9 and 10 (born in 2011 or 2010)

Level 3 – ages 9, 10 and 11 (born 2011, 2010, or 2009)

Level 4 – ages 11, 12 and 13 (born 2009, 2008 or 2007)

\*Age is determined as of December 31, **2020**

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. The class day, time and location are as follows:

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

*\*The base fee does not include the RGM fee of \$60, the volunteer deposit of \$75, nor the competition fees deposit of \$300.*

Level 5 and 6

Base Fee: \$600

(if registered for an individual class – add \$350 to the individual class base fee )

Level 5 – ages 13, 14 and 15 (born 2007, 2006, or 2005)

Level 6 – ages 15 and up (born 2005 and earlier)

\*Age is determined as of December 31, **2020**

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. The class day, time and location are as follows:

Tuesday                      Sport For Life Centre                      6:00pm to 9:00pm

*\*The base fee does not include the RGM fee of \$60, the volunteer deposit of \$75, nor the competition fees deposit of \$300.*

Masters and Adult Group

Base Fee: \$600

Masters – ages 17 and up (born 2003 and earlier)

\*Age is determined as of December 31, **2020**

This class meets one day per week for 3 hours. The focus of this class is determined by those participating. Gymnasts will have the option to train individual routines and compete in the Masters category, train as a non-competitive group and perform throughout the season, or train without any competition or performance goals. The class day, time and location are as follows:

Tuesday                      Sport For Life Centre                      6:00pm to 9:00pm

*\*The base fee does not include the RGM fee of \$60, the volunteer deposit of \$75, nor the competition fees deposit of \$300.*

2019/2020 Payment Options:							
Class:	Payment Option:	Total Fees: (payment in full)	Total Fees: (payments)	Initial Payment:	Post Dated Cheque Options		
					Quarterly		Monthly
					Dec 1st	Mar 1st	Oct 1st, Nov 1st, Dec 1st, Jan 1st, Feb 1st, Mar 1st
<b>Interclub</b> Levels 1 - 6 *1 day per week	Regular - by Aug 31st	\$625.00	\$660.00	\$330.00	\$165.00	\$165.00	\$55.00
	Late - after Aug 31st		\$710.00	\$380.00			
<b>Provincial Stream</b> Level 2, 3 and 4 (born 2011, 2010, 2009, and 2008) * 2 days per week	Regular - by Aug 31st	\$1,150.00	\$1,185.00	\$585.00	\$300.00	\$300.00	\$100.00
	Late - after Aug 31st		\$1,235.00	\$635.00			
<b>Provincial Stream</b> Level 4, 5 and 6 (born 2007 and earlier) *2 days per week	Regular - by Aug 31st	\$1,350.00	\$1,385.00	\$695.00	\$345.00	\$345.00	\$115.00
	Late - after Aug 31st		\$1,435.00	\$745.00			
<b>Provincial Stream</b> Level 1 - 6 Groups *1 DAY PER WEEK	Regular - by Aug 31st	\$700.00	\$735.00	\$435.00	\$150.00	\$150.00	\$50.00
	Late - after Aug 31st		\$785.00	\$485.00			
<b>Masters and Adult Group</b> *1 DAY PER WEEK	Regular - by Aug 31st	\$700.00	\$735.00	\$435.00	\$150.00	\$150.00	\$60.00
	Late - after Aug 31st		\$785.00	\$485.00			
Group fee OR additional training day (3 hrs) fee if registered for an individual class (Add these amounts to the appropriate individual fee):		\$350.00	\$350.00	\$125.00	\$112.50	\$112.50	\$37.50
*Total fee includes RGM registration of \$60							
*Total fee includes Volunteer Deposit of \$75							
*Competition Fees deposit of \$300 (\$200 for Interclub) is required on an additional cheque post-dated December 1, 2019							



### Pay In Full Discount!

Register and pay in full by August 31, 2019, and receive a \$35 reduction in your fees.



### Family Discount!

Receive a \$25 reduction in fees per child if you register by August 31, 2019.

### 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:

Mikayla 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). The registration deadline is **August 31, 2019**. 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 paying in full by e-transfer, please send it to:

Email: [sapphirespay@gmail.com](mailto:sapphirespay@gmail.com)

Password: sapphires

**Registrations received without ALL the required forms and payments/cheques will be considered incomplete, and the gymnast will *not* be registered.**