

Kanata Rhythmic Sportive Gymnastics Club



Club Handbook
Advanced Training Program

Introduction

The objective of this handbook is to provide to parents, gymnasts, and coaches important information on the policies, guidelines and practices of the club.

The KRSG club is one of the largest and longest standing RG clubs in Canada. We offer a full range of programming including Recreational, Interclub, and Provincial Streams. The Interclub and Provincial Streams are both competitive programs, the difference being primarily in the number of hours of training, and the physical ability of the gymnast.

This handbook is primarily targeted at those members of the club associated with the advanced training programs (interclub individual and aesthetic gymnastics group (AGG) and provincial rhythmic gymnastics RG and AGG), although it does contain general information useful for anyone who has an interest in the club.

The 2008 version is updated from previous revisions issued between 1999 and 2002.

The club's official web Site is at www.krsg.org.

KRSG Club Philosophy

To assist gymnasts to reach their gymnastics potential in a fair and healthy environment; where the development of physical skills is balanced with the development of sportsmanship, leadership, social skills and a healthy lifestyle.

About the Handbook

This handbook was prepared by the Board of Directors. Please direct any comments or corrections to the Board at info@krsg.org.

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ABOUT THE SPORT

The sport of rhythmic gymnastics combines the grace and musicality of ballet and dance, the power of artistic gymnastics, flexibility of a contortionist, the artistry of performance art, and the challenges of great hand eye coordination. Rhythmic gymnastics is quite possibly the most beautiful of all competitive sports.

There are two major types of rhythmic gymnastics in Canada. The category generally called Rhythmic Gymnastics or RG has Provincial individuals RG groups (duo/trio or 4 to 5 athletes) performing routines using small hand apparatus - rope, hoop, ball, clubs and ribbon as an extension of their bodies in routines always accompanied by music. At the high levels, extreme flexibility, stamina and hand eye coordination are critical. The second category is Aesthetic Group Gymnastics (AGG). In this category, groups of 5-14 athletes perform a routine focused on full body movement, expression, and cohesiveness of group.

Both categories are judged on meeting technical requirements, quality of execution and artistic value. The performance takes place on a special carpeted surface that is 13 metres x 13 metres. The sport is currently performed in official competition by women only.

The question has often been asked of Rhythmic Gymnastics: Is it dance? Is it art? Or is it sport? In reality it is a unique combination of the best of all three worlds. The essence of rhythmic gymnastics is self-expression. In the absence of aerial acrobatic elements used in artistic gymnastics, the movements in rhythmic gymnastics are elegant, expressive, precise and graceful. Athletes require a full range of flexibility throughout the entire body in addition to explosive power. Both factors combined allow athletes to maintain perfect body alignment in leaps, balances, pirouettes and other intricate body movements. Athletes display coordination and cohesion in their use of the hand apparatus with rhythmic sensibility while taking risks with technical throws. The highest-level competitors take great pride in their original compositions as they appear to become one with the music and the apparatus.

In 1984, Rhythmic Gymnastics achieved full Olympic status at the Games in Los Angeles. The first ever Olympic Gold Medal in Rhythmic Gymnastics was won by Canada's Lori Fung.

In 2006 Alexandra Orlando ~~joined Graham Smith (1978, Edmonton), Susie O'Neill (1998, Kuala Lumpur) and Ian Thorpe (2002, Manchester) as the only competitors to~~ won six gold medals at a single Commonwealth Games.

VALUE FOR MY DAUGHTER

Besides the obvious physical benefits in participating in rhythmic gymnastics there are other benefits that will enrich your daughters' life experiences.

Every year, we are amazed at the development of the confident young women that have participated in the program, as they head off to university and careers in engineering, science, history and public and sport administration. They have developed the ability to manage their time balancing training and school work.

Performing and competing in front of an audience from a young age, either as individuals and groups is a great way to develop self confidence.

Hopefully this introduction to sport will develop an interest in fitness that will last past high school, either continuing in the sport as an adult or moving onto other activities.

While Rhythmic Gymnastics develops flexibility, coordination and stamina - it is a sport with minimal injury, either short term or chronic. Compared to soccer, basketball, artistic gymnasts or skiing - there is much lower risk of injury.

