

WOMEN'S ARTISTIC GYMNASTICS

2025-2026
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 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 have to, 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 sign the required waivers before participation in any class is allowed. 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) \$148.50
- > Developmental (12 month) \$199.50
- > Provincial \$362.25
- > National \$483.00

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 (event dependent). Competition selection will happen via a google form at the start of the season, registration of that event and fees for the event 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, the fee you pay covers your child's registration and a 4% administration fee.

At the start of the season, you will receive a Google Form which will show our Competition & Events Calendar for the season. Some competitions and events will be indicated as mandatory while others are optional. Athletes will automatically be registered for mandatory events (Including but not limited to AGF Training camps, the Pegasus hosted Competition "Gymnastics Rock the Rockies, and Provincial Championships and any other level specific sanctioned events) and the fees charged to your account. You will automatically be billed coaches' expenses for these events.

Athletes will have a choice as to the additional optional competitions they choose to fulfill their minimum number of competition requirements.

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. The Google form helps us to be ahead of these deadlines and minimize the risk of late fees or lost opportunities. Once each athlete's competition selection has been collected and the competition registration comes out to the clubs, families will receive an email confirming their registration in the event which will be shown as a "Camp" in iClassPro. The registration fees will then be posted to your account and processed via the payment method on file. All additional details and information regarding the competition or event will be available in the Pegasus WAG Team Google via the secure link distributed by the Head Coach.

Families change their minds as to which events they want to attend for a variety of reasons, as such 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 invoiced after the completion of the event. Families will have 30 days to settle the payment unless otherwise stated. After 30 days, a late fee of \$50 will be applied each month the expense remains outstanding.

We make every effort to keep costs as low as possible by using cost-efficient options, such as having coaches eat the food provided at the venues, room-sharing, carpooling when possible, and renting cars vs reimbursing mileage depending on which is cheaper. Coaches' total expenses are split equally among registered athletes for each competition.

For competitions and training camps within Alberta, coaching expenses typically range from \$30 to \$250 per athlete. For events outside Alberta that require more extensive travel, coaching expenses will be higher.

Once an athlete is registered for a competition, they will be charged for the coaching expenses even if they choose to withdraw, or if they are withdrawn from the event due to lack of preparation or failure to meet the internal eligibility requirements leading up to the competition. However, if an athlete is pulled/withdrawn from the event due to injury, they will not be charged for coaching expenses.

By completing registration selection for a competition, you are committing to paying the coaching expenses for that competition as described above.

Outstanding Competition Fees

Athletes may not train if the outstanding fees on their account past the due date are more than \$500.00 in arrears. Fees include but are not limited to: Tuition, Membership, Team Wear, Choreography, Meet registration fees, coach expenses.

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. 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. As backed by science, remaining in the gym and maintaining as close to normal training as possible with modified programs is the expected course of action. With almost all injuries there are plenty of other areas to be trained around the injury safely, which helps us minimize the long-term impact of the injury and use the situation to excel in other areas.

Communication with the personal and head coach is the course of action to determine the best outcome for all and their expert opinion is to be followed. 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 severe injury or illness with a doctor's note. Final say of all financial decisions regarding adjusted is at the owner's discretion.

Regardless of the extent of the injury or illness, it is the responsibility of the families to provide written communication from doctors, physiotherapists, specialists, medical personnel, etc., to assist with the functional recovery process. This information is crucial for keeping coaches well-informed and updated on necessary training modifications, limitations, and other considerations. While we have extensive experience with injuries and their recovery, we are not medical professionals. Failure to provide this vital information makes it incredibly difficult for us to effectively manage the athlete's return to sport.

Physiotherapy

Due to the unique demands of our sport, we have dedicated significant time to developing a strong working relationship with a physiotherapy clinic that understands both gymnastics and the Pegasus Gymnastics philosophy. As a result, we collaborate with Calgary Youth Physiotherapy (CYP) for all our pre-habilitation and rehabilitation needs.

