



Fraser Valley
Rhythmic Gymnastics

Parents Guidebook

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Fraser Valley Rhythmic Gymnastics

History

Fraser Valley Rhythmic Gymnastics was founded in 2007, consisting of five people with one common passion: rhythmic gymnastics. One judge, one coach and three gymnasts represented Chilliwack in the 2008 BC Winter Games and various other events, including Provincial Championships.

To be added when the future becomes the past!!

Values

- **Integrity:** Genuine, honest behaviors reflect individuals with good characters.
- **Respect:** Courteous words and generous action demonstrate the value we place on others.
- **Tenacity:** Perseverance through personal challenges contributes in a large way to personal development.
- **Growth:** Expand personal borders with new experiences and challenges.
- **Beauty:** One is better able to understand themselves, others and recognize true beauty in all its forms through unique human movement.
- **Fun:** Enjoying exercise and movement is crucial to the healthy development of individuals.

Vision Statement

A model for other sport organizations, involving many different aspects of community, all coming together to promote the development of individuals, Rhythmic Gymnastics, and sport in general.

Mission Statement

To promote personal growth in individuals by encouraging participation at all levels and roles within the sport of Rhythmic Gymnastics in the Fraser Valley.

Growth in our sport is reflective of the personal growth of our athletes!



Class Information

Class Descriptions

Competitive: The purpose of this class is to prepare athletes for provincial competition. Athletes from our club enter competition in provincial levels, Interclub to Level 6. Athletes may start competing at the age of five and may continue into adulthood. This program focuses on fitness, skill development, development of interpersonal relationships, character development and fun.

Pre-Competitive: The purpose of this class is to introduce athletes to the idea of competitive gymnastics. This will be achieved by participating in performances, attending competitions as spectators, or competitors in a group situation, and learning the skills necessary to compete. Participants can begin this class at the age of 5. The focus of this program is very similar to the competitive with the exception of a greater focus on learning skills and about the sport, rather than competition.

Recreational: The purpose of this class is to meet new friends, try new skills and have fun doing a different kind of sport. Participants can begin this class at the age of 6 and can continue until they are 12 years old, participants outside of the age requirement will be considered on an individual basis.

Practice Information

All Gymnasts are expected to dress appropriately for the sport. Bodysuits are ideal, but any form fitting, flexible clothing would be fine. If a gymnast chooses to wear pants that are not tights, tight fitting capris are best as it is important for the coach to be able to see joints, ankle joints are especially important. All gymnasts must have their hair pulled back and will have the choice of wearing white socks, toe slippers or bare feet to practices. Practice bodysuits can be purchased at any local dance store, some second hand stores and even stores like Walmart or Superstore. Competitive gymnasts are encouraged to bring knee pads and may also consider a back warmer.

Gymnasts will be expected to bring a water bottle to each class as well. She may bring a snack also, if her class is longer than an hour and a half.

Finally, gymnasts are expected to be ON TIME for her class. Warm up is crucial for injury prevention. If a gymnast is late for a class, she will have to warm up by herself and join the group when she has completed the full warm up and will have to miss out on whatever the rest of the class is doing.

If possible, please email your child's coach if you know she will be away from practice.



Supplemental Classes

Gymnasts are encouraged to take other classes outside of rhythmic gymnastics. Ballet is always considered a huge help, but all forms of dance (or theatre) can help a gymnast develop her skill. Athletes are welcome to participate in any other sport or activity they would like. Any physical activity is good physical activity!

Class Re-Adjustments and Cancellations

All classes will run subject to minimum enrollment. If registration is too low, the class will be cancelled and participants will be informed – alternative classes will be suggested. If classes become too full, classes or instructors will be added.

If a running class is cancelled for whatever reason (eg. weather, coaches absence due to illness, etc.), the class will be rescheduled whenever possible.

Anticipated cancellations due to school closures and holidays (eg. Two week winter break, Thanksgiving, Easter, etc.) have already been factored into the cost of the programs.

Boys

Traditionally, rhythmic gymnastics is a female sport. However, a new form for boys has evolved, called Martial Gym. It is a combination of martial arts, artistic gymnastics and rhythmic gymnastics. Currently, we are not offering any Martial Gym classes, however boys are welcome to participate in our programs.

Gymnasts Moving to Town

If you have previously been a competitive athlete, it is best to have an evaluation done before registration. While we do not currently have a program for National Stream athletes, arrangements can be made for such training; each situation will be considered individually.

