

2025/2026 CLUB TEAMZ HANDBOOK

PROGRAM MISSION

Splitz Club Teamz Program exists to provide an opportunity for every participant to achieve their full potential in the sport of gymnastics and develop a lifelong love for sport and physical activity. Our purpose is to support each gymnast in reaching their potential with respect to their own goals. We strive to be positive role models and to bring out the best in each individual within the realms of physical, mental, emotional and social development. The Club Teamz program strives to introduce participants to all aspects of Gymnastics; Artistic and otherwise and supports our gymnasts in the exploration of the variety of apparatuses available. Safety, fun and skill acquisition are key to achieving these goals and makes Splitz a wonderful environment where gymnasts can grow their ambition.

PROGRAM STRUCTURE

The Club Teamz Program runs year-round with a showcase season from January to June. Entry is by assessment or invitation, and participants may join at any time, space permitting. Depending on when they join, gymnasts may need extra preparation to participate in upcoming events, with eligibility determined by the coaching team.

Gymnasts are grouped by age, skill level, and training hours. While we aim for consistency, group placements may change to ensure the best fit. Training focuses on fundamental skills, routine development, and group performance.

Athletes progress through our Starz program—Bronze, Silver, and Gold—by completing all required tiers. See “Club Teamz Starz” below for more details.

SHINE BRIGHT SHOWCASE

For the 2025/2026 season, all participants are **required** to participate in our Shine Bright Showcase.

Details for Shine Bright will be shared later in the season, with the event being Sunday, May 31, 2026.

Shine Bright is a celebration of movement, teamwork, and the joy of sport, featuring performances by Club Teamz gymnasts of all ages and abilities. Centered on the theme *SHINE BRIGHT*, the event highlights how collaboration and individuality help us reach our goals.

Now in its fourth year, the 2026 Shine Bright performance will be paired with our year-end awards celebration. Splitz Gymnastics aims to grow this into an interdisciplinary showcase, inspiring a lifelong love of physical activity through diverse movement experiences.

CLUB TEAMZ SPLITZ STARZ

Splitz will be focusing on an in-house Starz program. The program is designed to provide a training framework for each participant to ensure they are reaching their full potential through their skill and strength development, as well as build strong routines that highlight each gymnast's strengths on all events.

The Club Teamz Starz program will consist of 3 levels and each level will consist of 2 tiers.

Bronze Starz → *Bronze 1, Bronze 2*

Silver Starz → *Silver 1, Silver 2*

Gold Starz → *Gold 1, Gold 2*

Platinum Starz → *Bonus category following the completion of Gold Starz.*

Gymnasts will be rewarded with collectable Splitz pins upon the completion of each level, with the opportunity for special achievement awards throughout the season.

Gymnasts will have in-house performance opportunities throughout the season in which they will get scored on their routines based on their own performance. Showcases will be held at our Cloverdale location and will be an opportunity for parents and family members to watch their gymnasts' progress in routine format.

The program is designed to be advanced at an individual pace. Progress will be tracked through the 'SplitzGymnastics' app which can be viewed at any time. The Skill Tree will provide the framework for building their routines and specific skills will be tracked on physical sheets.

There is a strong emphasis on the importance of goal setting. Gymnasts will be setting goals on each event and tracking their progress on the goal board. Colored pins will be distributed once goals are achieved and performed a certain number of times.

EVENT INFORMATION

Our 2025/2026 event schedule will be sent out in September. We will make every effort to adhere to the schedule, though some dates may be subject to change. If any changes occur, we'll be sure to share them with you as soon as they're confirmed. Specific event information will be released the month prior. Gymnasts will participate in a mock meet and three in-house showcases as well

as an external performance: Shine Bright Showcase. All events, with the exception of Shine Bright, are optional, but highly recommended.

Apart from the above events, we will host a Season Kickoff in September and provide a workshop prior to the mock meet.

Performance style events are split into 2 types; Shine Bright (full group performance), and individual routine style showcase. We are excited to welcome spectators into the gym and have gymnasts showcase their skill base in more creative ways.

We will be focusing on measurable skill and strength training and will put an emphasis on strength tracking throughout the year. We will be hosting in class Strength Tracking days where the students will get to see their progress throughout the year.

Event fees can range anywhere between \$40-\$150 and registrations will be through the SplitzGymnastics app. Registration will open the month prior and will close 2 weeks before the event. Any late registrations will need to be requested through email, are subject to a registration fee and may not be approved. Refunds may be provided upon receipt of a doctor's note.

High School Gymnastics

Splitz will support participation in **High School Gymnastics** if opportunities arise. As a BC School Sports-approved activity, availability depends on school district and provincial regulations.

COMMUNITY EVENTS

Club Teamz gymnasts proudly represent Splitz in the community. Participants may be invited to take part in events such as **parades, open houses, community displays**, and more. These opportunities celebrate our athletes' hard work and allow them to share their skills with a broader audience.

