



## Xcel Bronze: 2020/2021 Contract

### Training commitments and requirements:

- **Bronze** Xcel Team members are required to attend one 120 minute class per week from September 2020 to June 2021 with a possible option to add a second training day. Please refer to the Information Sheet for day/time options. Please note class space is limited and will fill on a first come basis (also note that times/days may be adjusted as fall schedule is finalized).
- **Bronze** Xcel Team member families are required to complete a minimum of **3 volunteer hours** through the year.
- All Xcel Team members are required to attend the Synergy Kelowna Invitational (hosted in our gym) and at least two away meets (if possible with current Provincial restrictions ).
- Additional training at other gymnastic facilities must be approved by the Head Coach.
- Each Team member will learn routines on all apparatus.
- All members are required to attend choreography sessions for floor routines. These sessions may be held outside of the regularly scheduled class time and/or on weekends if needed.
- All Xcel 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 the gym 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.

### Regular Classes/Choreography/Performances:

- All Xcel Team classes and indicated meets are mandatory.
- All members are to be on time for all classes and meets. 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.
- All Team members are required to participate in a minimum of 2 Meets within the 2020/21 season (if possible). One is guaranteed to be attended locally and the other may require travel not to exceed 500km one way.
- Your gymnast's session at meets may be scheduled on any days of the meet and specific day/ time will not be available until after final registration for the meet is finalized.
- All event expenses affiliated with the Xcel/Competitions Meets will be the sole responsibility of the Xcel Team member/family and must be paid on or before meet registration deadline. Note: Meet fees can range from \$80-\$140 per meet. Once signed up for a meet no changes will be made unless accompanied by a doctor's note 5 days prior to the meet.
- There will be a \$20-\$40 fee for each meet attended to assist in covering coaching costs.
- Team bodysuit and jacket are mandatory and will be the sole responsibility of the Performance Team member/family. Team members will NOT be allowed to participate in performance events if team attire is not worn.
- 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:**

- **Xcel** Team members are expected to conduct and demonstrate good behaviour, class etiquette and show respect to their coaches, fellow team members and the gym as a whole.
- Disrespectful behaviour and/or attitude between and/or by Performance 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 behaviour will result in removal, suspension, probation and/or expulsion from meets and/or Xcel Team.**
- All 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 Xcel program are non-refundable in the event of suspension or expulsion of any matter.

### **Absences/Tardies:**

- Each Xcel 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 Team members are asked to inform coaches of any scheduled family or school events that may impact training or Performance meet schedules.
- Being inexcusably absent from classes or choreography, which results in missing essential progressions could result in suspension and/or expulsion from Xcel meets.
- **If attendance becomes or continues to be unsatisfactory, removal from meets and/or Xcel 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 Xcel **Bronze** Team members are required to attend one 2 hr class per week from September 2020– June 2021 with the possibility of adding a second training day (if there is demand). Refer to the Info. Sheet for class day/time and price options. Monthly tuition amount is amortized for the season.
- In the event that both parties agree that a release of contract is in the best interest, a one month penalty payment will be charged.
- All Xcel Team class fees are based on number of classes plus choreography. The program schedule will follow the school curriculum when possible. There will not be mandatory classes during Christmas Break and Statutory holidays but please note that there may be classes during Spring Break for gymnasts who are attending meets right after the break.
- Additional fees include but are not limited to gym membership and insurance, team bodysuit (\$110-160), team jacket (\$85-100) and meet registration fees (\$80-100+meet)
- All Xcel Team monthly fees are required to be submitted at time of registration. Payment options include Visa/Mastercard/Check dated for the 1<sup>st</sup> or 15<sup>th</sup> of each month.

### **Training Progress Evaluations:**

All Team members will receive a progress evaluation at least once in the year. There will also be 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 Xcel Meets.