



KawarthaGymnastics

DEFYING GRAVITY
SINCE 1971



Competitive Handbook 2026-2027

Defying Gravity
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To be finalized July 1st

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WELCOME TO KAWARTHA GYMNASTICS

We are thrilled to welcome both new and returning families to our competitive gymnastics program. At Kawartha Gymnastics, we take pride in offering a high-quality program where athletes are encouraged to pursue excellence both inside and outside the gym.

Our competitive program is designed to help athletes build strength, confidence, resilience, and a deep love for the sport of gymnastics. We believe in fostering a well-rounded athlete by developing not only physical skills but also life skills such as discipline, teamwork, and perseverance.

Kawartha Gymnastics is committed to creating an inclusive and supportive environment where every athlete feels valued and empowered to reach their full potential. We care deeply about the well-being of each athlete, and our coaching team works hard to ensure every child feels welcome, respected, and part of the KG family.

The competitive season runs from July through to the end of June, with athletes typically training between 2-4 times per week, depending on their level and team. Athletes will focus on mastering core gymnastics skills in vault, bars, beam, and floor, while also building flexibility, strength, and artistry.

At Kawartha Gymnastics, we are more than just a team – we are a community that values respect, dedication, and personal growth.

We can't wait to embark on another incredible season together!



KG

MISSION STATEMENT

Kawartha Gymnastics is a not-for-profit, Gymnastics Ontario sanctioned organization dedicated to providing the community with a complete range of gymnastics programs focusing on fun, fitness, and fundamentals through excellent coaching and individual attention in a safe, caring environment. We offer challenges and opportunities to develop confidence and well being for all individuals.

KG is committed to protecting the privacy, confidentiality, accuracy, and security of the personal information that it collects, uses, retains, and discloses while conducting business.

ACCESSIBILITY FOR ONTARIANS WITH DISABILITIES

The Accessibility for Ontarians with Disabilities Act, 2005 (AODA) was passed by the Legislative Assembly of Ontario with the goal of creating standards to improve accessibility across the province. The AODA allows the government to develop specific standards of accessibility that are designed to help make Ontario more accessible.

One of the specific standards that have been developed and made law is the Accessible Standards for Customer Service.

These standards detail specific requirements for all services. The standards pertain to all employees and volunteers.

In general, service providers must deliver service in a way that preserves the dignity and independence of people with disabilities. As such, Kawartha Gymnastics requires all parents/ guardians who will be working at our upcoming competitions or volunteering in our facility to be trained.



Coaching Philosophy

As a professional coaching team, we are dedicated to helping our athletes become the best version of themselves inside and outside of the gym. We strive to foster a positive attitude, a strong work ethic, and a sense of self-confidence.

Our coaching staff is committed to:

- Leading by example in both actions and attitudes.
- Staying positive and supportive with our athletes in every situation.
- Respecting one another and working together as a team.
- Communicating openly and effectively with athletes and their families.
- Providing every athlete with the tools and opportunities they need to succeed.



PROGRAM OVERVIEW

At Kawartha Gymnastics, we offer a range of training levels designed to meet the unique needs of each athlete. While gymnastics is an individual sport, our competitive athletes also enjoy a strong sense of teamwork and club pride. We are proud to provide four competitive programs:

- Ontario Development Program (ODP) – A foundation program designed to develop strong fundamental skills.
- Xcel – A flexible competitive program offering different pathways for gymnasts based on skill level and commitment.
- Ontario Competitive Program (OCP) – Follows the USAG Development Program, with Compulsory levels 1-5.
- Optional levels 6-10.

Each program stream offers opportunities tailored to support every gymnast's growth and success.

PLACEMENT PROCESS

Program placements are carefully determined by our coaching team and are reviewed at the start of each season, beginning in July. However, placements are not guaranteed and may be adjusted at any time if we determine a different grouping better suits your daughter's training and development. Any changes will be made with your child's best interests in mind, and we are committed to maintaining open communication with families throughout the process.

It's important to note that program placement is separate from competitive level placement. Each season, our coaches evaluate every gymnast to determine the appropriate competitive level. Athletes are initially registered at a preliminary level in August, with final levels confirmed by October or November.

At Kawartha Gymnastics, our goal is to provide every athlete with a positive and supportive environment where they can thrive, both as individuals and as part of a team. We thank you for trusting us with your child's gymnastics journey and look forward to working together to support their success.

