

Chimo Gymnastics Club

Women's Artistic Gymnastics Competitive
(WAG) Program

Program Components and Expectations

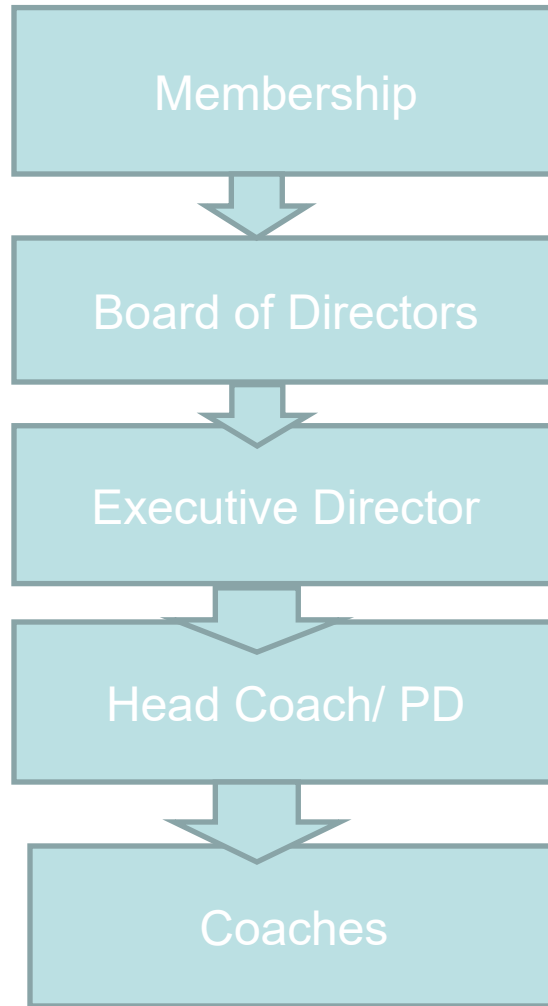
Overview

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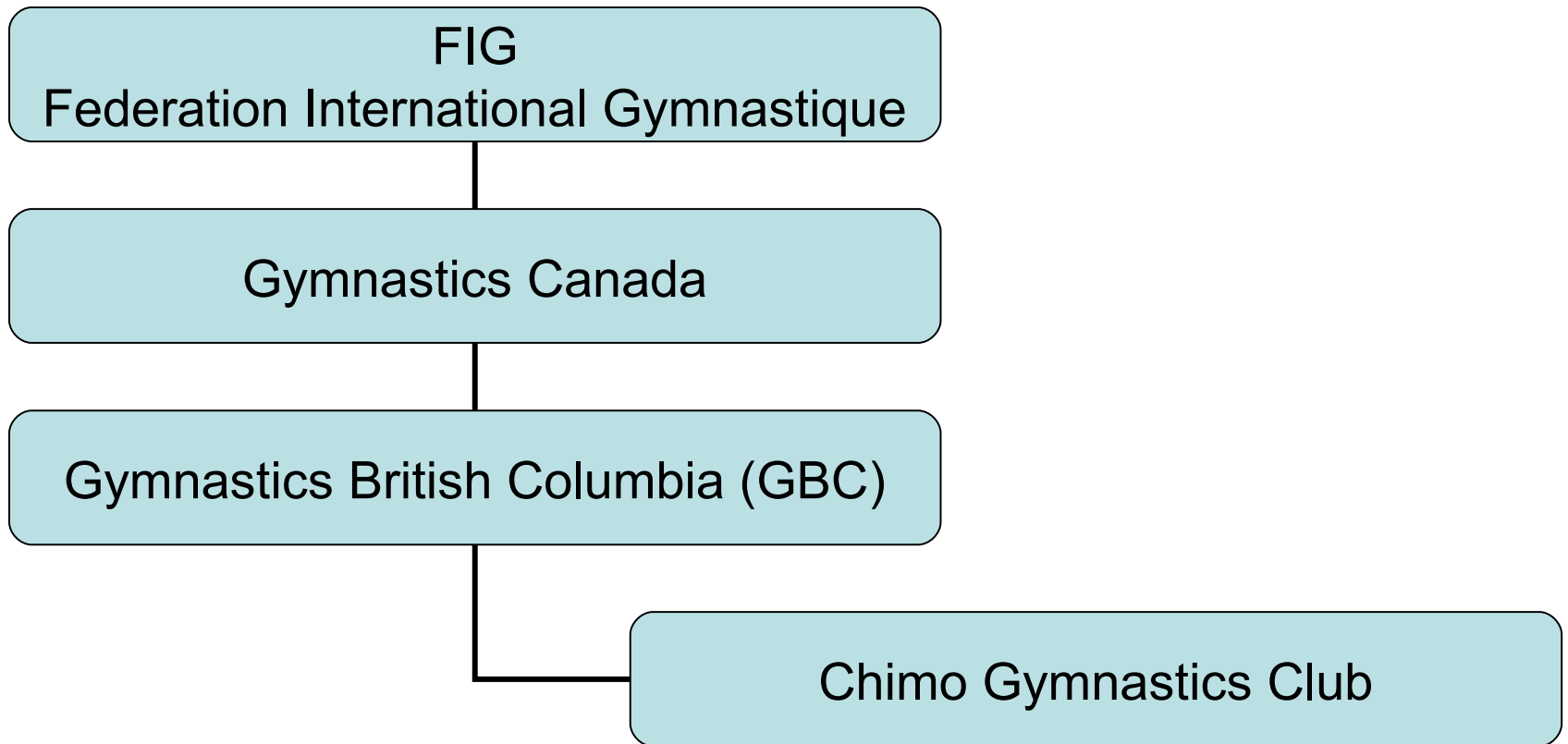
VISION, MISSION, PURPOSE

