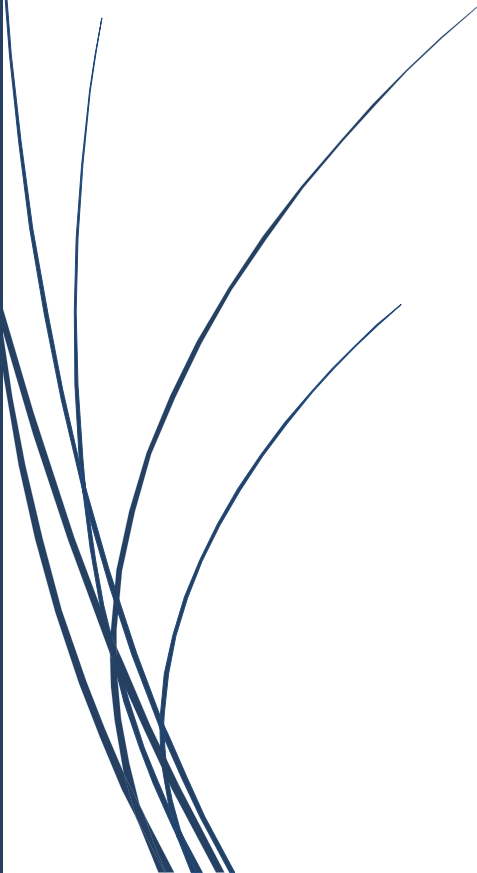


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*2026– 2027 Season
August 20, 2026*

Prince George Gymnastics CCP Handbook

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Prince George Gymnastics Club



Prince George Gymnastics Ccp Handbook

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Mission Statement

To foster and create an atmosphere conducive to the development of quality gymnastics for all levels of competitive athletes empowering them to develop their full potential, and to promote the sport of gymnastics in Northern British Columbia.

New and Returning Members

Welcome to Prince George Gymnastics. This handbook is a general guide to help parents and their children have a better understanding of the Prince George Gymnastics Society and what it means to be a competitive participant, at any level, at the PG Gymnastics Club.

Club History

Prior to the Prince George Gymnastics Club there were two Gymnastics Clubs in Prince George; the PG School of Artistic Gymnastics, located on Tomlin Road, and Gypmix, located at the Connaught Youth Centre. These two clubs amalgamated in August 1988 and the Prince George Gymnastics Club was born. The Club remained on Tomlin Road until a move in the spring of 1994 to the current location at the Exhibition Sports Centre.

The Exhibition Sports Centre has 16,000 square feet of space for the Gymnastics Club. The Exhibition Sports Centre is rented from the City of Prince George.

Club Structure and CCP Program Structure

The Club is a non-profit organization which operates under the Societies Act of British Columbia. PG Gymnastics operates under the direction of a volunteer Board of Directors. The Board meets monthly to discuss the administrative business of the club and set administrative policies. The Board hires a staff of professional coaches who coordinate, implement, and administer the sport of gymnastics at the club. The Board represents the parents of the club and we encourage your participation and input. Please contact any board member if there is something that interests you or perhaps where you have some expertise.

Board of Directors

The Board of Directors is composed of the several positions, elected on an annual basis at the Annual General Meeting of the Club. For more information, please see the Prince George Gymnastics Policy Book.



CCP Levels: (CCP – Canadian Competitive Program)

Women's Artistic Gymnastics (WAG):

Women's Artistic Gymnastics (WAG) is GymBC's largest competitive discipline. Gymnasts typically compete on four apparatuses – vault, uneven bars, balance beam, and floor exercise. The BC WAG program includes Canadian Competitive Program levels 1-10, High Performance, Senior, Junior, Novice, Aspire, and Xcel (Bronze, Silver, Gold, Platinum, Diamond).

Men's Artistic Gymnastics (MAG):

Men's Artistic Gymnastics (MAG) is a captivating and demanding discipline that showcases incredible strength, agility, and precision. It is a prominent part of the gymnastics world, featuring a series of challenging routines performed by male athletes.

MAG competitions are renowned for their impressive displays of power, control, and athleticism, captivating audiences around the globe.



Competitive Teams

The training season runs from September to August with 2 weeks off in August.

No gymnast can miss any training days in the two weeks prior to any competition. Missed training during this time may result in being pulled from the competition with no refund. Illness: It will be at the discretion of the coach if the child has missed too much training, in this time period, to still participate safely. A medical note is necessary to receive a refund from the competition.

Attendance at BC Gymnastics Championships is mandatory for Women's CCP 6+ that qualify. In order to qualify, the athlete must obtain an all-around score of 32 (this number may increase in the 2026/2027 season) at a competition prior to the event. Training days and hours will be set for each athlete according to their team placement. These hours are non-negotiable.

CCP Competitive Team

The CCP Competitive Team is for athletes from CCP 1 to 10 who meet the training requirements for the Team. Athletes eligible for the team must meet the following criteria:

- Demonstrated Proficiency and Consistent Performance of quality gymnastics
- Consistent attendance at training sessions
- Consistently strong work ethic
- Demonstrated conformance with the Expectations and Guidelines outlined below
- Training at set hours (hours determined at the beginning of the year) for the entire season without exception, unless coach wishes to increase.

Proficiency and success with this team is dependent upon the athlete's motivation and *consistent attendance at training sessions*. It must be stressed that an athlete who does not attend training sessions regularly will have great difficulty meeting the criteria above. Extraneous circumstances may make regular attendance difficult at times. However, the performance of safe gymnastics at this level is not possible without regular attendance, regardless of the nature of any circumstances that may affect an athlete's attendance.

CCP 3-4 will have compulsory routines. These routines are taught outside of regular training time. The cost is as follows:

CCP 3 - 4 : \$70.00 for 2 hours

CCP 6-10 - will have optional routines. These routines are done outside of regular training time. We make every effort to bring in a choreographer for these routines. The cost is approximately \$250.00 for (2) 1.5-hour sessions. Routines usually last for 2 seasons.



Competition Expectations

FIRST YEAR IN THE PROGRAM: These athletes are expected to attend the annual Prince George Invitational. If they are ready for more than that, their coach will talk to the parent about the possibility of adding an out of town event(s).