Friendships are developed, through training groups, and traveling to competitions or performance events.

We hope that the majority of advanced training gymnasts have the opportunity to travel with the club as a team and participate in Gymnaestradas or training camps outside of the province or country. This gives them an introduction to other cultures and an opportunity to develop independence.

For a few gymnasts, participation in the sport can lead to part time jobs in coaching when they reach age 16, and can provide good student jobs while in university whether with KRSG or other gymnastics clubs. It gives a gymnast another perspective of the sport and also allows them to give back to the sport by helping to develop other athletes.

Finally - participation in an active club, helps develop the skills of team work, the value of volunteering and also visible role models.

KRSG CLUB OVERVIEW

Kanata Rhythmic Sportive Gymnastics Club is a volunteer-based, non-profit organization. Head Coach Dasa Lelli founded the club in 1975 as a recreational program offered to children of the City of Kanata. The club has since expanded to include recreational, interclub and provincial individuals, RG small groups, aesthetic group and adult programs.

Recreational training is offered in area schools and community centres to girls aged four and older. Recreational classes are one hour in duration, take place once a week and run for 30 weeks. KRSG partners with the Western Ottawa Community Resource Centre to provide an opportunity for a girl to try rhythmic gymnastics in our recreational program.

Advanced Training opportunities for individuals and groups are offered in the Provincial and Interclub gymnastics streams. Provincial and Interclub guidelines are set by Gymnastics Ontario as described on the Gymnastics Ontario website www.ogf.com. Participation at this level requires a commitment of time and effort greater than that of the recreational level.

Advanced training gymnasts train a minimum of 4 hours a week and can train up to 20 hours a week depending on the program they are enrolled in. Specific information on each of the club programs is described below in the section entitled "**CLUB PROGRAM DESCRIPTIONS**". Advanced training gymnasts also compete in provincial and invitational meets and may be asked to represent the club at various community, Canadian and International events such as the Canadian Gymnaestrada and International World Gymnaestrada.

The club is run entirely by parent volunteers through its operations committee, and is a member in good standing of Gymnastics Ontario (GO). GO promotes all disciplines of gymnastics throughout Ontario, and has a membership of over 160 clubs and 60,000 individuals.

CLUB GOALS 2008~~9~~-2010~~09~~

The Club's operating goals for this year are:

1. A successful competitive season
2. A positive experience for all our gymnasts
3. Maintain a positive financial picture

CLUB ACCOMPLISHMENTS

In 1998 the Club was recipient of the GO Club of the Year Ed Brougham Award.

The Club has produced provincial champions in a number of competitive categories as well as has produced medal winners at various Provincial, Invitational and AGG Group competitions throughout the years.

The KRSG club has hosted the Ontario Provincial Championships and Invitational Meets for both provincial and interclub gymnasts many times over the last 10 years.

The founder and Head Coach of the Club, Dasa Lelli, was awarded a Special Recognition Award for her services to the sport by Gymnastics Ontario for at the AGM held in October 2008. In addition Paula Preston was presented with a GO Club Volunteer of the Year award at the KRSG Annual General Meeting in October 2008.

Further details of the success of the gymnasts and the Club are kept up-to-date on the program pages of our website - www.krsg.org.

CLUB PROGRAM DESCRIPTIONS:

Recreational Program

The base of every competitive club is its recreational program. The focus of this program is to enable girls to participate in a disciplined but fun filled physical activity focused on increasing balance, flexibility, coordination and repertoire of rhythmic movement. Basic skills associated with the sport of Rhythmic Gymnastics are taught, including ball, rope, hoop and ribbon. This program also increases the exposure of the community to our sport.

The recreational program typically consists of a 30 weeks of one hour or two hour classes. Ages range from 4 upward. Children who show an aptitude and an interest for more advanced programs are invited to join our advanced program in an appropriate stream for their age and ability. All placement decisions are at the sole discretion of the Head Coach.

Our recreational gymnasts are showcased in a yearly club event, called a "Gymnaestrada", held in the spring on stage in one of the local school auditoriums.

In 1997-98 the Club introduced its "I've Got Rhythm" skill development badge program, a program that keeps our recreational members returning year after year. The "I've Got Rhythm" program is a progressive badge-based curriculum that develops the basic skills of rhythmic gymnastics. All our recreational participants receive progress reports at the end of each session, and, over time, can earn up to six badges.

