

2026/2027 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. Families joining mid-season will receive a phone call for routine timelines and performance expectations.

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.

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

SHINE BRIGHT SHOWCASE

For the 2026/2027 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 30, 2027.

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.

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. Routine guidelines will provide the framework for building 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 a goal board. Colored pins will be distributed once goals are achieved and performed a certain number of times.

EVENT INFORMATION

Our 2026/2027 event schedule will be sent out by 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, showcases, as well as an

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

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 late 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 **2026–2027 season**, **schedule changes (day, time, or hours)** are not permitted unless recommended by a coach. Please consider this when accepting a group placement.

TRIAL PERIOD

All new Club Teamz members will be required to go through a two-week paid trial process to ensure the program is a good fit. Once the trial is completed, the Program Director will reach out to discuss full enrolment opportunities and answer any questions. All trials are non-refundable.

If you are currently enrolled in a Splitz Starz class, your enrolment will be held throughout the trial period and tuition adjusted accordingly.

Conversation with Club Teamz director or coordinator will take place to solidify routine and teamwear timelines and discuss event participation details.

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:** *clubteamz2627*
- 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 29 – July 5, 2026
 Canada Day – July 1st, 2026
 BC Day – August 3rd, 2026
 Before School Closure – August 29 – September 1, 2026
 Labour Day Closure – September 7, 2026
 Day of Truth and Reconciliation – September 30th, 2026
 Thanksgiving – October 12th, 2026
 Remembrance Day – November 11th, 2026
 Holiday Closure – December 24th – January 1st, 2027
 Family Day – February 15th, 2027
 Good Friday – March 26th, 2027
 Victoria Day – May 24th, 2027

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 for short absences due to minor illnesses or personal schedules, however, students are eligible for up to two (2) make up tokens per month.

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.

Please inform your coach of any 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.

Club Teamz students will now be eligible for up to two (2) make up tokens per month. The system will automatically place the first token on the account and we will manually place the second; please reach out via email or phone call to have the second token activated.

Make ups must be scheduled on a non-training day and in a class coached by a Club Teamz certified coach. Please email in order to schedule a make up.

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

Any gymnast who misses more than 3 consecutive practices leading up to an event may only be permitted to participate at the discretion of the 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 safe 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 participants' accomplishments in 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 ask that gymnasts, parents 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.

2026/2027

Tuition

Fees

Please note there will be a 2% tuition fee increase for the 2026/2027 season. This increase would take effect as of September 1st and would be communicated prior to processing. Please find the 2025-2026 tuitions below.

3 hours: \$223.00

3.5 hours: \$249.00

4.5 hours: \$301.00

5 hours: \$322.00

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.

ANNUAL MEMBERSHIP FEES

All Club Teamz participants are required to be full members. Please be advised that the 2026/2027 Splitz Membership Fee will automatically be processed with your monthly tuition fee on September 1st, 2026.

The current 2025/2026 fee is \$100 + GST and will remain \$100 for the 2026/2027 season.

TEAM UNIFORM

Teamwear is mandatory for all members of Club Teamz. Teamwear designs are kept for a minimum of two years, however, should there be a design change, members are required to purchase the new design. Teamwear is non-refundable. Consignment options may be available, please inquire at the office.

Approximate costs are below, though subject to change based on final orders:

Bodysuit: \$80 + GST

Zip up: \$62 + GST

Shorts: \$12 + GST

FLOOR ROUTINE CHOREOGRAPHY

Floor routine choreography will be done outside of regular training times for most groups 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 \$100 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 will have individual routines. **Fee: \$100/gymnast**

Group 2 will learn their routine in partners. **Fee: \$50/gymnast**

Group 3 will have 2 routines for the whole class; they will be split into groups of 4. **Fee: \$25/gymnast**

Group 4 will learn their routine as a group and additional time will not be necessary. **Fee: \$12.50/gymnast**

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 2026-2027 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 30, 2027**.
- 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!