



**CAN-AM  
GYMNASTICS  
CLUB**

**Competitive  
Athlete 18+ Handbook  
2024-2025**

# Athletes 18+ Information

## About Our Coaches

Can-Am coaches are trained and educated through the National Coaching Certification Program (NCCP). They are dedicated people who enjoy teaching gymnastic skills and routines in a fun and safe environment.

## Club Communications

Athletes 18+ are required to set up and manage their own online registration account.

Athletes 18+ can expect club communications such as program calendars, competition registration information, and club events by email monthly.

If you would like more feedback or information on any competitive topic, contact your Program Director or the Head Coach.

If you have a question or concern please set up a meeting with your coach and/or Program Director via email. Avoid discussing any concerns with coaches directly before or during practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. Coaches are available for 5 minutes after practice if you have a quick question. Any conversations that may take more than 5 minutes should be scheduled in advance. Remember to share your positive feedback with the coaches, they get inspired when you enjoy the training they provide.

All policies regarding premiums, withdrawal and workshare are on your receipt that is emailed at the time of registration.

The Communication Policy is on the Can-Am website.

## Program Information and Descriptions

Program information and descriptions are on the website located under the competitive tab.

## Athlete Information Sessions

Can-Am strives to inform athletes 18+ about all the important aspects involved with training. Be sure to attend the offered sessions to learn more about athlete development, sport psychology, nutrition, and more.

Information and registration will be distributed by email.

## Best practices in supporting your training

### Attendance

Make every attempt to attend all scheduled practices, competitions, and team events on time.

### Training Attire

WAG athletes wear a sleeveless leotard/singlet. Black-fitted athletic shorts are permitted.

- NO two-piece outfits are permitted for the gymnast's safety.

- On occasion athletes may be required to wear training suits without black fitted athletic shorts to prepare for competitions.
- No jewelry
- Hair is tied back in a ponytail or bun for optimal vision and safety. Clipping loose hair or bangs is encouraged. (no headbands)

TG athletes wear a sleeveless leotard/singlet or fitted tank/t-shirt and black-fitted athletic shorts.

- No jewelry
- Hair is tied back in a ponytail or bun for optimal vision and safety. Clipping loose hair or bangs is encouraged. (no headbands)

Depending on the level of your athlete training aids such as grips, grip bags, gymnastic slippers, and athletic tape may be required. Your coach or Program Director will contact you to purchase necessary training supplies when required. Label your supplies.

### Nutrition

Ensure you are well-nourished, hydrated, and well-rested for every practice. Nutritious meals both before and after workouts are essential to your athlete's training and recovery. Select foods based on the Canada Food Guide and send a water bottle to practice every day. Athletes training 3+ hours will have a scheduled snack break. Please avoid bringing nut products and processed foods.

### Rest & Recovery

Athletes are encouraged to limit screen time before bed and get approximately 10 hours of sleep every night.

### Injury Prevention & Recovery

Injuries are part of the sport. If you are injured arrange prompt care for an injury including physiotherapy. Athletes are encouraged to attend training while recovering from injury to keep up with their conditioning and any skills permitted.

All injuries undiagnosed, diagnosed, or unresolved require a **return to play** plan involving medical experts prior to the athlete resuming gymnastics. A return to play consent form should include a rehabilitation plan, a list of restricted, limited, or controlled activities and an estimation on unrestricted participation. Can-Am recommends the consent form be completed by a physician, chiropractor, physiotherapist, or nurse practitioner for muscular or skeletal injuries (excluding fractures). Fractures as well as all neurological injuries including spinal injuries and concussions must be signed off by a physician.

### **Viewing**

If you have friends or family wanting to view training, please review your competitive calendar for scheduled viewing weeks.

### **Managing Expectations**

All athletes will progress at their own rate, and it is our responsibility as coaches to monitor and aid this progression in the gym. If we believe that there is anything additional the athlete should be doing outside of the gym, we will communicate that with you.

## Managing Athlete Disappointment

Athletes will inevitably face fear, frustration and disappointment. Dealing with disappointment is a process and can be overcome. Try these 5 steps developed by Lauren Penny former International Hockey Player to help your athlete overcome disappointment:

### **Step 1 Accept what has happened**

Experience and try to understand the emotions that you are feeling. For example, why do I feel so frustrated and mad that I didn't qualify for Provincial Championships?

### **Step 2 Don't dwell on the past**

Once you've dealt with the emotion and let it out then try to move on as soon as possible. Don't dwell on things in the past for too long because remember you can't change the past.