Key Dates

Apr 8th, 2026	Handbook & Summer Schedule Release
Jul 6th, 2026	First day of summer training
Jul 15th, 2026	Fall placements and schedules sent to families
Sep 3rd, 2026	Last day of summer training schedule
Sep 13th, 2026	First day of fall training schedule



ADDITIONAL TRAINING OPPORTUNITIES

COMPETITIVE CAMPS

This season, we are proud to continue to offer competitive camps during the summer, and on select PA days!

Summer camps will run in two, half day options (morning or afternoon). Athletes will focus on low exertion activities that will aid in enhancing their gymnastics training. This includes:

- Ballet
- Active flexibility
- Mental training and goal setting activities
- Basic shaping
- Artistry and Expression

These activities are designed to hit key aspects of the sport that will not fatigue an athletes muscles before or after their regular training sessions.

PA day camps throughout the season will work on what is appropriate based on the time of year, either skill development, or routine perfection as well as team bonding activities!

PRIVATE LESSONS

Private lessons for competitive athletes **MUST** be requested in writing to the WAG Director at wag@kawarthagymnastics.ca.

Private lessons will be approved at the discretion of the WAG Director on a case-by-case basis. Once approved, they will be set-up with a coach through our program assistant.

While private lessons can be helpful to work on specific elements, our athlete wellbeing is our priority. It is important for athletes to rest between practices to allow their bodies to recover and not contribute to over use injuries.

When requesting private lessons, please include the reason for the lesson (ex. specific element practice, competition preparedness etc.)

as well as the number of lessons you are looking to book.

The WAG Director will respond to your request within 24-48 hours.



GYMNASTICS ONTARIO CODE OF CONDUCT

This Code of Conduct applies to all matters that may arise during Kawartha Gymnastics operations, activities, and events. This includes but is not limited to; the office environment, the parent viewing area, competitions, texts, emails, social media, and any meetings of staff, committees, parents, or athletes.

Every member of Kawartha Gymnastics must show respect and understanding for the rights of fellow members and conduct themselves in a way that reflects the principles of the organization. All members shall maintain and enhance the dignity of members and participants by demonstrating respect regardless of gender, age, race, culture, marital status, ability, or economic status.

All members will refrain from criticism in public. Any matters of concern regarding coaching are to be directed first to your Coach and then to the WAG Director. If the issue pertains to fees, concerns should be brought to the attention of the Executive Director.

All members will refrain from any form of bullying directed at any member, their families, and friends. Types of bullying include but are not limited to disrespectful language about others, excluding or ignoring others, teasing in a mean way, and cyberbullying (including texting, emailing, and messaging through social media channels).

KG reserves the right to permanently remove any member from the facility for breaching the Code of Conduct.

Gymnastics Ontario Policy Manuals <https://www.gymnasticsontario.ca/policy/>



ATHLETE TRAINING AGREEMENT

At Kawartha Gymnastics (KG), we work hard to maintain a positive and productive environment for all our competitive athletes. To help ensure everyone's success, we ask all athletes to follow these expectations:

Be Ready to Shine

Arrive on time or early, ready to start training with your hair done, suit on, and all essentials (water bottle, snack, etc.) in hand. Please note that KG is a nut-free and perfume-free facility.

Commit to Your Training

Consistent attendance is super important for your progress. If attending regularly becomes tricky, we may need to revisit your goals and program together to ensure the best fit.

Keep Coaches Updated

If you're going to be late (more than 15 minutes), need to leave early, or will miss practice, please notify your coach as early as possible using your "Band" account.

Show Respect

Treat coaches, teammates, and others at the gym with respect, both during training and at competitions.

Support Your Team

Encourage and support your teammates to help foster a positive team environment.

Stay Focused

Keep conversations appropriate and relevant to training, ensuring a productive atmosphere for everyone.

Limit Device Use

Electronic devices should stay put away during training unless your coach gives you permission.

Communicate When Needed

If you're experiencing challenges that may affect your training, let your coach, the WAG Director, or a staff member know. **We're here to support you!**

Stay Healthy

Stay home if you or someone in your household has symptoms of illness, like a fever, vomiting, or other contagious conditions. Athletes must be symptom-free for at least 24 hours before returning to the gym.

Thank you for helping us create a fun, safe, and supportive space for everyone at KG. We're so excited to be part of your gymnastics journey!