CCP 3 – 4: These athletes are expected to attend 3 out of town events selected by their coach, as well as the annual Prince George Invitational;

CCP 6: These athletes are expected to attend 4 out of town events selected by their coach, as well as the annual Prince George Invitational;

CCP 7 and UP: These athletes are expected to attend 5 out of town events selected by their coach, as well as the annual Prince George Invitational;

The Competition Calendar will be distributed to you as soon as it is set, normally by the end of October. You will have 2 weeks from the date distributed to discuss any conflicts with your child's coach.

Training Fees: Information chart is on the back page

Registration and Fee Payments

Fees are based on the number of hours the athlete trains in a week. Gymnasts are expected to train the entire year except when the club is closed for 2 weeks for the BCNE in August. We close the week of and the week following the fair. Training fees must be paid in advance, and are due on the first of every month (depending on how the days fall in the month your card will be charged between the 1st and 7th of every month). Please ensure funds are available for your fees anytime between those dates.

Payment for September is due upon registration, and all outstanding payments *must* be made prior to registration for a new season (this includes outstanding volunteer time, fundraising dollars and/or outstanding competition fees). In addition, the athlete must also pay the annual registration fee, and the training fee for September. Payment for the rest of the year will be in the form of pre-authorized credit card payments (October through August) This paperwork must be received in the office prior to September training commencing **If your card has been declined for the 3rd time, a \$25 admin fee will be charged each time that the card declines in the future.**
Approved by the Board of Directors March 2019.

If competitive fees are not paid by the 1st of the following month, parents are notified and athletes are not allowed to train until fees are paid. Following one further month of unpaid fees the account will be



sent to collections with no more notices prior. Athlete's accounts must be up to date in order to attend competitive events, as well as competition fees paid.

****Approved September 21, 2005****

Volunteering Requirements

There are two separate volunteer commitments (regular volunteer, and PG Invitational volunteer) To be fair and get everyone involved there is a dual plan for volunteering. This specifies how many hours a family must earn, how they can earn them, and what the penalties are if the family's commitments are not met.

Regular Volunteer Hours

Volunteer hours are based on the number of hours the athlete trains. In the case of more than one athlete per family, the highest training hours are used. **Refer to the chart. (The normal schedule for volunteering hours)**

Volunteer time comes from any club related activity. Examples: Special gym cleaning, odd jobs, recycling, assisting with fundraisers when they come in for sorting, YRB Litter clean up etc. Please keep an eye on your e-mail for these opportunities.

Prince George Invitational Volunteer Hours

Families are also required to participate in the Prince George Invitational (ONLY ATHLETES PARTICIPATING IN THE EVENT). The MINIMUM requirements are below. Any hours completed over and above this will apply to Regular Volunteer Hours.

Invitational sessions are approximately 3 – 4 hour blocks per session, of scheduled activity doing set up, take down, minor officiating, working the concession or hospitality area, assisting results, etc.

Minimum of 2 sessions per family

This can be 2 regular sessions, or 1 session and 1 set up/take down session

For set up and take down sessions, adults only please – age 16 plus

Remember these are the MINIMUM requirements. We need assistance of everyone to pull the meet together and make it a success.

Additional Volunteer Hour Opportunities

These can run from 20 – 40 hours both before and throughout the meet depending on the job. Some of them can be split between 2 or more people.

- Organizing hospitality area & food
- Organizing concession area & food
- Organizing volunteer check in
- Scoring/Results room



Program printing: including gathering ad and athlete information and laying out the program
MC & Music

Penalties

Unfortunately, in the past, not all families have done their share of the work. For this reason, some financial penalties have been put into place.

***If you are more than 15 minutes late for your scheduled session you will be considered a no show and charged for the session.

At the time of registration, all families will be required to submit a credit card number, in addition to yearly dues.

As consistent with past years, incomplete family requirements will be prorated.

- 1: Regular Volunteer Hours total (see the chart);
- 2: Prince George Invitational Volunteer hours \$200 (\$100 per session)

If a family has not met their requirements by the end of the competition, their credit card will be charged for the amount of the balance owing.

Summary

Please participate in supporting our athletes and help out! As opportunities arise, sign up opportunities will be made available. Don't be caught short, volunteer early!

****Approved July 3, 2019****

Volunteer Hours

To encourage parents or guardians to volunteer, we ask that they donate some of their time to the Club in relation to how many hours the athletes train per week. The requisite number of volunteer hours are indicated on the fee schedule at the end of this document, along with a cash amount that can be paid out in lieu of these hours. If the parents do not fulfill the total number of required volunteer hours by the end of the year, the credit card on file will be charged for the remaining hours owing. If the parents have not volunteered at all, the card will be charged. Parents are encouraged to keep a record of the hours they volunteer, and to review the volunteer book throughout the year to ensure everything is recorded as it should be. All volunteer hours must be recorded in the book to be credited (book located on the table outside of the main office door).

*****EXTRA VOLUNTEER HOURS CANNOT BE APPLIED TO FUNDRAISING COMMITMENTS*****



Fundraising Commitment

All athletes and their families are required to do fundraising for the club. Each CCP family is required to fulfill a minimum **\$400 fundraising commitment**. This amount will be reached from the profit from each fundraising activity your family participates. Another option is to pay \$33.33 each month for fundraising. Fundraising may not be carried forward to the next gym season.

Excess funds raised through sponsorships and/or grants beyond the \$400.00 stays with the club and is not transferable to another gymnast's fundraising commitment or carried forward to future gym seasons.

For example, if you obtain a grant or sponsorship on behalf of the club, the funds may only be used to clear out your current year's fundraising commitment. That is, any sponsorship or grant funds in excess of \$400 may not be used for meet fees, training fees etc. A reminder, excess fundraising may not be carried forward to the next competitive season.

Approved March 21, 2007

For competitive gymnasts who continue to train **after** their high school graduation year **and** who have a **minimum of 2 years** training with the Prince George Gymnastics Club, the athlete's fundraising will be decreased to \$100 for the competitive season.

Approved May 13, 2009

Fundraising Opportunities

October – Dieleman catalogue sales; earn approx. 50% of total sold

November – Purdy's; earn approx. 30% of total sold

February – Mom's Pantry (or similar); earnings vary up to 30%

March – Plant Fundraiser- goal to have delivery before Mother's Day this year; earnings vary up to 30%

April – Gymathon; earnings are 100% of donations brought in

March-May – Sponsorship for May PG Invitational; earn 100% of money brought in

March- May – donate/collect new items for silent auction items for PG Invitational; earn value of item if receipt provided or if no receipt, the amount item sells for in auction

Other fundraising opportunities include: food for judges during local competitions, bottle drives, YRB litter pick up, Centennial Meats etc.



