

WOMEN'S ARTISTIC GYMNASTICS

2023-2024
COMPETITIVE TEAM
HANDBOOK



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WELCOME TO OUR TEAM

WELCOME to the place where a lifetime of dreaming has become a reality. Our dream as owners of Pegasus Gymnastics is to run a national caliber artistic gymnastics and trampoline & tumbling programs, programs that stand for quality. TEAM is a crucial 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 our 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

To provide a facility where we can teach quality gymnastics in a family-friendly environment. We strive to provide a safe and challenging facility, with certified coaching staff at all levels. With every effort being made to ensure the health and well-being of all athletes, physically, mentally, and emotionally.

OUR VISION

We're passionate about gymnastics! It's our goal that any child that comes through our doors will have a spot in one of our programs. We believe in the development of healthy, confident, disciplined, and responsible children through the sport of gymnastics. We want our athletes to become well-rounded adults of the future.

We strive to accomplish this by:

- > Setting goals with a positive path to accomplishment
- > Helping to appreciate innate self-worth and abilities
- > Helping to enthusiastically master the art of learning
- > Helping to develop and refine self-esteem and pride
- > Providing opportunities to make a lasting contribution to the sport of gymnastics

OUR HISTORY

Pegasus Gymnastics began as Pegasus Extreme Sports, at that time Pegasus was a small T&T club with 5 athletes. With those 5 athletes Pegasus was represented at:

- > 2007 World Championships
- > 2007 World Age Group Championships
- > 2009 World Championships in Saint Petersburg, Russia

It was our long-term goal to turn this into a large gymnastics and trampoline and tumbling program. Jump ahead to 2015, Tammy Stephenson and Jeremy Mosier have realized their dream to start their own competitive gym. Pegasus Gymnastics is now in its eighth year and has become a great place for young athletes to come and learn gymnastics in a team environment.

TAMMY STEPHENSON

Owner & Coach | tammy@pegasusgym.ca

Tammy is a co-founder of Pegasus Gymnastics. Tammy has coached 3 different athletes to World Championships, 1 in Double Mini and 2 in Tumbling. Those athletes are Jeremy Mosier for Double Mini Trampoline in 2007, Andrew Egyed for Tumbling in 2009, and Jon Schwaiger in 2011 for Tumbling and Double Mini, placing 5th at World Age Groups. Tammy is certified in NCCP Level 3 Trampoline.

JEREMY MOSIER

Owner & Coach | jeremy@pegasusgym.ca

Jeremy was one of Pegasus' first athletes and is also one of its co-founders. 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 Artistic gymnastics and in T&T. He was a coach at the 2013 World University Games in Kazan, Russia. Attending 15 National Championship as an athlete and coach. Jeremy is certified NCCP Level 3 in Trampoline and Level 4 Women's. He is also an NCCP Learning Facilitator and Evaluator.

OUR PHILOSOPHY

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.

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.

Pegasus Gymnastics was founded on the belief that gymnastics is not only the root of all sports, but it also 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.

Physical skill development is certainly a by-product of a good gymnastics program. Pegasus Gymnastics is determined to ensure that our programs deliver more than just pure physical skill. Determination, work ethic, discipline, time management, teamwork, 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.

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 will always be dedicated to producing national-calibre 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 coaching staff at Pegasus Gymnastics will treat each athlete's goals and aspirations individually. Some kids don't have any desire to train at an elite pace, nor should they 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 we believe 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 every athlete. Conversely, athletes will be treated with respect and provided with positive guidance 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. Parents must 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.

Chain of Command

It is important to follow the chain of command here at Pegasus Gymnastics. **If there is an issue or if you need to speak with your coach, 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:

- > wag@pegasusgym.ca
- > tandt@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.

You must be respectful to our staff and coaches. Rude comments or raising voice at staff will not be tolerated. It is unacceptable and the staff have the right to walk away to get another coach. Meetings will always have two staff members present.

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 to 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.

TEAM POLICIES

Competitive gymnastics, Women's Artistic and Trampoline & Tumbling, requires a great deal of support both in training and in competition. Our handbook will give you a complete look at our competitive team program. Keeping you informed of our expectations and guidelines for participating at each level.

Pegasus Gymnastics would like all TEAM Families to know 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 payments and training policies. We pride ourselves on our family-friendly environment, while at the same time maintaining sound business practices.

We understand that everyone's family dynamics are different nowadays. We will only deal with the family members on account. The main email address will receive the financial information.

