



# **PEGASUS GYMNASTICS**

## **Acrobatic Gymnastics Handbook**

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# Welcome To Our Team!

**Welcome** to the place where a lifetime of dreaming has become a reality. Our dream has always been to operate a national caliber gymnastics, acro and T&T program--a program that stands for quality. TEAM is the second step in our process and now YOU are a vital part of that process and an important part of our DREAM.

**Welcome** to the place where children can live their dreams, and with the support of very special people (YOU and the Pegasus Staff), those dreams can be accomplished. Here is a place where, as a team: the athlete, the coaches and the parent, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

**Welcome** to a place where it is sincerely believed that the sum of the parts IS greater than any one individual. Our dream has become reality because of the efforts of good people working together to do good things for kids, each other and the company. Working together as a team makes the task at hand more productive and certainly more enjoyable.

## *Our Mission Statement:*

Our mission at Pegasus Gymnastics is to play a constructive role in the development of healthy, confident, disciplined and responsible children. We accomplish this by:

- ☆ Setting goals and a positive path to accomplishment
  
- ☆ Helping children appreciate their innate self-worth and abilities
  
- ☆ Helping children to enthusiastically master the art of learning
  
- ☆ Helping children develop and refine the life-long skills of self-esteem and pride that come from being part of the best team in the city, province and country.
  
- ☆ To provide the opportunity for young athletes to make a lasting contribution to the sport of gymnastics while developing life-long leadership skills.
  
- ☆ We strive to provide a safe and challenging facility, with a high quality coaching staff at all levels of development. We want to have children at any level enjoy their experience therefore every possible effort is made to ensure the health and well-being of every student, physically, mentally and emotionally.
  
- ☆ We want our athletes to become well-rounded adults of the future.

## *Vision and Values*

## *Our History*

Pegasus Gymnastics originally started as Pegasus Extreme Sports. During that time Pegasus was a small T&T club that had 5 athletes. It was our goal long term to turn this into a large gymnastics and trampoline and tumbling program. All of our 5 athletes attended National Championships. During that time, we were represented at the 2007 World Championships (Quebec City, Canada ), 2007 World Age Group Championship (Quebec City, Canada), as well as the 2009 World Championships (Saint Petersburg, Russia). 2 of those athletes were on the National Team for a combined total of 6 years. 2016 Mackenzie Parker won 5 Medals at the Nadia Comaneci International Invitation and was feature in the magazine International Gymnast for her results.

Tammy Stephenson –Owner- tammy@pegasusgym.ca

Tammy was the co-founder of Pegasus Gymnastics. Tammy has coached 3 different athletes to World Championships (1 double mini and 2 in tumbling). Those athletes are Jeremy Mosier (2007 Double Mini Trampoline, Quebec City, Canada) Andrew Egyed (2009 Tumbling, St. Petersburg, Russia) and Jon Schwaiger (2011 Tumbling, Birmingham England). Andrew Egyed place 5th at World Age Groups. Tammy is certified level 3 in trampoline.

Jeremy Mosier- Owner- jeremy@pegasusgym.ca

Jeremy was one of Pegasus' first athletes and co-founders. He was coached by Tammy Stephenson. He was on the National Team for 2 years and attended the 2007 World Championships. He has coached athletes at a High Performance level in gymnastics and T&T. He was a coach at the 2013 World University Games (Kazan, Russia). He has attended 11 National Championship as an athlete and coach. He is certified NCCP Level 3 in trampoline and has his Level 4 Women's. He is also a NCCP Learning Facilitator and National Level Trampoline Judge.

## *Our General Philosophy*

We will ensure that our coaching staff be dedicated to the highest principles of gymnastics ethics. We will work to develop motor skills and body awareness, promote team spirit, and build strong character and self-esteem. It is our goal that any child that comes through our doors will have a spot in one of our programs. We believe that all children regardless of

experience, fitness level, talent, and age can benefit from physical activity through gymnastics. Providing positive physical activity through gymnastics helps foster not only physical growth in children, but social and emotional growth.

Pegasus Gymnastics was founded on the belief that gymnastics and T&T is not only the root of all sports, it provides a vehicle with which we can teach skills that will last a lifetime and assist in the development of every child in our program.

Gymnastics, when properly taught, can be the catalyst for a productive life, while at the same time instilling lifetime knowledge of the benefits of physical fitness. Jumping, balance, rolling, running, strength and flexibility are the basic aspects of many sports. No better foundation can be laid than one built on the basic activities of gymnastics. It has become obvious that our country has regressed in this area of thought; however many of the most established nations still use gymnastics as the core of the physical education and sports development systems.

