

TRAMPOLINE & TUMBLING

2024-2025
COMPETITIVE TEAM
HANDBOOK



PEGASUS
GYMNASTICS

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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 calibre 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 a 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 who 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 Championships 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 also social and emotional growth.

We will ensure that our coaching staff is 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 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, by 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 their 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 program's 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 program's 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 voices 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, require 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.

ICLASSPRO

We use iClassPro for our customer management software. It handles all aspects of our members' accounts, athlete waiver forms, monthly billing, payments, meet registrations for competitive athletes, and an online store to purchase Pegasus apparel.

To be registered in our competitive programs, the family must have an iClassPro account. *The 'Student' information on your iClassPro must be your athlete's full legal name. This is required for accurate information on file and for insurance purposes.* It is your responsibility to notify us if there is a change to any account information, including your email address, phone number, and/or address.

To participate at Pegasus Gymnastics, students must have a parent or guardian signed waiver on file. We require you to accept the Release of Liability and PIPA form, in your iClassPro account through the Student Policies prior to training.

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 the 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, the 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) \$141
- > Developmental (12 month) \$190
- > 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 of the second, third and fourth child's tuition. The discount is applied to 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. Also, 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 \$50 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 the most cost-efficient options such as having the coaches eat food provided at the venues, room sharing, carpooling when possible, renting a 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' expenses can range from \$20-\$200 per athlete. Competitions/training camps outside of Alberta requiring more substantial travel incur a much greater coach 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 outlined above.

Outstanding Competition Fees

Athletes may not train if the outstanding meet registration 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 monthly 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 tandt@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 month's 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 notice is received, an exit meeting will be booked between you and your athlete's 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-round 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 the 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 rare occasions, 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, and Canadian Nationals.

We require all of our Xcel Bronze, Xcel Silver, CCP 3, and T&T Pre-Comp families to work a minimum of 1, 4-hour shift per athlete. For Xcel Gold+, CCP4+ 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. our Xcel Bronze, Xcel Silver, CCP 3, and T&T Pre-Comp volunteer buy-out is \$175 per athlete. For Xcel Gold+, CCP4+ and, T&T Level 1+ the 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 at any competitions where 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, phone number, and/or 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 travelling with the club, your respective coach will determine the attire for that situation. Please remember that your demeanour, grooming, and attitude represent the name Pegasus Gymnastics, and a high standard of behaviour is expected.

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

TEAM RULES AND GUIDELINES

Team members should always report on time and be 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 members must train in a leotard and hair up. Other clothing presents a potential spotting problem and/or safety issue and is not deemed to be the standard of dress within our sport.

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 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 piercings 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 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 is not an appropriate food option 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 ensure 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 therapists, chiropractors, physiotherapists, nutritionists, 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 program's 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.

TRAMPOLINE & TUMBLING PROGRAM SPECIFICS

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 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 advancements.

Due to all the complex mobility standards in all 3 disciplines of T&T (Trampoline, Double Mini, and Tumbling), the T&T Head Coach will have an information meeting for parents about the progress through the T&T system. Unlike the women's program, the T&T mobility standards are sent by GCG (Gymnastics Canada) or AGF (Alberta Gymnastics Federation) and Pegasus Gymnastics has no control over these standards.

Along with Gymnastics Canada requirements, Pegasus has training and skill requirements for skill progression and level placement. Every athlete is unique and requires their own path.

T&T PROGRAM STRUCTURE

Competitive athletes are age-eligible to compete for Pegasus Gymnastics if their birth years are 2016 or earlier. Once athletes reach the age of eligibility to compete, it is highly encouraged that they compete, but the decision will ultimately fall under the coach’s discretion.

Pre-Comp Program, Ages 6+

This program can help shape one’s opinion and help with the important decisions involved in the future for our Athletes. Pre-Comp is simply the stepping-stone between the recreational class program and the competitive team program. It is a place for talented students who wish to explore the avenue of competitive T&T.

Level 1-2, Ages: 8+

Athletes normally spend one or more years competing in Levels 1 and 2. The expectation at this level is to train 9 hours/week. Athletes are highly encouraged to compete at the 3 Alberta Cup competitions and are recommended to participate at Invitational Competitions. Level 1s and 2s who compete and compete at one or more Alberta Cups have the option to compete at Provincials if they qualify as well as Western Canadian Cup.