PAYMENT POLICY

Monthly Tuition

There is no official end of season at Pegasus Gymnastics. June fees will be charged just like any other month, with the continuous monthly payment. Fees will be set up to automatically come out. As of July 1st, fees may change based on training hours and cost of living increases.

Due the 1st of every month through the online registration software. When the 1st of the month falls on a weekend or holiday, the monthly tuition will be processed on the next business day.

If the payment method on file is unsuccessful on the billing or due date, the payment will be retried again on the next business day. If the payment is still unsuccessful, you will be notified by email and/or phone. After that, it is up to the account holder to ensure that the payment is made.

Although Pegasus accepts funding (KidSport, Jumpstart) for our recreational programs, it will not be accepted in the competitive program. Being part of the competitive program does require more financial commitment and cannot be relied upon for funding.

Monthly Tuition Late Payment

Tuition is considered late 72 hours after payment date. A late payment fee of \$25.00 will be charged.

An additional \$50 late payment fee will add for tuition 15 days past due.

If arrangements have been made to pay the monthly tuition by cheque, a \$50 NSF will apply.

Outstanding Tuition

Athletes may not train if the outstanding tuition is more than \$500.00 in arrears.

Pegasus Membership

Each athlete is required to have a Pegasus Membership. This is an annual membership fee to our governing body, Alberta Gymnastics Federation (AGF). AGF membership provides secondary insurance during competitions.

Memberships are valid from July 1st – June 30th. and are paid to Pegasus in June of each year. They must be paid by July 1st, in order to start training.

The membership fee is based on the level of the gymnast and the number of hours they train per week. Pegasus memberships are non-refundable. *Please note that these prices could change based on an increase in insurance premiums from AGF. If they do increase, there could be an additional fee.

Pegasus Membership Fee Costs*

- > Developmental (10 month) \$120
- > Developmental (12 month) \$170
- > Provincial \$345
- > National \$460

Family Discount

Families with more than one child participating currently in one of our competitive programs will receive a 10% discount off the cost the second, third and fourth child's tuition. The discount is applied off the lowest fees.

Competitions (Meets) and Training Camp Registration Fees

Each competition and/or training camp your child attends will have a charge to register. These registration fees range from \$80-\$200 per competition (meet dependent). Registration will happen through iClassPro. You will be required to pay the full price of the event at the time of registration, fees must be paid before the athlete will be registered for the competition. Instructions for registration will be emailed out as each competition becomes available.

Meet fees must be paid to Pegasus prior to being registered for competitions. The fee you pay to the office covers your child's registration and a 4% administration fee.

Each competition will have a deadline for registration and our staff will be responsible for submitting registrations. It is important that the deadlines for registrations be met to keep the process efficient and to ensure that your athlete does not miss out on opportunities to attend the competitions.

Late registrations, should they be accepted, will incur a Late Fee of \$50 which will be added to the registration if your payment is after the deadline. As well depending on the competition there may be an additional late fee added to the registration cost by the host.

Refunds for competition/training camp registration fees are not always offered by the host. Occasionally they will offer refunds of competition registration fees in the event of an injury. These refunds require medical support from a doctor's note. Only a doctor's note will be accepted unless otherwise stated by the competition in the registration package. These refunds are subject to an administrative fee from the host (cost varies) as well as a \$30 administrative fee from Pegasus. The 4% service fee will not be refunded.

Coach Expenses

Coaching costs and expenses will be billed out after the meet. Families will have 30 days to clear up the competition expenses. After 30 days, a late fee of \$50 will be applied monthly.

We try our very best to keep this as cost low as possible by using most cost-efficient options such as having the coaches eat food provided at the venues, room sharing, carpooling when possible, renting car vs paying out mileage when possible, etc. Total coaches' expenses are disbursed equally between all athletes who attend the competition. For competitions/training camps within Alberta, coaches' expense can range from \$20-\$200 per athlete. Competitions/training camps outside of Alberta requiring more substantial travel incur a much greater coaches expense cost. Once an athlete is registered for a travel event, if they pull out or are pulled out, they will be charged for the coaching expenses. If an athlete pulls due to injury, they will not be charged for coaching expenses. By completing registration for a travel competition, you are committing to paying the coaches' expenses fees for that travel competition as per outlined above.

Outstanding Competition Fees

Athletes may not train if the outstanding meet registrations fees or expenses are more than \$500.00 in arrears.

