



PEGASUS GYMNASTICS

Women's Program

www.pegasusgym.ca

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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. All of our 5 athletes qualified and 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. It was our goal long term to turn this into a large gymnastics and trampoline & tumbling program and in 2015 we opened our facility and we continue to produce. 2016 Mackenzie Parker won 5 Medals at the Nadia Comaneci International Invitation and was featured 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 15 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 Evaluator.

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 and the body awareness that gymnastics provides. Providing positive physical activity with proper technique through gymnastics helps foster not only physical growth in children, but social and emotional growth.

Pegasus Gymnastics was founded on the belief that women's artistic gymnastics, acrobatic gymnastics (Acro) and Trampoline and Tumbling (T&T) are all not only the root of all sports, but provide 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.

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 ensure 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 and life ethics 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. The desire to train at an elite pace is not for everyone and is not expected, being a valued member of our competitive team is about work ethic, attitude and commitment to one's goals. The staff at Pegasus will not 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. **It is important to follow the chain of command here at Pegasus Gymnastics. If there is an issue, please book a meeting with your athletes' personal coach.** If the issue cannot be resolved, then please book a meeting with the programs head coach. If after the previous two meetings the problem cannot be resolved, then you can book a meeting with the owner of the program. The following is each programs email;

womenscompetitive@pegasusgym.ca
tandt@pegasusgym.ca
acro@pegasusgym.ca

At Pegasus we follow the 24-hour rule, if there is an issue that needs to be addressed please wait 24 hours before addressing it. **We also do not accept email complaints**, if you have an issue please book a meeting with your coach and they will gladly address any issue you may have.

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.

The Gymnast will be required to purchase Pegasus training suit, Pegasus competitive suit, Pegasus second day competitive suit (JO 8+), Pegasus track suit and any other clothing required to compete.

Monthly Tuition	Due the 1 st of every month or set payment plans.
Family Discount	Families with more than one child participating currently in our program will receive a 10% discount off the cost the second child's tuition.
Late Payment Penalty	Tuition is considered late as of, 72 hours after payment date and will be charged a late payment fee of \$25.00. If you are 15 days late there will be an additional \$50 late payment fee.
Outstanding Tuition	Athletes may not train if the outstanding tuition is more than \$500.00 in arrears.

Refund Policy	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 the total program for the year 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.
Membership Fee	Pre-Team and Team members are charged an annual membership fee in the amount of \$110-350. This charge is our Pegasus membership fee. Each competing member of our program, Levels 1-10 are required to purchase an annual membership in our governing body, Alberta Gymnastics Federation. Membership fees are 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, 2019 in order to start summer training.
June Training	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 day's 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.
30 Day Notice	Pegasus requires an "IN WRITING" one month before 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 or try any of our other programs. 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.

Year-Around Commitment	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 ensures consistency in coaching and greater progress towards achieving goals. It is required at all levels to give a 3-month notice of all family vacations. Acro partnerships should vacation at the same time to maximize the training time as a whole.
Facility Maintenance	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, water bottles, 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 (athletes can only have water in the gym) be kept in spill-proof 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, Instagram and Facebook page. Please check the website often.
Team Attire and Grooming	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.
Outstanding Obligations	It is assumed that all outstanding financial obligations associated with Pegasus Gymnastics and will be handled

	<p>in a professional and prompt manner. Obligations extend through the 30-day notice period regarding Tuition with Pegasus Gymnastics and financial commitment payments to Pegasus Gymnastics. In addition, any meet registrations or expenses, camp fees or airline tickets purchased, yet unused and non-refundable due to departure, must be reimbursed in full to Pegasus Gymnastics. These considerations should 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>
<p>Payment of Competition</p>	<p>Each meet your child attends will have a charge to register and a charge for the team. These fees range from \$80-\$180 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 to keep the process efficient. The fee you pay to the office covers your child's registration and a \$5 administration fee. The office will send out deadlines on when you will need to get this fee in by, if you register after the deadline there will be a \$50 administration fee added to the registration. As well depending on the competition there may be a late fee added the registration cost. The coaching 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 \$50 late fee applied monthly. Athletes may not train if the outstanding competition fees or expenses are more than \$500.00 in arrears. 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>
<p>LEVEL 10 or High Performance or National</p>	<p>Once an athlete has attained the status of Level 10 or Elite, there has been significant time and effort invested</p>

<p>Novice or ELITE or World Age Group Athletes</p>	<p>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>
<p>Pegasus Commitment</p>	<p>At Pegasus Gymnastics we do not have many parental commitments. We are currently deciding if we continue with Gymnastics Rock the Rockies (women’s artistic) or Pegasus Classic (Acro and T&T). If we do, we will need the following requirement from our members. Gymnastics Rocks the Rockies will be held at the Banff Springs Hotel TBD. We will be running a T&T and Acro competition in 2020. We do require all our pre-team to work a 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, Pegasus Classic or at one of the T&T competitions 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.</p>

Rules and Guidelines for Successful Team/Pre-Team Membership

Team/Pre-Team members should always report on time and ready for training. Warm-up is an important part of the training process. Warm-up is how the body gets ready for activity. A good warm up limits potential injury. Being on time for warm-up also shows respect and sets a disciplined tone for training sessions and goals and objectives are discussed. Being on time is VERY important. We understand 'late happens' note that you child may be given an alternate warm up that does not require direct supervision as to not take technical correction from those who started the class on time.