Community events are subject to availability and may be scheduled on short notice. When participating, gymnasts are expected to represent Splitz with **professionalism, respect, and a positive attitude**.

PROGRAM POLICIES

PROGRAM ACCEPTANCE AND WITHDRAWAL

The Club Teamz Program operates on a **July–June season** and prefers a full-season commitment.

- **Minimum Commitment:** Participants joining in July must commit for at least **3 months**.
- **Ongoing Withdrawal:** After the 3-month period, withdrawal requires **notice before the 1st of the month** to end participation by the **end of the following month**.
- Once withdrawn, **re-entry is not guaranteed** and may require reassessment or placement on a waitlist.

After confirming your placement for the **2025–2026 season**, **schedule changes (day, time, or hours)** are not permitted unless recommended by a coach. Please consider this when accepting a group placement.

COMMUNICATION

Club Teamz Program communication will be primarily conducted via **email**. It's essential that families keep their contact information **up to date** through the **Parent Portal** at splitzgymnastics.com or via the **SplitzGymnastics app**, available on Google Play and the App Store.

- **Monthly updates and important reminders** will be sent regularly. Please check your email and respond promptly to time-sensitive information.
- Families are encouraged to maintain **open communication with coaches** to help personalize each gymnast's training.
- For **scheduling or administrative questions**, please contact: clubteamz@splitzgymnastics.com.

We also recommend becoming familiar with both the **SplitzGymnastics app** and website. A **Club Teamz members-only page** is available under the "More" section on the site by selecting "**Club Teamz Login**".

- **Password:** *clubteamz2024*
- This page provides a quick view of upcoming events and key updates.

GYM CLOSURES

Splitz is closed for one week in the summer and one week at the end of December to allow for annual maintenance. We are also closed on all BC statutory holidays. Tuitions will be pro-rated accordingly if a closure results in less than 8 training days in a month.

Summer Closure – June 30 – July 6, 2025

Canada Day – July 1st

BC Day – August 4th

Labour Day Closure – August 29 – September 1, 2025
Day of Truth and Reconciliation – September 30th
Thanksgiving – October 13th
Remembrance Day – November 11th
Holiday Closure – December 22nd – January 2nd, 2025
Family Day – February 16th
Good Friday – April 3rd
Victoria Day – May 18th

Gym closures, due to weather or unforeseen circumstances will be made up by Splitz.

INJURIES/ILLNESS

For an extended injury that takes place in the facility, Splitz may put monthly tuition fees on medical hold for up to 60 days. Any injury or illness that takes place outside of the facility can be placed on a medical hold for up to 30 days. A doctor's note is required in these cases. There are no refunds or make up classes for short absences due to minor illnesses or personal schedules.

At Splitz, the **health and safety** of our gymnasts is our top priority. While injuries can occur in high-level sport, our goal is to support gymnasts in staying engaged during recovery.

- If a gymnast is injured and unable to fully participate, their training hours and activity level will be adjusted in consultation with the coach, parent, and medical practitioner.
- We strongly encourage gymnasts to remain active, within safe limits, during recovery.
- Open communication with your coach is essential. Please provide detailed updates, especially when medical advice is involved.

Coaches are knowledgeable about physical training, but they are not medical professionals. If a sports medicine specialist is consulted, please share a written summary of the injury and any training recommendations.

Also, inform your coach of any external physical training your child is doing outside of gymnastics, as it may impact their recovery and overall load management.

ATTENDANCE

Gymnasts are expected to make every attempt to attend all training sessions. Occasional absences are to be expected, however, we ask families to remember your child has committed to a technical sport and several of the performances rely on the participation of all team members. Gymnastics requires hard work, dedication and perseverance. Repetitive absences

make improvement for the gymnast harder, may slow progression and potentially deteriorate gymnast's motivation.

Splitz cannot offer make-ups for missed training. This is due to the maintenance of safety ratios between participants and coaches and cohesion with training plans in the rest of the groups.

We ask families to **record an expected absence on the app for any planned absences** so the information may be communicated to coaches.

PARTICIPANT EXPECTATIONS

Gymnastics demands focus, discipline, and control. To ensure safety and promote progress, gymnasts must follow safety rules, coach instructions, and avoid disrupting others. Many skills involve risk, so maintaining a focused and respectful training environment is essential.

While gymnastics is an individual sport, Club Teamz is a team-based program that thrives on positive, supportive behavior. Splitz is committed to fostering a safe and inclusive environment—bullying or harassment will not be tolerated.

We rely on the cooperation and support of all parents and encourage open communication to address any concerns early. If you have feedback or suggestions, we welcome your input.

If a gymnast's behavior does not align with program expectations, our team will reach out to parents to work together toward a solution.

