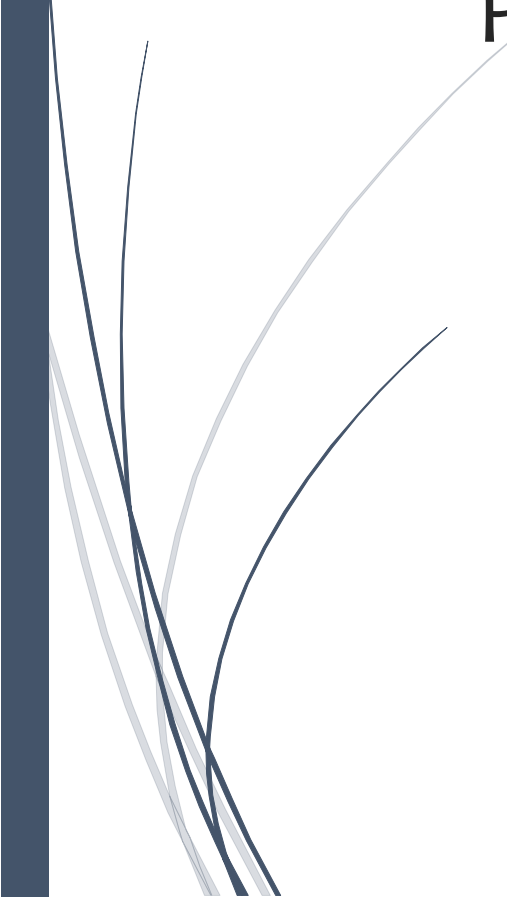


A dark blue vertical bar on the left side of the page. A blue arrow points to the right from the bar, containing the text "2026-2027 Season".

2026-2027 Season

Xcel / Inter-club Program & Policy Information

Several thin, curved lines in shades of blue and grey originate from the left side and sweep upwards and to the right, creating a dynamic, abstract design.

Prince George Gymnastics Club



Table of Contents

Entry into the Program:	2
Criteria:	2
Purpose of Inter-Club (Trampoline Only):	2
Payment Policy and Refund Policy for Inter-Club/Xcel	2
Fees	2
Monthly Fees and Insurance Costs:	3
Monthly Payments.....	3
Membership Costs	3
Credits to Account	3
Training Cancellation and Rescheduling:	3
Training Withdrawal	4
Refund:	4
Missed Training for Medical Reasons	4
Additional Costs:	4
Volunteer Obligations:	5
Fundraising Obligations:.....	5
Attendance and Punctuality:	6
Event Fees and Events:	6
In Town and Out of Town Events:	7
Event Requirements:	7
Communication:	8
Email:	8
Drop off and Pick Up Policy (VIEWING):	8
Privacy Policy	8
Code of Conduct for Athletes	9
Gymnast Attire Requirements:	9
Code of Conduct for Parents	10



Entry into the Program

These programs are very popular in our gym. Audition opportunities will be e-mailed to all members as spaces become available.

Criteria:

- ❖ Must be a current member registered with the club, and completed a minimum of one full session in our recreational program (minimum of 6 years of age as of December 31st, 2025)
- ❖ Good listening and behavior skills (past coaches of the child will provide a report to the supervisor)
- ❖ Exhibit a strong work ethic

Purpose of Inter-Club (Trampoline & MAG Only)

The Gymnastics BC Inter-Club Program is for beginner to advanced recreational athletes in BC. It extends performance and training opportunities as gymnasts showcase their personal ability, participate in gymnastics events and perform routines in a creative way.

Inter-Club is performance based and focuses on the opportunity to perform and take pride in athletic achievement. Athletes/Coaches have creative license in routine development and performances;

Inter-Club is NOT MEANT to be used as a developmental competitive or pre-competitive program

Xcel Program (Girls only)

The goal of the Xcel Program is to provide gymnasts of varying abilities, and commitment levels, the opportunity for a rewarding gymnastics experience.

There are 5 levels in this program, Bronze, Silver, Gold, Platinum, and Diamond.

Payment Policy and Refund Policy for Inter-Club/Xcel

Fees

Fees are based on the number of hours that an athlete trains in a week for 10 months of the year. The Inter-Club/Xcel program runs from September to June. With opportunities for summer training as well.

Before September 1, the athlete must pay the Gymnastics BC (GBC) Insurance Fee, Equipment Fee, Scholarship Grant Fee, Meet Fee and the Training Fees for the month of September.

Payment for the rest of the year is due, as noted in the payment agreement, on the first day of each month.

The Policy on late payment of Inter-Club/Xcel fees is as follows:



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

If Inter-Club/Xcel 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 events, as well as event fees paid.