Outstanding Obligations

It is assumed that all outstanding financial obligations associated with Pegasus Gymnastics will be handled in a professional and prompt manner. Obligations extend through the 30-day notice period regarding Monthly 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.

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.

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.

Severe Injury or Illness

In our sport, athletes are being challenged and this level of effort may result in an injury. While no one wants to see anyone injured, it does happen. Pegasus Gymnastics makes every effort to reduce the risk of injury. If an athlete is injured, Pegasus Gymnastics will work with the athlete to reduce the amount of training time lost due to injury without increasing the risk of further injury. Communication with the head coach is the course of action to determine the best outcome for all. In the case of unforeseen severe injury or illness, please advise the head coach as soon as possible and training modifications can be arranged or a leave of absence from training may be granted.

Monthly tuition may be prorated due to injury with a doctor's note.

Program Withdraw

Pegasus requires an IN-WRITING notice sent to WAG@pegasusgym.ca should your athlete decide to exit from our program. As our competitive tuition automatically bills on the 1st of the month, the written notice is required before the last day of the previous month, effective providing one months' notice to exit the program.

During that month of notice, your child is welcome to train in the competitive program or try any of our other programs. We have often found that during this period of notice, the WAG and T&T athletes, together with our coaching staff, are able to find a resolution to their concerns. If the athlete chooses to use the last month in the recreational program it will cover one month of tuition. Failure to provide payment in lieu of notice is considered a serious breach of contract with Pegasus Gymnastics. Once noticed is received, an exit meeting will be booked between you and your athletes coach in order to make

the final month as productive as possible and in an effort to resolve the reason for giving notice. After that final month has been completed, if an athlete wishes to re-enter the competitive program they are required to re tryout for the competitive program.

TEAM COMMITMENT

Year-Round Training

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. You will be required to attend summer training unless otherwise noted in your program specific requirements. Summer training for the 12-month program is mandatory as it is an essential part of how we meet timelines required to garner the success we have within our competitive program.

There is no official end of season at Pegasus Gymnastics. June fees will be charged just like any other month, with the continuous monthly payment. Fees will be set up to automatically come out. As of July 1st, fees may change based on training hours and cost of living increases.

You will be given at least 30 days' notice with any fee changes and/or if your athlete changes groups and hours.

New groups will start as of July 1st.

Last Month Deposit

Every competitive athlete is required to pay a last month's deposit upon registering into the program. The last month's deposit is one month of tuition fees at their current hourly rate.

If there is an increase in hours, the difference in the deposit provided will need to be paid by July 1st. If a mid-year hour increase takes place, the top up of the last month will need to be paid at the time of the hourly increase.

Vacation Notice

It is required at all levels to give a 2-month notice of all family vacations. See your program specific requirements for more details. Please ensure that you refer to the competition calendar, important dates, and discuss with your personal coach before booking vacations.

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 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, picking 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.

Volunteer Commitment

At Pegasus Gymnastics, we do not have many parental commitments, we do require volunteers for all events that we host, as well as for Alberta and Canadian events. On the rare occasion, we will require volunteers to help around the gym, for such tasks as moving equipment. Each athlete in the program is required to have their volunteer commitment fulfilled.

Each season the opportunities can vary and may include but are not limited to: Gymnastics Rock the Rockies (Women's Artistic) and Pegasus Classic (T&T). Alberta cohosts events that Pegasus is required to provide volunteers for; these can include but are not limited to: Alberta T&T Provincials, Canadian Elite Canada, Canadian Canada Cup, Canadian Nationals.

We require all our Pre-Team (Xcel, Pre-Comp) families to work a minimum of 1, 4-hour shift per athlete and Competitive Team (WAG CCP 3+ and T&T Level 1+) families to work a minimum of 2, 4-hour shifts per athlete.

If your family does not want to volunteer for the season, you can buy-out your commitment. Pre-Team (Xcel, Pre-Comp) volunteer buy-out is \$175 per athlete. Competitive Team volunteer buy-out is \$350 per athlete. The buy-out will be added to your online account if you decide not to partake or do not fulfill your 1 or 2 shift requirements.

The volunteer commitment can be fulfilled by working your required shifts any competitions that volunteers are needed or by completing required gym tasks. In some instances, your commitment can be fulfilled by providing a donation to a Pegasus hosted event with a minimum value of \$100 or providing a Company sponsorship to the event.

Communication

Emails will be collected through your online account at the start of the season. Communication from your program will be sent out to those emails. It is your responsibility to notify us if there is a change to your email address.

