

Arabesque Rhythmics PreTeam and Team



NOTE: **PreTeam** and **Team** programs need a minimum of 5 gymnasts to run. *The level at which gymnasts compete will be determined at the start of the year by the Head Coach.*

	1st & 2nd year PreTeam	Competitive Team (Interclub, Provincial** and Regional**)
Descriptions	<p>Performance & some competitive</p> <p>PreTeam is the place for gymnasts who really enjoy rhythmics and who want to master more challenging skills and routines</p> <p>GROUP routines ONLY</p>	<p>Performance & competitive</p> <p>Interclub (2-6 hours/week) = For gymnasts who would like to continue with gymnastics, but focus on fun, fitness, skill development and some competition.</p> <p>Provincial (8+ hours/week) = For gymnasts who enjoy the challenge of gymnastics (fitness, technique) and enjoy competition.</p> <p>Regional (10-15 hours/week) = Gymnasts who strive for excellence by challenging themselves, learning more complex body and apparatus skills, and improving their overall fitness, strength and flexibility.</p> <p>The level in which a gymnast participates is determined by the Head Coach in consultation with the gymnast and her family to determine her goals and what the family is willing to commit to</p>
Training day/time	<p>Tuesdays 5:00-6:30pm Clymont</p> <p>Thursdays 5:00-6:30pm Robina</p> <p><i>3 hours/week</i></p>	<p>Various days and times</p> <p>Interclub = Monday 4-6pm or 6-8pm, Tuesday (GROUP) 5-7pm or 6-8pm, Wednesday 4-6pm, Thursday 5-7pm or 6-8pm</p> <p>Provincial = Monday 4-8pm or 6-8pm, Tuesday 5-8pm, Wednesday 4-6pm, Thursday 5-8pm</p> <p>Regional = Monday 2-6pm, Tuesday 2-5pm, Wednesday 4-6pm, Thursday 2-5pm, Friday 5:30-7:30 or 8:30am</p>
Choreography	In class	Interclub and Provincial choreography for individual routines will be on 2-3 Saturdays from Sept-Nov. No extra cost. Group routine choreography will be done during class time on Tuesdays. Regional choreography will be done primarily during class time.
Cost (monthly)	\$90.00 + GST (\$94.50)	<p>2 hours/week \$80 + GST (\$84)</p> <p>4 hours/week \$110 + GST (\$115.50)</p> <p>6 hours/week \$145 + GST (\$152.50)</p> <p>8 hours/week \$170 + GST (\$178.50)</p> <p>10-15 hours/week \$190 + GST (\$199.50) to \$250 + GST (\$262.50)</p>
RGA Registration fee	\$40.00	<p>Interclub = \$50</p> <p>Provincial = \$60 (gymnast who do Interclub individual and Provincial level group pay the Provincial registration fee)</p> <p>Regional = \$70</p>
Apparatus	Rope and Ball	Ball, Rope Apparatus for competitive routines will need to be purchased
Outfits	Team bodysuit (black), skirt and toe slippers	Competitive groups and individuals may purchase their own group bodysuit. All gymnasts must have AT LEAST two pairs toe slippers/ toe socks (one for training, one for competition – no holes).

****By invitation only**

Consider all of your options at the start of the year. Make sure that when you commit to the PreTeam or Team, you are able to follow through with that commitment.

List of Events that Team and PreTeam gymnasts will plan to participate in on an annual basis.

	PreTeam	Interclub	Provincial	Regional
Winter Show and Spring Show (club)	*	*	*	*
Arabesque Invitational	*	*	*	*
Time to Shine Invitational	*	*		
North Zones			*	*
Brittany Hunt Invitational			*	*
Provincial Championships	* (possibly 2 nd year PreTeam)		*	*
Provincial Gymnastrada (when in Edmonton)	* With Team	* With PreTeam		
Devon Days (parade)	*	*	* If it does not conflict with competitions	
Estimated registration fees for above events (total)	\$75-100	\$100-200	\$150-300	\$200-4500
Participation in the events listed below will be decided on an annual basis. Who participates in these events is up to the discretion of the Head Coach (decisions will be made based on gymnast experience, level, progress).				
Invitationals outside Alberta (SK, BC, MB, ON)			* Regional individual, Provincial individual by invitation	
Western Regional Championships			* Provincial Groups and Regional individual only	
Invitationals outside of Canada (US)				*

*Events gymnasts are able to participate in are marked with an * (asterisk).*

The number of invitationals we participate in will vary from year to year.

