



**Welcome to the**  
**2024-2025**  
**Competitive Gymnastics Season**  
**Taber Gymnastics Fitness Club**

## Club Information

In the 1970s, Sandra Valgardson and Shawn Boyle first started Taber Gymnastics Fitness Club. It was a set up/tear down recreation and competitive program in the Taber Civic Center. The management of the club was taken over by coaches Tara Coney & Danielle Hansen in 1996. In 2015, TGFC partnered with the town of Taber to build the new permanent facility at our current location. The club has been a thriving recreational and competitive gymnastic facility serving many athletes since its beginning.

TGFC is a member of the Alberta Gymnastics Federation (AGF). AGF is the governing body for gymnastics in Alberta and comprises more than 100 member clubs. They provide a range of information and resources to recreational gymnasts, athletes, coaches and judges such as;

- Coordination of gymnastics activities that are provincial in nature, such as leadership development, the recreational development program and the competitive program.
- Provision of services to clubs (particularly services that would otherwise be unavailable to clubs).
- Provides insurance for clubs and membership
- Safe Sport: Under the Gymnastics Canada (GCG) guidelines, AGF provides a safe sport agency. In as much, the AGF safe sport outlines behaviour and expectations of all coaches and staff when working with youth to provide a safe environment for the children.

TGFC follows and enforces all AGF safe sport guidelines. As a not for profit agency, the Alberta Gymnastics Federation believes in supporting the passion of these athletes to promote and strengthen gymnastics as both a recreational activity and a competitive sport in Alberta.

### Alberta Gymnastics Federation Dues:

As a member of the AGF, all TGFC athletes must pay an annual, non-refundable fee to AGF. This fee is set by AGF and is determined based on the athlete's level of competition. The TGFC will collect and remit this fee to AGF on behalf of its members. The AGF registration fee covers training from July 1 to June 30. If transferring from another Alberta club, proof of AGF Membership is required to avoid paying this fee twice.

## Coaches

Jessie Ellingson, Dance Coach

April Holcek, Competitive Gymnastic Coach

Yolande Kielstra, Head Competitive Gymnastic Coach

## Competitive Team Philosophy

TGFC Competitive Program is committed to creating an environment that is conducive to developing quality gymnastics for all levels of competitive athletes. Empowering them to develop to their full potential and to promote the sport of gymnastics. It is our goal to develop athletes that are confident, positive, resilient, disciplined, and supportive team members through the sport of gymnastics.

### Our Winning Ways

***We Put people First***

***We Build People***

***We Protect Our Culture***

***We Crush Negativity***

***We Embrace Failure***

***We Work Together***

***We Are Improvement Addicts***

***We Promote a Healthy Lifestyle***

***We Perform with Intent***

***We Don't Cut Corners***

***We Make a Difference***

***We Are All In***

*Anybody who contributes to our culture or energy is to be held accountable to these Winning Ways!*

## Competitive Program

TGFC currently implements the XCEL program. XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

### XCEL Levels

1. [Bronze](#)
2. [Silver](#)
3. [Gold](#)
4. [Platinum](#)
5. [Diamond](#)
6. Sapphire

### Classes

Classes under the Competitive Program are:

- **Intro**

This class introduces the basics of pre-competitive gymnastics using both the CCP & Xcel competitive program fundamentals. The Intro class is a precursor to competitive training. It is a 1.5 hr class open to gymnasts that have completed the 1st 3 badges of recreational gymnastics (Burgundy, Red, & Tan). It is open registration. If an athlete is deemed ready, they may participate in the Taber competition, Gold Coulee Tumble, in level CCP1. Competition Fees will apply.

- **Junior**

This class practices 2.5/5 hrs per week. Practices are Tuesday & Thursday 4-6:30pm. This level will compete at Bronze and Silver levels. Invite only registration. Athletes have the option of registering in one or two practices per week, it is highly encouraged to attend two times per week.

- **Senior**

This class practices 9 hrs per week. Practices are Monday, Tuesday, & Thursday 5-8pm. This level will compete at Silver and above. Invite only registration.

Each gymnast will be assessed for the skills of their competitive level prior to Mock competition for their best success. Each level is commonly 2 years. Gymnasts moving up to the next level will be assessed on skills, physical conditioning, form, mental competitive resiliency, coachability, and prior meet scoring.

## Competitive Season

The competitive training season for all athletes runs from September to June. Summer competitive training is open to all Senior athletes during July and August (approx. 6 weeks). There will be breaks at Christmas, Family Week, Easter, this will be laid out every year. Fee structure will reflect these breaks.