CYP is onsite once per week, working directly in our facility to streamline the physiotherapy process. This allows physiotherapists to assess athletes in the gym, communicate directly with Pegasus staff, and provide seamless care. By offering in-house treatment, we improve efficiency, reduce missed training time, and eliminate the need for additional travel to an offsite clinic.

While many excellent physiotherapists are available, few possess the specialized knowledge of gymnastics required to facilitate the need of the athlete and communicate effectively with our coaches and staff.

Following any physiotherapy visit, families and athletes are required to provide the gym with a copy of the prescribed exercises, which will be added to the athlete's file for reference and follow-up.

Program Withdraw

Pegasus requires an IN-WRITING notice to be sent to WAG@pegasusgym.ca should your athlete decide to exit the program. Since our competitive tuition is automatically billed on the 1st of each month, we require that the written notice be provided before the last day of the previous month, effectively giving one month's notice and realistic time to stop the monthly payment.

During that month of notice, your child is welcome to continue training in the competitive program or may be offered to try any of our other programs, or you may choose to forfeit your last month deposit. The last month deposit cannot be used towards settling up outstanding account balances. Often, this notice period allows our WAG and T&T athletes, along with our coaching staff, to address and resolve any concerns which often leads to the athlete choosing to remain in the sport longer. If the athlete chooses to participate in the recreational program during this notice month, the tuition will cover one month of fees only.

Withholding payment or stopping payment without providing formal notice is not an acceptable form of withdrawal and will be treated as a serious violation of your agreement with Pegasus Gymnastics.

Retiring athletes are still required to provide written notice when graduating out of the program. We have many athletes who choose to continue past high school and make no assumptions of their retirement timelines.

Failure to provide payment in lieu of providing notice will be considered a serious breach of contract with Pegasus Gymnastics.

Once notice is received, an exit meeting will be scheduled between you, your athlete, and the coach to ensure the final month is as productive as possible and to discuss the reason for the notice. After the final month, if the athlete wishes to return to the competitive program, they will be required to re-tryout.

After notice has been provided, you will have until the end of the month notice period to settle up all outstanding fees on your account. Any fees left outstanding following that final month of training will incur a late fee penalty of \$50 per month outstanding. After 3 months time, if the fees are still outstanding, they will be sent to collections.

TEAM COMMITMENT

Year-Round Training

While 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.

Please ensure you also refer to attendance requirements around competitions.

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 equal to 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.

Newly accepted athletes' space will not officially be held until the payment of the last month deposit has been received.

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 value the support of our families and strive to keep parental obligations minimal. However, as part of our competitive program, we do require a commitment from each family to help support the events that make our athletes' experiences possible.

Volunteering is a **mandatory component** of the competitive program. Families are expected to contribute to the success of both Pegasus-hosted events and external events where our club is required to provide volunteers. These may include:

Pegasus-Hosted Events:

- > Gymnastics Rock the Rockies (Women’s Artistic)
- > Pegasus Classic (Trampoline & Tumbling)

Alberta & National Events (such as):

- > Alberta Provincials
- > Elite Canada
- > Canada Cup
- > Canadian National Championships

On occasion, we may also request support for special gym-related projects, such as moving equipment or preparing for events.

Volunteer Shift Requirements

Each athlete must have their volunteer commitment fulfilled. Shifts will be posted in advance and may vary in duration depending on the event. The minimum requirements per athlete are:

- > 1 Shift per Season: WAG Developmental, Xcel Bronze, Xcel Silver, CCP 3, T&T Pre-Competitive
- > 2 Shifts per Season: Xcel Gold and higher, CCP 4-10, T&T Level 1-National

Volunteer Buy-Out Option

If your family prefers not to participate in volunteer shifts, you may choose to buy out your commitment. Fees will be added to your online account if you opt-out or do not fulfill your volunteer requirement:

- > \$175 per athlete for 1-shift commitment programs
- > \$350 per athlete for 2-shift commitment programs

Alternate Fulfillment Options

Your family's commitment may also be fulfilled by:

- > Completing designated gym support tasks
- > Providing a donation to a Pegasus-hosted event:
 - o \$150 per athlete for 1-shift commitment programs
 - o \$300 per athlete for 2-shift commitment programs

Your involvement helps us create high-quality experiences for all athletes, and we truly appreciate the time, energy, and support you provide!