Advanced Training Program

Girls who are interested in participating in more than a few hours of training a week are invited through audition to join one of the Advanced Training Program streams. The minimum training requirement for an Advanced Training Program is 4 hours per week.

To be eligible to join the advanced program in any of the streams, a gymnast should have at least one full year in a recreational program, or similar dance or gymnastic experience. In addition, the gymnast must have a successful audition with the coaching staff. Auditions are generally held in the spring but may also be done at other times throughout the season. The dates and times for auditions are generally published on the Club website.

The advanced training program is broken into two streams - Provincial and Interclub. Within each of these streams, gymnasts can participate as individuals, part of a small group, or as part of a large aesthetic group (AGG) or a combination of these. Kanata also has a pre-competitive program (Rising Stars) which takes young gymnasts from the recreational program and prepares them to move into one of the more advanced training programs as their interests and skills allow.

Full details of the different streams and levels can be found on the *Gymnastics Ontario* web site - www.ogf.com.

Participation at the provincial level requires a large family commitment. Provincial athletes train a minimum of 12 hours per week, while interclub athletes train a minimum of 4 hours per week.

All Advanced Training gymnasts are eligible to compete at various competitions at the discretion of their coach.

Individual gymnasts in the Provincial program compete at the annual Provincial Championships and together with the Interclub gymnasts they may be competing at Invitational competitions throughout Ontario and Quebec. Home Interclub gymnasts will participate in competitions in the Ottawa area only. See the section on "Gymnastics Competitions and Meets" for more specific information about the competitive season.

GYMNASTICS COMPETITION AND MEETS

The competitive season varies by program, but generally it starts in February and culminates in May/June with the Provincial Championships (provincial gymnasts) and Red Ribbon (Interclub AGG gymnasts).

All provincial gymnasts must attend the provincial qualifier 1 and 2 meets and, if results warrant it, attend the Provincial Championships.

At the recommendation of the coaches, provincial and interclub gymnasts may be asked to attend competitive invitational events (this includes invitational meets run by the KRSG Club) throughout the season.

The club usually travels to other areas such as Toronto and Montreal to compete as we are only one of two clubs currently holding meets in the local area.

Gymnasts are responsible for paying their own meet fees (per routine per competition), their own travel expenses and accommodation. Typically parents drive and carpool to these events. Gymnasts are also responsible for purchasing their own practice and competition suits, equipment and music.

Appendix I contains some general information about competition fees and other costs to expect when participating in an Advanced Training Program with the club.

Appendix II contains some suggestions for nutritional requirements in preparation for a competition.

BOARD OF DIRECTORS

The club is governed by a constitution, describing organisational structure, basic operation and financial policies. The Board of Directors provides overall direction for

the club. It sets ongoing club policy, budget, fee rates and direction for the club for the year. The board manages the coaches' professional service agreements.

The board typically meets once a month. This meeting is for board members and invited guests. If a club member has an issue with the operation of the club, club policies or coaching policies, it should be formally raised to the board. The board also appoints and leads the KRSQ Operations Committee. Elections for the board are held at the Annual General Meeting. All board members are elected for a 2 year term.

A complete list of board members together with their contact details are published on the club's web site at www.krsq.org.

Full details of the roles and responsibilities of members of the board can be found in the Club Constitution posted on our web site - www.krsq.org.

KRSQ OPERATIONS COMMITTEE

The Operations Committee is appointed by the Board of Directors to assist in the day-to-day operation of the Club, and the planning and execution of events.

A complete list of board members together with their contact details are published on the club's web site at www.krsq.org.

Full details of the roles and responsibilities of operations committee can be found in the Club Constitution posted on our web site - www.krsq.org.

ANNUAL GENERAL MEETING

The Club shall hold its Annual General Meeting not later than four months after the end of the fiscal year (June 30).

More information on the AGM can be found in the Club Constitution posted on our web site - www.krsq.org.

COACHES

Important to the success of the club is our coaching staff. All of our coaches are certified by the National Coaching Certification program in rhythmic gymnastics.

A complete list of our current coaches is posted on our web site - www.krsq.org.