Email will be the primary method for parent communication. A current address, phone number, and email must be provided for each family. Additional emails can be added to your iClassPro account, however, only the primary email will receive enrollment confirmation, billing, and payment emails.

Parents should check their emails regularly and daily before practice. Additionally, due to email filtering systems, we recommend that you provide multiple emails on file to ensure that important communication is received.

At Pegasus Gymnastics we are trying to be actively aware of how much paper we go through. Due to this fact communication will be sent out electronically. As well communication will be put on our Website, Website Calendar, Instagram, and Facebook page. Please check the website often.

Team Attire

Pegasus 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.

See program specific requirements below for the team attire required for your program.

TEAM RULES AND GUIDELINES

Team/Pre-Team members should always report on time and ready for training. Warm-up is an important part of the training process; this 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 that "late happens", in the event that an athlete is late they must report to their coach and will be assigned an independent warm up to be completed individually and can join the group upon its completion.

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.

Pegasus Gymnastics is not responsible for lost items at the gym. Many people bring similar water bottles and clothes, we encourage parents to write their child's name on their items. If any items are found, they will be left in our lost and found. Lost and found items will be donated every two months.

Belly button 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 the 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 and are not appropriate food options for athletes in the gym. Sound eating habits are a catalyst to productive training.

While the athletes train in a group and are a team, gymnastics is an individual sport, as such no two athletes will have the same journey through the sport. Each athlete will progress at their own rate and their concerns are very rarely the same as other athletes. We respectfully ask that you refrain from discussing other athletes. Conversations in the nature of comparison only lead to frustration for all.

SAFETY AT PEGASUS

Women's and T&T are 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 by having the athlete be seen by a Pegasus approved service provider. Our goal is to be able to get the athlete assessed as quickly and most importantly, as 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.

WOMEN'S ARTISTIC PROGRAM SPECIFICS

Our main goal is to build a high-quality Women's program that can achieve lasting success in all levels. We promise to create a healthy, positive, safe environment for all of our members. We strive to inspire gymnasts to achieve excellence, while building confident, intelligent, hardworking athletes that have a lifelong love for the sport of gymnastics.

Team Pegasus is based on assessments and by invitation only. The head coach, upon consultation with the program coaches or through an assessment/tryout process, will advise gymnasts of their offer to enter or advance in our competitive program.

Competitive programming is at the discretion of the head coach and all communication with athletes and parents regarding the standing of each Team Pegasus member will be through the gymnasts' coach at the discretion of the head coach.

Competitive gymnastics requires a lot of dedication, focus, and discipline. If the gymnast displays these qualities and a high degree of ability, they may be invited into a competitive program, or a more advanced group. Upon acceptance into a competitive program the head coach will determine hours and time of training for the athlete and fees will be applied accordingly.

Every child is different; some have more desire to succeed, motivation to work hard, and aspire to achieve goals, while others are not as aggressive in their training. We believe that we have a suitable program for everyone, and we want to ensure an enjoyable experience for each gymnast.

By accepting this invitation, it is imperative that it is understood that this is an annual commitment. Training is not always easy, the athlete will get tired, frustrated, and may even want to give up gymnastics. We believe that anything worth having is worth working for. The lessons learned by pushing through the pain, the tired, the frustration is much greater than just another gymnastics skill. These lessons will serve the athlete well in all areas of their lives, not just gymnastics.

WAG PROGRAM STRUCTURE

Developmental Team

Our developmental gymnasts are ages 3-7. These programs train 4-12 hours per week. The purpose of this program is mainly fun, but also to develop physical literacy, spatial awareness, coordination, strength, flexibility, discipline, and basic gymnastics. This requires family commitment to the program, and time management. Gymnasts will participate in 2 showcase events for family to see their progress. One around the December holidays, and one in June.

The commitment of this program is typically 10 months September-June with summers off for athletes ages 3-5 and a 12-month commitment for ages 6 - 7.

Athletes are age eligible to compete for Pegasus Gymnastics if they are birth years 2014 or earlier.

Xcel Stream

The Xcel program is a USAG program which just started in Canada in 2019. Xcel is an alternative track to the CCP 1-8 program and offers gymnasts the opportunity to perform optional routines, instead of the compulsory CCP 1-5 program. Gymnasts will compete individual, personalized routines.

Team Pegasus offers the following Xcel levels, BRONZE, SILVER, GOLD, PLATINUM, AND DIAMOND.