Physical skill development is certainly a by-product of a good gymnastics program. Gymnastics as a sport, however, is an age-limited experience. (You won't find many 30 year-olds flipping and swinging away their afternoons.) With this in mind, Pegasus Gymnastics has made it our primary goal to insure that our program delivers more than just pure physical skill. Determination, work ethic, time management, team work, team spirit, sportsmanship and respect for self and others are all skills that will surely assist our students throughout the rest of their lives. We measure our success not by the number of trophies on the wall, but rather, what each child takes with them when they leave the sport of gymnastics.

Pegasus Gymnastics believes that children are the world's most precious gift. Our goal is to see to it that children who participate in our program receive the same quality instruction regardless of their abilities. Accomplishing this goal assures that each child will feel as special as they truly are.

What we are marketing is fun, physical fitness, recreation, thrills, challenges, excitement and, most importantly, positive child development for all ages and abilities.

## Competitive Team Philosophy

With an understanding of our basic philosophy, Pegasus Gymnastics' competitive team program will always be dedicated to producing national caliber gymnasts. This does not mean, however, that every child earning a place on our competitive team must have a burning desire to someday be an Olympian! The staff at Pegasus Gymnastics will treat each athlete's goals and aspirations individually. Some kids haven't any desire to train at an elite pace, nor should they have to in order to be a valued member of our competitive team. This is not to say that the staff at Pegasus will accept mediocrity in training we will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from each and every athlete. Conversely, athletes will be treated with respect and provided positive guidance in order to help them reach their goals.

Another of our fundamental beliefs is that we want our club to be as family-oriented as possible. The coach, athlete and parent should be members of a cooperative communication triangle engaged to assist the child/athlete in reaching their goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Members of the coaching staff will be available to you to discuss your positive constructive concerns. If ever you feel the need to carry a concern to our head coaches or owners, please know that our doors are always open to you and that we take your concerns and suggestions very seriously.

The staff at Pegasus Gymnastics understands that we must shoulder the major responsibility of being a role model for our athletes. The number of hours that they interact with our athletes dictates that they will be major contributors in the overall development of your children. *This is a responsibility that we do not take lightly.* We will make sure our staff will continue to learn through our coaching education program.

## Resources

The following information will help you and your child understand the world of competitive gymnastics, T&T and Acrobatic gymnastics and is designed to keep you informed of our expectations and guidelines for participating at each level. This handbook has been compiled to give our prospective team members and current team members a complete look at our competitive team program. Competitive gymnastics, T&T and Acrobatic gymnastics requires a great deal of support both in training and in competition.

## Competitive Team and Pre-Team Requirements

Pegasus Gymnastics Club would like all team families to know how very much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future.

With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered. We pride ourselves on our user-friendly style; while at the same time maintaining sound business practices.

<b>Monthly Tuition</b>	Due the 1 <sup>st</sup> of every month
<b>Family Discount</b>	Families with more than one child participating currently in our program will receive a 10% discount off the cost the second child's tuition.
<b>Late Payment Penalty</b>	Tuition is considered late as of the 8 <sup>th</sup> of each month and will be assessed a late payment fee of \$25.00
<b>Outstanding Tuition Penalty</b>	After the 15 <sup>th</sup> of each month, any unpaid tuition will be assessed a 10% interest charge. Athletes may not train if the outstanding tuition is more than \$500.00 in arrears.
<b>Refund Policy</b>	Pegasus does not offer refunds for any reason nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering the cost of <b>the total program for the year</b> and not a per-hour charge. The total cost is divided into 12 equal month payments regardless of the number of training hours during that month. We do pro-rate due to injuries and a doctor note.