Prince George Gymnastics Club
Unit # 120 - 4175 18th Ave
Prince George, B.C. V2N 0G7
(250) 564-7343

Other fundraising opportunities may be added through the year. If you have any ideas for fundraising or any questions on the above, contact main office.

*****EXTRA FUNDRAISING AMOUNTS CANNOT BE APPLIED TO VOLUNTEER HOURS*****

Training Cancellation and Rescheduling

Every effort will be made to ensure all training sessions are held as per the training schedule set out in September of each year by the Head Coach and coaching staff. Modifications to the training schedule can occur with approval from the Head Coach as long as notification is provided to the parents in advance (depending on the circumstance it can sometimes be last minute – illness/family emergency etc.).

If the club or a coach has to cancel a training session, the coach will contact the affected parents as soon as possible. The coach will let the parents know when the make-up session will be held. If a day cannot be set for a make-up session, then the athlete's account will be credited.

If a gymnast is unable to attend a training session for various personal reasons, there is NO make-up session available.



Competition Fees

*****EFFECTIVE SEPTEMBER 2016*****

ADDING COMPETITION/EVENT FEES TO MONTHLY FEES:

Effective September 2016, competition/event fees will be added to your monthly fee. These amounts will range from \$ 60.00 - \$ 165.00 depending on the MINIMUM number of meets/events expected;

Additional meets/events can be added to the calendar, and paid for at a later date;

The minimum number of meets/events will be divided into 12 months at a rate of approximately \$210.00 per meet/event (working out to \$ 60.00 - \$ 165.00 per month), this amount will be added to the monthly fees (this is just a base amount we are using, each meet will be charged according to the invitation received). This also includes any in house events, but DOES NOT INCLUDE any additional events added. The meets covered will be selected on the calendar, all other meets will need to be paid for at a later date;

The athletes will be signed up for the selected meets/events as listed on the competition/event calendar without further notice to you;

In the case of an injury, a medical note must be provided to send to the host club requesting a medical refund. Most of the time a \$30.00 - \$40.00 administration fee will be charged by the host club;

Medical, or in the event of an extraordinary circumstance, is the only time a meet will be refunded. Extraordinary circumstance must be approved by the head coach;

Should there be a credit at the end of August, that credit can go towards your September insurance and/or fees, or just stay in your meet account for any additional meets in the upcoming season.

Should there be a balance owing, this amount will have to be paid on or before August 31st.

Should your child leave the program before the end of the season, and before all their meet fees have been collected, you will still be responsible to pay for any meets they have already been registered for.

*****Updates Approved by Board of Directors in July 2016*****



Training Withdrawal

If a gymnast is unable to continue in the competitive program for any reason, except medical, **two week's written notice** is required and must be delivered to the office. The gymnast may attend training sessions during this period. If a gymnast cannot continue in the competitive program due to medical reasons, a note from the child's doctor will waive the two week's written notice requirement.

Refund – Missed Training for Medical Reasons

The Club works very hard to ensure the health and safety of the gymnasts. However, it is possible for the gymnasts to be injured. There are no refunds if a gymnast is off due to a cold or flu.

If the gymnast has an injury and is unable to train, a doctor's note is required. Provide the office with a doctor's note within two weeks after injury and fees will be adjusted accordingly. Failure to provide a doctor's note within two weeks of missed training will result in PGGC charging for the missed training. Parents should consult with coaches about a **Modified Training** Program if an injury persists. Gymnasts who take more than **six consecutive** weeks medical leave, without attending modified training, may lose their space in the competitive program (payment for fundraising and volunteer obligations will be prorated).

Credits to Account

PGGC will credit missed training hours to gymnast's account for the following:

- Statutory Holiday if gymnast normally trains
- Medical reason as per existing PGGC policy
- If coach cancels training and does not schedule an alternate make up class (or gymnast cannot do make up)
- If gymnast misses a scheduled meet due to extraordinary circumstances (i.e. coach decision, meet changes date) and no alternate training is available. Extraordinary circumstance to be approved by Head Coach.

Please check your email daily, prior to bringing them to practice, for training schedule changes or make up classes (staff shortage due to illness may result in a short notice cancellation). Gymnasts are expected to train during Christmas, Spring and Summer breaks; coaches will email those schedules.



Private Lessons

Private lessons are available. You can arrange a time with your coach and then contact the office to pay. If you would like to use your credit card on file, please send us an email requesting us to charge your credit card on file. The cost for private lessons is \$40.00 per hour, payable to the PG Gymnastics Club.

Drop Off and Pick Up Policy

We will be continuing with the drive thru drop off, and parking lot pick up.

Expectations and Guidelines

Welcome to the sport of gymnastics – which is entirely unique as a sport and way of life.

Gymnastics is a very technical and physically demanding sport. Gymnastics is a sport which develops every capacity of human motion to the highest extremes possible. Quality gymnastics has the potential to develop human movement to a nearly infinite degree. Limitations and restrictions to human movement are constantly being redefined, as is the capacity to express aesthetic athletics, as each athlete is empowered to explore his/her potential for motion.

As a technically demanding sport and a sport with such enormous potential, a training atmosphere that is conducive to the development of *quality* gymnastics skills *at all levels* is absolutely necessary.

It is the responsibility of the coaches to administer and implement this atmosphere and environment. It is for this reason that the Board of Directors hires a staff of professional coaches. However, all participants have a responsibility to contribute to the environment of a gymnastics training facility. Therefore, all members of the PG Gymnastics Club are expected to adhere to the following policies and guidelines.

Performance and Athletic Guidelines

Competitive Gymnastics, *at any level*, involves the presentation of artistic gymnastics movements to credited officials who judge the merit and worth of an athlete's demonstrated ability. This is how progressive gymnastics is measured. This is also how the extremes of human movement can be explored in a safe way that is cognizant of commonly understood principles and skill requirements.

In addition, the standards of gymnastics which are established, and which are recognized through national and provincial codes, are objective and technically established principles and skill requirements. These standards do not vary from athlete to athlete. The nature of gymnastics, as



outlined above, implies that they cannot. It is therefore up to the athlete, with the instruction of coaches, to meet these standards. It is not up to the coach to alter the standards of gymnastics to the varying abilities of athletes, but rather to realize the potential of athletic ability within each gymnast.

