

Competitive Team Handbook

2025-2026 Season



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1. YELLOWKNIFE GYMNASTICS CLUB

1.1 MISSION STATEMENT

It is the goal of the Yellowknife Gymnastics Club to provide recreational and competitive gymnastics in a safe, supportive environment that promotes overall fitness skill development and positive self-esteem.

1.2 VISION STATEMENT

Our vision is to provide a world-class facility, certified and up-to-date coaches, and premium gymnastics programs that enable our competitive athletes to ascend the winners' podium and build a strong membership. By doing so, we aim to solidify YKGC as the premier leader in the NWT and Yellowknife gymnastics community.

1.3 CLUB STRUCTURE

The Yellowknife Gymnastics Club is a non-profit organization run by a volunteer Board of Directors. The Board of Directors is elected by the general membership at the Annual General Meeting, typically held in May of each year. The board is made up of four executive officers (President, Vice-President, Secretary and Treasurer) and up to eight members at large. Meetings are open to all members. Should you wish to have an item placed on the monthly agenda, please submit the topic and details of the request directly to the Club President or Club Manager at least five days prior to a meeting. Meeting dates, times and locations will be posted on the Club website.

1.4 GENERAL INFORMATION

Welcome to the 2025-2026 season of the Yellowknife Gymnastics Club (YKGC), and thank you for your membership. We are committed to providing a wonderful gymnastics experience for all our members in a safe and inclusive environment.

To ensure that you get the most out of your membership with YKGC, we have created this Athlete Handbook. Its purpose is to:

- Inform you about YKGC's operations and policies.
- Provide details about our gymnastics programs and what you can expect from each level and stream.
- Establish the guidelines that all athletes and their families are expected to follow as representatives of YKGC throughout the season.

It is essential for parents and athletes to thoroughly read and understand the content of this Handbook.

YKGC offers competitive programs, including:

Women's Artistic Gymnastics (WAG)

- Canadian Competitive Program (CCP) Levels 6, 7, 8, 9, 10
- Xcel Competitive Program Levels Bronze, Silver, Gold, Platinum

Men's Artistic Gymnastics (MAG)

- Canadian Provincial Program Levels P1, P2, P3, P4, P5, National Open

2. RESPONSIBILITIES

2.1 CLUB RESPONSIBILITIES

The Club has the responsibility to:

- Ensure that coaches are certified and looking out for the best interests of the club and team athletes.
- Maintain a clean, safe, fun, supportive, and welcoming environment at the Club.
- Establish fees and payment schedules

2.2 TEAM PROGRAM DIRECTORS

- The Team Program Directors are responsible to:
- Be the Head Coaches for their respective programs
- Supervise all assistant coaches within their programs
- Support each athlete in reaching their potential, and building their confidence
- Work with athletes to establish goals and training needs
- Respond to athlete and parent questions in a timely manner

Head Coach: alfredo@ykgymnastics.com

2.3 GYMNAST RESPONSIBILITIES

Every gymnast has a responsibility to:

- Read and follow General Rules and Trampoline Rules.
- Conduct her/himself in a manner that will bring credit to her/himself, the club, and the sport.
- Maintain a consistent attendance
- Practice and perform with a positive attitude and with the commitment to improving her or his skills.
- Take an active role in ensuring that the gym is a safe training environment.
- Recognize that training with fellow gymnasts requires making a commitment to:
 - Be on time, bring equipment (tape, grips, etc.), and be suitably dressed as outlined in 2.5
 - Be supportive and respectful of other athletes, coaches, officials, and members;
 - Pay attention, follow instructions and be respectful during training;
 - Refrain from behaviour that would demean or put at risk the emotional and physical well being of others; and
 - Bring healthy snacks and water to the gym.