<p><b>Membership Fee</b></p>	<p>Pre-Team and Team members are charged an annual membership fee in the amount of \$60-303. This charge is our Pegasus membership fee. Each competing member of our program, Levels 3-10 are required to purchase an annual membership in our governing body, Alberta Gymnastics Federation. Membership fees are paid to AGF and paid to Pegasus in June of each year. Membership in AGF provides secondary insurance during competitions. The amount is based on the level of the gymnast and the number of hours they train per week. Must be paid by July 1st 2016 in order to start summer training.</p>
<p><b>June Training</b></p>	<p>There is no official last month at Pegasus Gymnastics Club. You will be charge June fees just like any other month. As of July 1st fees will automatically come out as per normal but may change based on training hours and cost of living increases. You and your family will be giving 30 days notice with any fee changes that will be occurring. When the athlete changes groups and hours in a new season. The coaches will inform the parents by approximately May 15th. New groups will start as of July 1st. On July 1st payment, the difference in the deposit provided will need to be paid.</p>
<p><b>30 Day Notice</b></p>	<p>Pegasus requires an "IN WRITING" one month on the 1st of a month should your child decide to retire from our program. Due to the cost of supporting competitive team member and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the owners of the club 30 days prior to your child leaving the gym. During that month of notice, your child is welcome to train in the gym. We have often found that during this period of notice, the gymnast or trampolinist, together with our coaching staff, are able to find a resolution to their concerns. Failure to provide payment in lieu of notice is considered a serious breach of contract with Pegasus Gymnastics.</p>
<p><b>Year-Around Commitment</b></p>	<p>Although we encourage families to vacation together, it is our policy that competitive team members consider training at Pegasus Gymnastics to be a year-around commitment. Your commitment to a 12-month training cycle insures consistency in coaching and greater progress towards achieving goals. It is required at all level to give 3 month notice of all family vacations. Acro</p>

	partnerships should try to vacation at the same time to maximize the training time as a whole.
<b>Facility Maintenance</b>	Keeping our facility looking its best is a never-ending process. Pegasus Gymnastics has secured adequate cleaning services, but given the scope of the task, it becomes necessary to require daily assistance from staff and team members. We request that each and every gymnast make a conscientious effort to be responsible for his or her own clean up as well as helping out with the daily "power clean". Team coaches will organize this power clean at the end of each practice. This entails picking up trash, drinking cups, straightening mats, stacking spotting blocks, pickup up weights, etc. Chalk misuse and drink spills seem to be the most common problems in keeping our facility clean. We ask that staff monitor the use of chalk and that all drinks be kept in <b>spill-proof</b> containers.
Email/ Communications	Parents should check their e-mail daily BEFORE practice. Emails will be sent out for Booster Club information as well. At Pegasus Gymnastics we are trying to be actively aware of how much paper a gymnastics club goes through. Due to this fact things will be sent out electronically as much as possible to save paper. As well communication will be put on our website and Facebook page. Please check the website often.
<b>Team Attire and Grooming</b>	Pegasus Gymnastics team members are expected to not only act, but also look respectable when representing our team. While in the gym, team members should dress in a leotard. When you are called on to represent the club at a meet or while traveling with the club, your respective coach will determine the attire for that situation. Please remember that your demeanor, grooming and attitude represent the name Pegasus Gymnastics, and a high standard of behavior is expected.
<b>Outstanding Obligations</b>	It is assumed that all outstanding financial obligations associated with Pegasus Gymnastics and or Pegasus Booster Club will be handled in a professional and prompt manner. Obligations extend through the 30 day notice period in regards to Tuition with Pegasus Gymnastics and financial commitment payments to Pegasus Boosters. In addition any meet registrations, camp fees or airline tickets purchased, yet unused and non-refundable due to departure, must be reimbursed in full to the Boosters Club. These considerations should

	<p>weigh in heavily when accepting team obligations and or considering mid-season departures.</p> <p>Athletes will not be allowed to start the following season without being in good standing with Pegasus Gymnastics, AGF and GCG. This means all competitive fees, meet fees and coaching expenses from the previous season/year.</p>
<b>Payment of Competition</b>	<p>Each meet your child attends will have a charge to register and a charge for the team. These fees range from \$80-\$150 per competition (depending on the prestige and quality of the meet). The Pegasus office will be responsible for collecting your registration fees before registering the athlete for the competition. Each competition will have a deadline for registration and our coaching staff will be responsible for submitting registrations. It is important that the deadlines for registering be met in order to keep the process efficient. The fee you pay to the office covers your child's registration and a portion of the team fee. The coaches costs will be billed out after. Families will have 30 days after the competition to clear up the competition expenses. At day 31 there will be a 18% interest charge applied monthly. There will be a 4% charge to use Visa or Mastercard for all meet registration and competition expenses. There will be NO additional charges for cash, cheques, email money transfer or debit.</p>
<b>LEVEL 10 or National Open or National Novice or ELITE</b>	<p>Once an athlete has attained the status of Level 10 (National Open or Novice) or Elite, there has been significant time and effort invested into their gymnastics on the part of the Pegasus Gymnastics coaching staff and management. For this reason we transition from a 30 day notice to a full one year notice of departure (kind of like joining most health clubs) once an athlete attains this career milestone. If an athlete retires from the sport, this commitment will be waived, thus it only applies should they decide to take our years of training and contributions to another gymnastics club within Calgary or the surrounding cities.</p>
<b>Pegasus Commitment</b>	<p>At Pegasus Gymnastics we do not having many parental commitments. But starting the season of 2017-18 we will be hosting our first annual invitational. Gymnastics Rocks the Rockies will be held at the Banff Springs Hotel Jan 4-7, 2018. We do require all our pre-team to work a</p>