### **Step 3 Use setbacks as opportunities**

Setbacks and disappointment are inevitable in anything worthwhile achieving so expect them. Instead we can use them as ways to learn, improve and better yourself as a result.

Often setbacks can give us extra motivation and drive to work harder and come back even stronger.

### **Step 4 Change your perspective**

There are always at least two ways to view things so try to take the positive out of every situation no matter how bad it is. There is always a positive perspective in everything, sometimes you just have to look for it.

For example, Lauren Penny used her injury setback as a way to focus more on helping others and that is how she discovered her passion for coaching, which she enjoys more than playing now.

### **Step 5 Set future objectives**

Remember that just because you've experienced a setback now, it doesn't mean you won't be successful in the future so don't ever give up at the first hurdle.

It is those who keep getting up over and over again that succeed. To make this easier you can set yourself new objectives and things to work towards that can drive you forward.

## Supporting the club and its coaches

Athletes 18+ are expected to be advocates of Can-Am and its coaches. Avoid gossiping. Avoid comparing yourself to another athlete. Every gymnast and situation is different. Do not make assumptions. Do not take things personally. Unacceptable actions or behavior made by either the athlete 18+ can jeopardize your current and future membership with Can-Am.

# Role of the Athlete 18+

## Role of the Athlete

### Character

- Athletes respect all coaches and athletes
- Athletes are positive and encourage other athletes
- Athletes are motivated to accomplish their training plans
- Athletes support fellow athlete's accomplishments

### Performance

- Athletes are prepared for training and stand or sit in tuck, pike or straddle while waiting for coach instruction
- Athletes try their hardest every day

- Athletes share feelings of fear, frustration, stress or sadness with their coach
- Athletes learn how to manage their feelings by using the strategies provided to them by their coach or the club director/manager

Emotions and frustration are normal reactions to both successes and challenges in sport. When an athlete faces a challenge, it is important to try and reset by following the steps below:

**STEP 1**

- walk away from the event/activity
- grab a drink of water
- take 3 deep breaths (breathe in for 4 counts, hold 4 counts, breathe out for 4 counts)
- visualize 3 successful turns of what you are doing (~~older athletes only~~)

\*Can do Step 1 twice if needed. When ready, proceed to Step 2\*

**STEP 2**

- tell your coach 1 thing you are good at or like (gymnastics or otherwise)
- discuss a plan with your coach to complete task while remaining positive

**STEP 3**

- Try your hardest to put your plan into action, continue to talk to your coach if changes need to be made

If a skill or routine has got you worked up regularly, it is time to meet with your coach and a parent! They will work together with you to help you work through the issue and thrive at the sport you love.

**Additional Strategies Coaches will try with Athletes if needed:**

- Positive self-talk
- Journal (Write your thoughts down)
- Create a motivational mantra
- Challenge your thoughts (Is this true?)
- Count to 10 (bwd or fwd or skip numbers)
- Imagine the situation is resolved (Describe what it looks and feels like)
- Recognize the situation is temporary (Things will get better)
- Shift your attention (Do something different and come back... either today or even tomorrow)

These techniques can be encouraged and used at home too!

Conduct

- Athletes learn how to cope with performance disappointment and officials' opinions/biases with respect
- Athletes respect social media and use this form of communication to post positive and inspiring thoughts
- Athletes show pride in their gym by keeping it clean and organized

Team Building

- Athletes encourage fellow athletes (give someone a high five!)
- Athletes compliment fellow athletes
- Athletes help other athletes move equipment, even if it isn't part of their station or group
- Athletes demonstrate drills and skills to other athletes with less experience

## **Athlete Engagement**

The staff organizes a variety of team-building activities throughout the season such as theme weeks, Christmas party, buddies (athletes are paired and participate in fun activities), team photos, and group dance/gymnastic routines.

## **Change Room Etiquette**

Athletes store their belongings neatly in the change room cubbies and keep the space clean.

NO cell phone usage in change rooms or washrooms at ANY time. (If an athlete requires to use their phone they must bring the phone out into the gym and use it under the supervision of their coach and then promptly return it to their bag.)

NEVER take a photo/video or post a photo/video in any of Can-Am's change rooms or washrooms.

## **Cell Phones and Social Media Sites**

All social media comments and posts regarding Can-Am athletes, coaches, families, or club must be positive and supportive. All inappropriate posts should be brought to the Can-Am staff's attention. Athletes or parents will be held accountable to Can-Am's Code of Conduct policies and procedures.