## Registration

TGFC has limited capacity in the competitive programs and offers registration opportunities to current athletes first. Coaches scout for athletes who show a passion and aptitude in the sport and invite them into the competitive stream. There is a yearly tryout held in July. Athletes in the current competitive stream will be given priority in the consecutive season for registration. Any former competing athletes that withdraws from the training program early will be required to attend tryouts for the following year.

Registration fees must be paid 2 weeks prior to the beginning of 1st classes. If payment is not made, the held spot will be opened to other incoming athletes.

## Program Fees

The TGFC competitive season runs from September-June. Payments are made in equal monthly payments, September - May. Program fees include all of the training weeks that the athlete will participate in over the course of the competitive year. The summer program available to Senior athletes has its own one time payment due in June. There is an additional mandatory fee for AGF insurance. Fees for competition meets, coach cost share, and team attire will be explored later in this document.

Any change to the registered program will incur a \$25 administration fee each time there is a change. Example: an athlete registered in Xcel Junior 1 day per week & attends extra practices in a month, a \$25 administration fee for that month will be included with the extra practice charges.

## Fee Structure

It is the policy of TGFC that the complete program fee must be satisfied regardless of attendance and that there will be no pro-rating. Example: If a program runs two days per week, and the athlete attends only one, the program fees for two days must still be paid. The board reserves the right to make exceptions to this rule on a case-by-case basis. The request for exception must be presented in writing to the board. In the case of injury and a doctor note, fees will be pro-rated. Payment is taken via Uplifer on the 1st of the month. Payment is considered late by the 8th of the month, late payments will result in a \$25 administration fee.

Any competitive fees not covered by fundraising need to be paid by June year-end.

## 30 Day Notice

TGFC requires IN WRITING one month before the 1st of a month should your child decide to retire or voluntarily withdraw from our program. Due to the cost of supporting competitive team members and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the Head Coach 30 days prior to your child leaving the gym. There will be no refund or pro-rating of fees if an athlete leaves in the middle of the month, except for medical reasons. During that month of notice, your child is welcome to train in the gym. We have often found that during this period of notice, the gymnast, together with our coaching staff, are able to find a resolution to their concerns.

## Private Lessons

Parents may request a private one on one session with a TGFC Coach for their child in the case of mental blocks or if it is deemed in the best interest of the child. If a coach is available and willing to conduct the training session, and the gym is available, then the training may take place. Fees are payable at the following rates: \$35 per 30 minutes. Fees will be paid in cash at the time of lesson.

## Privacy Policy

When registering for a TGFC Competitive program, the personal information collected may be shared within TGFC and with the AGF for registration and emergency purposes.

# Training Requirements

## Training Attendance

Gymnastics requires athletes to maintain a specific level of physical and psychological preparedness to perform their skills safely. Preparation is gained both through training time, as well as appropriate training plans. TGFC has set a minimum level of training hours to help ensure minimum risk of injury and to support an athletes desire to advance their own development. All athletes in the competitive and developmental programs require 80% attendance for the season. Attendance records will be kept daily by each coach throughout the training year. It is required that a gymnast competing in an upcoming competition attend 3 full practices before the competition, leniency may be made for illness by the Head coach. If attendance does not meet the minimum requirement of 80% leading up to the event, the coach may remove the athlete from a competition if there is a concern they are not prepared. The Head Coach will have full discretion regarding an athlete's participation in a competition. There will be no refund of the competition registration fees if this decision is made.

### Injury

In case of injury during class, the proper medical attention will be provided. If the gymnast is no longer able to participate in any part of the practice because of the injury, we ask that the parent come pick up the athlete. A gymnast is still required to attend practices if injured, a revised training practice and adjustments to skills will be provided to the athlete, unless deemed medically unable to participate.

### Vacation Absence

In regards to vacation absences, we ask that parents make sure that there are 2 weeks or twice the amount of practice days missed, in practice attendance before a competition they have signed their child up for.

### Conduct Guidelines

Gymnasts should always report on time and be ready for training. Warm-up is an important part of the training process. Warm-up is how the body gets ready for activity. A good warm up limits potential injury. We ask that gymnasts come 5-10 minutes before class to roll and pre-warm up joints. 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 'late happens', note that your child may be given an alternate warm up that does not require direct supervision as to not take coach time from those who started the class on time. Parents please let the coach of your gymnast know if your child will be late or picked up early. We ask that you refrain from picking your child up early on Tuesdays, as this is the day our dance coach is in attendance.

