



## **Parent Orientation/Information Package for Competitive Programming**

Membership Requirements/Membership Agreement  
2017-2018

The information in this package outlines the requirements for Competitive Team Membership for the fiscal year commencing July 1, 2017 to June 23, 2018. This package contains guidelines, policies and procedures for training in the competitive program.

Each year, parents must read through this package, and sign the Membership Agreement, which is found at the end of this information package. The Membership Agreement is binding for parents and participants. The Membership Agreement cannot be altered without approval from the owner's of Dancemakers. Parents must accept the Membership Agreement as written for membership and training to begin.

This parent package contains information necessary for your athlete's excellence in dance or gymnastics. We expect all members in the Competitive Program to study the information in the Parent Package and follow guidelines set by Dancemakers's staff and owner's. For any information that cannot be found in this package, please address your questions to Bobby and Mijka Hooper.

## **About Dancemakers**

Dancemakers strive to assist young athletes in developing a positive attitude and achieving fulfillment through extra-curricular activities. Our mission is to provide the environment, facilities, and instruction that will allow member competitive athletes with the desire and ability, the opportunity to achieve their highest level. Our programs are amongst the best in Ontario due to the excellence in our teaching/coaching staff.

Our staff is dedicated to teaching your athletes important values in sportsmanship. We teach them that winning is not everything, but trying to win is. We teach them not to hate their competitors but to admire their skill. Teach them the importance of teamwork and to be supportive of their teammates. We teach them to tune out negative chatter and believe in themselves. We teach them to respect the judges and that the judges' decision is final. We at Dancemakers celebrate successes and support our athletes through their challenges, we encourage excellence through their efforts and "I can't" is not in our vocabulary!

## **Dancemakers Competitive Team Standards**

### **Attendance**

Participation is expected to be 100% for all competitive programs. Please remember to phone/email if you will be more than 10 minutes late, or will be absent. Absenteeism must be given with a reason. Athletes who are absent up to 7 days in the program, jeopardize their position on the competitive team. Athletes who take family holidays must advise Dancemakers at least 2 weeks in advance.

**It is mandatory attendance at every training session 2 weeks prior to all scheduled competitions for safety reasons. Any athlete absent during this 2 week period will not compete.**

### **Punctuality**

Parents must escort all children under the age of 10 into the facility for their class for safety reasons. It is recommended to arrive 10-15 minutes before the class begins.

**WARM UP IS THE MOST IMPORTANT PART OF TRAINING.** Please be on time for your class. It is very difficult and very disruptive for the instructor to ensure a proper warm up for your athlete if they are late. During warm up there are many activities performed such as stretching, preventative exercises, cardio, body line drills and progressions, strengthening, and basic skills.

Parents are expected to pick up their children by entering the studio facility, no later than 10 minutes after class has ended. It is appreciated if a parent is going to be late, to phone the studio and leave a message. Parents who are late for pick up frequently, will be invoiced for the inconvenience.

### **Missing Training Other Than Illness**

Setting priorities is an important skill learned by competitive athletes. For example, if an athlete is invited to a birthday party/sleepover of a good friend, provided it is not close to a competition, it is perfectly acceptable to attend the party and miss training. However, if an athlete has training the next day, it would be a smart decision to not attend the sleepover in order not to miss training two days in a row. Under rested athletes can potentially cause harm to themselves from being over-tired and not focusing during training. Personal parties should be arranged around your training schedule.

### **Water**

During training, athletes may drink water only. All athletes must bring their own water everyday. All containers should be labeled with their name. Beverages high in sodium and/or sugar are unhealthy to drink, especially during training. It is recommended to drink cool or room temperature water during training and to drink small amounts at a time. Water should be consumed generously after training and on days off.

### **Head Lice**

Your athletes hair must be tied back at all times. Lice do not like hair products so it is beneficial to use gel or hairspray. Check your athletes hair regularly for any signs of nits. If your child has lice or nits **DO NOT SEND THEM TO CLASS.** There is zero tolerance for head lice at Dancemakers. If your child has lice, their head must be treated and **ALL** nits must be removed before returning. If your child has lice, they must be treated again 1 week following initial treatment. Please remember, when a child has lice, it is no way indicative of their home environment. Lice are inconvenient pests and anyone can get lice.

### **Plantar's Warts**

Athletes must have all warts covered with tape and seeking treatment for removal.