2.4 PARENT RESPONSIBILITIES

Every team parent has a responsibility to:

- Encourage your child and other athletes in the Yellowknife Gymnastics Club to abide by the athlete code of conduct.
- Encourage your child to perform and train to the best of their abilities and, when they do so, praise their efforts and provide positive reinforcement and encouragement for them to continue. Never ridicule or shout at your child or at any athlete for errors or poor performance in a competition.
- Ensure that, to the best of your ability, your child conducts him/herself in a safe and respectful way in the gym and in a manner that minimizes physical or psychological risks to him/herself or others in the gym.
- Supply a healthy snack for them during their break time and encourage healthy eating. • Help create an environment in the gym which will make gymnastics an enjoyable activity for your child, one through which he/she will develop lifelong skills that will foster success. Teach your child that honest efforts are as important as rewards.
- Remember that your child does or should do gymnastics for their enjoyment and development, not yours.
- Refrain from criticism of coaches, officials, administrative staff, board members or other athletes in presence of your child or other club members. If you have any concerns, please address them in both a constructive manner and an appropriate setting.
- To the extent that you are able, offer your talents and time to the Yellowknife Gymnastics Club and
- support and encourage other volunteers who are doing so.
- Not interrupt a coach during training, unless it is a matter of urgency. The Club asks that you speak
- with the coach before or after training. If it is simply relaying information, email is also a great option.
- Inform program director of any absences

2.5 DRESS CODE AND UNIFORMS

For safety reasons, Team athletes are asked to wear proper gymnastic suits. Team athletes will be learning more difficult skills, therefore loose clothing, jewelry and loose hair may interfere with a coach's ability to safely spot. As competitions approach, female athletes will be encouraged to participate in optional no shorts days. Male athletes are required to wear shorts and t-shirt for training, male athletes will be encouraged to participate in the optional competition suit training days.

Note that no jewelry (including smart watches, friendship bracelets)

All competition uniform fees are currently not included in training fees, however Athlete Accounts (see 5.4) may be used toward costs associated with uniforms. For competitions, team uniforms will be required. Team uniforms and track suits will be organized, ordered by the Club. It is the parents' responsibility to ensure their child has proper uniform attire and maintain its quality. Competition uniforms are to be worn only for competitions.

2.6 ROUTINES

Routines require a significant amount of time and effort to develop and coordinate, as well as for athletes to practice and master them. Considerable time is also dedicated to carefully selecting music, dance, and skills that are suitable for each individual athlete.

In order to ensure fairness for all athletes, it is important to note that athletes will retain their music and routines for a minimum of 2 years. The decision to change or modify an athlete's routine to accommodate different competition levels lies with the coach, not the athletes.

Typically, routines are created between the preparation months of September to October. From January to June, which are the competition months, no new routines are created. However, minor adjustments to routines may be made as instructed by the coach, and not at the discretion of the athlete.

Floor Routines Cost: \$300.00

Beam Routines Cost: \$150.00

Includes; 2, 1-hour sessions with their coach, video copy of the routine; it is the responsibility of the athlete to take personal time to learn the choreography.

Payment for routines must be received by September 15th of each year.

2.7 TEAM GEAR

The Club will require new gear for the competitive program for the 2025-2026 year. Approximate pricing is noted below.

	Training suit	Competitive Suit	Track Jacket	Grips/Tape/Pro-wrap/ Wrist band	Shorts
Competitive Female	Required	Required	Required	Required	Optional
Competitive Male	Required (Blue/Blk shorts and t shirt)	Required	Required	Required	Required



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The gear is to promote the program, and the Club during everyday activities, all team events, fundraisers and competitions. For this reason, we ask that all athletes respect the gear and act in a respectful manner while wearing it.

As more gear becomes available, funds from your child's Athlete Account (see 5.4) can be used to purchase new or replacement items. Order forms will be provided. All prices are subject to change.