Team/Pre-Team members must train in a leotard and hair up. Other clothing presents a potential spotting problem and/or safety issue and are not deemed to be the standard of dress within our sport.

Team/Pre-Team members must listen to, respect and adhere to the training outline established daily by the coach. Disrespect will not be tolerated, and immature attitudes are discouraged. Major conduct violations include uncalled for crying or pouting, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other people.

Use of the gym bins is restricted to team and pre-team members. It is the responsibility of those using the gym bins to keep them neat.

Bellybutton and/or nose piercing are a safety hazard and are not allowed.

Bathroom and drink breaks should be kept to a minimum. Please ask for permission to leave for the restroom as it informs the coach as to your location.

Parents should not disrupt training by talking to or motioning to their child. Distractions can create an undisciplined training environment or cause an injury. Parents need to remember that, although they are encouraged to discuss issues that may assist the coach, training decisions are the responsibility of the coach. We understand parents know their children best, but our coaches know gymnastics best. Working together gives athletes best chance of success. Likewise, parents should never approach a coach during training. Any concerns should be covered before or after training or by booking a meeting.

Parents should inform the office when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program. Likewise, if a child must leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to the day's assignments.

Pegasus Parents of team members are asked to observe training only the first week of every month. Parents of Team/Pre-Team members are expected to enforce good nutritional eating habits. Our motto is simply make good choices. Junk food should be seldom associated with any athlete's diet. Sound eating habits are a catalyst to productive training.

Safety-The Most Important Issue

Gymnastics, T&T and Acrobatic Gymnastics is to be considered an extreme sport. The combination of speed, height, flipping and spinning increases the potential for catastrophic injury, even death. The Pegasus staff will maintain a consistent and conscientious effort to provide the safest environment available. But in this sport, it must always be remembered that injuries will happen. Parents must be aware of the inherent dangers involved in gymnastics. Safety is a team project. Although staff and management will consistently monitor equipment and procedures, parents and team members must also share responsibility for a safe training environment. To assure the safest possible experience:

When an injury occurs the coach and the parents need to work together. Our goal is to be able to get them accessed as quickly and most importantly accurately as possible. Pegasus Gymnastics works closely with medical personnel such as massage therapist, chiropractor, physiotherapist, nutritionist, sports doctors and specialists. These medical personnel understand our sport of gymnastics and will communicate directly with the coaches about what they can and cannot do during training. For a list of these medical personnel please speak with your programs head coach. We have done a lot of research to work with the industry's best medical personnel for gymnastics. **We expect all athletes to attend training even when injured as there is always something they can be doing and being part of the team will always help with recovery.** Unless specified by a specialist doctor.

Competitive Team and Pre-Team Requirements

Team Levels

Women's Gymnastics

At Levels 3, 4 and 5, athletes compete in what is called "Compulsory Levels".

Level 6 is a transitional level from Compulsories (Levels 3, 4 and 5) to Optional (Level 6 to Level 10 and High Performance). The gymnast who performs the required elements with the greatest amplitude, form and style will score the best. JO Level 5 will only be for athletes ages 8 or 9 years old. JO Level 5 will be used only for athletes looking to fast track to the Aspire Program.

Levels 7, 8, 9, and 10 are considered the beginner, intermediate, advanced intermediate, and advanced Optional levels. Gymnasts are required to purchase their own floor routine based on the head coach's recommendation. Routines are then designed around the gymnast's strengths and away from their weaknesses. These routines can range from \$200-\$600 per routine depending on age/level/ability.

A competitive gymnast competes in one season each year. The competitive season runs from Nov/Dec and is completed in the spring.

A breakdown of the possible Competitions the Women's Program could attend in a season.

	Invitational's	Zones	Provincials	Westerns	National's
Level 3	Yes	No	Yes	No	No
Level 4	Yes	No	Yes	No	No
Level 5	Yes	No	Yes	No	No
Level 6	Yes	Yes	Yes	No	No
Level 7	Yes	Yes	Yes	No	No
Aspire	Yes	No	Yes	Yes	No
Level 8	Yes	Yes	Yes	Yes	No
Level 9	Yes	No	Yes	Yes	Yes-10-12 yr old only
Level 10	Yes	No	Yes	Yes	Yes

***This could be subject to change esp. JO level 3,4,5.

Advancement through the Levels

Although our advancement policy is not “etched in stone”, due to the variety of circumstances involved, we do have a fair and consistent method intact. This method has been tested and proven and has been successful for us. From time to time, we all can suffer from the “little league” parent syndrome, where we are blindsided by our ambitions for our kids, and we grant that it is helpful for us to get the view of parents regarding advancement. The bottom line, however, is that we must maintain the integrity of the program, its policies and procedures. As the gymnastics, acro and T&T professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete’s development. That said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement:

Women`s Competitive

Score maybe altered by the head coaches after season.