SEASON OUTLINE

July 6, 2026	First day of summer training
July 15, 2026	Fall schedules sent to families
Aug. 3, 2026	Closed for Civic holiday (No training)
Sept. 3, 2026	Last day of summer training schedule
Sept. 6-12, 2026	Closed
Sept. 13, 2026	First day on fall training
Oct 12, 2026	Closed for Thanksgiving (No training)
Oct. 31, 2026	Gym closed at 4:00pm for Halloween
Dec. 20, 2026	Christmas party
Dec. 21, 2026- Jan. 2 2027	Gym closed for Christmas (No training)
Jan. 3, 2027	Regular training schedule resumes
Feb 15, 2027	Gym closed for Family Day
Mar. 14-20 , 2027	March Break - regular training continues
Mar. 28-29, 2027	Gym closed for Easter
May 24, 2027	Gym closed for Victoria Day
June 25, 2027	Final day of training for 2025/2026 season

*PLEASE NOTE ALL HOLIDAY AND GYM CLOSURES ARE FACTORED INTO THE YEARLY TRAINING FEES

Training schedules will be modified during and following competition weekends at the discretion of the WAG Director.



ATHLETE ATTIRE & EQUIPMENT

CLOTHING AND HAIR

Hair must be tied up and off the nape of your neck in a bun or similar style.

All athletes must wear a gymnastics suit at all times. However, season permitting the following attire will be allowed:

From **June to September**, a sports crop top is permitted. A gymnastics suit, however, must always be worn for spotting and safety.

From **October to May**, the gym can be chilly. Athletes can wear tight fitting yoga style pants and a tight long sleeve. Athletes will need to remove clothing that will be unsafe for spotting,

JEWELLERY

All Jewellery must be removed for training with the exception of stud earrings. Athletes are NOT permitted to have bracelets, watches, anklets, necklaces, rings or dangling earrings on while training.

GRIPS, WRISTBANDS, AND CHALK

Grips must be used as directed by the coach. The WAG Director will determine which athletes/groups require grips.

Each athlete will need a pair of wristbands for under their grips, these can be purchased through KG.

Chalk can be purchased through KG at the front office. Athletes are asked to keep their chalk in a plastic bag or container labelled with their name. Chalk is \$5.00 per block and will be charged to your card on file as your athletes requests a new block.

All athletes must have 2 working pairs of grips at all times.

ATHLETIC TAPE

Athletic tape is always on hand at the gym to be used for first aid purposes such as blisters from bars. If your athlete needs to consistently tape an injury, we kindly ask that you purchase a roll of athletic tape to be kept in their gym bag.

WATER BOTTLES AND SNACKS

All athletes are required to bring their own water bottle to practice. We ask that athletes bring spill/leak proof water bottles with a closed lid. Athletes can refill their water at the fill station, or may choose to bring a second bottle of water.

Athletes that train 3 or more hours in a practice will take a snack break to refuel during training. We ask that parents are mindful when packing snacks and choose food that will provide proper fuel to an athlete.

We will be implementing a **boomerang garbage policy** for all competitive athletes. We ask that athletes put any garbage back into their lunch bag and bring it home with them at the end of practice.



MEDICAL INFORMATION AND POLICIES

MEDICAL LEAVE, INJURY, AND RETURN TO PLAY

At Kawartha Gymnastics, athlete safety is a top priority. In the event of an injury on site, staff will provide immediate first aid and assess the need for further medical attention. If necessary, we reserve the right to call an ambulance. All injuries are documented in an Ouch Report, which must be signed by a guardian at pick-up.

We encourage all injuries with persistent pain to be assessed by a medical professional. For injuries that happen outside the gym, please notify your child's coach as soon as possible so we can plan appropriate training modifications.

For more serious injuries requiring more than a few days of rest, a Return to Play form must be completed and signed by your medical practitioner. We will always follow the guidance of healthcare professionals. When possible, athletes recovering from injury or non-contagious illness are encouraged to attend practice. Staying involved helps maintain connection and contributes to ongoing development.

TRAINING AND COMMITMENT

Our competitive program is a 12-month commitment (July–June), with fees prorated over the year. Due to high demand and limited space, training placements cannot be held for any reason, including injury or illness.

If an athlete is not attending and pause of payment is requested, their placement cannot be guaranteed upon return. Families may continue paying to secure a spot during an absence.

ON-SIGHT MEDICATION

At Kawartha Gymnastics, we understand that some athletes may need to carry medication prescribed by their doctor or provided by a parent/guardian. To ensure the safety of all our members, the following procedures must be followed. Please note that medication cannot be kept in change rooms or lockers under any circumstances, regardless of the gymnast's age, as young children are often present in the facility.

Medication Storage: Athletes must keep their medication in a closed bag, purse, or similar container, ensuring it is always out of reach and inaccessible to other gymnasts.