CLUB EVENTS

Throughout the year, the club hosts various events. Events assist in fundraising for the club but also to raise the profile of the club within the community and within Gymnastics Ontario. It is the involvement of our advanced training families that makes these events a success. All advanced families are expected to actively participate as a volunteer in at least one event each year.

Gymathon is held once a year, and is an opportunity for the entire club (recreational and advanced) to work together to learn new skills. It is also a major fundraiser, with gymnasts collecting pledges.

Gymnaestrada is held during the spring on stage at one of the local high school auditoriums. This is a showcase for the recreational groups, with demonstrations also given by some of the advanced gymnasts as decided by the Head Coach.

Kanata Cup is an invitational meet for provincial and interclub participants from throughout Ontario and Quebec. This event is held annually in February.

Showcase is a club event that showcases various interclub and recreational AGG groups from around Ottawa. This event is held annually in May/June.

Summer Camp is a 'head start' for all advanced training gymnasts. This event is held generally the last 3 weeks in August.

Event dates for the current season are found on the Club Calendar posted on our web site - www.krsg.org.

FUNDRAISING

In order to keep the service fees as low as possible, fund raising activities are planned to provide additional funds to cover the administrative costs of running the club. All advanced gymnasts and parents are asked to participate in these events. Participation can be either through volunteering to work at the event, attendance at the event, or donating funds or canvassing for donations for events such as Gymathon.

See the section entitled "Events" for a complete list of the events planned for the upcoming season.

Apart from Events, one major fundraising activity the club runs is the sale of Loblaws gift cards. The club receives a commission of 5% on the sale of over \$20,000 in Loblaws Gift Cards. Advanced training families (non-recreational families) are encouraged to purchase approximately \$100 a week on a regular basis, if at all possible. We offer a convenient monthly payment plan but vouchers may also be purchased from the Head Coach at any time. At this time, this program is not mandatory. However, participation is encouraged if at all possible. For more information on the Loblaws program and how it works, please contact the VP Finance & Treasurer of the club.

We actively solicit sponsors to offset club expenses, and welcome any assistance in obtaining them. Sponsorship can be for meets, elements within the meets, recreational programs and many other options.

CLUB MEMBER OBLIGATIONS AND RESPONSIBILITIES

As members of the KRSG Club, each individual is expected to follow the basic obligations and conduct as outlined. Although these are primarily targeted at the Advanced Training Gymnasts and their families, where appropriate they apply to all members of the club.

Gymnast's Obligations and Conduct

- Treat everyone and their personal property with respect. This includes: self, fellow gymnasts, coaches, parents and custodial staff, as well as during a competition or event all judges, other Club members and coaches and organizing committee members.
- Follow the Club established gym rules.
- Attend the established training hours for your program.
- Treat all Club equipment with due care and respect.
- Arrive on time and be prepared to work. Be properly attired with hair in a bun and no jewellery.
- Gymnasts are responsible for bringing their own equipment and music to training and competition
- Each advanced gymnast is expected to purchase the necessary equipment for their classes, a club tracksuit (optional for interclub home gymnasts), a standard training suit and competition suits.
- Respect the coaches and listen to their directions
- No unnecessary talking during classes.
- If a gymnast is disruptive to the class, she may be asked to leave the class. If the disruptive behaviour continues, she may be asked to leave the club.

- If a gymnast is upset, she should leave the training area until her composure is regained. Inappropriate emotional behaviour can disrupt the other gymnasts' training and preparation.
- Work hard equally for yourself and for your group.
- Treat all other gymnasts, whether in your Club or in another, as you would like to be treated. Be positive and constructive in any comments. Value sportsmanship
- If a gymnast is not 100% able to participate due to illness, she should stay at home.
- It is the responsibility of the gymnast to phone the coach if unable to attend class. If the coach can not be reached, a message should be sent to class via another parent.
- Above all, strive for excellence and have fun!