Female Trainer: \$70.00

Female Competition Suit: \$250.00

Male Competition Suit: \$165.00

Track Jacket: \$70.00

Grips: \$90.00

Athletic Tape: \$3.00

Pre-Wrap: \$3.00

YKGC Backpack: \$70.00

Hoodie: \$80.00

Joggers: \$60.00

Rental of competition suits: \$50.00/per competition

3. DISCIPLINARY ACTION

3.1 DISCIPLINE IN THE GYM

The rules in the gym need to be followed to ensure injuries are kept to a minimum. It is the athlete's responsibility to use the equipment safely and to behave in an orderly and respectful manner at all times. If safety rules are not adhered to, disciplinary action will be taken. This is the recommended disciplinary protocol; however, it is the coach's decision as to the appropriate level of discipline required:

Disciplinary actions if I do not follow #1-5 of this code of conduct.

- a) First Offense - Verbal warning
- b) Second Offense - Parent-Coach meeting
- c) Third Offense – Suspension

The Club will not tolerate bullying or harassment of any kind.

Athletes who have been disciplined with a suspension during the season will not be eligible for travel with the Club while suspended, also for the rest of the season at the coach's discretion.

3.2 REMOVAL FROM THE TEAM PROGRAM

The Competitive Program Director has the right to remove any athlete from the program at any time during the season, temporarily or altogether, under any of the following conditions, if:

- The Competitive Program Director feels that the child's temperament, development, or skill level prevents them from meeting the requirements of the team's program. This would include absenteeism or tardiness for training. Should this happen, the Club will do its best to place the athlete in a more appropriate class that will aid them to be successful.
- The conduct of the child is disruptive or disrespectful. In extreme circumstances, the club may terminate membership.
- Fees are not being paid and or poor family volunteer commitment

4. REGISTRATION

4.1 TRAINING SCHEDULE

The competitive season begins in September 2025 until June 2026, equaling 39 weeks of training.

4.2 REGISTRATION PROCESS

Every gymnast in the Team Program must register for the Team on the Club website once a year prior to the start of the season. If they change groups throughout the season, the general manager will adjust your registration to reflect. For assistance with registering using the Club website, please ask either the head Coach or General Manager. Registration will open on August 15 of each year. Please visit <https://yellowknifegymnastics.uplifterinc.com/>

Hours	Per Month	Per Year 2025-2026 @ 39 weeks (September -June)
2	\$91.60	\$917.60
4	\$183.52	\$1835.20
6	\$275.28	\$2752.80
8	\$359.94	\$3599.36
10	\$437.71	\$4377.10
12	\$525.25	\$5252.50
14	\$577.05	\$5770.52
16	\$659.49	\$6594.88
18	\$741.99	\$7419.88
20	\$824.36	\$8243.60

4.3 REFUND POLICY

Fees paid will not be refunded unless a gymnast is unable to participate in the program in which they are registered for a period of two or more consecutive weeks due to illness or injury with a doctor's note.

If a gymnast chooses to leave the program, one month's written notice must be given to the General Manager.

If you must withdraw for any reason, including medical, and you have put deposits down for out-of-town competition, you may be subject to cancellation fees outside of the Club's control. If this is the case, you are expected to take full responsibility for these fees.

5. COMPETITIONS

5.1 COMPETITION OUTLINE

All team athletes are expected to participate in all in-house meets and showcases. These events are held within our facility to provide opportunities for athletes to show their progress and to promote the Club. (See 7.2 for tentative dates)

All team athletes may participate in out-of-town competition. However, it is at the coaches discretion as to which opportunities will be available to each athlete to ensure the best experience possible. It is important that an athlete be physically, emotionally and mentally ready before exposing them to out of town competition. Team athletes trying out or that qualify for Westerns/Arctic Winter Games/Nationals are STRONGLY encouraged but not required to participate at least one out of town meet.

Athletes must have 80% attendance in order to travel out of town to compete.

Team travel to competitions benefit both the Club and its athletes as it fosters team bonding, team spirit, goal setting, while building their self-esteem, and trust between the coach and athlete.

The Head Coach will provide parents with the options for out-of-town competitions. Once committed, the head coach, with the assistance of the Club Manager, will oversee coordinating this travel and will provide information well in advance to allow the Club and parents adequate time to plan, prepare, and find best possible rates.