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.

It is the parent's responsibility to 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.

All WAG Competitive Team program Specific Important documents and information such as Competition Calendars, Important Dates, Competition Info, Schedules, Team Wear etc. can be found on the Pegasus WAG Team Google via the secure link distributed by the Head Coach. Please check this 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 demeanor, 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. If training start time is 4pm, we expect all athletes in line up ready to begin training at 4pm not arriving at the gym at 4pm. 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 and secured for safety. 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 and personal coach 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 as their food is their fuel. Improperly fueled athletes have a substantially higher risk of injury.

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 Gymnastics 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.

WOMEN'S ARTISTIC PROGRAM SPECIFICS

Our main goal is to build a high-quality Women's program that can achieve lasting success at all levels while maintaining a healthy level of challenge. 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 with self-discipline who 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. Final placement and/or move decisions are made by the Head Coach and are final.

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 and discipline 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, and 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

Athletes are age-eligible to compete for Pegasus Gymnastics if they are birth years 2017 or earlier. Once athletes reach the age of eligibility to compete, they must compete. As we are a more serious gym, competing once eligible is an essential and mandatory part of the program commitment.

As Pegasus is hosting Rock the Rockies in the 2026 season, it is a mandatory competition for all competing athletes. Athletes will automatically be registered and charged the registration fee via your iClassPro account.

Provincial Championships is a mandatory competition for all competing athletes. Athletes will automatically be registered and charged the registration fee via your iClassPro account as well as coaches expenses following the competition of the event.

Competition registration for invitational is done via the google form which outlines the competitions you may choose to participate in as well as the mandatory ones you will automatically be registered for. Athletes must compete a minimum of 3 times prior to Provincial Championships, as such you will not be able to submit the google form without selecting the minimum required amount.

As we know that life happens, children get sick etc., we STRONGLY recommend you select 4 or more competitions to have a buffer to fulfill the minimum requirement of 3 prior to Provincials. Additionally, the more times athletes compete, the more opportunities they have to achieve their mobility scores which is the 1st step to advancing through levels.

Developmental Team

Our developmental gymnasts are ages 3-7. These programs train 4-14 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, as well as preparing them to compete once they are age-eligible. This requires family commitment to the program and time management. Gymnasts will participate in 2 showcase events for families 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.

Xcel Stream

Xcel is an alternative competitive pathway to the CCP (Canadian Competitive Program) Levels 1-9. Unlike the CCP Levels 1-5, which follow compulsory routines, Xcel allows athletes to perform optional routines that highlight their strengths.

At Pegasus, we use the Xcel program alongside the CCP pathway as a flexible steppingstone between levels. By doing so, Xcel becomes a valuable tool for continued progression and can be used to track upward into higher CCP levels. This approach provides athletes with an additional pathway for development while maintaining strong alignment with the technical demands of CCP.

Because we use Xcel as a bridge to more advanced competitive levels, the skill expectations within our Xcel program are higher than standard Xcel requirements. To support this, athletes in Xcel at Pegasus train more hours to ensure they can safely and confidently learn and perform skills at that level.

Team Pegasus offers the following Xcel levels, BRONZE, SILVER, GOLD, PLATINUM, DIAMOND, and SAPHIRE. 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 Championships are mandatory, and they will also be required to participate in AGF Training camps which they will be automatically registered and charge fees for with

the exception of Xcel Bronze who are not eligible for training camps. Athletes may compete as few as 3 events at Invitational competitions. They must compete all 4 events at AGF-sanctioned meets such as Provincials, with the exception of Xcel Bronze as they are not eligible for Provincials.