Parents Obligations and Conduct

- Treat everyone and their personal property with respect. This includes: fellow parents, gymnasts, coaches, and custodial staff, as well as during a competition or event all judges, other Club members and coaches and organizing committee members.
- Follow the Club established gym rules.
- Treat all Club equipment with due care and respect.
- Volunteer with good grace at Club run events. Our Club has one of the best reputations in the Province for volunteer support. The club will continue to use events as the primary source of additional funds. **All families are expected to participate as requested during the events we host.**
- Encourage your child to do their best, do not criticise them. Remember that the gymnasts are involved for their enjoyment not yours.
- Respect the coaches. Trust the coaches to do the best for your child.
- Leave the coaching to the coaches.
- If you see a problem, address it privately and respectfully with the coach, or if that is not possible, discuss it with the Board of Directors.
- Assist in unrolling and rolling the carpet at practice (arrive 5 minutes early to do this).
- Ensure that your child arrives on time, and is prepared to practice; pick-up on time as well.
- Participate in the Club fundraising activities in anyway that you can, remember this club is only successful because of the participation of parents.

Coaches Obligations and Conduct

- Treat all gymnasts on a fair and equitable basis.
- Treat everyone and their personal property with respect. This includes: gymnasts, coaches, parents and custodial staff, as well as during a competition or event all judges, other Club members and coaches and organizing committee members.
- Treat all Club equipment with due care and respect.
- Fulfill all requirements as specified in coach's agreements
- Keep abreast with new developments in all areas related to our sport (ie nutrition and prevention of injury.
- Advanced coaches are expected to be familiar with the latest technical rules and regulations from GO, and ensure that these are incorporated in the competitive routines.
- At all times present the image that reflects the philosophy of the KRSG club.

HARASSMENT POLICY

The Club does not tolerate harassment in connection with any of its business or Club activities.

The Club is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment that promotes equal opportunities and prohibits discriminatory practices.

The Club is committed to providing a sport environment free of harassment on the basis of race, national or ethnic origin, colour, religion, age, sex, sexual orientation, marital status, family status or disability.

Harassment is defined as any comment, conduct, or gesture directed toward an individual or group of individuals which is insulting, intimidating, humiliating, malicious, degrading or offensive. It includes, but is not limited to, sexual harassment.

The Club shall adhere to the Harassment Policy as published and approved by GO from time to time.

The Harassment Policy shall apply to all employees, directors, officers, volunteers, coaches, judges, administrators, gymnasts, parents and guardians of gymnasts, and members of the Club.

The Club shall make available to any member the Harassment Policy when requested.

It is recommended that a person who has concerns about potential Harassment within the Club should be encouraged to talk to the gymnast's coach, or the Head Coach, or to another Board Member.

Any Member of the Club may identify a harassment issue in writing to the Board of Directors to be raised at a Grievance Committee. This will follow the Grievance Policy outlined below.

If required the complaint can be escalated to GO's Ethics Committee.

GRIEVANCE

It is recommended that a person who has issues with coaching practices be encouraged to talk to the gymnast's coach directly to resolve the concerns, or if this is not possible to the Head Coach, and finally the Club President. Issues with Club Procedures may be raised first with the Coach or to a Board Member.

Any Member of the Club may identify an issue in writing to the Board of Directors to be raised at a Grievance Committee at the earliest possible convenience, ideally within two weeks of the receipt of the Grievance.

The Grievance Committee shall consist of 3 members of the Board, none of whom shall be a party to the grievance.

The Committee shall review the issue and meet with all parties and make a decision with respect to the issue raised. All parties shall abide with the decision, except when the party chooses to escalate the issue to the Grievance Committee of Gymnastics Ontario.

FEES

The Board of Directors sets the fees prior to the start of the competitive year. Taking into account number of gymnasts, training hours, coaching and facility costs and appropriate fundraising, the fees are set with an objective that the Club incur no

financial losses. All gymnasts must pay the GO registration fee. The major value of this fee is the insurance coverage. All advanced training fees are payable in two cheques (September & January).

Training fees are calculated taking into account the known holidays and cancellations. Unexpected class cancellations during the year will be made up, to the best of the Club's ability. The schedule for these will be published by the Club.

REFUND POLICY

Advanced Training

In the month that the gymnast resigns for medical reasons (Doctor's certificate required), that month's payment is not refundable. In the event that the gymnast is resigning for non-medical reasons, that month and one more month's fees will be charged. In both cases a pro-rated refund for the remaining time will be made less the GO Registration Fee and an administration fee.