These levels will have a range of training schedules from 8hrs-20hrs each week depending on the age and level. Gymnasts will be required to attend 4-6 competitions per season, 3 of which must occur before Provincial Championships. Provincial Championship is mandatory, and they will also potentially be required to participate in training camps. Athletes may compete as few as 2-3 events at Invitational competitions. They must compete all 4 events at AGF sanctioned event such as Provincial's.

Canadian Competitive Program - Compulsory and Optional

Compulsory and Optional athletes compete in levels 3-10 of the Canadian Competitive Program (CCP); Levels 3-5 are the compulsory program; level 6-10 are the Optional levels. Training hours are typically 12+ hours per week but vary depending on the level. The goal of this program is to qualify to Provincial Championships, Western Canadian Championships (levels 8-10), Canadian National Championships (Levels 9-10), Canada Winter Games (Level 10). This path requires dedication, family commitment to the program, time management, proper nutrition, and access to additional athlete resources. Athletes competing in the CCP Compulsory and Optional Programs are not permitted to do an additional sport due to the level of commitment required to be successful in these programs. Gymnasts will be required to attend 5-8 competitions per season, 3 of which must occur before Provincial Championships. one of which must be a travel competition for levels 6-10. Attending all travel meets is strongly encouraged for long term preparation. Provincial Championships and all sanctioned events are mandatory, as well as any necessary training camps. Athletes may compete as few as 3 events at Invitational competition. They must compete all 4 events at AGF sanctioned events.

High Performance Stream

The High-Performance categories are Aspire, Novice, Junior, and Senior. The goal of this stream is to qualify to the Canadian National Team. High Performance status must be achieved at Elite Canada. Gymnasts must train 25+ hours per week. Competitions will require athletes travel all over North America, and in some cases all over the world. This path requires extreme dedication, family commitment to the program, time management, proper nutrition, and access to additional athlete resources. Gymnasts will be required to attend 4-7 competitions per season, as well as training camps. High-Performance Stream athletes are not permitted to do an additional sport due to the level of commitment required to be successful in these programs.

COMMUNICATION

Email will be the primary method for parent communication. A current email address and phone number must be provided for each family, if you would like to have more than 1 email included, please advise us and we will update our mailing lists. Parents are requested to refrain from texting or calling coaches and instead contact the gym directly. If communication with a specific coach is required, please send an email to wag@pegasusgym.ca and it will be shared with the personal coach. If you must contact your coach directly, please be respectful of their schedules and mindful of appropriate times of day to reach them.

Coaches Meetings

We encourage open communication between athletes, families, and coaches while respecting everyone's time. In the event of excessive meetings and/or phone calls there may be additional charges for time spent above and beyond the typical level of interaction.

It is inappropriate to request these meetings be scheduled during training time because this results in the coach being absent while athletes on events. We will do our very best to find a mutually convenient time that does not result in compromising the athletes training such as prior to training, near the end of training on conditioning time or at the end of training.

Yearly set meetings include **Fall Parents Meeting (MANDATORY)**, Fall Pre-Season Evaluation Report (Optional), and **Season Evaluation Report and Spring Parent/Coach Meeting (MANDATORY)**.

Fall Parents meeting is for the Competition schedule, season information, and essential program information communication and will take place in early September.

Spring meetings are for next season team assignments, summer and fall training schedule. These meetings will take place in early May. Future group assignment and training schedules will be provided at these meeting and will not be discussed prior to these meetings.

Pre-Season & Mid-Season Evaluations

Coaches will complete pre-season evaluation forms and circulate to parents. These evaluations will include the gymnasts' readiness level for competition, as well as feedback on strength, flexibility, and character development. Meetings following the evaluation report are optional unless specified by the coach.

Coaches will complete a mid-competition season evaluation. These evaluations will include the gymnasts' performance in competition preparation and at competitions, as well as feedback on strength, flexibility, skill, and character development. Meetings following the evaluation report are optional unless specified by the coach.

Vacations

When possible, parents must give a 2 month notice if you plan to take vacation outside of the planned closures. Please look at the competition schedule before booking family vacations as we do provide this is

September. We have mandatory AGF Sanctioned competitions around spring break. These girls work very hard all year for these competitions, and we want them to have their best chance at a strong performance. We strongly recommend against a vacation within a month prior to Provincial Championships, Trials events, and any other sanctioned events even if the dates adhere to the 2-week rule.

When coaches travel with athletes, variations in coaching and training occur in the gym. If too many athletes are missing, training may be cancelled. These variations do not impact the fees unless otherwise stated.