HARASSMENT POLICY

Splitz is committed to providing a sport environment in which all individuals are treated with respect and dignity. The Club has adopted the harassment policy and procedure written by Sport BC. The harassment policy applies to all members of the Club regardless of age, gender, or beliefs.

PARENTAL SUPPORT

A strong support system is vital to a gymnast's success. Research consistently shows that gymnasts thrive when they feel encouraged and valued, regardless of outcomes. As a parent, you can support your child by:

- Asking about their training experience
- Celebrating new skills and personal milestones

- Offering encouragement during challenges
- Expressing pride in their effort and dedication

While well-intentioned, comparing athletes or critiquing technique can negatively impact motivation. We ask that families trust our coaching team to handle the technical aspects of training. If you're unsure how best to support your child, we're always happy to help guide you.

As a team-based program, regular attendance is critical—especially during choreography and performance prep. Please make participation a priority to ensure safe and successful group routines. Your commitment directly supports your child and their teammates.

SOCIAL MEDIA

Our Club Teamz Program has an Instagram account dedicated to showcasing the participant's accomplishments in and out of the gym. Follow [splitz_gymnastics](#), [splitz_abby](#) and [splitz_clubteamz](#) to share the journey alongside this great team!

We ask that gymnasts, parents and coaches not communicate through personal social media accounts, email, or text. All communication can be directed to clubteamz@splitzgymnastics.com, during class time, or can arrange to have a scheduled meeting with your child's coach. We also advise that gymnasts and coaches not follow each other's personal social accounts.

FEES/ ADDITIONAL EXPENSES

MONTHLY TUITION FEES

Monthly tuition fees are processed on the 1st of the month and are calculated based on group training hours. Splitz accepts Visa / MasterCard/ Debit and E-cheque.

2024/2025 Tuition Fees

Please note there will be an increase to the 2024/2025 fees for the upcoming 2025/2026 season. These increases will be communicated in August and will take effect as of September 1st.

3 hours: \$245.00

4 hours: \$275.00

5 hours: \$323.00

6 hours: \$356.00

Tuitions above are based on a 2-day a week schedule.

All Fees are subject to 5% GST. A 2% fee is applied to monthly credit card /debit payments.

Please note there will be a tuition and membership fee increase as of September 1st.

ANNUAL MEMBERSHIP FEES

All Club Teamz participants are required to be full members. Please be advised that the 2025/2026 Splitz Membership Fee will automatically be processed with your monthly tuition fee on September 1st, 2025.

The current 2024/2025 fee is \$100, however this is subject to change for the upcoming season.

TEAM UNIFORM

Teamwear is mandatory for all members of Club Teamz, however if you already own teamwear with the current design, you are not expected to buy a new set every year. Teamwear is non-refundable.

Approximate costs are below:

Bodysuit: \$80 + GST

Zip up: \$62 + GST

Shorts: \$32 + GST

Consignment options may be available. Please inquire at the office.

FLOOR ROUTINE CHOREOGRAPHY

Floor routine choreography will be done outside of regular training times and participants will be required to sign up for a time slot to learn their routine. Routines are mandatory for all gymnasts performing in the program.

The choreography fee will be \$50 per routine. If your child is sharing a routine, this fee will be split. Coaches will advise which gymnasts are sharing a routine and will make partnerships accordingly.

Gymnasts are required to keep their routine for 2 years.

Routine fee includes:

- Music (chosen by coach with some gymnast input)
- Fully choreographed routine
- Video of routine
- 1 hour and 15 minute one on one session with their coach to learn the routine (unless sharing).

Groups 1 and 2 will have individual routines.
 Groups 3 and 4 will have a shared routine.
 Group 5 will learn their routine as a group and additional time will not be necessary.

CLOSURE POLICY

In the event that we would need to close our facilities, tuition will be reduced to 50% for the first month of closures and further reduced to 25% for the second month. Our withdrawal policy will remain the same and 30 days notice prior to the first of the month will be required to discontinue the program.

ACCEPTANCE AND ACKNOWLEDGEMENT

To confirm that you have read and understood the **Splitz Gymnastics Club Teamz 2025-2026 Handbook**, you will be asked to confirm these policies and intent to participate through email when invited into the program.

- We understand **Shine Bright** is a mandatory event and will be at the Abbotsford Arts Centre on **Sunday, May 31, 2026**.
- We understand the importance of attending weekly training sessions and will notify if my child cannot attend one day.
- We will check our emails regularly and communicate with Splitz by using the clubteamz@splitzgymnastics.com email. We will have open communication regarding injuries, goals, and other factors that may affect training.
- We understand that the **Club Teamz program** puts a strong emphasis on a positive, team environment and will come to practice ready to work hard and listen to feedback.

This ensures you're aligned with the program expectations and provides confirmation of your commitment.

Please let us know if you have any questions, we look forward to having you as a member of our Club Teamz Program!