Nonetheless, gymnastics is an artistic sport – and is the ultimate expression of artistic human movement. It is therefore understood that when an athlete realizes the skill requirements inherent in gymnastics, phenomenally unique abilities can be expressed.

It is therefore crucial that both athletes and parents realize that competitive gymnastics is a sport which *judges* the physical abilities of athletes. This judgement is carried out on a regular basis by peers, coaches, and official judges – who seek to ensure that common standards are met. These standards are applicable regardless of the level of the competitive athlete. Gymnastics is therefore instructed by professionals who understand, and are familiar with the standards of the sport.

Gymnasts, and their parents, are thereby expected to respect and recognize the judgement and discretion of those entrusted to instruct and judge the sport of gymnastics. This is inevitability in competitive gymnastics. If this is not the case at a training facility, it is undoubtedly the case at any sanctioned competitive gymnastics event. It is with this in mind that the Board of Directors hires a staff of professionals who understand these standards of judgement and who are empowered to exert discretion over training, advancement, class placement, and the administration and coordination of a training environment.

In addition, measures which are taken to monitor and evaluate the progression of the athletes' abilities are to be respected. These measures ensure quality gymnastics, they ensure that progress is being made, and they submit the abilities of the athletes to the judgement of the objective standards which are in place.

It is therefore the philosophy of the Club that:

“It is a privilege to be able to participate in competitive gymnastics”

A privilege is a ‘special right’. It follows those special responsibilities are placed upon those who wish to accept this privilege. If athletes are serious about accepting the privilege of competing as a gymnast, they must be willing to accept and adhere to the following guidelines:

1. As a PG Competitive Gymnast, I will, to the best of my abilities, follow and respect the policies for as long as I am a member. I will remember that my coaches, parents, club and teammates all put effort to help me reach my potential as a gymnast.
2. To be a gymnast is special and requires much dedication and effort. As a PG Competitive Gymnast, I must accept the challenge for the duration of my membership with the club. I realize that in sports there will be ups and downs. I will do my best not to let myself down.



3. I understand that gymnastics is very physically demanding, and that I must put just as much effort into conditioning and strengthening exercises as I put into performing gymnastics. This is the only way to achieve consistent, safe progress.
4. The start of my workout must be on time and with the frame of mind that I am here to learn and progress as a gymnast, and perform quality gymnastics. If I arrive late I need to get permission from my coach to proceed. If I am permitted to do so, I need to complete the warm-up correctly without disturbing the other gymnasts, this needs to be my first concern.
5. When my coach for the event that I am on gives me permission to leave that event, then and only then, can I leave to rotate, get a drink or take care of any workout business.
 - a) Bathroom breaks, emergency phone calls or anything that takes more than a few seconds must get permission from a coach.
6. Conversations or interaction with family members during workout is not permitted. The only exception to this rule is by permission from your coach. This includes making and receiving phone calls (messages will be passed by coaches). EMERGENCY ONLY
7. If my coach feels I am not putting effort into my practice or I express any form of disrespect for what I have been asked to do, my coach will have me sit out of workout for a prescribed amount of time. I will be allowed to return to that event only if I accept the responsibility to make a change.
8. If I am sick or injured, I need to communicate with my coaches so I can still accomplish something during workout. This is one of the best times to work on any weakness area I might have. Normally some form of conditioning or stretching can be done. IF I AM NOT ACCOMPLISHING ANYTHING, I WILL BE ASKED TO LEAVE.
9. As a gymnast and athlete, good nutrition is very important. It is at least necessary to follow the common rules of low sugar and low fat. The coaches will provide verbal and written information to help each gymnast learn how to eat healthy.
10. A good attitude towards other gymnasts and staff members is very important. This includes SUPPORT and RESPECT.

THESE AND OTHER IN-GYM POLICIES WILL BE EXPECTED TO BE LEARNED BY THE GYMNAST WITHIN A REASONABLE AMOUNT OF TIME. AFTER LEARNING EXPERIENCES HAVE TAKEN PLACE, PUNISHMENTS AND EVEN REMOVAL FROM THE TEAM ARE POSSIBLE COURSES OF ACTION.

In accordance with these guidelines, competitive athletes are to sign the 'Code of Conduct for Athletes' provided to them at the beginning of the competitive year, in addition to the 'Competition Code of Conduct'.

Failure to adhere to these guidelines will result in the following:



-
1. Verbal: Guardian will be informed of the verbal warning
 2. Written: Detailed e-mail to guardian in form of written warning
 3. Suspension: for one week.
 4. If a gymnast does not abide by these rules and is given these three warnings, they will be asked to leave the competitive program.

Athlete Bill of Rights

Throughout the course of each athlete's competitive career, they have a right to:

- Have fun through sport
- The opportunity to participate in sports regardless of ability.
- Participate at a level that is consistent with the developmental level.
- Have qualified sensitive leadership.
- Participate in a safe and healthy environment.
- Share in the leadership and decision making of their sport.
- Play as children.
- Proper preparation in sport.
- An equal opportunity to strive for success.
- Be treated with dignity by all involved.

Attendance and Punctuality

Gymnasts are expected to attend every training session. Gymnasts should only miss training if they are ill, have an injury, or for medical and dental appointments (there should be an attempt, however, to schedule these appointments around training schedules). Gymnasts must have a minimum of two weeks training prior to attending a competition. For planned absences gymnasts must contact their coaches via email. Athletes *must* notify the gym ahead of time if they are to be absent from practice.

Failure to notify the coach of an absence from practice will result in an unexcused absence. Unexcused absences result in suspension from one training session. Repeated unexcused absences result in further suspensions and eventual removal from the competitive team.

Training sessions will start on time. Gymnasts should arrive a few minutes before the start of the training session in order to have time to get ready, go to the washroom, etc. When athletes arrive at the gym only by convenience, or at consistently irregular times, we can have 3 to 4 different groups warming up all at different times. This is completely unacceptable. Warm-up is crucial for training sessions and is an important part of injury prevention, as is the performance of quality



gymnastics. In addition, with more than one late start, proper supervision and coaching are not possible, and regular tardiness will severely inhibit the athletes' ability to progress.

Late/Behavior Slip will be sent home when necessary, which must be signed by parent/guardian and returned on the next training day.