- CORE PURPOSE: to develop confident, principled people through gymnastics.
- The Board and staff are currently embarking on an organizational update that includes clarifying the mission, vision and values for the club. This in turn will provide additional guidance and direction for our club.

Chimo Organizational Structure



Organizational Structure for the Sport of Gymnastics



Introduction to the Team

Executive Director: Kyna Fletcher

WAG Head Coach: Toni Vance

WAG Coaching Team: Ford, Trevor, Saskia, Riley, Ashley

Communication from Chimo

- Bulletins / Newsletter: this is a new initiative
- Emails; from Chimo (Marissa or Saskia)
- Verbal/In Person/Phone – from coaches
- Coach-Parent-Athlete meetings
- Other parent information nights/meetings
- Members' Handbook: this is a new initiative to be completed in the spring

Concerns/Questions

- Your child's coach is the first point of contact;
- If the concern is not addressed, it can be forwarded to the Head Coach; and,
- Executive Director may be contacted only if no further progress is made.
- Board of Directors is not a point of contact for program concerns

What is “WAG”?

Women’s Artistic Gymnastics

- Competitive Program:
 - athletes learn to train to compete!
 - the main focus of this competitive program is for athletes to be competitive
 - coaches will select the optimal level for the athletes based on the athlete’s physical and mental attributes
- Competitive gymnastics is not for everyone – *not all provincial gymnasts can become national-level gymnasts, and not all national-level gymnasts can become High Performance athletes and not all HP athletes can become National Team members.*
- *Competitive gymnastics is a choice – not a sacrifice.*
- *The choice to join a competitive sport entails a level of commitment that families must be comfortable with. All Aboard!*

What is “WAG”?

Women’s Artistic Gymnastics

- It is a Competitive Program that is “invitation only.” Athletes are chosen through a selection process that identifies talent and competitiveness. Regular attendance and competing is required
- Family commitment is required – volunteering, travel
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- Training hours range from 9– 25+ depending on program assignment by the technical staff
- Athletes do not necessarily move through the ranks every year; Athletes may move groups within a year on coach recommendation
- Athlete placements and levels are at the discretion of the Competitive Program staff – program and level is determined through a number of criteria including skill level, age and number of hours training

Competitive Program

- Athlete program placement is done by the technical staff.
- Program membership is always probationary – if the requirements of the program are not appropriate for the athlete or their family athletes may be moved from one program to another
- Expectations are the same for all programs, and include attendance at all assigned training and competitions assigned
- Athletes with attendance limitations will be considered for other programs.
- Commitment expectations are different for each stream and level of competitive sport. This includes travel, number of hours per week, intensity of training, and willingness to manage fear and discomfort in order to achieve goals.