Recreational

Cancellations received by the registrar before the third class are eligible for a partial refund. The refund consists of the original amount paid - less an administration fee, Gymnastics Ontario Registration Fee, and a fee per class attended. No refunds are provided after the third class.

No refunds are provided for cancellations for gymnasts registering a 6 week spring session.

TERMINATION OF MEMBERSHIP

Membership in the Club shall be deemed to have been terminated:

- if the member is no longer registered with the Club
- if the member submits a signed letter of resignation to the Club;
- if the member is expelled as per the Club's Discipline Procedure

PRIVACY

The KRSG Club uses the information collected at registration for its own purposes associated with the operation of the Club and its registration processes with Gymnastics Ontario. Information is not released to other third parties for any reasons without the written permission of the Club members.

Waivers

As part of the registration process, waivers shall be signed releasing all rights of compensation and ownership to any images captured by any means.

Club Lists

To facilitate distribution of information within the Club, Club Phone and e-mail lists are distributed to all members of the Club on a regular basis. These shall only be used for Club purposes and not distributed to other third parties.

Photos and Video

Images of Club members including gymnasts, may be captured during regular and special Club activities through video, photo and digital camera, and may be used for the purpose of the Club's training techniques, website, promotional material and publications.

Print Media

The Club will release from time to time, articles, results and images of Club members to the media for informational and promotional purposes. These may include gymnasts' or other members' full names and their town, but will not include other identifying material such as addresses or phone numbers without the express permission of the member.

Website

The Club will post from time to time, articles and results that may list Club members on the Club website. These may include gymnasts' or other members' full names and their town, but will not include other identifying material such as addresses or phone numbers without the express permission of the member.

The Club may post from time to time images of individual or groups of gymnasts on the Club website. These shall be identified by first name only, either as text associated with the photo or as text associated with the filename of the image or as image alternate text, unless express permission of the member is obtained. Where possible but not required, the Club will try and limit the full name of a gymnast being published with an accompanying article.

Upon reasonable request to the Board of Directors, the Club will try and limit the use of a particular gymnast's images or information in publications under their control.

EXPENSES

KRSG reimburses members for all legitimate, pre-approved expenses. A claim form can be downloaded from our web site - www.krsg.org.

Cheques are processed every 2 weeks approximately. Members are asked to contact the VP Finance if repayment is needed sooner.

NUT ALLERGIES

We have many gymnasts with severe nut allergies- therefore no food containing nuts or peanuts should be brought to the gym, parties or bake sales. Thank you for your continued cooperation

In general, unless your daughter trains for more than three hours in a training session - there should be no need for snacks or drinks (other than water) to be brought to the gym. Please ensure your daughters have a water bottle and sufficient water with them at all times.

OTHER SOURCES OF INFORMATION

KRSG Constitution
KRSG Policies and Procedures
www.krsg.org

Where there are inconsistencies between documents the copy of the constitution and policies and procedures held by the President are deemed to be the definitive documents.

APPENDIX I - ADDITIONAL EXPENSES

Summary of Additional Expenses in Addition to Training Fees for Advanced Training programs

Please note that this table is for information purposes only. All costs listed are approximate only and the frequency for some items depends on how many hours the gymnast trains each week and how fast they grow.

Description	Compulsory or Optional	How Often	Where to Purchase?	Approx Cost
Long Black Body Suit	Compulsory	One to last until it is outgrown or wears out	Used suits are sometimes available otherwise purchase new. See the costumes and apparel section www.krsg.org	\$50
Short Black Body Suit	Optional	One to last until it is outgrown or wears out	Once or twice a year, a club volunteer organizes an order for all gymnasts who are interested	\$50
Red tank top	Compulsory	One to last until it outgrown or wears out	Through the Club	\$20
Toe Slippers	Compulsory	A few times a year as they regularly wear out	Coaches	\$28
Track Suit	Compulsory for Groups that go outside of the City to compete at events / Optional for Home Interclub participants	One to last until it is outgrown or wears out	Once or twice a year, a club volunteer organizes an order for all gymnasts who are interested	\$120
Gym Bag	Optional	One	Club volunteer organizes an order if sufficient interest	\$50