Taking Medication: If an athlete needs to take medication during training, they must bring their bag to a staff member. The medication will be administered in a safe location under supervision to prevent spills and ensure proper handling.

On-Site Medication Storage: If an athlete requires medication to be stored on-site at all times (e.g., EpiPen, Benadryl, Advil), it will be kept in reception in a monitored drawer. This ensures the medication is secure and out of reach of gymnasts.

EpiPens: EpiPens will be kept in reception, easily accessible to all staff. Parents are responsible for ensuring their child's medication is current and not expired.

No Sharing Policy: Medication must never be shared with anyone else, under any circumstances.

These guidelines are in place to ensure a safe and supportive environment for all athletes. If you have any questions or require assistance with medication storage or administration, please feel free to reach out to our staff.

COMPETITIVE PARENT AGREEMENT

COMMUNICATION

KG uses email as the main form of communication. Parents must ensure they have opted in to our Jackrabbit emails. Opting out may result in missing key information being communicated. Please keep us informed of any changes to your personal email or phone number.

Any questions regarding payments, commitments, schedules or conflict should be emailed to **wag@kawarthagymnastics.ca**.

If you have any pressing concerns, we encourage you to speak to your athletes coach or set up a meeting with the WAG Director. Parents are asked to observe a 24-hour waiting period before contacting coaches or staff regarding concerns or incidents, unless the matter involves immediate safety or wellbeing. This allows for emotions to settle and more constructive conversations to be had.

Our WAG Director and Program Assistant will strive to respond to all emails within 24-48 hours. If your matter is urgent, please contact the office team 705-743-0300 ext. 1

BAND APP

We will use the BAND APP for program updates to the team, as well as in group communication with coaches. This app is monitored by our leadership team and any harmful communication will not be tolerated.

Please use this to communicate absences, lateness, or any training related questions.

We will use the calendar feature to send reminders of upcoming events.

SOCIAL MEDIA

Our Leadership Team works hard to ensure we are featuring athletes as fairly and equally as possible across all programs at KG through our social media platforms. At competitions, our coaches must focus and make it their priority to coach the athletes. Parents are encouraged to take photos of their athletes and if comfortable, share them by either tagging us @kawartha_gymnastics, or sending the photos through direct message (Instagram or Facebook) prior to the end of the competition. Re-sharing and posting received photos are at the discretion of KG.

ATHLETE SUPPORT

Parents and guardians are the most important role models in their child life particularly in sports. This role carries an incredible responsibility in shaping a child's athletic experience.

To foster a positive and supportive environment, it is essential that both parents and coaches:

- Teach the values of **fair play, mutual respect, understanding, and patience**.
- Encourage children to focus on the **fun** aspects of sport participation.
- Support their child's **self-esteem, physical and moral development**, and sense of accomplishment when mastering new skills.

By maintaining a **positive and encouraging approach**, parents can help create an environment where young athletes thrive—both in and out of the gym.

ACCESSIBILITY TRAINING

All competitive parents at KG must complete the AODA training in order to complete their fundraising/volunteer commitment (outlined on the following pages).

We ask that you complete the competitive forms as soon as possible upon receiving them.

FEE BREAKDOWN

TRAINING FEES

The training fee for your team is an annual fee calculated and payable in 12 installments starting on July 1, and final installment on June 1. It includes consideration for the following:

- Statutory, and civic holidays will be observed
- School closure modifications
- Time off before or after competitions
- Time off when KG hosts competitions
- Inclement weather cancellations

Monthly fees are processed automatically to your payment method on file on the first of each month. Please ensure your billing information is up to date on your parent portal. All declined transactions will incur a \$25 NSF fee. **Declined accounts must be paid in full by the second Friday of the month. Outstanding fees following the deadline will result in your athlete being suspended from training.**

Please note: Training fees can be paid in full at the beginning of the season by emailing ed@kawarthagymnastics.ca

CLUB FEES

Club fees vary by training group and include the following:

- Gymnastics Ontario Insurance
- Gymnastics Ontario Program Fee
- Competition Registrations (the entry fee and coaches expenses for Ontario Championships or any other Ontario Selection competition are NOT included. Athletes who qualify will receive a fee breakdown once we receive the qualification list.)
- Coach Expenses
- KG Gear
- Banquet/Awards
- Education fee (to go towards guest speakers coming in to educate athlete on various topics.)