.....Approved September 21, 2005.....

Monthly Fees and Insurance Costs

Most of our Inter-Club/Xcel athletes do between 3 and 6 hours per week. Monthly prices are approximately:

3 hours per week - \$ 120.00

4 hours per week - \$ 140.00

5 hours per week - \$ 160.00

6 hours per week - \$ 175.00

Monthly Payments

Prince George Gymnastics requires that all Inter-Club/Xcel members pre-authorize monthly credit card payments for training fees for entire gym year (please refer to PAYMENT AUTHORIZATION AGREEMENT).

Membership Costs

The membership costs are approximately \$ 82.00(Inter-club) \$213.00(Xcel) in September every season.

****Event fees will be added to your monthly Training fees at \$60.00 per month for 2 out of town meets and includes the PG Meet – cost increases as the number of competitions per year increases****

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 or make up class (or gymnast cannot do make up)
- If gymnast misses a scheduled event due to extraordinary circumstances (i.e. Coach decision, event changes date) and no alternate training is available. Extraordinary circumstance to be approved by Head Coach.

Training Cancellation and Rescheduling

Every effort will be made to ensure all training sessions are held as per the training schedule that is set out in September of each year by the 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.



If the club or Coach must 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.

Please check your email for training schedule changes or make up classes (ALWAYS check before every practice in the event of a staff shortage due to illness). Gymnasts are expected to train during Christmas, Spring Break; Coaches will provide schedules via email. Please communicate with your child's Coach about changes in training.

Training Withdrawal

If a gymnast is unable to continue in the inter-club/Xcel program for any reason, except medical, two weeks' written notice is required and must be delivered to the office. The gymnast may attend training sessions during this period.

Refund

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

Missed Training for Medical Reasons

If a 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 the 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 the Coach about a modified training program if an injury persists.

Gymnasts who take more than six consecutive weeks medical leave, without a modified training plan in place, may lose their space in the program (payment for fundraising and volunteer obligations will be prorated).

Additional Costs:

Each child will be sized for a team body suit. The suit is approximately \$ 100.00. The hoodie is approximately \$ 80.00.

Each child will be taught a floor routine outside of regular practice time. The cost ranges from \$ 100.00 to \$ 200.00 depending on the choreographer.



Volunteer Obligations

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 in their package, along with a cash amount that can be paid out in lieu of these hours.

In September, a signature authorizing to charge the credit card we have on file is required in the event volunteer obligations have not been met. If the parents do not fulfill the total number of required volunteer hours by the end of the year, the card will be charged at the cost of \$20 per hour owing.

If the parents have not volunteered at all, the card will be charged the total number of volunteer hours at \$20 per hour. Parents are encouraged to keep a record of the hours they volunteer. Parents are also to report all volunteer hours to the office for record keeping. All volunteer hours must be recorded. You can find this book on the table outside the main office door.

*****EXTRA VOLUNTEER HOURS CANNOT BE APPLIED TO FUNDRAISING COMMITMENTS, OR BE TRANSFERRED OVER TO THE FOLLOWING SEASON*****

Fundraising Obligations

All athletes and their families are required to do fundraising for the club. Each Inter-Club family is required to fulfill a minimum \$ 100.00 fundraising commitment, the Xcel family is required to fulfill a minimum \$ 200.00 fundraising commitment. This amount will be reached from the profit from each fundraising activity your family participates in. Another option is to pay \$ 20.00 each month for fundraising. Fundraising may not be carried forward to the next gym season, and cannot go towards volunteer hours at the end of the season.

Excess funds raised through sponsorships and/or grants beyond the \$ 100.00/\$200.00 stays with the club and is not transferable to another gymnast's fundraising commitment or carried forward to future gym seasons, and cannot go towards outstanding volunteer hours.

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 \$100.00/\$ 200.00 may not be used for meet fees, training fees, volunteer hours etc. A reminder, excess fundraising may not be carried forward to the next competitive season, and cannot go towards outstanding volunteer hours.

Some of the fundraisers we do are:

Dielman's Catalogue in September;

Purdy's in October;



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Gym-a-thon in March

Hunniford in April.

Please note that each fundraiser has a different % amount earned. You will see the percentage in the newsletter distributed with each fundraiser.

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

Attendance and Punctuality

Gymnasts are expected to attend every training session. Gymnasts must have a minimum of 2 weeks training prior to attending an event. For planned absences gymnasts must contact their Coaches.

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. Warm-up is crucial for training sessions and is an important part of injury prevention. In addition, with a later start proper supervision and Coaching are not possible.