### **Lockers**

No personal medication is to be left in the lockers. Lockers are assigned to athletes according to the hours trained. Lock your locker using a combination lock or 3 digit number. All combinations must be submitted to Mijka Hooper. Lockers must be kept clean and tidy, the owners have the right to remove locker privileges at any time.

### **Attire**

Our dress code is designed to ensure the safety of our athletes. It also allows our staff to observe the technique and posture of the participants to ensure the movements are executed in an appropriate and safe manner. The dress code also installs a sense of discipline and pride in our students and maintains their focus on dance/gymnastics. Athletes who do not follow the dress code will be asked to sit out. All dance and gymnastics attire can be purchased in the Dancemakers Boutique.

### **Physical Maintenance in a Competitive Program**

- Dancers and Gymnasts are very special athletes in that the more hours they train, the more attention their body needs to maintain its physical condition.

- Proper Nutrition, rest, commitment, hard work, and an organized schedule are the keys to a successful athlete. Attendance and punctuality are also key factors for your athletes success at Dancemakers to assist in maintaining consistency in their program. If your child is struggling physically, technically, or mentally, thoroughly review these keys and assess. Speak with your child's instructor for suggestions on assistance with your child's program and how to ensure her ultimate success.

- Our instructors are professionals in physical conditioning and injury prevention exercises. Although your child may have occasional aches and pains, nagging pains/injuries should always be evaluated by a professional. Visits to the chiropractor, massage therapist, physiotherapist are excellent ways to maintain your athletes physical state. The more hours they train, the more their bodies need to help it to function fully and stay pain-free. Do not delay in getting your athletes pain treated. A family physician alone may not be able to properly assess your athletes needs as a dancer/gymnast. It may be necessary to get a 2<sup>nd</sup> and 3<sup>rd</sup> and even specialist opinions on a nagging problem.

In the event that your dancer/gymnast is injured, they are expected to continue to train with altered or limited activities during their healing process. Attendance is still expected, even if it's watching practices. Parents must communicate all restricted movement or limitations given to their athlete by doctors, to teachers and coaches.

- Nutrition is a very important factor for maintaining a healthy athlete. Fuel your body the right way - dancers/gymnasts need to pay attention to their nutrition to keep their bodies strong and properly fueled for long practices and competitions. Plan meals and snacks every 3-4 hours during the day to properly fuel your body, and start drinking water or other fluids when you wake up to pre-hydrate for the day's workouts. Eat high-carbohydrate foods 1-3 hours before practice and eat or drink at least 3 high-calcium sources a day to help build strong bones. Balance your plate at meals with 1/3 protein, 2/3 carbohydrates. Include 'good fats' in your diet that may help with recovery including nuts, seeds, soy nuts, peanut butter, olive oil, and oil-based dressings. Consider your diet as an integral part of your training regimen to help you achieve your goals.

Additional tips: take a good quality vitamin/mineral supplement daily, take a teaspoon of fish oil, or joint health supplements daily, take a proteolytic enzyme capsule daily especially after training to reduce inflammation.

### **Communication/Newsletters**

All notices are posted on our internal bulletin boards. Newsletters are available on our website [www.dancemakers.ca](http://www.dancemakers.ca) or [www.dancemakersgymnastics.ca](http://www.dancemakersgymnastics.ca), and on our bulletin boards. Our website is updated regularly. In addition, all competitive information is distributed to parents via email by DanceMakers staff. It is the parent/guardian's responsibility to ensure they read the pertinent information contained therein. If parents have any concerns or questions about their athlete or program, please contact Mijka and Bobby directly at the studio.

### **Parking Lot Courtesy**

Parents are asked to not block entrances of other businesses when dropping off or picking students up. Please pull into a parking spot to ensure the safety of all patrons.

### **Competition Day Expectations**

Gymnasts must arrive at the competition at least 30 minutes before their scheduled time. Gymnasts must be wearing the Dancemakers Competitive suit (no underwear under the suit), Dancemakers Warm Up Jacket, and

black yoga-type pants. All earrings/jewellery /nail polish must be removed. Hair must be pulled back and securely fastened with gel/hairspray.

Parents are to remain in the spectator seating area. There will be an admission fee to watch the competition, usually about \$10 per person.

Everyone is to be supportive of all athletes and clubs. Good sportsmanship when attending a competition is expected at all times.

