

Arabesque Rhythmics Team



The Team is the place for gymnasts who really enjoy rhythmics and who want to master more challenging skills and routines while continuing to improve their overall fitness, strength and flexibility. There are three options currently available to Team gymnasts:

NOTE: Team names are based on the number of days per week that the group practises (e.g. Team A practises 1 day a week, Team B practises 2 days a week). **Team B program needs a minimum of 4 gymnasts to run.**

	Team A	Team A+	Team B
Descriptions (all 3 teams work together on Tuesdays)	Performance only Enjoy the sport and want to continue to learn and improve body and apparatus skills as part of a team GROUP routines	Performance only Want to challenge themselves by learning more complex body and apparatus skills, and improve overall fitness, strength and flexibility GROUP routines	Performance & competitive Strive for excellence by challenging themselves by learning more complex body and apparatus skills, and improve overall fitness, strength and flexibility GROUP and INDIVIDUAL routines
Training day/time	Tuesdays 6:00-8:00pm <i>2 hours/week</i>	Tuesdays 6:00-8:00pm Thursdays 6:00-6:45pm <i>2.75 hours/week</i>	Tuesdays 6:00-8:00pm Thursdays 6:00-8:00pm <i>4 hours/week</i>
Location (Tues)	Devon Alliance Church	Devon Alliance Church	Devon Alliance Church
Location (Thurs) – tentative		Devon Community Centre	Devon Community Centre
Cost (monthly)	\$65.00	\$85.00	\$105.00
RGA Registration fee	\$30.00	\$30.00	\$35.00
Apparatus	Ball, Rope Additional apparatus can either be purchased from United Cycle OR rented for a minimal fee from Arabesque Rhythmics (\$20.00/year) which will be refunded provided the apparatus is returned in good condition		Ball, Rope Apparatus for competitive routines will need to be purchased
Outfits	Team bodysuit (same as PreTeam) + toe slippers 1 additional outfit for group routine (variable, but we'll try to keep it around \$50)		Same as Team A, however, Team B gymnasts may also purchase an individual bodysuit for competitions
<i>Events each team will participate in are marked with an * (asterisk)</i>			
Devon Christmas Parade	*	*	*
Arabesque Invitational	*	*	*
Red Deer Invitational			*
North Zones			*
South Zones OR other Invitationals			*
Provincial Championships			*
Provincial Gymnaestrada	*	*	*
Devon Days	*	*	*

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

In Rhythmic Gymnastics, there are generally two streams of participation after recreational: competitive and performance. While many clubs focus on one aspect or the other, Arabesque Rhythmics is attempting to strike a BALANCE of the two. Each offers gymnasts unique opportunities and experiences:

- Competitive – striving for excellence, challenge, opportunities to travel around Canada and the world
- Performance – general fitness, opportunities to travel around Canada and the world

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 may be a minimum age or 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 Team members 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 and the US.

AGG International competitions

Open to Team members who train a minimum of 2 days a week. 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 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!

Canadian Tire Jumpstart program (see attached information)

- 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)

OPTION 1: Volunteers who help with set-up and take-down will receive partial to full re-imbusement for event registration (time commitment = about 1-2.5 hours on the day of the event)

OPTION 2: Volunteers who help during the event or help with organization prior to the event will receive full re-imbusement for event registration + a portion of the event's profit to be used to help off-set training/event costs for their daughter(s) (time commitment = 3 hours or more)

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

- Assist senior coach in running a recreational class (4-5 year olds) or after-school program (Calmar)
- Gymnastics Canada program which allows young athletes to gain coaching experience alongside a certified coach
- There are assignments and homework the CIT must complete
- Athletes who participate in this program will receive a \$10.00/month discount on their training fees

Club scholarship program

- 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



HELP GET A KID OFF THE SIDELINES

In Canada, 1 in 3 families cannot afford to enrol their kids in organized sports and recreation. You can help. Visit canadiantire.ca/jumpstart



Canadian Tire Jumpstart® is a community-based charitable program that helps kids aged 4-18 participate in organized sports and recreation such as hockey, dance, soccer and swimming, so they can develop important life skills, self esteem and confidence.

Physical activity gives a lot more to kids than just rosy cheeks and a healthy weight. It helps kids build self-esteem, social skills, concentration and character. And it helps them learn how to work together, how to share, and how to lead.

For more information, please contact

- . Charmaine Robinson—president@lmha.ab.ca
- . Boys and Girls Club—John Norton—780-986-3121
- . City of Leduc—Rachel Yeung—780-980-7177
- . City of Leduc—Darrell Melvie—780-980-7177



<http://www.canadiantire.ca/jumpstart>

How can you apply for Canadian Tire Jumpstart funding?

Leduc, Devon, Calmar

Contact Arabesque Rhythmics, applications for Leduc County are submitted by the sporting organization on behalf of the family.

Spruce Grove

Contact Amanda Thorpe (780-429-5725) directly and she will help you with the application.

Some chapters ask for financial information (unfortunately I do not know exactly what this is). Funding is not solely based on family income, they do take other factors into account (e.g. number of children, number of parents working, activities available in community, etc.).

You will need to know the contact information for Arabesque Rhythmics when you apply as well as a bit of information about the program (e.g. cost, how often they practise, events they might attend). This is the first year Leduc County is offering this funding, so the amount of funding they will have available next year will depend on how many people apply this year (**so be sure to get an application!**). Applicants will be contacted if they are approved or if further information is required.

Financial Assistance for sports programs

How much does the program cover?

A maximum of \$300 per child is recommended to allow available funds to assist as many children as possible.

What types of activities do they fund?

Activities must be physically active programs and does not include summer or day camps (i.e., sports with seasons, lessons, etc., over longer periods of time).

Will the program fund registration fees?

Requests for registration fees, equipment, and transportation costs will be considered on a case by case basis.

What time of year can I apply?

There are two submission/application sessions per year: spring-summer (January 1 – June 1) and fall/winter (July 1 – December 1).

Can I receive funding for more than one sport?

Each child can only request funding for one sport per submission session.

Can more than one child in the same family receive funding in a submission session?

Yes.

Are families able to request funding two seasons in a row?

Yes, either for the same sports or different sports.