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; levels 6-10 are the Optional levels. Training hours typically start at 14+ hours per week and increase depending on the level. The goal of this program is to qualify for 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 essential for long-term preparation. Provincial Championships and all sanctioned events are mandatory, as well as any applicable training camps. They will automatically be registered and charged registration fees for all AGF camps. Athletes may compete as few as 3 events at Invitational competitions. They must compete in 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 for the Canadian National Team. High Performance status must be achieved at Elite Canada. Gymnasts must train 25+ hours per week. Competitions will require athletes to 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 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.

All WAG Competitive Team program Specific Important documents and information such as Competition Calendars, Important Dates, Competition Info, Schedules, Team Wear etc. can be found on the Pegasus WAG Team Google via the secure link distributed by the Head Coach. Please check this often.

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 WAG@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.

Texting the coach should be limited to communicating lates, absences or quick check FYIs, and sharing of videos/photos from training or competitions. Texting the head coach is inappropriate and not an accepted means of communication unless they are your personal coach and are following the above listed parameters

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 (MANDATORY)**, Fall Pre-Season Evaluation Report (Optional), and **Season Evaluation Report and Spring Parent/Coach Meeting (MANDATORY)**.

Fall Parents Meeting - MANDATORY

This mandatory meeting is to cover the important information regarding the season such as Competition schedule, important date, season information, team wear and essential program information communication and will take place in early September. This meeting sets the tone for the entire season. It is imperative that a parent attends.

Pre-Season Evaluations

Coaches will complete pre-season evaluation forms and circulate them to parents approximately in November prior to the Mock Meet. These evaluations will include the gymnasts' readiness level for competition, as well as feedback on strength, flexibility, attendance, commitment to the program, adherence to the program and character development. Meetings following the evaluation report are optional unless specified by the coach. Results of the evaluation may incur a change of expected competition level in the best interest of the athlete's potential for 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.

Spring Parent Meetings - MANDATORY

These spring meetings, held in May, are for next season's team assignments, and summer and fall training schedules. These meetings will take place in early May. Future group assignments and training schedules will be provided at these meetings and will not be discussed prior to these meetings.

Athlete placement is determined on factors which include strength, flexibility, attendance, commitment to the program, adherence to the program, and character development. For competing athletes, we evaluate their mobility scores and skill development and progression. Levels and groups are set in the best interest of the athlete's potential for 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.

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 in 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 and Eligibility to Compete

The competitive schedule is subject to change based on athlete readiness and adherence to the following policies.

Pre-Competition Attendance Policy

Invitationals

1 week prior to an Invitational competition THERE CANNOT BE ANY UNEXCUSED ABSENCES. The 1-week rule begins on the Sunday 1 Week prior to the Invitational competition event. 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.

Sanctioned Competition Event

2 weeks prior to the Sanctioned Competition Event THERE CANNOT BE ANY UNEXCUSED ABSENCES.

The 2-week rule begins on the Sunday 2 Weeks prior to the competition event. 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.

Sanctioned events include but are not limited to: Provincial Championships, Trials to Alberta Winter Games, Trials to Westerns, Trials to Nationals, Westerns Canadian Championships, National Canadian Championships, Elite Canada, Trials to Canada Winter Games, Canada Winter Games.

Sanctioned events vs Invitational events will be identified and labeled on the seasonal competition calendar provided in September, we strongly recommend you plan accordingly around these dates especially give their highly advanced notice.

Warm-Up at a Competition:

Gymnastics requires precise movements and mental focus. If an athlete is unwilling or unable to warm up their skills fully before a competition routine, the risk of injury increases.