## **Competitions**

### WAG

XCEL Bronze, Silver, CPP 1 & 2 athletes are encouraged to attend all Fun Meet opportunities offered.

XCEL Gold, Diamond, Platinum, CPP 3 + athletes must attend at least 3 in Province competitions and meet a minimum score to qualify for Provincial Championships.

### TG

TG provincial (L1-4) athletes are encouraged to attend all competitions opportunities presented to them. Athletes must attend at least 2 competitions, 1 being in-province to qualify for Provincial Championships.

TG National (L5+) athletes must attend at least 2 competitions, 1 being in-province to qualify for Provincial Championships. To be eligible for Canadian Championships athletes must compete at 2 provincial cups (these can be the same as the ones used to qualify for Provincials & can be in or out of province) and have met the designated qualifying score in the current competitive season.

### WAG & TG

Occasionally, athletes moving up a level may not qualify for Provincial Championships. Don't let this discourage you, not every athlete learns at the same rate and sometimes repeating a level is in the athletes' best interest. It is important to never lose sight of the benefits of gymnastics just because you didn't achieve score one year. Stay positive and motivated to try again!

## **Competition Attire**

Athletes are required to have the most up-to-date club uniform for their level and program.

All competitive athletes are required to wear the Can-Am club gym suit and a club shirt, jacket or tracksuit specific to the athlete's program and white socks.

- Club gym suits range \$100-\$350 depending on the level of competition.
- Club shirts, jacket or tracksuit range \$100-\$250 depending on the level of competition.

Fitting dates and uniform payment details will be emailed to you. Full payment is required prior to suit distribution.

## **Competition Fees & Travel**

Athletes 18+ are responsible for training camp, testing, and competition entry fees. Athletes 18+ are responsible for registering and paying online before the deadline.

Training camp and competition fees range from \$100-\$200 per event. In addition, a \$50 fee is added to every event to offset coach per diems for in-province travel.

For all out-of-province travel, coach per diems are split equally between the athletes attending the training camp, competition, or other event. Following the event, an invoice will be added to your Amilia account and payment is due upon receipt.

## **Woman's Artistic Gymnastics Choreography XCEL/CPG 6+ athletes**

MUSIC for all levels - \$75.00

### Choreography Rates

XCEL G - \$100

Includes 1 hour of creation & 90 minutes of teaching

XCEL P & CCP 6 - \$150

includes 1 hour of creation & 2+ hours of teaching

CCP 7 - \$200

includes 1 hour of creation & 2+ hours of teaching

XCEL D & CCP 8 (Western Level) - \$250

includes 2 hours of creation & 3+ hours of teaching

CCP 9 & 10 (Western & National Level) - \$300

includes 3 hours of creation & 3+ hours of teaching

## **Competition Day**

Closer to competition season, staff will send out information on arrival, attire, awards and results information. Athletes representing Can-Am follow these best practices:

- Arrive 30 minutes before the competition warm-up dressed in Can-Am competition attire and white/Can-Am socks.
- The preferred competition hair is tied back in a high, neat ponytail. Long hair that touches the ground when in a handstand must be tied into a bun for optimal vision, safety and to avoid deduction. Glitter gel or spray is not recommended.
- Bring a water bottle and a healthy snack.
- No good luck charms, stuffed animals or electronics on the competition floor.

### **Summer Camps**

Summer Camps are a great time to advance your skill development.

Attending 2-3 full-week summer camps is the minimum requirement to hold your spot for the upcoming season.

Certain levels may require 12-month summer training to remain in that specific training program or level for the upcoming season.

### **Removal from the Competitive Program**

Under certain circumstances, it may be necessary to ask that an athlete withdraw from the competitive program. At the discretion of the Can-Am's Management, an athlete can be suspended from the competitive program at any time during the season, temporarily or permanently, under any of the following conditions:

- The athlete's fees are unpaid before the first day of training or the first day of the month.
- The athlete's temperament, development or skill level prevents the athlete from meeting the requirements (including safety) of the competitive program.
- The athlete is repeatedly absent, frequently late or leaving early without reasonable excuse.
- The conduct of the athlete or the conduct of anyone associated with the athlete (friend, relative) is disruptive and unsupportive of the staff or the organization.
- The athlete repeatedly fails to follow the club communication policy. (see website)
- The athlete fails to uphold the Can-Am Code of Conduct. (see website)
- The athlete takes action to discredit the staff or the organization.

### **Closing**

We are honored that you have chosen Can-Am as your gymnastics club. Please know that this is a responsibility that we do not take lightly. We take pride in your development as an athlete and person.