Gymnast Code of Conduct

Appearance at Training:

- Female Gymnasts are to wear a body suit.
- Male Gymnasts are to wear either a tank top, or no shirt, and wear shorts that do not hang below the knees, or athletic long pants (Not too baggy).
- No jewelry or watches shall be worn. Stud earrings are allowed.
- Hair must be neatly tied up out of the gymnast's face.
- Gymnasts should be neat and clean at all times.
- No junk food will be tolerated (chocolate, McDonald's, Chips, Pop, etc....).

Appearance at Competition (Including Awards):

- CCP team bodysuit/singlet
- CCP team track suit
- Hair has to be neatly and tightly tied back; Boys freshly cut
- Must wear competitive scrunchie
- No bright nail polish
- Hair ties and clips (Black and White Only)
- Proper Bra –Cannot show under Competitive suit.
- White socks/bare feet/tramp shoes for award ceremony

The following will not be tolerated on the competition floor:

1. Poor Sportsmanship (This will be enforced under the coach's discretion.) If an athlete has not performed a routine (e.g. nerves have taken over) they are still expected to hold their head high and remember that they have tried their best. (Examples: no temper tantrums, uncontrolled crying without injury) NO WARNINGS. Should this occur, the athlete will be scratched for the remainder of the competition. Should this be the last event of the day, they will miss the next competition scheduled for them.
2. Poor Attitude As above, the athlete will be scratched for the remainder of the competition. If it is the last event of the day they will not be permitted to attend the next scheduled competition. NO WARNINGS. The athletes must show a positive attitude to their fellow team mates, coaches,



other teams, and most importantly, the judges (proper presentation before and after the routine), from the moment they step on the competition floor until they leave the competition site.

3. Manners at Judging Table: No talking. The athlete must give their full attention to the Judge/Coach giving them their instructions. No eye rolling or frowning once they receive their order (no one likes going first, but somebody has to). Hands at their sides, they are not to touch the judging table. Should this occur, the athlete will receive ONE WARNING. If it happens again, they will be scratched for the remainder of the competition.
4. Team Effort The athlete must remember that they are a part of a team. They are not to put their team mates down (e.g. "I'm better than you" "I'm going to win"). Should this occur, the athlete will receive ONE WARNING. If it happens again, they will be scratched for the remainder of the competition.
5. Proper Attire for competitions, this means no jewelry, bright nail polish, stickers on the skin or tattoos. Their hair must be presentable and out of their face. During March in, and awards ceremony, they must be in their club uniform. This will include no socks or white socks, and full club track suit. Should the athlete not follow these rules, they will receive ONE WARNING, after which they will miss the next scheduled competition.
6. Talking and Leaving the Floor: The athletes must remain on the competition floor until the very last athlete (not just your club) in that session has finished. They are not to talk to parents, grandparents, etc., until the last athlete has left the competition floor. They are to respect the other competitors by being quiet and sitting still until their coach has told them otherwise. They are to march to the next event as a team and in an orderly fashion. The only time the athlete is permitted to leave the competition floor is to go to the washroom (must first ask coach). No fooling around means NO FOOLING AROUND. Should the athlete not follow these rules, they will receive ONE WARNING, after which they will be scratched for the remainder of the competition and miss the next scheduled competition.
7. Leaving the Competition Site Should the athlete be at the competition site before it has started or after it has ended, they must ask permission of their parents or coach before leaving the building. Should the athlete not abide by this, they will receive ONE WARNING, after which they will miss the rest of the competition and the next scheduled competition. ***Please do not leave your children unattended***
8. All Athletes MUST stay for the ENTIRE awards ceremony, not just their own.

Gym Bag for Training:

- Water Bottle
- Healthy Snack (if required)
- Grips and Wrist Bands
- Extra hair clips and elastics



-
- Tape
 - Tramp Shoes

Gym Cleanliness:

Locker rooms need to be kept clean, and this is the responsibility of the athletes who use them. If locker rooms are repeatedly untidy after use from any team or group of athletes, that team or group will no longer have rights to access these rooms. All bins stacked neatly.

At the end of each training session, gym clean-up duties are handed out to each athlete. Failure to complete an assigned clean-up will result in extra clean-up assignments after the next training session.

Gymnast Team Placement

Gymnasts and parents are asked to respect the decision of the coach in placing gymnasts in a group or class, which he or she feels will allow them to work in the most comfortable settings that are conducive to progressive and quality gymnastics.

- All athletes progress at different rates, and in very unique ways. There may be a variety of opinions and perspectives regarding the progression of any gymnast at any time. It is the responsibility of the coaches to ensure that athletes are training in an environment that is conducive to progressive gymnastic development, and are progressing in a manner that reflects quality gymnastics – at any level. Therefore, the placement and the advancement of gymnasts is left to the discretion of the coaches.

Placement with the Competitive Team

Placement with the Competitive Teams outlined above will be carried out through regular evaluations of the following:

- Conformance with the guidelines and policies set out above.
- The athlete's demonstrated ability to meet the criteria set out for the respective competitive teams.

Competition Guidelines

Parents are not allowed access to the competition areas, only GBC registered gymnasts and coaches are allowed on the floor during training sessions and competitions. Gymnasts are to keep in mind they are representing PG Gymnastics and must conduct themselves in a responsible and courteous manner while attending meets. All gymnasts will respect the coaches' decisions regarding supervision.



When staying at hotels or with billeting families, gymnasts will be expected to conduct themselves in a responsible manner. Respect the wishes of host families and follow the guidelines set for you. Gymnasts will be held accountable for their actions, behavior, and attitudes.

If gymnasts are to enjoy gymnastic meets and do their best they must do the following:

- Arrive at the meet on time and be prepared 30 minutes prior to warm up time 15 minutes for morning session
- Be well rested and ready to do their best
- Eat carbohydrates for the meal preceding the meet
- Wear the full competitive uniform clean in good condition, award ceremony as well
- Have hair and appearance neat and tidy
- Behave in a manner directed by the coach – respectful, positive, and sportsmanlike
- Have fun at all times

Discipline

In order to maintain safety in the training environment while allowing for progress, coaches must ensure that the gymnasts will conform to rules, follow specific instructions and not disturb, by talking or tears or other inappropriate displays, the concentration of other gymnasts.

When a gymnast's conduct or performance does not meet the coach's expectations some disciplinary actions may be taken. This discipline usually takes the form of the following, in increasing severity:

- Sitting out
- Being dismissed from training sessions
- Suspension from future training sessions – in conjunction with a coach-parent meeting (verbal warning)
- Written warning
- Suspension for one week
- Possible removal from the competitive team (and either placement with another team, or referral to the recreational program)



Nutrition Information

What follows is some overall information concerning nutrition that is applicable to the sport of gymnastics.