5.2 COMPETITION TRAVEL

All athletes and families are individually responsible for travel costs associated with competitions. Flights will be booked by the parents once the coaches and chaperone flights are booked. Hotels will be booked by the club for the athletes not traveling with their parents. Parents who are traveling with their athlete will be required to book their own hotel room. Parents are not required to attend out-of-town competitions; however, chaperone fees will apply.

Costs for the competition include but not limited to:

- Registration and or training fees
- Shared Coaches and Chaperone travel costs
- Accommodations
- Flights
- Transportation (rental & gas)
- Team Entertainment Activities (indoor trampoline park, movie, go-karts, etc.)
- Food and shopping allowance



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Please note that the participating athletes share the coach and chaperone travel costs, These cost include but are not limited to:

- Flights
- Accommodations
- Per diem,
- Coach registration
- Ground Transportation
- Team activities

If the number of athletes exceeds the supervision limits of the coaches attending (greater than 5:1), the manager may request a chaperone to assist. All chaperones will be required to submit a Criminal Records/Vulnerable Sector Check to the Club prior to travel. If driving, athletes' chaperones will need to submit a driver abstract prior to travel.

All athletes participating in a competition outside the NWT are required to submit a \$400.00 deposit upon registering for the event. The deposit can be paid either by credit card or by cheque. Alternatively, athletes can also use the funds available in their account to make the deposit.

The deposit will be held and later applied towards the coach's travel expenses. These expenses will be invoiced at the conclusion of each competition.

[Chaperone policy](#)

5.3 Athlete ACCOUNTS

Athletes and their families will have the opportunity to raise funds that will be allocated to individual athlete accounts. Fundraisers will be organized by the Sponsorship & Fundraising Director.

The funds raised can be utilized in any manner that benefits the athletes' gymnastics journey, such as covering registration fees, attending camps, purchasing equipment, and covering travel expenses.

In the event that an athlete chooses to leave the club, the transfer of funds from the athlete account to any other account will be at the discretion of the owner, taking into consideration the best interests of the club.

To request reimbursement, athletes must submit an expense claim form along with receipts to the club manager. Reimbursement requests must be submitted **within 3 months** of the purchase. Please be aware that reimbursements will only be issued if training fees are up to date

[Travel Claim Form](#)

5.4 FUNDRAISING

It is the responsibility of parents to organize and execute all team fundraisers, this can be accomplished through the "Teams Fundraising Committee". Team fundraising must be approved by the club prior to executing the event. Email sponsorship@ykgymnastics.com

6. MISCELLANEOUS

6.1 TRANSFERS

Athletes undergo regular monitoring and assessment as part of their training. They may be offered the opportunity to advance to a higher level at the discretion of the coach, based on factors such as focus, commitment, social well-being, physical abilities, and skill development. It is important to note that moving up may require increased training hours and fees.

The club's primary goal is to ensure that every athlete enjoys their training and reaches their full potential in gymnastics. Therefore, if an athlete wishes to transfer out of the team program or reduce their training hours, the club will make every effort to accommodate their needs by finding an appropriate class.

Please be aware that any additional fees associated with a transfer will be the responsibility of the parent or guardian. If proper notice of one month is not given, the club may require forfeiture of fees already paid, depending on the timing of the transfer.

6.2 FAMILY VOLUNTEER COMMITMENT

The Club appreciates and relies on volunteers to help with operation of the gym. As a result, the Club asks that each family commit to a certain amount of volunteering. All volunteers must submit a current criminal record check.

There is a volunteer deposit of to be paid by post-dated cheque (Dated June 1st, 2025) must be submitted prior to first day of training for pre-competitive and competitive members

- Competitive Athletes WAG: Xcel and CCP all levels. MAG: Provincial Program all levels. = \$200.00

Volunteer requirements are as follows:

- Pit Clean: Saturday December 20, 2025 – 9AM- 12PM
- The number of hours should reflect the athlete's training hours per week, with a minimum of 10 hours per athlete within the same family.
- Board members in good standing will have the hours waived, except for the pit clean.