The intense pressure and stress placed on their brain and bodies during a routine can be overwhelming, and attempting skills without proper warm-up significantly increased the risk of accidents. As a coach, I will not compromise their safety by allowing them to compete a skill or routine without being fully prepared and I refuse to risk their well-being for the sake of competition. As such, if the athlete is unwilling or unable to complete the skills in warm up, they will be scratched from the event for their safety. Don't warm it up = will not compete in that event.

Additionally, if the athlete is not present at the completion of General warm up at a competition, they will be scratched from the competition due to safety. This is a rule set out by our governing body and is not in our control

Spotting:

Spotting during competition routines is not allowed and results in significant deductions. Coaches can spot during warm-ups but not during the actual competition. Athletes must be prepared to perform their routines solo, and if they are not, they will not be allowed to compete in that event. Missing skills or altering routines can also negatively affect scores in most levels and is almost always not an acceptable alternative.

Unsportsmanlike Conduct:

An athlete may be removed from the competition due to unsportsmanlike conduct if their behavior violates the principles of fairness, respect, or integrity expected in the sport. This could include actions such as verbal or physical aggression toward judges, coaches, or other competitors, intentionally sabotaging another athlete's performance, or displaying disrespectful conduct or extreme emotional outburst during or after their routine.

Judges or officials typically intervene if they witness such behavior, issuing a warning, applying the unsportsman-like conduct deduction or, in severe cases, removing the athlete from the competition. The aim

is to maintain a positive and respectful environment for all participants, ensuring that sportsmanship remains a central value in the competition. This applies to athletes as well as parents and family members in the viewing area and can have the same consequences.

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.

General Attendance

Athletes are required to maintain 85% attendance in the program at a minimum. Consistent attendance is crucial for progress and success in gymnastics, as regular training allows coaches to provide the necessary guidance, skill development, and individualized attention. If a gymnast is not present, they miss out on key instruction and practice, which can hinder their growth and ability to compete. We cannot coach athletes who are not there, and regular attendance is essential for both individual growth and team success.

Failure to adhere to this policy may be grounds for dismissal from the competitive program.

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, competitive leotards change 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)

All sizing will be performed by the Head Coach who is the expert on the fit of the competitive leotards cut, fit and style.

Either the Competitive Team Training Suit or Competitive Leotard is required for Pegasus Team Photos. You will be instructed which one to wear in the Team Photos Information email.

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, track suit and carry the Pegasus branded backpack. Desired hairstyle 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 colouring 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. A list of Pegasus approved choreographers will be provided each season. Parents are not permitted to contact choreographers unless pre-arranged and approved of by the head coach. All choreography sessions must take place at Pegasus. Athletes are not permitted to conduct choreography at other facilities outside of Pegasus Gymnastics. The coaches will arrange floor choreography in the gym and work with the gymnasts to find suitable music. All music choices must be approved by both the personal and head coach. Floor and beam routine. Floor routine and beam choreography are 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 \$80
- > Beam \$30

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 \$160
- > Beam \$45

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. We use the Xcel program as mid-level points between the CCP level as a means to streamline the athlete’s progression through the levels while maintaining a healthy level of challenge. That said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement:

Xcel Bronze, Silver, Gold, Platinum, and Diamond

- ✓ Score two separate 36.0 AA in competition or complete 2 competitive seasons (24 months) at level Bronze, Silver, Gold, Platinum, Diamond 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 in to this level for the competitive season.

Level 3, 4, and 5

- ✓ Score two separate 35.5 All-Around (AA) in a competition or complete 2 competitive seasons (24 months) while demonstrating reasonable success.
- ✓ 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 in to this level for the competitive season.