Gymnasts 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, talking back, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other people.

## The Gymnast

1. **Timeliness:** They can come 5-10 minutes before class to roll out muscles and any extra stretching they may need.
2. **Attire:** gymnasts are expected to wear a leo and optional close fitting shorts to practice. No jewelry, gum, socks. A close fitting long sleeve shirt is allowed for cooler temps
3. **Hair:** gymnasts are to have their hair tied back in either a braid, ponytail, or bun.

## TGFC Competitive Handbook

4. **Attitude:** honest, positive, hardworking, supportive team member. There will be no tolerance for bullying or gossiping. Talking during class should be kept to a minimum to allow gymnasts and coaches to complete their tasks. Athletes are always expected to give a continuous effort throughout practices and competitions.
5. **Electronics:** There are no cell phones allowed in the dressing rooms.
6. **Home Program:** be accountable and make time to complete the home program if assigned.

## The Parent

1. We ask that you do not compare your child to other gymnasts. The Xcel program allows for the girls to perform at their best ability and express their individualism.
2. Praise your child's efforts and work ethic, focus on their improvements. In competitive gymnasts certain skills take conditioning and form development before the final skill is ready.
3. We ask that if you need to communicate with the coach at practice that you do so either before or after class and not interrupt the class training.
4. Home Program: please encourage and allow time for your child to complete their home program. The flexibility program needs to be done 2-3x per week outside of regular practice times.
5. Please use the Signal Group chat 'TGFC Competitive' to stay current with competitive events and communications.
6. Please seek out the coach if your child is having difficulty with the practice and the competitive workload. (i.e. anxiety, fear of competing, difficulty sleeping).
7. Please understand the coaches have other commitments and may not be able to respond to individual questions right away.
8. If there is any conflict with staff or between athletes, we ask that 24 hrs be allowed to let the situation settle. If there is still a concern please address the direct coach, if not resolved please request a meeting with the competitive head coach and coach. If the solution is still ongoing, we ask that you bring your concerns to the board in writing and request a meeting. Please, do not let a concern go unaddressed or assume it cannot be resolved. TGFC coaches and board members will endeavour to resolve any concerns to the best of their abilities.



## Discomfort vs Pain

There is a normal amount of soreness and discomfort associated with a hard practice session and at the beginning of a training year. We ask the parents seek out medical attention if any of the following is true:

1. Pain is greater than 3 out of 10, and lasts for more than 3 days
2. Pain is limiting training 3x or more
3. Pain is within 3" of a major joint (i.e. ankle, knee, hip, elbow, shoulder, neck)

The girls will be asked to self-assess their soreness at the beginning of practice so adjustments can be made to their training if needed.

## Nutrition & Sleep

Nutrition and recovery are integral parts of a training program. We ask that the gymnasts have a light snack or electrolytes at practice that provides 15-45+ grams of carbohydrates.

Snack idea:

- Greek Yogurt + Fruit and Granola
- Apple Slices + Pretzels + Peanut Butter
- Pita Chips + Hummus
- Nut based granola bar (like a KIND bar)
- Fruit Smoothie (with milk, greek yogurt, or some protein powder as a protein source)
- Protein Balls
- Carrots + Whole Grain Pita Slices + Guacamole

Gymnasts 6 -13 year-olds need 9-11 hours a night and 14-17 year-olds need 8-10 hours. Blue Light from electronics can disrupt sleep (melatonin) and should be turned off an hour before bedtime. The quality and length of sleep will affect their recovery from practices.

### Nutrition Resources:

[Performance vs Normal Nutrition](https://christinaandersonrdn.com/normal-nutrition-vs-performance-nutrition-for-the-gymnast/)

<https://christinaandersonrdn.com/normal-nutrition-vs-performance-nutrition-for-the-gymnast/>

[Intra-workout Nutrition](https://christinaandersonrdn.com/top-3-mistakes-gymnasts-make-with-intraworkout-nutrition/) <https://christinaandersonrdn.com/top-3-mistakes-gymnasts-make-with-intraworkout-nutrition/>

[What a gymnast should eat in a day](https://christinaandersonrdn.com/what-should-a-gymnast-eat-in-a-day/) <https://christinaandersonrdn.com/what-should-a-gymnast-eat-in-a-day/>

### Sleep Resources:

[Getting Enough Sleep?](https://christinaandersonrdn.com/is-your-gymnast-getting-enough-sleep/) <https://christinaandersonrdn.com/is-your-gymnast-getting-enough-sleep/>

[The Connection between Carbs and Sleep](https://christinaandersonrdn.com/the-connection-between-carbohydrates-calories-and-sleep-for-the-gymnast/)

<https://christinaandersonrdn.com/the-connection-between-carbohydrates-calories-and-sleep-for-the-gymnast/>

## Competitions

Competition registration fees and coach cost share fees can be alleviated through fundraising opportunities via the Taber Competitive Gymnastics Parent Association (TCGPA). See further in the document for more information.