Tuition will not be adjusted due to vacations in the season or in the event that you choose not to attend mandatory Summer Training. Much like a mortgage payment, the costs associated with supporting the Competitive Program still exists while you're away on vacation.

Athlete Readiness

The competitive schedule is subject to change based on athlete readiness. **2 weeks prior to the competitions THERE CANNOT BE ANY UNEXCUSED ABSENTS.** Athletes with injuries, mental blocks, 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.

Training at Home

Training skills at home is strongly discouraged due to safety. Training skills at home while unsupervised by a trained professional lead to increased risk of injury, improper technique, and further delays to skill advancements in the gym. Appropriate home training is limited to conditioning, flexibility, and basic shaping work. Additionally, attending trampoline park type facilities is strongly discouraged due to the extreme safety risk.

RESPONSIBILITIES

Team Attire

Along with acceptance into our competitive program, the athlete will be responsible for the purchase of Team Pegasus competitive apparel. These uniforms will change periodically, generally every 2 years. Gymnasts who require individual final suits will need to consult with the head coach. Deposits on team attire are non-refundable.

Developmental Attire

The cost of this apparel is approximately \$150.00 (reviewed annually)

- > Team Pegasus Training Suit (mandatory)
- > Team Pegasus Backpack (optional but recommended)

Competitive Attire

The cost of this apparel is approximately \$500.00 (reviewed annually)

- > Team Pegasus Training Suit (mandatory)

- > Team Pegasus Backpack (optional but recommended)
- > Competitive Suit (mandatory)
- > Competitive Track Suit Jacket (mandatory)

The either the Competitive Team Training suit or Competitive Leotard is required for Pegasus Team Photos.

Team Pegasus Style

To ensure a professional appearance, Team Pegasus policy on attire while attending competitions is very strict. Athletes are expected to wear the Pegasus Gymnastics competitive suit, tracksuit and carry the Pegasus branded backpack. Desired hair style will be discussed by the coach but must always be kept in a neat and tidy fashion. Make-up must be modest, and age appropriate. Plain white socks, running shoes, and slider sandals are required. Athletes not dressed in the proper attire may be removed from competitions. Unnatural hair coloring is prohibited for team members as it diminishes the professional representation that we at Pegasus aim to present.

Floor Routines & Floor Music

Choreography and Floor Music are an additional cost of competitive gymnastics. Parents are not permitted to contact choreographers unless pre-arranged by the head coach. The coaches will arrange floor choreography and work with the gymnast to find suitable music. Floor routine choreography is not to take place during training hours unless pre-approved by the head coach. The athlete is expected to have a copy of their music at all times.

The cost of routines varies according to the choreographer and level and is the responsibility of the athlete. Bronze and Silver beam and floor routines will be billed out directly to athletes' accounts and are due within 30 days of billing.

Xcel Bronze Compulsory – Every Pegasus athlete in the Xcel Bronze will perform the same Floor and Beam routine. These routines are taught within training hours and Pegasus has paid the choreographer and bills athletes for routines. Routines are used for 1 season.

- > Floor \$75
- > Beam \$25

Xcel Silver Semi Compulsory –Silver offers a choice out of 3 routine options, reflecting a variety of styles. Final choice of routine is up to the coach. These routines are taught within training hours and Pegasus has paid the choreographer and bills athletes for routines. Routines are used for 1-2 seasons.

- > Floor \$150
- > Beam \$35

Xcel Gold, Platinum, Diamond, CCP 6, and 7 – Fully personalized routines that reflect the individual athlete's style, strengths, and personality. Music choice must be approved by the personal coach and Head Coach. These routines are taught outside of training hours and are paid for directly through the choreographer. Routines are used for 2-3 seasons.

- > Floor \$350-\$450
- > Beam \$50-\$75

Aspire, CCP levels 8, 9, and 10– Fully personalized routines that reflect the individual athlete’s style, strengths, and personality. Music choice must be approved by the personal coach and Head Coach. These routines are taught outside of training hours and are paid for directly through the choreographer. These routines are used for 2 seasons.

- > Floor \$350-\$600
- > Beam \$75-\$100

Private Lessons

Private lessons are available as gym time permits. Private lesson fees will be dependent on the coach requested/required. All Team Pegasus athletes interested in private lessons must receive permission from the head coach before booking. Private lessons are only available at Pegasus with Pegasus coaches. Seeking outside coaching is not permitted and may be grounds for dismissal from the competitive program. Any additional consultation must go through the head coach.