If either of these 2 requirements are not fulfilled the volunteer deposit will be forfeited.

Volunteer Opportunities	Fundraising (Athlete Account) money goes into family account
Board Member Equipment Maintenance when needed Facility Cleaning Halloween Haunt Additional Pit Clean Drop In <ul style="list-style-type: none"> • Coach (Must have gymnastics training course) • Door Gym-A-Thon 50/50 Raffle Organizer Purdy's Sorter	Drop In <ul style="list-style-type: none"> • Coach (Must have gymnastics training course) • Door Gym-A-Thon Purdy's Bake Sale Car Wash Grocery Bagging

6.3 TRACKING VOLUNTEER HOURS

Each member is responsible for logging any volunteer hours in the Competitive Team volunteer binder to receive credit. Only hours in which you do not receive any kind of compensation may be logged. Each family has their own sheet. If your log has not been initialized monthly or you have any other issues regarding volunteer hours, please contact the Club Manager. To sign up for volunteering, please use the volunteer tab on our website.

7. CALENDAR AND DATES

7.1 TRAINING CALENDAR

Training Schedule:

Start Date: Tuesday, September 2, 2025

End Date: Friday June 26, 2026

No training on the following dates

- Truth and Reconciliation Day- Tuesday September 30, 2025
- Thanksgiving – Monday October 13, 2025
- Halloween Day – Friday October 31, 2025
- Remembrance Day – Tuesday November 11, 2025
- Christmas Break – Monday December 22, 2025 - Saturday January 3, 2026
- Spring Break – Monday March 09, 2026 - Friday March 20, 2026

- Good Friday – Friday April 03, 2026
- Easter Sunday – Sunday April 05, 2026
- Victoria Day – Monday May 18, 2026
- Indigenous Day – Sunday June 21, 2026

7.2 OTHER IMPORTANT DATES

- Parents/athlete meeting (Mandatory) – Thursday August 28, 2025
- Halloween Haunt (all athletes are expected to volunteer) - Sunday October 26, 2025
- Team Christmas party – Saturday December 20, 2025 @ 2:00- 4:30 PM
- Annual Pit Clean- Saturday December 20, 2025 @ 9:00-12:30
- Year End Banquet – Friday June 12, 2025

7.3 COMPETITION CALENDAR

1. Richmond Dogwood Invitational **WAG/MAG - January 29 - February 01, 2026** / Richmond BC
 - o Registration opens: TBD
2. Copeland Classic Invitational **WAG - February 19-22, 2026** / Spruce Grove AB
 - o Registration opens: TBD
3. Arctic Winter Games **WAG (CCP-6)- March 8 - 15, 2026** / Whitehorse, Yukon.
 - o Registration opens: TBD
 - o Classified NWT team
4. Twisters Invitational **WAG/MAG- March 11-15, 2026** / Abbotsford BC
 - o Registration opens: TBD
 - o Athletes not attending AWG
5. Western Canadian Artistic Gymnastics - April 23-26, 2026 / Whitehorse, Yukon.
 - o Registration opens: TBD
 - o MAG – As long as our P-2 boys will be ready for it.
6. Delta Invitational **MAG/WAG - May 1-4, 2026** / Richmond BC
 - o Registration opens: TBD
7. YKGC Invitational (TBD) **MAG/WAG – March 2026** / Yellowknife NT.
 - o Registration opens: TBD

YKGC - COMPETITIONS					
	PROVINCIAL	REGIONAL	NATIONAL	INTERNATIONAL	TOTAL
WAG	Invitational	Arctic Winter Games	N/A	N/A	5
MAG	Invitational	Westerns	N/A	N/A	5

Have any suggestions for ways to improve either this Handbook, or the Club overall, please contact Manager or Head Coach*