Competing Individual Vs. Group

All individuals in the recreational class and the pre-competitive class will only be participating in group routines. Depending on the makeup of the pre-competitive class, we may have the opportunity to put together a group to compete at the Zone Championships, this will depend on class registration.

Athletes in the competitive class will have the option of competing as a group, individual or both. This is a decision that the gymnast will make with assistance of the coach. Group routines are dependant on registration, so they may not be an option for each gymnast.

Understanding our Provincial Level system and Judging

Canada has Provincial Level system that is the same in each province and BC has an additional program to support the development of our Provincial Level athletes. The Code of Points along with our Provincial Level requirements are complicated and change every year (sometimes more often!). If the interest is there, we will host a workshop to help parents understand our Provincial and National Level systems, the requirements and how routines are judged.



Competitions/Performances

Competitive Class: Gymnasts usually compete at a minimum of two competitions a year: our Zone competition, which ranks our Fraser Valley athletes and at a Provincial Championships, athletes must attend Zones to qualify for Provincials. Gymnasts will also have the option of competing in other competitions as well. Almost all competitions are within BC and are usually in Vancouver (farthest away has been Vernon to Victoria). Athletes can decide with their families which competitions to attend. If they are a member of a group routine, families must make the decision together and take into consideration everyone's plans. We will discuss these competitions, as well as who will be in groups during a parents meeting in September. These gymnasts will also be a part of our year end performance in May.

Pre-Competitive Class: The pre-competitive class will participate in our year end show in May. In addition, this group will have opportunities to perform at some competitions or other local events, as the opportunities arise. We will discuss these as a group and will decide which events we would like to attend. Also, there is a possibility of competing at the Zone Championships, though it will depend on class registration and makeup. Additional costs would only arise if a group chose to compete, and the competition fee would be as for the competitive class.

Recreational: Since the focus of this class is on fun and learning new skills, this class will have the opportunity to showcase their new abilities at our year end show in May.



Fees and Special Purchases

BCRSGF Fees

Fraser Valley Rhythmic Gymnastics is a member of the British Columbia Rhythmic Sportive Gymnastics Federation (BCRSGF). Registration fees paid at the beginning of the year go to the BCRSGF and cover insurance costs of participating in BCRSGF sanctioned events. For more information about the BC Rhythmic Gymnastics Federation, please go to www.rhythmicsbc.com.

Club Fees

Training costs over facility usage, coaches fees, choreography and music. Most coaches are not involved in this aspect of the club so questions should be directed the Head Coach (contact information below).

Competition Fees

Each competition has its own fee. Fees range from \$50 - \$250 depending on the level of the gymnast, the level of the competition and sometimes the amount of routines she will perform. Fees **must** be paid prior to the competition and are non-refundable. Deadlines are set by the competition organizers and if they are not met, there is either an additional charge for the gymnast or she will not be able to compete. Most competitions ask for one cheque per club, so the gymnasts competition fee will be paid to FVRG and we will send one cheque to the organizing committee.

In addition to the competition fees, families will be charged an extra \$10 per competition (if the competition fee is \$70 the total will be \$80). This extra charge will cover coaches fees for the day of competition, including travel. In the case that airfare/hotel accommodation is required, the costs will be divided equally among the gymnasts involved.



Competition/Performance Bodysuits

Competitive: Each gymnast will be responsible for acquiring his/her own bodysuits, consult the coach prior to purchase. Group athletes **MUST** have identical bodysuits. All competitive gymnasts may also be required to purchase a team track suit. The purchase of these items will be addressed at the parent's meeting.

Pre-Competitive: These gymnasts will be required to purchase one team bodysuit to be used at performances and competitions. Tracksuits are optional for this group, but are strongly recommended.

Recreational: Gymnasts in a recreational class will not be asked to purchase a bodysuit. Each gymnast will perform in black bicycle shorts and a top yet to be determined (not more than \$20).

Purchasing equipment and toe slippers

While gymnasts are welcome to use the apparatus that we have in the gym, many gymnasts (especially competitive gymnasts) prefer to own their own apparatus. As we are a small sport, these items can only be purchased via mail order. In Canada, the places to purchase apparatus or toe slippers are: Bermo Sport in Victoria (www.bermosport.com) and RomSport in Quebec (www.romsport.com). Toe slipper can be ordered at the aforementioned locations, or can be purchased at local dance stores. There are many brands of toe slippers and there are many different fits. Brand is a personal preference of the gymnast.