Private lessons are not a substitute for regular training and cannot be used to fulfill the 2-week rule requirement.

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 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:

Xcel Bronze

- ✓ Score two separate 36.5 All-Around (AA) in a competition. Be able to perform all required elements safely and consistently at a standard and level of expectations conducive to enhancing future progressions. Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Xcel Silver, Gold, Platinum, and Diamond

- ✓ Score two separate 35.0 AA in competition or complete 2 competitive seasons (24 months) at level Silver, Gold, and Platinum respectively.
- ✓ Be able to perform all required elements safely and consistently at a standard and level of expectations conducive to enhancing future progressions.
- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 3

- ✓ Score two separate 35.0 All-Around (AA) in a competition. Be able to perform all required elements safely and consistently at a standard and level of expectations conducive to enhancing future

progressions. Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 4

- ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) at Level 3
- ✓ Be able to perform all required elements safely and consistently at a standard and level of expectations conducive to enhancing future progressions.
- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 5

- ✓ Score two separate 34.50 AA in competition or complete 2 competitive seasons (24 months) at Level 4
- ✓ Be able to perform all required elements safely and consistently at a Standard and level of expectations conducive to enhancing future progressions.
- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 6

- ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) at Level 4 or 5 or Xcel Gold
- ✓ Be able to safely execute all CCP required Level 6 elements
- ✓ Be able to safely execute Pegasus Gymnastics required elements for Level 6:
 - Cast to handstand
 - Back handspring on beam
 - Round off - back handspring - back tuck
- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 7

- ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) at Level 5 or 6 or Xcel Platinum
- ✓ Be able to safely execute all CCP required Level 7 elements
- ✓ Be able to safely execute Pegasus Gymnastics required elements for Level 7:
 - 9.0 or better Yurchenko or Tsukahara timer vault
 - A "B" Acro Series on Beam
 - A cast handstand, clear hip, and giant on Bars
 - A Front Tumbling Series, and Layout tumbling skills

Because the Pegasus Gymnastics required elements are the more difficult option within the CCP 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"

- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 8

- ✓ 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 CCP requirements for Level 8
- ✓ Be able to safely execute Pegasus requirements for Level 8:
 - A vault with at 9.6 or higher start value
 - Kip cast handstand, clear hip handstand, giants, flyaway, C 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 CCP 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.
- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 9

- ✓ Obtain two separate 34.50 AA or compete two full seasons at Level 8
- ✓ Be able to safely execute CCP special requirements for Level 9
- ✓ Be able to safely execute three of the four Pegasus Gymnastics Inc requirements:
 - 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+C or D+B flight series, B dismount, Salto/Aerial, 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 CCP 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.
- ✓ Must demonstrate the above at pre-season evaluations to be able to advance into this level for the competitive season.

Level 10

- ✓ Obtain 2 separate 34.50 or compete 2 full seasons at Level 9
- ✓ Be able to safely execute CCP 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:
 - 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.

PROGRAM EXPECTATIONS FOR DAILY TRAINING

Upon acceptance of a position on Team Pegasus, there are some expectations:

- It is expected that the gymnast attends all training sessions, if unable to attend training, the coach or head coach must be notified by email as soon as possible. Coaches should not be taking time out of coaching to contact you to find out where the athlete is. Chronic unexcused lates and absence may be grounds for dismissal from the competitive program.
- It is expected that the gymnast arrives on time for training whenever possible.
- It is expected that the gymnast shows responsibility and arrives prepared for training. All athletes ages 6+ must have a water bottle, snack, grips, gloves, snack, tape, wrist bands, etc. at every training.
- Female athletes must wear a leotard to training, they may also choose to wear shorts. Males must have a tighter t-shirt and shorts.
- Hair must be tied back for all training sessions for safety. Gymnasts must keep their hair neat and take pride in their daily appearance.
- It is expected that the gymnast train to the best of her ability; chronic lack of effort, poor attitudes, and lack of coachability, may be grounds for dismissal from the competitive program. If the gymnast is dismissed from training for cause, the monthly tuition will not be refunded.
- Sportsmanship is a must; we strive to help facilitate the development of quality characteristic in our athletes. As such poor attitudes, eye rolling, shoulder shrugs and "I don't know" of disrespectful nature will not be tolerated and may result in the athlete being sent home.
- The athlete is expected to abide by the Team Pegasus Athlete Code of Conduct while at the gym and anytime they are representing Pegasus Gymnastics. i.e., competitions, demonstrations, off site training etc.