#### Parental Guidelines

1. Do not compare your child with others...  
It is very important to focus on your own child and not compare them to others. Every child progresses in their own way and at their own pace. Although a change of group may be appropriate for one child or situation, it may not be suitable in every case. Our instructors are experts in working with a wide range of individual abilities and personalities, and make decisions only in the best interest of the athlete. An athlete's achievements are as important to their coach as they are to the athlete and their parents.
2. Progress is not measured on skill alone...  
A child can progress in a number of ways not always visible to the parent. Strength, flexibility, form, body awareness, coachability, attitude, maturity, and commitment are just a few important factors that can determine an athlete's progress or placement. Since our instructors work many hours with your children, only they are familiar with each child's ability and are best qualified to assess their potential based on their individual development, desire, skill level and talent. Our owners, instructors, and staff decide when an athlete is ready to be moved and to which group they will be placed.
3. Be patient...  
Children learn on their own time, not ours. Please support your child, but leave the instructing to the instructors.
4. Remain Positive all the time...  
Trust is a huge part of the working relationship between a coach and athlete, if it is not there, your child will not progress. If a child doubts their parent's support of the instructor/coach, they will do the same.
5. Do not vent in the lobby areas...  
Believe it or not, most negative talk follows our children into the facility. It is passed to other children and to their instructors creating a tense and upsetting environment for all. Complaints and frustrations are firstly to be directed to Bobby and Mijka Hooper. Please respect this guideline, as it is most important in fostering a positive learning environment. The instructors cannot fix issues with your child if they are not made aware of it, and the owners cannot address issues if they are not aware of it. Please make arrangements for a meeting, do not interrupt instructors during class. Communication is the key to success.
6. Stay informed...  
We offer many resources to our members to help them stay informed and learn about our programs. Please read all of your email, newsletters, parent orientation/information package and policies. Please attend any information meetings throughout the year.
7. Limit your viewing time...  
Spending too much time viewing is not good for the parent or the child. You will see more progress if you don't watch every class. For safety reasons, do not communicate with your child during class, it is distracting for the instructors and athletes. Excessive viewing can negatively affect the athlete's progress, performance, and their safety.

## Gymnastics Competitions 2018

### Invitationals (Levels 1-5):

1. Dancemakers In-House Comp – Sun. Feb. 11<sup>th</sup> 12-4 pm.
2. Birchmount Friendship Classic – Scarborough March 22-25 Levels 1-6.
3. Dancemakers Pot of Gold – Dancemakers April 13-15 Levels 1-5
4. Twisters Spring Fling – Orangeville April 19-22 Levels 1-5.
5. Provincial Championships Levels 3-5 – London May 31 – June 3

### Provincial (Levels 6-9)

Tour Selection – Nov. 10-12.

### Qualifiers:

1. High Flyers Vaughn – Dec. 15-18<sup>th</sup>.
2. Alliston – Feb. 2-5<sup>th</sup>.
3. Newmarket – Feb. 23-26<sup>th</sup>.

Provincial Championships – Windsor April 5-8<sup>th</sup>.

### **Dance Training Recommendations for Competitive Gymnasts**

Dance training is not mandatory for our competitive gymnasts. However, we are extremely lucky to have the opportunity to add this training with dance instructors who are also gymnastics coaches, who understand both activities to the highest degree. Gymnastics is considered a Foundation Sport, through the International Olympic Committee, which means it is a base for all sports. Ballet is considered to be the foundation of all movement, which means it is the base for all dance. A combined training of the two activities produces amazing results in both genres! Why not take advantage of training in both disciplines?

The value of dance training: gymnasts who are experienced dancers, bring to the sport at least 6 abilities which demonstrate the enormous “carry over” value of dance. These are:

1. Correct posture for movement and balance.
2. An awareness of joint position allowing precision in executing movement.
3. A vast repertoire of movements useful for composition in gymnastics.
4. An ability to memorize routines or compositions more quickly and to perform them with more accuracy.
5. Well developed leg strength, power and endurance.
6. An air of “confidence” and control useful for competitive settings.

### **Gymnastics 2017-2018**

#### **Fee Schedule**

All fees are non-refundable for the duration of the 40 week contract Sept. 10 to June 21.

Fees continue if your athlete is injured. They are expected to continue to train with altered or limited activities during their healing process.