Description	Compulsory or Optional	How Often	Where to Purchase?	Approx Cost
Miscellaneous Equipment	Compulsory	Coach will advise, as per requirements of the level of training in provincial stream – as decided by coach for AGG groups	Club volunteer arranges for equipment orders for the convenience of parents – however, it is not mandatory – parents may arrange for their own equipment if they have the contacts. See www.krsg.org/contacts.html for Club's equipment prime	\$10 - \$100 + - cost depends on individual apparatus
Competition Costumes - Individual (new costumes are made to measure for each gymnast)	Compulsory for all competitive Gymnasts	Depends on the number of routines a gymnast participates in – but these are generally required each year	Coach is involved in the selection of costumes individuals arrange for their own costumes – some used costumes are sometimes available through other gymnasts/clubs – Costumes are generally coordinated with music and routines. See the costumes and apparel section at www.krsg.org/links.html	\$150-\$300 each for new suit
Competition Costumes – Groups – RG & AGG	Compulsory for all competitive RG and AGG Groups	One per year per routine – sometimes costumes from previous year are reused if they still fit everyone	Coach decides on costumes; Group costumes are generally coordinated in one order through the club and are made to measure for each gymnast. See the costumes and apparel section at www.krsg.org/links.html	\$150-\$300 each for new suit
Creative Costumes (AGG)	Compulsory for AGG Groups	One per year per routine	Coach involved in selection – costumes match the theme of the creative routine and must be coordinated amongst all group members. Costs can be minimized if volunteers are able to assist in purchase and/or selection.	\$25 - \$200

Description	Compulsory or Optional	How Often	Where to Purchase?	Approx Cost
Meet fees	Compulsory when a gymnast goes to competitions	Fee is set by the meet and is paid by the club, then charged to participants on a cost recovery basis	All provincial gymnasts must attend the provincial qualifier 1 and 2 meets and, if results warrant it, attend the Provincial Championships. The coach in consultation with gymnast's family decides which invitational competitions each gymnast attends. For AGG groups the decision on which meets to attend is made by coach.	\$25 to \$40 per routine per gymnast per meet
Travel Costs to Competitions	Individuals are responsible for these on their own – costs can be minimized by car-pooling and sharing rooms with other families	Depends on the number of out-of-town competitions each participant is registered for	NA	NA

APPENDIX II - NUTRITIONAL PREPARATION FOR COMPETITIONS

One Week before competition

Emphasise high protein intake (meat, fish, poultry, eggs, cheese with vegetables)

Suggestions:

Breakfast: Cheese, cottage cheese, eggs (hard boiled, poached), fresh fruit, whole wheat bread

Lunch: luncheon meats, salads, eggs, cheese, chicken, raw vegetables

Supper: meat, fish, poultry, 2-3 freshly cooked or raw vegetables, bread

Drink - 2% milk to drink throughout the day

Desserts: yoghurt, fruits, muffins, ice bars

Avoid: Hot Dogs, bacon, sausages, fried foods in general

Sweets & high calorie food (oils, ice cream, whipped cream)

Two Days before competition

Emphasise high carbohydrate intake (rice, pasta of all kinds with tomato-based sauces, pizza, cereals, breads, soups, potato creations)

Suggestions:

Breakfast: cereals, fresh fruits, juices, pancakes, muffins

Lunch: salads mixed with pasta, juices, fruits, bread

Supper: Italian style lasagna, pizza, rice (no meat sauce)

Drink - juice, low cal drinks (not soft drinks)

Desserts: yoghurt, fruits, muffins, ice bars

Avoid: High protein food, fried foods, high calorie food, butter, oil, ice cream, whipped cream, peanut butter

The Day of the competition

Ensure that breakfast is eaten.

Suggestions:

Breakfast: cereals, fresh fruits, juices, pancakes, muffins, toast & jam, waffles.

Avoid: fried food, bacon, sausages, eggs, fried potatoes, high calorie food like "Tim Bits".

Emphasise low food intake (fruit, and cereal bars), high fluid intake (fruit juice or water is the best)

Absolutely no heavy food 2 hours before the competition and during the competition for your gymnast.

Depending on the circumstances, your daughter's energy levels and using your common sense this guideline for nutrition at competitions can be modified.

Once competition is finished for the day - protein such as chocolate milk and yoghurt should be given after the competition