	<p>minimum of 1, 4 hour shift and team families to work a minimum of 2, 4 hour shift. This commitment can be filled either by working at Gymnastics Rocks the Rockies or at one of the T&amp;T competition that we have to volunteer at. If your family does not want to volunteer for this competition you can buy out of your commitment at \$350 per athlete in the program. As well with the expansion coming the fall of 2017 we will be asking each family to help out around the facility to get our current space ready to expand or the new space. We will need help cleaning, re-arranging the gym, building new pits and boxes, setting up equipment and so on. If your family does not want to volunteer in helping with the expansion there will be a buyout of \$150 per athlete in the program.</p>
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### **Acrobatic Gymnastics**

Competitive Acro will require travel in Canada, the USA, and at the higher levels international travel. We follow two Codes of Points. USAG Junior Olympic and FIG World Age Group. \ Level 5-7 (USAG JO) & Youth (FIG) have a combined routine featuring both Balance and Dynamic partner skills as well as various individual skills.

Levels 8-10 (USAG JO) have two routines- one Balance one Dynamic. FIG Age Group Levels 11-16 also has two routines.

FIG 12-18, 13-19, and Senior teams perform three routines, balance, dynamic and combined. All exercises are choreographed and performed to music.

**Balance routines** - consist of static balance elements, intricate pyramids, transitions between balance holds, and individual elements of flexibility, balance, and agility. Pair/group tops are typically in handstand, arched handstand, planche or straddle hold positions being supported by one or two hands of a partner. Some balance elements require the top to balance on a partner's head, torso or foot.

**Dynamic routines** - include skills with partner throws and pitches to catches by the base partner(s) or landings on the floor. Also, included in dynamic routines are individual tumbling skills. Tops may be thrown into the air and perform single, double, and triple saltos, some with twists, and land on the floor or in the hands of their partner(s)..

**Combined routines** (JO 5,6,7, YOUTH, 12-18+) are a combination of balance and dynamic skills in one routine. Three balance elements and three dynamic elements are required in the combined exercise. Again, pairs/groups also are required to perform individual skills.

### **Travel Policy**

**JO 5-6** – Provincial competitions, USA competitions for exceptional units only.

**JO 7/Youth** – Provincial competitions & Nationals should they qualify. USA competitions for exceptional units only. Depending on the year & circumstance exceptional youth units may be allowed to travel to Europe.

**JO 8-10** – Provincial competitions, Nationals (by qualification), and one USA competition.

**AG1-SR** – Provincial, Nationals, USA, Trials & European competitions.

\*Exceptional units will be established by testing

### **Testing**

Testing will be done up to three times in the year. Testing will ensure the athletes are up to our standard for their competitive level.

1. September
2. November
3. January

### **Pegasus Classic**

In February 2020 Pegasus will be hosting a T&T/Acro invitational we do require some commitment from the parents for set up, take down, and running the event.

Pre-team – 1 session (4 hours)

Comp team – 2 sessions (8 hours)

Buyout - \$350

### **Joining the team from another acro club:**

As per the Alberta acro handbook athletes who have competed at a club may not compete under another club's name in the same competitive year. Our policy is to train and get ready for the next competitive season should an athlete join mid-season.

### **General Expectations**

Competitive acrobatic gymnastics is a year-round program, like the other disciplines at Pegasus. However, there is an additional expectation for commitment to the team and to the assigned partnerships. This is a team sport and requires full commitment to achieve goals, progress to higher levels and to compete. Before the competitive season begins athletes will be placed into partnerships (pairs or trios) by the coach. These partnerships are contractually required to be committed to each other for the full competitive season (usually about Sept – June \*depends on competitive schedule).

Regardless of age, athletes will be expected to train and perform to the best of their ability at all times. No matter if they are in a partnership or training individually. In addition to their own personal achievements, athletes play a role in the successes of the other members of their pair, group or team.

If an athlete is injured to a degree which requires medical attention (physio/emerge) **they will not be allowed to participate at any caliber until cleared by a medical professional.** Injured athletes are still expected to come to training to do their physical preparation and any recovery exercises that were prescribed by a medical professional.

### **Probation period**

For the first 3 months after a tryout (or until partnership contracts are signed) athletes are on a probationary period. They may be removed from the team for any reason during this time. Athletes finished their season as outlined in their contract are not put back onto probation.