### Competition Registration

TGFC will be the registrar for all athletes attending competitions. Competition registration may occur months in advance of a meet. Registration deadlines and refund policies are set by the hosting organization. TGFC will register their athletes for competitions when required and notify all applicable participants via Signal chat group. Competition registration fees cannot be refunded. In some cases the host club will refund a portion of the fee in the event of an injury and a doctor note. Any athlete that withdraws from a competition, without medical cause, competition fees will be the responsibility of the parent/athlete and NOT TGCPA or TGFC. Late competition registration requests will incur an administration fee of \$25 which will be added to the parent's Uplifter account.

### Competition Fees

Competition registration fees are separate from regular training fees. In November the Head Coach will hand out the "meet list" for the season and families will then be able to choose their desired meets. Not all meets are optional and the number of competitions required is expected to be fulfilled. Coach cost share fees are in addition to registration fees, these fees range from \$150-\$250 CAD per meet. For Out-of-Country competitions additional insurance is required.

Juniors are required to attend 2 competitions plus our own Taber Competition.

Seniors are required to attend 4 competitions plus our own Taber Competition.

### Competition Apparel

Athletes are required to have a team leo and jacket for competing. The Junior level requires a tank leo and the Senior level requires a full suit leo. The athletes are allowed to compete in optional shorts that are fitted with minimal logo design. At TGFC we try to keep costs down and allow for a second-hand trade-in program. Second-hands will be accepted in pristine condition and priced according to years of use. Parents can make the request for a second-hand leo; if there are enough leos and the size matches, your child will be awarded a second-hand leo. Second-hand apparel are cash sales, new leos/jackets are billed through Uplifter. Prices are subject to change.

Junior: New Leo - \$90

Second-Hand - \$50

Senior: New Leo - \$300

Second-Hand - \$130

Comp Jacket: New - \$125

## Taber Competitive Gymnastics Parent Association (TCGPA)

### Mission

TCGPA mission is to fundraise enough money that all TGFC athletes can attend the competitions of their choosing free of cost.

### Fundraising

In order to achieve this mission, every athlete will be in charge of a set amount of fundraising hours. As TCGPA is such a new organization, the exact hours are not quite set in stone. We will be working hard over this year and the next, to come up with regular fundraisers that we can repeat, and know the exact amount of help needed.

When fundraisers are selected, we will give the parents fair notice. TCGPA board will let you know where, when, and the amount of hours each athlete is responsible for. We understand that not every fundraiser will work for each family. We ask that when you are not able to contribute to one, you contribute more hours than needed to another to make up for missed fundraisers.

If the family of the athlete chooses to opt out of fundraising all together, please note there will be a \$750 fee. The parent will also be responsible for paying for your child's competitions. If you choose to do some fundraising, but not all, every hour towards fundraising will be \$25 refunded or deducted from your \$750 non fundraising fee.

A post dated cheque of \$750.00 will be mandatory by September 30<sup>th</sup> of each year of competition, if you choose to opt out of fundraising.

If you choose to fundraise at the beginning of the season, but do not fundraise the required amount of hours, the remaining total of your \$750 non fundraising fee will be issued to you before the end of June.

### Fundraising Opportunities

Currently the fundraising opportunities are:

1. Athletes and parent support & setup at Galentines in February. 3-6 hrs.
2. Selling raffle tickets 100 tickets per family.

Opportunities under consideration:

1. A product/food booth at Taber Cornfest.
2. Bingo nights in Lethbridge

## Taber Competition

The Taber Golden Coulee Tumble Competition is set for some time in April. As of right now, the number of days it will run is unknown, commonly 2-3 days. It is our goal to have a larger competition than last year, which will require more volunteer hours. This could range anywhere from 6-15 hrs needed per family. This is the biggest volunteer commitment and we need every family's support. It takes A LOT of manpower to put this on. PLEASE mark the first 2 weeks in April off on your calendar, as we are not sure which weekend it will be just yet.