



Developmental Pre-Team

Developmental Pre-Team: 2020/2021 Invite Letter

We are pleased to invite you to be a part of our 2020/2021 Developmental Pre-Team. This is a program with a focus on technique, skill progression through drills and building the strength and flexibility necessary to learn higher-level skills in the future. This program will provide young gymnasts the opportunity to develop their gymnastic skills while being a part of a team/group. There will be an introduction to routines and performance in a non-stressful environment preparing them to enter either the Interclub/Xcel Program or the JO Competitive Program in the future.

Developmental team members will attend one 60 - 90 minute class (depending on age) per week from September 2020 to June 2021. Class options can be found on the class registration page on the Synergy website. Please note that you are committing to those days from January to the end of June. Developmental Pre-Team members will not attend out of town meets but may participate in our In-House meet that takes place at the end of February, if they are ready, and our Year End Mini Meet at the end of June. Developmental girls will do a floor routine demo at the in-house meet and perform all of their routines/skills at the Year End Mini Meet at the end of June. Monthly fees are based on class/training time, routine choreography sessions & exhibitions. Additional fees will include but are not limited to: a team bodysuit, membership fee & GBC insurance. All fees are pro-rated for missed classes due to stat holidays.

If you decide that you would like to be a part of this program please fill out the required forms and return them to Synergy Gymnastics either in person or by email no later than **August 27th**. **Spots fill on a first come basis** so get your forms in asap. Contracts may not be accepted due to limited number of available team spots.

If you have questions or concerns please feel free to contact us at any time via phone (250-300-1546), email (crost2017@gmail.com) or in person meetings.

We look forward to a fun and exciting year

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Developmental Pre-Team: 2020/2021 Contract

Training commitments and requirements:

- Developmental Pre-Team members are required to attend one 60 - 90 minute class per week (based on age) from September 2020 to June 2021. Day/time options available on-line.
- Pre-Team members may be required to participate, if ready, in a demo at the Synergy Kelowna Invitational (hosted in our gym) in February as well as the Year End Mini Meet at the end of June.
- Additional training at other gymnastic facilities must be approved by the Head Coach.
- Each Team member will be required to learn routines on uneven bars, beam, floor & vault. These routines may involve the gymnast performing individually or in a group to be decided by the coaches during the training year.
- All Developmental Pre-Team members are required to be on time & come prepared for class. This includes wearing appropriate gym wear (gymnastic suit) and having hair tied back. Gymnasts who are more than 10 minutes late may not be allowed in class for safety reasons. Gymnasts who are consistently late will be put on probation.
- Team members are required to fully participate in warm up & stretching. Gymnasts who do not or are unable to fully participate in warm up and stretching may be excluded from class due to safety reasons.
- Gymnasts will be required to purchase a pre-team bodysuit (\$40-\$60) unique to the Pre-Team group and attend at least one photo day throughout the year.

Regular Classes/Choreography/Performances:

- All Pre-Team classes and indicated performance meets are mandatory.
- All members are to be on time for all classes and performances. If you are going to be late for any specific reason, please notify the coaches at 250-300-1546 (Cindy) or 250-300-0993 (Haillie).
- All team members will make coaches aware of any previously scheduled trips or events that may conflict with training &/or performance schedule asap.
- Team bodysuit is mandatory and will be the sole responsibility of the Pre-Team member/family. Team suits should NOT be worn for practices. Team members will NOT be allowed to participate in events if requirements are not met.
- While wrap or wrist supports are not mandatory it is strongly recommended to prevent any future injuries resulting from constant pressure on the wrists during skills.

Attitude/Class Etiquette:

- All Developmental Pre-Team members are expected to conduct and demonstrate good behavior, class etiquette and show respect to their coaches, fellow team members and the gym as a whole.
- Disrespectful behavior and/or attitude between and/or by Pre-Team members will not be tolerated and will be dealt with immediately by the Head Coach. Any display of attitude or disrespect towards coaches, fellow team members or any other athlete/ person at any time will be reported to the parent and a solution will be agreed upon. Any further display of such behavior will result in removal, suspension, probation and/or expulsion from performance meets and/or Pre-Performance Team.
- All Developmental Pre-Team members personal issues and/or concerns from parents will be addressed directly to the Head Coach and an immediate scheduled meeting will take place to address subject matter. Please address these concerns at an appropriate time when the coach is not on the floor with athletes.
- All expenses incurred within the Developmental Pre-Team program are non-refundable in the event of suspension or expulsion of any matter.

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Absences/Tardies:

- Each Developmental Pre-Team member is entitled to five (5) personal days throughout the contract year. Personal days are, but not limited to: family vacation, family events or school functions and are available to students to use for occasions related to personal events.
- All Pre-Team members are asked to inform coaches of any scheduled family or school events that may impact training or meet schedules.
- Being inexcusably absent from classes or choreography which results in missing essential progressions could result in suspension and/or expulsion from Performance meets.
- **If attendance becomes or continues to be unsatisfactory, removal from meets and/or Developmental Pre-Team will be necessary in order to sustain the programs/team development as a whole. This policy will be strictly enforced.**
- Excused absences are, but not limited to, accidental injury, illness, family emergencies or required school functions that are necessary based on a mandatory school assignment that is graded. In the event of such an absence the coaches must be notified prior to class either by email or a phone call to the gym. Extra curricular activities or homework are not considered an excusable absence.

Tuition/Fees/Expenses/Refund Policies:

- All Developmental Pre-Team members are required to attend at least one (1) 60-90 minute class per week from September 2020 - June 2021. Monthly tuition is based on hours training. Monthly tuition amount is amortized for the season and takes into account classes missed for Stat holidays.
- In the event that both parties agree that a release of contract is in the best interest of all, a one month penalty payment will be charged.
- All Developmental Pre-Team class fees are based on classes plus choreography. The program schedule will follow the school curriculum when possible. There will not be classes during Christmas Break, Spring Break and Statutory holidays
- Additional fees include but are not limited to gym membership and insurance fees, pre-team bodysuit (\$45-\$60).
- All Developmental Pre-Team monthly fees are required to be submitted at time of registration. Payment options include Visa/Mastercard/Check dated for the 1st of each month.

Training Progress Evaluations:

All Pre-Team members will receive a progress evaluation at least once in the year. There will also be two conditioning evaluations scheduled in class throughout the year. Any parent wishing to have a copy of their child's results may contact the coaches. The purpose of the evaluation is to give our gymnasts and their parents feedback on their progressions. If progress concerns are identified a plan with timelines will be worked out involving all parties and progress will be monitored. If the athlete continues to show lack of progress it may be determined that the athlete is not, at this time, ready to participate in Meets or continue with the program.