Event Fees and Events

Effective September 2016, competition/event fees will be added to your monthly fee. The amount will range from \$ 60.00 - \$ 125.00 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.

Competition Calendar/Event Calendar will be distributed to competitive and Inter-Club/Xcel athletes in the Fall each season. The parent will have two weeks from the date distributed to discuss any discrepancies in the calendar with their Coach, and to make any necessary adjustments. After the two weeks has lapsed the calendar is final.

The minimum number of meets/events will be divided into 10 months at a rate of \$275.00 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 event will be charged according to the registration amount received). **This also now includes any in house events, but DOES NOT INCLUDE any additional events added.** The events covered will be highlighted on the calendar, all other meets will need to be paid for at a later date.

The athletes will be signed up for the highlighted 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 minimum \$35.00 administration fee will be charged by the host club. Medical 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 event account for any additional



events 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

In Town and Out of Town Events

Our Inter-Club/Xcel athletes are required to perform at a minimum of 3 events in a season.

Prince George Invitational (Feb);

Two out of town events (selected by their Coach)

Additional out of town events may also be offered:

Registration costs for these events are approximately \$ 210.00. It is your responsibility to arrange travel, hotels etc.

If your child does not participate in the minimum required events in a season, their spot in the program will be reassessed for the upcoming year.

EFFECTIVE SEPTEMBER 2016

Event Requirements

Body suit for the girls.

T-shirt and black shorts for the boys;

Hoodie for both;

Hair neat;

Marked water bottle;

Light snack for their bag.

Arrive at your event a minimum of half an hour prior to warm-up time. Should you be the first event of the day on the schedule, 15 minutes prior is acceptable. Should they be late for warm up, they may be scratched from the event.

Parents are **not** allowed on the floor once they have been called out for warm-up, and the Gymnasts are **not** to leave the floor once they start.

Wish them good luck and send them off with their Coach until their event is complete.



Communication

Email

Email Communication is now an important point of information exchange from office/Coaches to athletes/ parents, and needs to be checked daily for notices and schedule changes. (Last minute changes can occur in the event of a staff shortage due to illness)

Drop off and Pick Up Policy (VIEWING)

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

FALL 2026: Tuesdays, and Thursdays are primarily the training days for competitive, Xcel and inter-club. 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 a strict viewing schedule.

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.

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.

Code of Conduct for Athletes

I will abide by the rules and respect the spirit of the Club and the sport.

I will participate because I want to, not just because my parents or Coaches want me to.

I will remember that Coaches and officials are there to help me. I will accept their decision and show them respect.

I will do my best to be a true team player.

I will respect my fellow athletes.

I will acknowledge my fellow athletes' achievements—those of my team and of my opponents.

I will control my temper and attitude.

I will remember that winning isn't everything—that having fun, improving skills, making friends and doing my best are as important.

Warnings:

- 1 - Verbal
- 2 - Written
- 3 - Suspension...athlete is suspended from the club for one week

If I do not abide by these rules and am given these three warnings, I will be asked to leave the club.

Gymnast Attire Requirements

Training:

Body suit for the girls.

Tank top and shorts that do not hang below the knees and with no pockets for the boys;

No jewelry;

Hair must be tied back and out of the face;

No junk food;

Marked water bottle.



Code of Conduct for Parents

I will remember that my child plays sport for his or her enjoyment, not for mine.

I will not force my child to participate in sports.

I will encourage my child to train by the rules and to resolve conflicts without resorting to hostility or violence.

I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of meets or tests.

I will make my child feel like a winner every time by offering praise for participating and competing fairly and trying their best.

I will never ridicule or yell at my child for making a mistake or losing a competition.

I will remember that children learn best by example. I will applaud good athletes' performances by both my child's club and their opponents.

I will never question the Coach's judgment or honesty in public. I will support all efforts to remove verbal and physical abuse from all children's sporting events.

I will show respect and appreciation for the trained Coaches who provide gymnastics for my child, understanding that I have a responsibility to be a part of my child's development.

I will not try to communicate with any Coach during training. Should I have an issue with my child's training or need to communicate with the Coach, I will arrange for a meeting at a separate time from training, convenient for both.

I understand that should any issue not be resolved to my satisfaction, I can and should request a meeting with the Coach/Parent liaison.

Warnings:

- 1 - Verbal
- 2 - Written
- 3 - Suspension...parent is suspended from the club for one week

If I do not abide by these rules and given these three warnings, I will not be allowed to enter the building or attend meets.

Prince George Gymnastics Club, its coaches, officers and volunteer workers cannot be held responsible for lost or stolen articles. Please do not bring jewelry or valuables to the gym.