“A GOOD DIET WILL NOT MAKE AN AVERAGE ATHLETE GREAT, BUT A POOR DIET MAY MAKE A GREAT ATHLETE AVERAGE”

Carbohydrates are the most important energy source to enhance gymnastics performance. A diet high in carbohydrates serves to supply the body with the fuel gymnasts need for working muscles.

Carbohydrates	Protein	Fats
Fresh and dried fruits	Chicken/turkey	Avocado
Fresh vegetables	Eggs	Nuts
Whole grain breads	Nuts	
Pasta	Milk	
Rice	Cottage cheese	
Potatoes	Fish	
Cereal		Yogurt

A diet that is at least 60% carbohydrates is an excellent way to increase the body's supply of fuel. Consuming carbohydrates 1-4 hours before exercise optimizes performance.

Ingesting carbohydrates within 30 minutes after the exercise and every few hours thereafter can enhance recovery and make the next day's workout easier.

Fat should make up not more than 20% of your diet. Fat exits the stomach slowly and can cause cramping. Substitute low fat foods and avoid high fat foods like fried food, donuts, potato chips, or processed meats. For example, eat frozen yogurt instead of ice cream, rice cakes instead of crackers, grilled chicken sandwiches instead of cheeseburgers, baked potatoes instead of French fries.

Protein is used to build and repair body tissues like muscles, ligaments and tendons, but it is not a primary source of energy. Low fat sources of protein are lean beef, skinless poultry, low fat cottage cheese, and skim milk.



Water – drink lots of it regularly, even when exercising, and drink some before you feel thirsty. Avoid carbonated drinks, drinks containing caffeine and drinks with high sugar content.

Some healthy suggestions for snacks at the gym include: pieces of fruit, veggies, crackers, protein or granola bars, and nuts.

MAKE A CHOICE! TRY TO EAT A WELL-BALANCED DIET THAT IS HIGH IN CARBOHYDRATES AND LOW IN FATS – YOU’LL HAVE THE FUEL FOR GREAT GYMNASTICS!!

Parent Guidelines

General

Parents of gymnasts should always be supportive and positive in their comments on the performance and progress of their child’s gymnastics skills.

Gymnastics training is based on constant corrections and instructions from the coach, striving for constant improvement. The last thing any gymnast needs is another source of criticism.

It is always possible to find corrections in any aspect of training. However, the coach may be concentrating on a particular correction, such as stuck landings. If criticism is simultaneously given by parents for other things, such as straight legs, the gymnast may no longer focus on the area the coach is trying to address. Parents should always refrain from making technical comments or suggestions to their child. Those comments could interfere with the progression sequence being followed by the coach. (This is not only applicable for parents – it is practiced amongst coaches as well).

A parent should encourage and promote healthy eating practices, discourage junk food and high fat food, and teach the gymnast to make educated nutritional choices.



Parent Code of Conduct

As a parent of _____ I agree to:

- Encourage my child to participate to their maximum ability and their interest.
- Let my child be involved for their own enjoyment – not my own.
- Tell my child I am proud of their efforts, not just when there are podium finishes and be the person in their life they can come to for constant reinforcement and acceptance.
- Reinforce to my child that honest effort is as important as winning awards.
- To recognise that an athlete's development and performance is not linear or always consistent and that I will support my child in times of success and challenges.
- Show respect for officials, coaches, and all athletes in all interactions within or outside of the gym.
- Demonstrate good sportsmanship but supporting and recognizing the development and success of all athletes.
- Leave the "coaching" to the coach. Trust that they are the experts of the sport and skill development.
- Encourage and demonstrate good healthy eating and life style habits for my child.
- Accept that every child is an individual and only compare your child's performance with their own past performance (not the performance of others).
- Respect and value the relationship developed between coach and athlete. Recognizing that it can be complicated and amazing at the same time.
- To make arrangements for my child to arrive for training, competition and other events prepared and on time.
- Recognize that constant viewing of training actually interferes with the progress of my child and adhere to the Parent Viewing guidelines.

In signing this document, I agree to the above terms and accept the potential consequences for any actions that contravene this agreement.

Parent A Printed Name

Parent A Signature

Date

Parent B Printed Name

Parent B Signature

Date



Coach-Parent Consultation and Appointments

Parents are free to consult with the coaching staff concerning training hours, advancement, training requirements, and the progression of gymnasts. This is to be done by scheduling an appointment with the coach; parents are not permitted on the floor area during training sessions. Parents can arrange meetings with the coaches by emailing your child's coach. Parents can schedule meetings with any Competitive Coach in the gym as well as the Head Coach. We also have a parent-coach liaison if you feel your concerns are not being addressed.

Grievance Procedure

If parents have concerns about the progression of the child, they should make an appointment with the coach to discuss the matter, and follow these outlined steps:

- Discuss the issue first with the class Coach at a scheduled appointment
- If the problem cannot be resolved with the Coach, then the issue is to be brought to the Head Coach/General Manager
- If the Head Coach/General Manager is unable to resolve the problem then he/she will present the matter to the Parent-Coach Liaison.

Training

Parents should ensure gymnasts arrive a few minutes before each training session so the gymnast is ready to promptly start the warm-up portion of the training session.

It is the responsibility of the gymnast's parents to notify the club office or coach if the gymnast is unable to attend the start of the training session due to sickness. To assist the coach, a planned return date should be estimated.

For planned absences parents should inform the coach at the vacation planning stage to review impacts to the gymnasts training preparation for competitions and possible cancellation of competition attendance.

Parent Viewing

FALL 2026: Tuesdays, and Thursdays are primarily the training days for competitive, and Xcel. As such, please feel free to come in for a **maximum of one hour to view on either of those days**. We DO ASK that you **do not do this every week, thinking one time per month for example, and we will see if this is working.**

IF it is too busy, you are coming very regularly, or staying longer than the one hour, we will have to look at the strict viewing schedule again.



IF your child does not train on Tuesdays or Thursdays, please let Jodie know jlhinks@telus.net, and another day per week will be assigned for you.

The Prince George Gymnastics Club believes that gymnasts develop best with “practice time” and not just “performance time”. Parent viewing can make an athlete feel like they are constantly performing as opposed to the more relaxed, progressive state of practice that is required for optimal development. By limiting parent viewing time, we are allowing young athletes to be able to completely focus on their coaches’ direction, encouraging the development of independence, allowing training time to be their very own time and their own responsibility, and develop feelings that they belong to a larger team of athletes.