<b>Hours per Week</b>	<b>Sept. to June Fees (tax included)</b>	<b>Monthly Payment Option – 10 months (tax included)</b>
<b>Group 1</b> 6 hours per week (2X per week)	\$2150	\$215
<b>Group 2</b> 8 hours / week (2X per week – 2 days 4 hours )	\$2520	\$252
<b>Group 3-5</b> 12 hours / week (3X per week – 3 days 4 hours)	\$3220	\$322
<b>Group 6</b> 15 hours / week (4X per week – 3 days 4 hours, 1 day 3 hours)	\$3820	\$382

Fees do not include Gymnastics Ontario Insurance fee or Competitive Athlete Registration fee with Gymnastics Ontario. All competing gymnasts must pay these fees. GO Insurance fee and Comp Athlete Registration fee is non-refundable.

1. \$35 Gymnastics Ontario Insurance fee – All Gymnasts due July 1<sup>st</sup>.
2. \$35 Comp Registration Fee – Athletes age 5 & 6.
3. \$135 Comp Registration Fee – Athletes age 7+ (ODP, Levels 1-5).
4. \$265 Comp Registration Fee – Provincial Athletes (Levels 6-10)

**These fees are due at registration with the competitive program Sept. 1<sup>st</sup>.**

Additional Summer Training will occur in July and August with additional fees due at that time.

\*Pre-Authorized Payment forms are available for monthly credit card or debit payments.

**Competition Entry Fees**

These fees are non-refundable.

Competition	Entry Fee + Coaching
Tour Selection (Levels 7-9) Quinte Bay Nov. 10-12	\$150
High Flyers (Levels 6-9) Vaughn Dec. 15-18	\$150
Alliston (Levels 6-9) Feb. 2-5	\$150
SIGI (Levels 6-9) Newmarket Feb. 23-26	\$150
Birchmount Friendship Classic (Levels 1-5) Scarborough March 22-25	\$150
Dancemakers Pot of Gold (Levels 1-5) Dancemakers April 13-15	\$150
Twisters Spring Fling (Levels 1-5) Orangeville April 19-22	\$150

**Competition Entry Fees are due in full Nov. 1, 2016.**

**Competitive BodySuit & Warm Up Suit**

These fees are due when your order is placed Sept. 1<sup>st</sup> and is non-refundable.

Article	Fee
Tank Style Comp BodySuit	\$140
Warm Up Jacket	\$140



Competitive Gymnastics Team Contract

I \_\_\_\_\_ parent/guardian of gymnast \_\_\_\_\_ agrees to the following:

1. My gymnast will commit to the full season of gymnastics 2017-2018 from September 1, 2017 to June 23, 2018 at Dancemakers.
2. I agree to the payment schedule for all necessary fees incurred as a participant of the Dancemakers Competitive Gymnastics Team.
3. I acknowledge that there are no refunds of program fees for the duration of the contract.
4. I acknowledge there will be a 3% administrative fee applied to late payments, and a \$30 fee for NSF cheques or uncleared monthly payments.
5. I agree that my gymnast will attend the scheduled competitions for the 2017-18 competitive season as a team member of Dancemakers Competitive Team. I agree to the payment schedule for all entry fees for competitions. Competition fees are per competition.
6. I agree to the payment schedule for all team competitive body suits and warm up suits.
7. I acknowledge that all competitive entry fees and competitive team body suits and warm up suits are non-refundable.
8. All competitors must wear the Dancemakers Warm Up suit, and competitive Team Body Suit when attending all related functions of the competitive team. New competitors must purchase team attire.
9. I agree that attendance is extremely important, and will advise Dancemakers ahead of time if my gymnast will be absent. A gymnast who misses 7 practices is in jeopardy of losing their spot on the competitive team.
10. I will drop off my child prepared and on time for their class. I will pick up my child within a reasonable amount of time after class. I will contact the studio if my child will be late, or if I will be late picking them up.
11. Gymnasts and Parents are expected to adhere to the Studio Standards Code of Conduct at all times.
12. I agree that at competitions, Dancemakers coaches only may enter the competitive floor area. Parents/Audience members must remain in the seating/viewing area as designated.
13. I understand that as a competitive team member of Dancemakers, I will not partake in any gymnastics or dance instruction/activities at other facilities without consent from the director.
14. I have provided my email address to Dancemakers, and acknowledge that all communications will be sent via email.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Signature of Gymnast \_\_\_\_\_ Date \_\_\_\_\_