Athletes may be placed onto a 3-month probation for code of conduct violations and is essentially a “last chance” to clean up behavior. At the end of the 3 month period a meeting will be arranged to assess progress.

### **Removal/suspension from the team:**

The head coach and Pegasus management staff, have the right to remove any athlete from the team for code of conduct violations. This can include but is not limited to

- Athletes/parents engaging in disruptive & abusive behaviour towards other athletes/parents/coaches/Pegasus management.
- Disrespect to the program or gym (IE; harmful social media posts, willful destruction of property)
- Safety concerns, if an athlete cannot listen or take direction and it begins to impact theirs & other athlete’s safety.
- Essentially any intentional acts of harm against my athletes/parents/coaches/facility will result in swift and decisive punishment including but not limited to removal/suspension from the team.

If an athlete is no longer working at the capacity they used to due to injury/health issues there is no need for concern, our staff will do everything to get your child back into perfect shape.

However, if your athlete starts becoming a deterrent to the team either by engaging in toxic/abusive behavior, or neglect of skill development (slacking off consistently in class) they will first be placed on probation, if necessary they will be removed.

If an athlete in a partnership contract is removed from the team for any reason they are still obligated to pay the full financial costs outlined in their partnership contracts for the rest of the competitive season.

### **Withdrawal from the competitive program**

Should you put in your notice to take off a month of training in a competitive season (starting in July running through June) it will do one of two things.

1. The athlete will be ineligible to compete for the full competitive season, and no partnership will be established until the end of our last competition.
2. The athlete may not be accepted back into the program and would have to try out again in June.

### **Competitions**

Acrobatic gymnastics is a competitive sport. Participating in competitions is up to the coaches’ discretion always. If an athlete is not ready for a competition for whatever reason (including having missed practice up to 2 weeks before competition), they may be withdrawn even if the competition has been paid for and will still be required to pay coaches fees.

## **Partnership contracts**

Once placed in a partnership, and before routines are choreographed, parents will sign partnership contracts to ensure that each group is contractually obligated to stay together for the entire competitive season. If the contract is broken for any non-medical, non-emergency reason the withdrawing family is liable to pay out the rest of their competitive fees for the year including (until the last day of the month of the last agreed competition). More details are in the appendix containing the contract.

## **Attire**

All competitive athletes will be required to purchase:

1. Team tracksuit (includes: team jacket, sweatpants, leotard, and training shorts)
2. Competitive equipment (includes but is not limited to: competitive leotards (may have 1-3), toe slippers (female bases), white socks (male bases), and pants/shorts (male bases).
3. Supplementary equipment (Includes but not limited to: butt glue, blocks, and hair supplies)

Appropriate training attire is required at all training sessions for both the safety and comfort of the athlete. All athletes must have a body suit during training, they may wear shorts/t-shirts overtop during warm up and conditioning, **but must wear a leotard only during routines.** Athletes wearing Jeans or clothing with clips or other attachments which could cause injuries or damage to equipment will not be permitted to participate in class.

Long hair must be tied back in a ponytail or hair clips. Loose jewelry is not permitted (long earrings, necklaces, etc).

**Acrobatic gymnasts should have their hair up at all training sessions (Pony tails are acceptable as long as the hair isn't too long or a safety concern).**

**It is mandatory to have a proper bun at all formal training sessions and competitions/training camps.**

Important: Coaches always have authority to refuse athletes participation in class in the event that clothing is not appropriate for training.

For Recreational Programs, it is preferred that boys wear a relatively tight t-shirt/tank and shorts. For girls, a one-piece bodysuit/leotard is recommended, but they may also wear relatively tight t-shirt and shorts.

All Team and Pre-Team Programs have specific attire requirements for training. Information regarding these requirements is provided in the registration package and team contracts.

## **Attendance**

Acrobatic Gymnastics is a team sport. Regularly working with the assigned partnership (pairs, trios, etc) is absolutely imperative for the success of the individual and the partnership.

Attendance directly affects the success, confidence, performance and morale of the others in the team. For team programs (Pre-Team and Competitive), excessive absenteeism may result in a request for a meeting to discuss the issues and solutions. We understand that things happen, illnesses, emergencies, family circumstances, but expect that all will make their best efforts to ensure a safe and enjoyable experience for all. Missed classes are non-refundable and there are no make-up classes permitted.

## **Punctuality**

Important: Arriving more than 10 minutes after the start of class may result in the athlete not being permitted to participate as warm-up is critical to ensure safety while participating in gymnastics activities.