It is difficult for any parent to understand the developmental steps of a learning a new skill and hard to see any progress with frequent viewing and this can be discouraging for parents. With this belief, we encourage parents to consistently observe training in intervals as opposed to all the time. This will allow for your child to feel your support and for parents to see enjoy seeing progress and development.

As with many sports organizations, the Prince George Gymnastics Club has established designated Viewing Times.

Family members will be asked to refrain from spectating on other days of the month unless specifically requested by the coaching staff.

The intent of the Club’s viewing policy is to strike a balance between:

- a) Providing parents an opportunity to see and support their child’s progress;
- b) Optimizing the quality of coaches and gymnasts training time;
- c) Promoting physical and emotional safety by minimizing distractions.

****PLEASE REVIEW THE HIGHLIGHT ABOVE WITH REGARD TO VIEWING****

Suggestions for Parents

1. Make sure your children know that, win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life that they can look to for constant reinforcement.
2. Try your best to be completely honest about your children’s athletic abilities, their competitive attitudes, their sportsmanship and actual skill level. Remember that you don’t know what happens in practice; you can’t second guess the coach’s decisions, because you don’t have all the information.



3. Try not to re-live your athletic life through your child in a way that creates pressure. Do not pressure them because of your pride.
4. Be helpful, but don't coach them on the way to the gym, at the breakfast table, etc. Teach attitude, not skill. Leave that to the coach.
5. Teach them to enjoy the thrill of competition to be "out there trying", to be working to improve their skills and attitudes. Don't say "winning doesn't count", because it does. Instead, help them develop the feel for competing, for trying hard, and for having fun. Find out what they're all about and don't assume they feel the same as you; they want the same things you do, or have the same attitudes as you.
6. Don't compete with the coach. In many cases, the coach can become the hero to the athlete, someone who can do no wrong. At first, because the coach is the hero who hands out pats on the back and is sympathetic, the gymnast will be very happy. But, this will come full circle, when the coach has to correct, criticize, discipline the gymnast or ask for an extra effort or sacrifice, the gymnast will be unhappy with the coach. Parents should understand to work with the coach and wait this out.
7. Remember, gymnastics involves the presentation of movement and ability in an environment of review and judgment. The coach is the first judge for the athlete – their judgment has to be respected if the athlete can be expected to make consistent progress.
8. Never compare the skill, athletic ability, or attitudes of your child with other members of the team, at least not within their hearing. A team needs all kinds of different athletes to fulfill essential roles. Celebrate your child's special attributes.
9. Get to know the coaches so you can be assured that their attitudes; philosophy, ethics and knowledge are such that you are comfortable with your child being with them. Coaches have a tremendous potential influence on the child.
10. Make a point of understanding courage, and the fact that it is relative. There are many different forms of courage, and explain to your child that courage does not mean an absence of fear, but doing something in spite of fear or discomfort.

Some Technical Notes for Parents and Athletes

1. Gymnastics is very technical and as such, requires *consistent repetition* of positions, movements, and exercises. It is impossible to perform positions, movements, and exercises on an *inconsistent* basis and expect progress.
2. Inconsistency results from irregular arrival times at training sessions, irregular fluctuations in training hours per week, and irregular effort at training sessions.



3. Strengthening is only accomplished by *overloading* muscles. Simply using muscles does not strengthen them, and is a complete waste of time in terms of conditioning for gymnastics.
4. Most skills in gymnastics are entirely unique to the sport – most of the skills learned will only be done in a gymnastics setting. For significant progress to be made athletes have to increase the amount of time they spend in this setting. Consider this as an example; the average individual spends 99.999% of the day supported by either their leg muscles or on their posterior. However, 4 out of the 6 events in men's gymnastics require that the *arms* support the entire body. Activity of this nature is simply not duplicated anywhere else. This is applicable for most of the muscles employed in the performance of gymnastics.
5. Remember, gymnastics is one of the most difficult sports to excel at – *consistent dedication* is the key!!

Parents of competitive athletes are to sign the 'Code of Conduct for Parents' issued to them at the beginning of each competitive year.

Guidelines for Coaches

Coach Code of Conduct

In accordance with the Mission Statement, all Coaches will ensure they adhere to the following:

- Coaches are to adhere at all times to the guidelines set out in the Coaches' Manual
- Always come early for class – at least 10 minutes depending on how much set-up will be required, or as required by the Guidelines below
- Use appropriate language at all times
- Ensure proper attire is worn at all times
- Ensure proper attire is worn at competitions and any gymnastics related event
- Ensure that the training standards of the gym are followed in all competitive and recreational classes
- Ensure they conduct themselves in a professional manner at training and at any gymnastics related activity
- In the event of illness inform supervisor a minimum of 8 hours in advance
- Ensure to make themselves available for consultations with parents and athletes
- Adhere to all gym policies



PG Invitational

Every year the Club typically hosts an invitational competition, unless the Club is hosting a different event that year. The Club needs as many volunteers as possible to make this meet a success – please review the new volunteer system in this document.

Christmas/Year End Party

Over the Christmas Holidays the Club typically hosts a Christmas Sleepover Party for competitive athletes. The year-end party is typically a barbeque held at Lheidli T'enneh Memorial Park for all the competitive athletes and their families. Members participate in games and fun activities. Assistance with this event is also greatly appreciated.

Privacy Policy

Consent for Use of Likeness and Information

I grant to Gymnastics BC and the club with which I am registered (Prince George Gymnastics Club) the right to use, without payment of any fee or charge, any photograph, video tape or other visual media of myself for the purpose of furthering Gymnastics BC objectives including but not limited to use for media, inclusion in Gymnastics BC and/or the club's publications and website(s), advertising.

I further agree that information gathered on formal Gymnastic BC biography forms may be used for the purpose of furthering Gymnastics BC objectives including but not limited to use for media, inclusion in Gymnastics BC publications and website, advertising.

The collection, use, disclosure and security of your personal information are all regulated by law in British Columbia. Gymnastics BC (GBC) and Prince George Gymnastics Club (PGGC) collects and uses your personal information to provide you with the programs, services, products and information you require as a member of GBC and PGGC. To enable GBC and PGGC to manage and develop its operations from local to international levels, GBC and PGGC may share your personal information with its members and Gymnastics Canada Gymnastique, and also with selected third parties who are acting on our behalf as our agents, suppliers or service providers. From time to time, GBC may contact you directly or on behalf of corporate sponsors whose products, services or information may be of interest to you. If you do not want you family to be included on the GBC mailing list, please check off on the signature form.