Health and nutrition are important aspects of gymnastics, it is expected that all Team Pegasus members practice a healthy lifestyle. Snack breaks will be permitted for athletes training 4+ hours. Please only bring healthy snacks to training, fast food and junk food is not permitted in the gym.

TEAM PEGASUS **ATHLETE CODE OF CONDUCT**

1. Athletes and parents must show respect for coaches and other athletes at all times.
2. Athletes must put forth effort at each training and strive to achieve their personal best.
3. Athletes are expected to show responsible behavior at all times. This means being on time for training, helping other athletes accomplish their goals, assisting in keeping the gym clean and tidy, and online presence which is expected to be supported by the parents.
4. Athletes are expected to report any defective or malfunctioning equipment immediately.

5. Athletes are not to participate in bullying or discriminatory behaviors and are expected to actively discourage any bullying or discriminatory activity witnessed in the gym.
6. Athletes are not to promote rumors or gossip.
7. Athletes are expected to be a good example for others. Inside and outside of the gym and online.
8. No food in the gym.
9. Never use a piece of equipment or attempt any skill without your coach's consent.
10. A coach must be present in the training area before entering.
11. Athletes are not to consume alcohol, tobacco, cannabis, or any illegal or banned substances or engage in any illegal activity at the gym or any time they are representing Team Pegasus, Team Alberta, or Team Canada, regardless of the age.

TEAM PEGASUS PARENT CODE OF CONDUCT

In a competitive sport environment, emotions and expectations can run high. When entrusting your child to a high-level competitive coach, you are showing faith in the coach's ability to enable your child to be their best in their chosen sport.

At Pegasus Gymnastics, we appreciate the trust you have placed in our coaches, this is not something we take lightly, and we give you our word, we will give our best effort to bring out your child's best abilities, both in sport and character.

This faith in the coach, comes with a few assumptions.

The coach is the coach. When your child's athletic ability has reached a certain level, either progressed or in some cases regressed somewhat, the coach must have the unhindered ability to adjust training accordingly. This is not always the same as what the parent or athlete is prepared for. Therefore, the coaches' word regarding training is absolute, they are entrusted to ensure that the decisions they make are the best for the gymnasts' well-being.

It is expected that the parents will be encouraging and support the decisions of the coach, if there is a difference of opinion between the coaches and the parents, it is expected that it will be discussed in a calm and adult manner, until a suitable arrangement can be agreed upon. In some cases, this may mean that the coach and the athlete no longer have the same goals and are no longer compatible. Parents are expected to approach their child's coach or the head coach if they have any concerns.

The coach will decide on the level the athlete will be registered for competitions. The coach knows the gymnasts' ability and the level of competition is dependent on this ability. An athlete will move up a level when she is physically, technically, and emotionally ready to do so.

Communication between the parent and the coach are very important, however coaches are usually very busy during training. If you have a concern you would like to relay, please request an appointment outside of training hours by emailing the club at wag@pegasusgym.ca. Please indicate the subject matter of the meeting so the coach can be prepared. The coach or head coach will contact you personally to arrange time and date for a meeting.

Above all, the coach, the athlete, and the parent must agree that all decisions are for the well-being of the athlete and will continue to foster a love for gymnastics.

Parents are to treat each other with respect. As with all close-knit communities, there may be friction between members of that community. In a competitive environment, that can translate into untoward behavior between parents of athletes. Parents are expected to treat each other in a civil manner at all times when in the gym or at team events including competition.

In many cases, parents may have interactions with each other as a matter of convenience, which does not involve the gym. These relationships are separate from the day-to-day activity of the gym and any conflict in those relations is not welcome in the gym. If negative behavior resulting from activity outside the gym is noticed while at the gym, all involved parents will be asked to remedy the behavior before coming into the gym.

Parents are not allowed in the gym area unless upon the express invitation of the coach.

TEAM PEGASUS
COMPETITIVE PROGRAM HANDBOOK
RECORD OF ACKNOWLEDGMENT

Please sign and return this page.

ATHLETE CODE OF CONDUCT

I, (athletes name) _____, declare that I have read, understand,
and agree to the terms as presented in the 2023/2024 Team Pegasus Competitive Program Handbook.

Date _____

Signature _____

PARENT CODE OF CONDUCT

I, _____, legal representative of (athlete's
name) _____, declare that I have read, understand, and agree
to the terms as presented in the 2023/2024 Team Pegasus Competitive Program Handbook.

Date _____

Signature _____