Behavior Expectations

Gymnasts

Gymnasts are taught and are expected to follow values of FVRG. Gymnasts who do not show understanding of these values in their actions will be asked to sit out of the class; gymnasts who repeatedly do not show an understanding of these values will be asked to leave the program. **Disrespect will not be tolerated.**

Parents

Of course, we expect the same of parents as we do of their children. We do understand, however that sometimes parents are often unsure of their role in their child's training and do not know their place in the gym. We have an 'open gym' policy meaning that at training is never done in private (with the exception for the competitive athletes). Parents are welcome to stay and watch their athletes. We do ask that parents watch the practices either from a respectable distance from their child, allowing the coach to be able to communicate with the child undistracted. If you would like to watch from the side of the carpet, or take pictures/videotape of your child, please check with your child's coach. If you do need to talk to your child during the practice, please let the coach know. Gymnasts are aware that they are not allowed to leave the gym at any time without the coach knowing and we do not want the coach to have a panic attack if she sees one of her gymnasts is missing!

At competitions, there is usually a competition gym and a warm up gym/area. Parents are not permitted in the warm up area. Though those of us who are familiar with competitions are aware, other clubs often break this rule. We ask our parents to please stay out of the competition gym, as it is usually very crowded and busy with the gymnasts and coaches alone!

If you have questions at any time, or have suggestions for the program, please contact us. We are here to inform people about this sport, but are also always accepting of suggestions and assistance!

Emergency Procedures

All FVRG staff have been trained in First Aid and will take charge in a medical or safety emergency. If you have any questions about our Emergency Procedures, please contact the Head Coach.

Nutrition and Hydration

Gymnastics is a demanding sport and requires a great amount of energy. This is especially important when the athlete is a child. Eating properly and staying hydrated will allow a child have enough energy to learn more at school and make better use of their time at the gym. A gymnast who eats well and drinks enough water is stronger, faster and more flexible than those who do not pay attention to what they eat. The Canada Food Guide provides a good guideline for what a healthy individual should eat.

Specific to training, we have very few rules when it comes to food. Gymnasts must bring a water bottle to each practice. Staying hydrated is extremely important during a workout and having a water bottle within arms reach at practice is a big help. Gymnasts are asked to limit sports drinks in the gym and absolute **no pop** is allowed. If your child's class is longer than an hour and a half, it is suggested that she bring a healthy snack. Please try to limit the salt and sugar in their snacks, as that will affect their hydration levels.



Methods of Communication

Newsletters are often sent home with the gymnasts that include competition and other information. Also, we will be collecting email addresses from all families as a more direct method of communication. Email is preferred as files can be sent directly that contain competition information, but phone calls will be made to those who do not have email access.

At the beginning of each season, we have a meeting with the parents of all gymnasts. As we are a small club, we have the benefit of being able to make collective decisions, such as: which competitions to attend, what to do about bodysuits, tracksuits and other team decisions. We will have further meetings throughout the year if it becomes necessary.

Coach Bios



Kate Kloos – Head Coach

- Currently working with PacificSport Fraser Valley as the Athlete Coach Services Coordinator, specializing in providing services to high performance athletes and coaches in the Fraser Valley
- 12 years coaching experience in both rhythmic and artistic gymnastics
- Masters Degree in Human Kinetics (UBC) – Coaching Sciences (In Progress)
- Bachelors Degree in Kinesiology and Physical Education with supplemental courses in Business Management and Human Resources (UCFV)
- NCCP (National Coaching Certification Program) Level 3 – Rhythmic Gymnastics
- NCCP Level 2 – Artistic Gymnastics
- NCCP Course Facilitator
- Gymnastics BC 'Kids Can Move' Instructor for gymnastics in the BC School System
- Red Cross First Aid and CPR Instructor
- Academy of Emergency Training First Aid, CPR, AED and O₂ Therapy Instructor
- Provincial Level Judge – Rhythmic Gymnastics
- Special Olympics Judge – Rhythmic Gymnastics
- Former national level rhythmic gymnast
- Former competitive/professional cheerleader
- Former RAD ballet dancer

Reanne Copley – Recreational and Pre-Competitive Programs Coordinator

- Current working towards a Bachelors Degree in Business Administration (UFV)
- Six years experience in rhythmic gymnastics
- Five years experience working in various youth programs
- Four years coaching experience in rhythmic and artistic gymnastics
- NCCP Level 1, working towards Level 2
- First Aid training
- Trainee Judge – Rhythmic Gymnastics
- Special Olympics Judge – Rhythmic Gymnastics

Contact Information

Kate Kloos – Head Coach

Email FVRG@FVRhythmics.com

Phone: 604 845 FVRG