Prince George Gymnastics Club
Unit # 120 - 4175 18th Ave
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(250) 564-7343

Competitive, Xcel, Interclub Fee Schedule UPDATED JULY 25

Hours/W eeek	Monthly Fees	Credit - hourly	Vol. Hrs	VOLUNTEER	Comp Fund	Xcel Fund	Interclub Fund
24.00	331	3.45	48	\$960.00	\$400.00	\$200.00	\$100.00
23.50	335	3.56	47	\$940.00	\$400.00	\$200.00	\$100.00
23.00	334	3.63	46	\$920.00	\$400.00	\$200.00	\$100.00
22.50	332	3.69	45	\$900.00	\$400.00	\$200.00	\$100.00
22.00	331	3.76	44	\$880.00	\$400.00	\$200.00	\$100.00
21.50	329	3.83	43	\$860.00	\$400.00	\$200.00	\$100.00
21.00	322	3.83	42	\$840.00	\$400.00	\$200.00	\$100.00
20.50	320	3.90	41	\$820.00	\$400.00	\$200.00	\$100.00
20.00	317	3.96	40	\$800.00	\$400.00	\$200.00	\$100.00
19.50	314	4.03	39	\$780.00	\$400.00	\$200.00	\$100.00
19.00	311	4.09	38	\$760.00	\$400.00	\$200.00	\$100.00
18.50	308	4.16	37	\$740.00	\$400.00	\$200.00	\$100.00
18.00	305	4.24	36	\$720.00	\$400.00	\$200.00	\$100.00
17.50	301	4.30	35	\$700.00	\$400.00	\$200.00	\$100.00
17.00	298	4.38	34	\$680.00	\$400.00	\$200.00	\$100.00
16.50	294	4.45	33	\$660.00	\$400.00	\$200.00	\$100.00
16.00	289	4.52	32	\$640.00	\$400.00	\$200.00	\$100.00
15.50	285	4.60	31	\$620.00	\$400.00	\$200.00	\$100.00
15.00	280	4.67	30	\$600.00	\$400.00	\$200.00	\$100.00
14.50	275	4.74	29	\$580.00	\$400.00	\$200.00	\$100.00
14.00	270	4.82	28	\$560.00	\$400.00	\$200.00	\$100.00
13.50	265	4.91	27	\$540.00	\$400.00	\$200.00	\$100.00
13.00	260	5.00	26	\$520.00	\$400.00	\$200.00	\$100.00
12.50	254	5.08	25	\$500.00	\$400.00	\$200.00	\$100.00
12.00	248	5.17	24	\$480.00	\$400.00	\$200.00	\$100.00
11.50	244	5.30	23	\$460.00	\$400.00	\$200.00	\$100.00
11.00	240	5.45	22	\$440.00	\$400.00	\$200.00	\$100.00
10.50	235	5.60	21	\$420.00	\$400.00	\$200.00	\$100.00
10.00	231	5.78	20	\$400.00	\$400.00	\$200.00	\$100.00
9.50	225	5.92	19	\$380.00	\$400.00	\$200.00	\$100.00
9.00	219	6.08	18	\$360.00	\$400.00	\$200.00	\$100.00
8.50	213	6.26	17	\$340.00	\$400.00	\$200.00	\$100.00
8.00	206	6.44	17	\$340.00	\$400.00	\$200.00	\$100.00
7.50	199	6.63	16	\$320.00	\$400.00	\$200.00	\$100.00
7.00	192	6.86	16	\$320.00	\$400.00	\$200.00	\$100.00
6.50	184	7.08	15	\$300.00	\$400.00	\$200.00	\$100.00
6.00	175	7.29	15	\$300.00	\$400.00	\$200.00	\$100.00
5.50	166	7.55	14	\$280.00	\$400.00	\$200.00	\$100.00
5.00	157	7.85	14	\$280.00	\$400.00	\$200.00	\$100.00
4.50	147	8.17	13	\$260.00	\$400.00	\$200.00	\$100.00
4.00	137	8.56	12	\$240.00	\$400.00	\$200.00	\$100.00
3.50	129	9.21	11	\$220.00	\$400.00	\$200.00	\$100.00
3.00	118	9.83	11	\$220.00	\$400.00	\$200.00	\$100.00
2.50	106	10.60	10	\$200.00	\$400.00	\$200.00	\$100.00
2.00	94	11.75	10	\$200.00	\$400.00	\$200.00	\$100.00

Fundraising paid monthly: Competitive \$33.33/Month- Xcel \$20/ month - Interclub \$10/month



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MEET FEE SCHEDULE- THESE ARE ESTIMATES ONLY

NEW SCALE - COMP (12 MONTHS) - \$275 PER MEET			
# OF MEETS	CHARGED PER MONTH	TOTAL YEAR	CHARGED PER MEET
6	\$ 138	\$ 1,650.00	\$ 275.00
5	\$ 115	\$ 1,375.00	\$ 275.00
4	\$ 92	\$ 1,100.00	\$ 275.00
3	\$ 69	\$ 825.00	\$ 275.00
2	\$ 46	\$ 550.00	\$ 275.00
NEW SCALE - XCEL (10 MONTHS) - \$275 PER MEET			
# OF MEETS	CHARGED PER MONTH	TOTAL YEAR	CHARGED PER MEET
6	\$ 165	\$ 1,650.00	\$ 275.00
5	\$ 138	\$ 1,375.00	\$ 275.00
4	\$ 110	\$ 1,100.00	\$ 275.00
3	\$ 83	\$ 825.00	\$ 275.00
2	\$ 55	\$ 550.00	\$ 275.00
NEW SCALE - COMP TRAMP (12 MONTHS) - \$325 PER MEET			
# OF MEETS	CHARGED PER MONTH	TOTAL YEAR	CHARGED PER MEET
6	\$ 163	\$ 1,950.00	\$ 325.00
5	\$ 135	\$ 1,625.00	\$ 325.00
4	\$ 108	\$ 1,300.00	\$ 325.00
3	\$ 81	\$ 975.00	\$ 325.00
2	\$ 54	\$ 650.00	\$ 325.00

* rounded to the nearest dollar