Level 3, Ages: 8+

Athletes spend one or more years competing in Level 3. The expectation at this level is to train 12 hours/week. Athletes spend one or more years competing in Level 3. Expectations at this level are to participate at the 3 Alberta Cups, provincials, and if they qualify Western Canadian Cup. They also have the chance to be selected to represent Team Alberta at Western Canada Cup. Level 3 athletes have the option to compete at Invitational and some international Competitions as well.

Level 4, Ages: 8+

Athletes normally spend one or more years competing in Level 4. Future levels require far more commitment, travel, and experiences like no other. Expectations at this level are to participate at the Alberta Cups, Provincials and Western Canada Cup. They also have the chance to be selected to represent Team Alberta at Western Canada Cup. Level 4 athletes have the option to compete at some international Competitions as well.

National, Ages: 10+

This is the National Level. Expectations are to participate at the Alberta Cups, Provincials, and Canadian Nationals. Once you mobilize into the National Stream, you are to represent Team Alberta at the Canadian Championships (also known as Nationals). International competitions may come up in the plans and athletes could be selected to represent Team Canada for World Age Group Cups. Meeting mobility requirements set by Gymnastics Canada and Pegasus include difficulty and required skills as well as a minimum score must be achieved for mobilizing to future levels and Team Placements.

National Level training hours may vary depending on the events the athlete will be competing. At this level, each event has a minimum number of hours in the gym training and a larger commitment to self-care and physical shape.

Canadian Team Member, Ages: 11+

Athletes named to Team Canada must hit Canadian Team scores and be selected by Gymnastics Canada and the selection committee. Pegasus does not have a say in the selection process.

Athletes named to Team Canada are expected to participate in 1 Alberta cup in addition to Provincials, Elite Canada, Canada Cups, and Canadian Championships (Also known as Nationals). Athletes at this stage will likely be selected for International competitions to Represent Team Canada and this can range from a World Cup to World Championships.

It is a Pegasus standard that a Pegasus coach will accompany and attend these competitions to help support our athletes. Plan on these events being self-funded.

COMMUNICATION

Email will be the primary method for informational parent communication from Pegasus. A current email address, phone number, and address must be provided for each family. Pegasus will send information regarding events, competitions etc. to the primary email address provided. If you wish for information to be provided to someone who isn't listed on your account, the primary account holder must forward along the appropriate information.

Issues and complaints will only be addressed in a meeting setting. To reiterate 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. If communication of this nature is required, please reach out to initiate the process via email with your personal coach and CC an email to tandt@pegasusgym.ca so we can be aware of any concerns and assist where required. Parents are requested to refrain from texting or calling coaches outside of reasonable hours. If you must contact your coach directly for lighter communications, please be respectful of their schedules and mindful of the 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 are 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, and Spring Parent/Coach Meeting.

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.

GENERAL EXPECTATIONS

Regardless of age, athletes will be expected to train and perform to the best of their ability at all times. In addition to their own personal achievements, athletes play a role in the successes of the other members on the team.

Athletes, families, and staff are to always be spoken to and treated in a polite and professional manner. If this has not been met, this could result in a potential removal from the T&T Program. If any issues or incidents occur, it must be brought to the personal coach for evaluation.

Parent Competition Standards

Parents are expected to follow these rules while supporting their athletes at a competition. Whether we are at an Invitational, Cup, Provincials, Westerns, etc., we have a few guidelines we expect our Pegasus families to follow.

As a parent or guardian, you are a great support system for your athlete, but you are not their coach. Scores, placement, mobilization, and any feedback from the event will be reviewed the week following the competition, not during the meet, and for those the coach deems necessary to speak with.

Pegasus athletes are expected to arrive 15 minutes before the general warm-up of their session and must stay until the end of the session to support their teammates.

Parents or guardians are not to enter the competition area or floor or to speak with other coaches or judges about your athlete's scores. Non-supportive gestures and talking about other athletes, coaches, judges, or clubs will not be tolerated.

If you have any questions or concerns, contact your Pegasus coach to set up a meeting. Any violation of these rules may result in the family being asked to leave the program.

General Timelines

The competition schedule is usually confirmed around November of each season. Start of Season Parents Meetings will happen in November, and you may schedule a meeting with staff by emailing tandt@pegasusgym.ca Please feel free to chat about your young athlete's progress.

Vacations

When possible, parents must give a 2-month notice if your family plans to take vacation outside of the planned closures. Please look at the competition schedule before booking family vacations. World-level athletes need to schedule holidays with their coach based around their planned competition schedule for the season.