Types of Competitions

- Competition to gain Experience
- Competition for Qualification
- Competition for Ranking

Competitions for Experience

- All competitive athletes begin here, and ***return here*** when attempting a new level or skill
- Specific competition assignments to develop certain aspects of athlete's profile
- Competitions may be in town or out of town – out of town competitions develop specific skill sets
- Athletes learn to practice all aspects of competing, including time management, time change, travel, being away from parents, nutrition, psychological preparation
- Competitive ranking is not a priority when competing for experience
- Athletes must be prepared – this requires consistent attendance and demonstration of routines well in advance of the competition – this becomes more important as the athletes advance in levels!
- Athletes who take additional time away prior to competitions may not be eligible to compete – safety is the top priority.

Competition for Qualification

- Athlete attempts to qualify for a subsequent competition, either via a ranking or score
- Some athletes will be assigned qualification meets in order to gain experience
- Subsequent meets may be to represent the athletes zone, province, or country – *athlete is bound by the rules and procedures that govern participation, above and beyond Chimo policies in some instances*
- In order to compete in either the qualification meet, or the subsequent event, all training and mandatory camps leading up to the event must be attended***
- Examples: Zone 7 Trials to BC Games, Team BC Trials to Westerns, Canadians, Team Canada Selection meet for World Championships.
- This season:

Competition for Ranking

- Athlete is competing for ranking, and will use their preparation, experience, and knowledge to the best of their ability
- Athletes may be required to travel independently
- Athlete may or may not have a personal coach with them
- Experience comes with practice
- Examples: BC Championships, Canada Games, Canadian Championships, World Championships
- This season:
 - **BC Championships, levels 6+ Langley: April 12-14**
 - **Westerns, Saskatoon, SK: April 26-28**

Local Meets

- On Vancouver Island and within the Lowermainland– up to Langley, Abbotsford, Victoria
- Athletes travel and prepare with family
- Potential Local Meets this season (not confirmed, and not all will be attended by all athletes):
 - **Winterfest, Coquitlam, Jan 25-27**
 - **Pajama Meet, Comox, Feb 9-10**
 - **Christy Fraser, Langley, Feb 15-17**
 - **Surrey Classic, Mar 1-3**
 - **Mt. Arrowsmith, Port Alberni, March 8-10**
 - **Twisters Invitational, Abbotsford, Mar 20-24**
 - **Garden City Invitational, Victoria, May 18-19**

Travel for Competition

- Athletes may travel with family, club, or Team BC, depending on assignment
- Travel experience is important for ***developing skills sets for future competitions***
- If athlete travels with club or team, the coaches will chaperone - parents may watch as spectators, but stay in a separate hotel to allow athletes to learn independence
- Chimo Travel Meets, 2018-19 Season are not yet confirmed, but may include:

Training Camps

- *“Preparation Camps”* – athletes are invited to attend based on factors selected by technical staff. Athletes and clubs may be invited by GBG or GCG, but Chimo coaches will decide if it is appropriate for individual athletes to attend.

2018-19 Calendar

- Will be reviewed at Coach-Parent Meetings (November)
- Competition fees usually range \$100-\$150, and will be billed to account, with an email provided in advance
- This season will be a mix of local and travel meets events, and will depend on the athletes age and level – not all WAG athletes will attend the same competitions
- Season extends late November – June
- Meets will be assigned, but sometimes last-minute opportunities (meets, training camps) do come up!
- Athletes are provided with additional rest and recovery days – taking more above and beyond this time can make preparation substantially more difficult for the athletes.

Choreography

- Each athlete receives a floor and beam routine –
- Beam routines are done during practice, at no charge (not all clubs do this)
- Routines may be compulsory (younger) or individualized
- Choreographers are selected for the athlete by the coaches
- Floor routines taught outside training and have a fee (**\$150 for compulsory - \$250-\$400 for individual**)
- Floor routines remain for two years and are updated after year 1, for an hourly rate
- We will do our best to give families advance notice of routine requirements

Health and Wellness

- Health and Safety is the first priority, we will not put an athlete at risk physically or emotionally for medals, rankings, or any other goal. The athlete is in the driver's seat.
- Gymnasts who are severely sick should rest at home, gymnasts who have a manageable injury will come to training on a modified program.
- Gymnasts learn how to evaluate and communicate illness, pain and fear – this comes with experience. Athletes in all sports are experts at managing discomfort, pain, and fear.
- Athletes will sometimes be asked to voluntarily expand their comfort zones (fear management) when there is no risk to their health or safety. Some athletes have a greater level of fear than others, coaches recognize these differences in athletes.