Level 6

- ✓ Score two separate 35.50 AA in competition or complete 2 competitive seasons (24 months) demonstrating reasonable success.
- ✓ 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 or roundoff on beam
 - Round off - back handspring - back tuck on floor
- ✓ 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) demonstrating reasonable success.
- ✓ 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 flight pass, and Layout tumbling either forwards or backwards

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 34.5 AA scores or complete 2 competitive seasons (24 months) 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 (24 months) while demonstrating reasonable success.
- ✓ 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, and low to high or 180 C turn, C dismount and potential for bonus connections
- 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.
- Meet reasonable Composition requirements each event
- Being granted a pass from coaching staff at their professional discretion

Because the Pegasus required elements are more difficult than the CCP base requirement elements in an effort to achieve bonus, 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 two separate 34.50 AA or compete two full seasons at (24 months) while demonstrating reasonable success.
- ✓ 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 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 through taking personal ownership in their gymnastics.
3. Athletes are expected to communicate effectively with coaches.
4. 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.
5. Athletes are expected to report any defective or malfunctioning equipment immediately.
6. 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.
7. Athletes are not to promote rumours or gossip.
8. Athletes are expected to be a good example for others. Inside and outside of the gym and online.
9. No food in the gym.
10. Never use a piece of equipment or attempt any skill without your coach's consent.
11. A coach must be present in the training area before entering.

12. 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.

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

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. Moving up too early has a detrimental impact on long term success. We are a serious gym but we do not load levels as we are not a win at all cost gym but we must always keep the athlete at a healthy level of challenge to ensure current and future success.

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 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 a time and date for a meeting. Texting the coach should be limited to communicating lates, absences or quick check FYIs, and sharing of videos/photos from training or competitions. Texting the head coach is inappropriate and not an accepted means of communication unless they are your personal coach for the above listed parameters.

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. While decisions are sometimes difficult to hear, 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, the lobby, towards all Pegasus staff, 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.

WAG RECORD OF ACKNOWLEDGMENT 2025-2026

By signing below, both the athlete and parent acknowledge that they have read, understood, and agree to adhere to the policies and terms as presented in the 2025/2026 Team Pegasus Competitive Program Handbook. Please initial beside each item to confirm your understanding, agreement, and commitment to adhere to the following. Return this page to the Head Coach upon completion.

1. I have read, acknowledge, and agree to adhere to the **Last Month Deposit and Fees Policy.**
Athlete Initials: _____ | Parent Initials: _____

2. I have read, acknowledged, and agree to adhere to the **Mandatory Summer Training Policy for Birth Years 2017 and Older.**
Athlete Initials: _____ | Parent Initials: _____

3. I have read, acknowledged, and agree to adhere to the **Competition Registration Policy and Mandatory Attendance to Provincials.**
Athlete Initials: _____ | Parent Initials: _____

4. I have read, acknowledged, and agree to adhere to the **Coaches Expense Policy.**
Athlete Initials: _____ | Parent Initials: _____

5. I have read, acknowledged, and agree to adhere to the **Injury Policy.**
Athlete Initials: _____ | Parent Initials: _____

6. I have read, acknowledged, and agree to adhere to the **Attendance Policy.**
Athlete Initials: _____ | Parent Initials: _____

7. I have read, acknowledged, and agree to adhere to the **Competition Eligibility Policy.**
Athlete Initials: _____ | Parent Initials: _____

8. I have read, acknowledged, and agree to adhere to the **Communications Policy.**
Athlete Initials: _____ | Parent Initials: _____

9. I have read, acknowledged, and agree to adhere to the **Volunteer Commitment Policy.**
Athlete Initials: _____ | Parent Initials: _____

10. I have read, acknowledged, and agree to adhere to the **Athlete Code of Conduct.**
Athlete Initials: _____ | Parent Initials: _____

11. I have read, acknowledged, and agree to adhere to the **Parent Code of Conduct.**
Athlete Initials: _____ | Parent Initials: _____

Signatures: By signing below, both the athlete and the parent confirm that they have read, understood, and agreed to the policies outlined above.

Athlete Name (Print): _____

Parent Name (Print): _____

Athlete Signature: _____

Parent Signature: _____

Date: _____

Date: _____