Unfortunately, many competitive gymnasts tend to retire in their teens, just about the time they really start to understand the sport. **Gymnastics is an activity that can be done at any age and any ability level!** As a former competitive and performance gymnast, I think it's important that the girls are exposed to both sides of the sport early on so if they choose participate in the competitive stream, they still see the value of continuing on (at a lower intensity) as performers after their competitive careers.

Every year, we will work on and continue to improve aspects of mental preparation for competition and performance. These will include relaxation techniques, concentration techniques, goal-setting, visualization (these are skills they can use in other sports and in other aspects of their lives). There may be opportunities to work with professional sport psychologists, physiologists and nutritionists through the University of Alberta and the Alberta Sport Development Centres, which will help the gymnasts strive to achieve their potential and help us use every moment of every practise to its fullest!

Ultimately, the goal is to improve physical fitness (energy systems, power, strength, flexibility, hand-eye coordination) and as well as mental preparation skills (relaxation and concentration techniques, goal-setting, visualization).

Over the years, Team Gymnasts will be eligible to participate in competitive and performance opportunities outside of Alberta. Preparation for these events will require additional training commitment, however, many of these opportunities are unique to gymnastics and are well worth the extra effort!

National and World Gymnaestrada

Open to all Team members (there is a minimum age and there may be a minimum experience requirement). National and World Gymnaestradas occur once every four years (the next National Gymnaestrada will be in 2014 and the next World Gymnaestrada will be in 2015 in Helsinki, Finland). **Tens of thousands of gymnasts from all over the world attend the 7-day World Gymnaestrada event.** It is performance only and gymnasts of all ages and abilities perform in group routines - group sizes range from a minimum of 10 up to 1500 or more! *It is a FANTASTIC event, definitely not to be missed!*

Out of province RG competitions (Regionals, Invitationals)

Open to competitive Team members (Provincial level only) who train a minimum of 2 days a week. Gymnasts with experience competing at a Provincial level will have the opportunity to compete at larger events with gymnasts from across Canada.

AGG International competitions and/or National Stream competitions

Team members who are interested in and eligible for this option will be selected based, in part, on age (category), skill level, dedication, desire, long-term goals, and group compatibility. Gymnasts at this level will train 4 days a week IN THE MORNING (in-town gymnasts may also be required to attend Tuesday evening practises for all Team members (to participate in large group routines). These are exciting opportunities for gymnasts who want to challenge themselves and strive to fulfill their physical and mental potential. Competitions take place in European venues, often filled to capacity with enthusiastic, cheering, knowledgeable fans...a truly unique experience!

Options to help off-set Team and PreTeam training and registration costs

Did you know that you may be able to claim up to \$500 on your annual taxes for fees that relate to the cost of registering your child in a physical activity program? Go to <http://www.cra-arc.gc.ca/fitness/> for more information!

Arabesque Rhythmic Parents' Association (fundraising)

- ARPA puts together a variety of fundraisers throughout the year, participation is optional. None of the money fundraised goes to the club's operations.
- ARPA will need new volunteers for the Board over the next few years. PLEASE shadow a current Board member or volunteer for a position. The club gets a discount on rent at Robina Baker because of ARPA – **without this discount, the club will not be able to continue its current activities.**

Canadian Tire Jumpstart program (contact Coach Kristi if you'd like to apply)

- Funds are available twice a year (Jan-June, July-Dec)
- Fund up to a maximum \$300 per session (no minimum), funds provided for training costs, registration for events

Hosting an event (Provincial Gymnaestrada or Invitational meet)

- Provides local opportunities for gymnasts to strut their stuff
- The amount of money an event generates depends on the amount of organization we put in prior to the event (e.g. events with a small concession and raffle items donated by local businesses will generate more money than an event that does not include these)
- Volunteers who help during the event AND help with organization prior to the event will receive full re-imburement for event registration. Depending on the competition (e.g. North Zones) additional portions of the event's profit may be used to help off-set training/event costs for their daughter(s)

Coach-In-Training program (open to athletes 13 years and older)

- Assist senior coach in running a recreational class, assisting with the PreTeam (depending on experience and knowledge) or supervising portions of Team warm-up (depending on experience and knowledge)
- Gymnastics Canada program which allows young athletes to gain coaching experience alongside a certified coach
- There are assignments and homework the CIT must complete

Club scholarship program (if there are funds available, information on how to apply will be posted on the club website under Registration/Financial Assistance)

- As we start hosting events, a portion of the profits will be put aside for gymnast scholarships to help off-set training and event registration costs
- For the next couple of years, this will likely be minimal, but hopefully as the program grows, the club will be able to offer a variety of scholarships per session
- The application process will vary with the scholarship amount