We strongly recommend against a vacation within a month prior to Provincial Championships, Western Championships, Canadian events, Trials events, and any other sanctioned events even if the dates adhere to the 2-week rule. If holidays are to be taken it is highly encouraged that Provincial athletes take holiday time from July- September, and National athletes to take any holidays from August-October.

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 ABSENCES.** Athletes with injuries, mental blocks, or unexcused absences may be pulled from the competition due to athlete safety. No refunds will be given if athletes are pulled from the competition. Additionally, if an athlete does not warm up all of their skills during warm-up at the competition, they could be pulled from that event due to safety concerns.

Training at Home

Training skills at home is strongly discouraged due to safety. Training skills at home while unsupervised by a trained professional leads to an 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.

Team Attire

Appropriate training attire is required at all training sessions for both the safety and comfort of the athlete.

Athletes wearing watches, jewelry, jeans or clothing with clips, zippers, buttons, long strings, or other attachments which could cause injuries or damage to equipment will not be permitted to participate in class.

Long hair must be tied back in a ponytail or hair clips (no bobby pins). Loose jewelry is not permitted (long earrings, necklaces, etc.).

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

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

All pre-stream and competitive athletes regardless of age and gender must wear a leotard to each practice.

Pre-Team Attire (Mandatory)

The cost of this apparel is approximately \$200.00 (reviewed annually)

- > Team Pegasus Training Suit
- > Black Pullover Pegasus Hoodie
- > Trampoline shoes

Competitive Attire (Mandatory)

The cost of this apparel is approximately \$450.00 (reviewed annually)

- > Team Pegasus Training Suit

- › Competitive Suit
- › Competitive Track Suit Jacket
- › Trampoline shoes

The Competitive Team Training Suit or Competitive Leotard is required for Pegasus Team Photos.

Attendance

Attendance directly affects the success, confidence, performance, and morale of the others in the team. For team programs (Pre-Comp and Competitive), excessive absenteeism may result in a request for a meeting to discuss the issues and solutions.

We understand that things happen, illnesses, emergencies, family circumstances, but expect that all will make their best efforts to ensure a safe and enjoyable experience for all.

Missed classes are non-refundable and there are no make-up classes permitted.

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

Coaches should be made aware if an athlete is not attending class. If you're unable to attend, please notify us by calling 587-352-8685 or leaving us an email at tandt@pegasusgym.ca.

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.

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 absences 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, wristbands, 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. Hair must be done prior to training start times.
- It is expected that the gymnast trains 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 characteristics in our athletes. As such poor attitudes, eye-rolling, shoulder shrugs and “I don’t know” of a 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 are 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 behaviour at all times. This means being on time for training, prepared for their training by having their hair done along with any necessary taping or bracing on at training start time, helping other athletes accomplish their goals, assisting in keeping the gym clean and tidy, and conduct an appropriate 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 behaviours and are expected to actively discourage any bullying or discriminatory activity witnessed in the gym.
6. Athletes are not to promote rumours 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 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, that 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 is 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 your personal coach and cc the club at tandt@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 a 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 which often requires us to set ego aside to make decisions in the best interest of the athletes to help ensure success, ensuring a healthy level of challenge, and overall development in the sport. The final decision on competing level in the upcoming season will be made by the head coach and based on the pre-season evaluations and the personal coach's recommendation.

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 behaviour 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 competitions.

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 behaviour resulting from an activity outside the gym is noticed while at the gym, all involved parents will be asked to remedy the behaviour before coming into the gym.

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

Parent conduct and etiquette in the gym, viewing room, and at competitions is very important. Just as we expect our athletes to conduct themselves in a way that reflects well anytime they are representing Team Pegasus, Team Alberta, or Team Canada, this applies to parents and family members of Pegasus athletes as well.

Being mindful of the way you conduct yourself, topics of discussion, and their representation and reflection of oneself, the club, and the delegation.

Failure to adhere to the code of conduct may be grounds for dismissal from the competitive program.

TEAM PEGASUS
COMPETITIVE PROGRAM HANDBOOK
RECORD OF ACKNOWLEDGMENT

Please sign and return this page.

ATHLETE CODE OF CONDUCT

I, (athlete name) _____, declare that I have read, understand, and agree to the terms as presented in the 2024/2025 Team Pegasus Competitive Program Handbook.

Date: _____

Athlete 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 2024/2025 Team Pegasus Competitive Program Handbook.

Date: _____

Parent Signature: _____