Club fees will be charged in 4 installments on your account on the following dates: July 15th, August 15th, September 15th and October 15th. **A \$25 NSF fee will applied to all declined fees. Declined club fees must be paid before the end of the month to avoid suspension.**

See club fees below:

Program	Groups	Competitions	Club Fee
Provincial level 3+	Burgundy, Red, Green	3 qualifiers, 1 invitational	\$1110-\$1300
ODP Level 1-5 (will also compete OCP)	Yellow, Teal, Pink	2 ODP competitions, 1 OCP competition	\$785-\$990
XCEL Gold/Silver/Bronze	Navy, Blue, Orange	3 invitational competitions	\$805-\$1000
OCP Level 2	Lime	3 invitational competitions	\$805-\$1000
Teen Invitational	Purple	1-3 Invitational competitions	\$500-\$900
ODP 6 yr olds (born 2020)	Coral	2 ODP competitions	\$510-\$650
Showcase (born 2021)	Coral	In house showcase	\$200-\$325

FEE BREAKDOWN CONTINUED

FUNDRAISING DEPOSIT

All competitive gymnastics families will be required to pay a \$300.00 fundraising deposit at the beginning of the season. This fee is refundable, by credit to your Jackrabbit account if your fundraising goal is met.

All fundraising fees will be charged to the card on file on July 3, 2026.

MANDATORY: Each family will receive one box of World’s Finest Chocolate bars to sell. This will count towards \$100 of your fundraising deposit. Families can then choose to keep the chocolate or sell it and make your money back.

For the remaining \$200.00 of your deposit, you can complete it in one of the following ways:

- Spend \$200.00 in one of our fundraisers or KG merchandise
- Volunteer your time (1hr = \$10 towards your goal).
- OR choose not to fundraise or volunteer and donate the remainder of your deposit.

Chuck-a-Puck

KG aims to participate in Chuck-a-Puck twice next season. Each competitive family will be required to purchase or sell 2 tickets for one of the games we attend.



COMPETITION HOSTING COMMITMENT

Kawartha Gymnastics is planning to continue to host an annual competition in the 2026-2027 season for gymnasts across Ontario. This is a 100% volunteer-run event for our club and community which provides funds to support both competitive programs. Families from both the MAG and WAG programs are required to volunteer.

- Each family must volunteer for 2 shifts total between all competitions hosted (must be age 18+)
- Each athlete over the age of 10yrs will be given the opportunity to sign up for a shift assisting with handing out awards, leading march in and timing events.
- Each shift will be 3 hours in length and will include slots on Thursday through Sunday.
- Buy out of these shifts is available at \$125/shift.
- Sign up for shifts will be released by mid fall.
- More details will be communicated once we receive confirmation of hosting dates.



ADDITIONAL EXPENSES

The following additional expenses are mandatory, and the final costs and due date for the payments will be communicated throughout the season. These fees will be charged to your card on file.

Expense Description	Price Range
Club Training Suit	Up to \$100.00
Competition Suit (long sleeve for age 9+or short sleeve for 8yrs and under)	\$175-\$350 (depending on style)
Warm-up Jacket	Up to \$100.00
Routine Choreography (for Optional and XCEL athletes)	\$150-\$400
2 pairs of Grips & Wristbands (level/group dependant)	\$65-80 per pair, \$20 wristbands
Team Photo Day	\$50-\$75

DISCOUNTS AND PAYMENT PLANS

KG offers the following discounts to families:

- **Sibling Discount (multiple competitive athletes)** - Families with two or more children enrolled in a competitive program will receive a 5% discount on the second and subsequent athletes.
- **Sibling Discount (additional athlete in Recreational)** - Families with an additional athlete or athletes enrolled in a recreational or advanced recreational program will receive a 10% discount on the second and subsequent athletes.

KG may also be able to provide a personalized payment plan for families in a competitive program at the discretion of the Executive Director. If you are in need of a payment plan for your fees, please email ed@kawarthagymnastics.ca to discuss the possibility.

PROGRAM WITHDRAWAL

Your financial commitment is for the entire gymnastics season from July-June. If your child needs to withdraw from the program, a request in writing is required to the WAG Director and Director of Operations at least 30 days prior to leaving the club. To be released from payments, the Executive Director will review and determine this on a case by case basis, including any eligible refunds.

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Questions? Contact our team anytime:

Executive Director: Heidi Popov - ed@kawarthagymnastics.ca

Director of Operations: Ilysha Lock - operations@kawarthagymnastics.ca

WAG Director: Alexandra Earle - wag@kawarthagymnastics.ca

Office Team: admin@kawarthagymnastics.ca

Or call our office at 705-743-0300 and we will be happy to help you!