Rest and Recovery

- Athletes are provided with opportunity for vacation during the summer, reduced hours over holidays, and a day off after competition (most events) – this is to encourage athletes and staff to have a balanced life, and for the bodies to heal.
- Additional time off outside of these strategically designed times makes fitness gains and skill acquisition slower – the onus on ‘catching up’ falls to the athlete and their coaches. For every week off, it usually requires 2 weeks to regain losses. For athletes who train lower hours, it will take more time to regain fitness.
- During peak season, for every week away, it takes two weeks to rebuild fitness and skill levels to pre-break levels, meaning three weeks pass, rather than just one.

Nutrition

- Most gymnasts are growing children – they need superior nutrition for both growing AND athletic success.
- A diet based in whole foods, with plenty of fresh fruits and vegetables, is essential.
- Proteins and Fats are necessary and should come in the form of whole foods like nuts, avocado, fish and eggs, not from deep fried and processed foods (including processed meat). Carbohydrates are necessary, and should come in the form of true whole grains.
- Treats should be “once in a while,” not a regular parts of lunches and snacks – *be careful of sugary granola bars and muffins disguising themselves as healthy snacks.*
- The best snacks are fruits, vegetables, low-fat/unsweetened yogurt, hummus, cheese, and seed crackers.

Additional Time Away from Training

- Coaches have designed programs for each athlete, depending on their level and their number of hours training. Athletes in the 20 hour WAG Program are in this program because the athletes and coaches are pursuing the highest levels of our sport. Athletes in the 12 -16 hour program are pursuing provincial success in competition.
- In both cases, additional time off may make it to great a challenge for the athletes to reach their goals. If the time falls directly in the month prior to an event, eligibility may be compromised.
- Spring Break can be particularly challenging, as it directly precedes the BC Championships, but a week away during this time can have significant impacts.
- Christmas Holidays this 2018-19 season will be: December 23-26 (no training), December 31-Jan 1 (no training), and January 5-6 (no training). This allows for a balanced training load.
- If your family decides to take additional holiday time that results in more than a week in total away from training, they may not be able to attend competitions in January (when we often have our travel meets), because it will take them more than three weeks longer than other athletes to be ready.

Modifications to Training

- The purpose of adjusting training times is to *provide athletes with the best possible schedule to maximize their performance*. Examples of this include shortened training the week or day before a competition. It is dependent on each athlete's preparation level.
- We may also modify training to ensure the athletes have an optimal coach-athlete ratio depending on their needs.
- Athletes are typically given a *rest day* (Monday) following a competition weekend, unless there is a quick turn-around for another meet.
- Training may also be modified in case of emergencies, or in the event where coaches are travelling for other gymnastics events.
- Training may also be modified (often adding) to athletes who show *particular drive, above-average work ethic, and exceptional focus* to allow them additional time to accomplish specific tasks.
- All of the scenarios regarding modifications to training are determined by technical staff, and will be communicated as early as possible to parents.

IST (Integrated Support Team)

- Chimo would like to enhance our communication with athletes and parents in the case of injuries that may need athletes to modify training.
- We will now ask parents give us permission to directly liaise with the health care provider, or provide us with written recommendations to facilitate and monitor an athletes recovery.
- Goals for the season may be adjusted accordingly.
- There are very few injuries that can not be accommodated by modified training.

Admin Updates, 2018-19

- Locker rooms: We are in the process of ordering and having new lockers installed in the main hall. Athletes will be assigned a locker and a lock. Athletes are not permitted to use a personal lock.
- Code of Conduct for parents and athletes is being reviewed and adjusted. These should be available soon.
- There is a new Board of Directors for the club. They will be asking for volunteers to participate on a variety of committees to assist with fundraising, the PJ meet and some other activities.

Q and A