To Level	Criteria
Level 1	They must score 85% or higher to be put in that level at the testing. Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions.

Level 2	They must score 85% or higher to be put in that level at the testing. Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions.
Level 3	Score two separate 35.0 All-Around (AA) in a competition. Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions. They must score 85% or higher to be put in that level at the testing.
Level 4	<ul style="list-style-type: none"> ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) at Level 3 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions.
Level 5	<ul style="list-style-type: none"> ✓ Score two separate 34.50 AA in competition or complete 2 competitive seasons (24 months) at Level 4 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions.
Level 6	<ul style="list-style-type: none"> ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) at Level 4 or 5 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions.
Level 7	<ul style="list-style-type: none"> ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) at Level 5 or 6 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely execute all JO required Level 7 elements ✓ Be able to safely execute Pegasus Gymnastics required elements for Level 7: <ul style="list-style-type: none"> • 9.0 or better handspring vault • A "B" Acro Series on Beam • A cast handstand, clear hip, and giant on Bars • A Front Tumbling Series, and Layout tumbling skills <p>Because the Pegasus Gymnastics required elements are more difficult than the JO elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 7 athletes to have one "weak event"</p>
Level 8	<ul style="list-style-type: none"> ✓ Obtain two separate 35.00 AA at Level 6 and/or 7 or competing 2 full seasons at Level 7 while demonstrating reasonable success ✓ Be able to safely execute JO requirements for Level 8 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely execute Pegasus requirements for Level 8: <ul style="list-style-type: none"> • A vault with at 9.6 or higher start value

	<ul style="list-style-type: none"> • Kip cast handstand, clear hip handstand, giants, flyaway, major B release or pirouette on Bars • 2 B tumbling passes and a 2 Salto pass on Floor • An Acro flight series on beam and Round Off or Back handspring Dismount • Because the Pegasus Gymnastics required elements are more difficult than the JO elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 8 athletes to have one "weak event" based on the above criterion.
Level 9	<ul style="list-style-type: none"> ✓ Obtain two separate 34.50 AA or compete two full seasons at Level 8 ✓ Be able to safely execute JO special requirements for Level 9 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely execute three of the four Pegasus Gymnastics Inc requirements: <ul style="list-style-type: none"> • A vault with at 9.7 or higher start value (9.7 would be considered a "weak" event) • A bar routine with a high to low, C dismount and potential for bonus • A B flight series, B dismount, Salto and full bonus on beam • 2 C level tumbling passes, and one combination bonus pass. • Being granted a pass from coaching staff at their professional discretion • Because the Pegasus required elements are more difficult than the JO elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 9 athletes to have one "weak event" based on the above criterion.
Level 10	<ul style="list-style-type: none"> ✓ Obtain 2 separate 34.50 or compete 2 full seasons at Level 9 ✓ Be able to safely execute JO special requirements for Level 10 ✓ They must score 85% or higher to be put in that level at the testing. ✓ Be able to safely execute three of the four Pegasus event requirements: <ul style="list-style-type: none"> • A vault with at 9.7 or higher start value (9.7 would be considered a "weak event") • A bar routine with a D release, full bonus, a C Dismount • A C Flight Series, Full bonus, a separate D/C salto and a C Dismount in connection. • 2 D Tumbling Passes and minimum C combination bonus pass, full bonus.

	<ul style="list-style-type: none"> • Because the Pegasus required elements are more difficult than the JO elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 10 athletes to have one “weak event” based on the above criterion.
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TWO WEEKS prior to the competition for Optional athletes (JO Level 6+) and **ONE WEEK** prior to the competition for Compulsory athletes (JO Level 3-5) **THERE CANNOT BE ANY UNEXCUSED ABSENTS.** Athletes with mental blocks, injuries or unexcused absents may be pulled from the competition due to athlete safety. No refunds will be given if athletes are pulled from the competition. Please look at the competition schedule (which will be out to parents at the beginning of Sept) before booking family vacations. **WE HAVE MANDATORY COMPETITIONS THAT AGF PUTS AROUND SPRING BREAK.** These girls work very hard all year around for these competitions and we want to be at their best!

Once an athlete is registered for a **travel competition**, if they pull out of the competition **they will be charged for the coaching expenses.** If an athlete pulls out due to injury they will not be charged for coaching expenses.

For all competitive levels that the athletes are eligible for **they must compete at all AGF Sanction competitions**, that include but are not limited to; Zones, Albert Winter Games Trials, Trials to Western, Trails to Nationals, Provincials, Albert Winter Games, Westerns and Nationals.

Athletes must compete at a minimum of 4 competitions per year. 2 of which must be before Southern Zones date which is normally middle of March.

There will be 1 testing to determine their level this year, testing to determine levels will be ongoing and finalized by the end of August. They must score 85% or higher to be put in that level. Testing will be done during their regularly scheduled class. If they do not pass the test there may be a change in a group and schedule. Physical abilities testing is being introduced for all levels in the 2019-2020 season.