



### Interclub: 2022/2023 Contract

#### Training commitments and requirements:

- **Pre-Interclub** team members are required to attend a minimum of one 75 minute class per week, **Interclub Beginner** team members are required to attend a minimum of one 90 minute class per week & Interclub Intermediate team members are required to attend a minimum of one 120 minute class per week, from September 2022 to June 2023. Refer to website for class days/times and monthly tuition (please note that times/days may be adjusted as fall schedule is finalized). Class space is limited and will fill on a first come basis
- **Interclub** Team members are required to attend at least one week of Artistic Summer Training in July or August. Days and times for these classes are available under the 'Summer' tab on the website.
- **Interclub** Team member families are required to complete a minimum of **2 volunteer hours** through the 2022/23 year.
- It is **MANDATORY** that all **Interclub Intermediate** Team members attend the Kelowna Invitational (hosted by our gym in February) & the Fun In The Sun Meet (hosted by our gym in June). **Interclub Beginner & Pre-Interclub** Team members are required to attend the Fun In The Sun Meet (hosted by our gym in June). Athletes may be invited to attend other meets if coaches feel they are ready.
- Additional training at other gymnastic facilities must be approved by the Head Coach.
- Each Team member will learn individualized routines on all apparatus.
- All Interclub Team members are required to be on time & come prepared for class. This includes wearing appropriate gym wear (gymnastic training bodysuit is mandatory) and hair tied back. Gymnasts who are late for class/training 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 as well as conditioning components. 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 Interclub 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 1-2 Meets (depending on level) within the 2022/23 season.
- Your gymnast's session at meets may be scheduled on any day(s) 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 Interclub competitions/meets will be the sole responsibility of the Interclub 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 fee for each local meet and \$40 for out of town meet attended to assist in covering coaching costs.
- Team bodysuit and jacket are mandatory and will be the sole responsibility of the Interclub Team member/family. Note: Team members will **NOT** be allowed to participate in performance events if team attire is not worn.

## Pre-Interclub (age 4-5) & Interclub (age 6-11)

### Attitude/Class Etiquette:

- **Interclub** 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 Interclub 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 Interclub 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 Interclub program are non-refundable in the event of suspension or expulsion of any matter.

### Absences/Tardies:

- Each Interclub 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 meet schedules.
- Being inexcusably absent from classes or choreography, which results in missing essential progressions could result in suspension and/or expulsion from Interclub meets.
- **If attendance becomes or continues to be unsatisfactory, removal from meets and/or Interclub 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 **Interclub** Team members are required to attend one 75 - 120 minute class per week (depending on level) from September 2022– June 2023. Refer to the website for class day/time and price options. Note: monthly tuition amount is amortized for the season taking into account all Stat holidays and Christmas Break & Spring Break..
- 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.**
- If an athlete/parent decide to leave the program prior to the end of the season without agreement of both parties (athlete/parent & Synergy) a mandatory 30- day notice from the 1<sup>st</sup> of the month is required and a **one-month penalty payment will be charged.**
- All Interclub 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.
- Additional fees include but are not limited to gym membership and insurance (~\$50), team bodysuit (\$~50), team jacket (\$~85) and meet registration fees (\$80-140+meet)
- All Interclub Team monthly fees are required to be submitted at time of registration. Payment options include Visa/Mastercard/E-Transfer/Check dated for the 1st of each month.