

GRAND RIVER GYMMIES 2024-25 ELITE PROGRAM REGISTRATION PACKAGE

JUNE 2024



CALEDONIA

905 765-1623

Training at: Gymmies Training Centre

Located at 10 Kinross St E Caledonia. N3W 1K8

Website: www.gymmies.com Email: gymmies@rogers.com

GRG Elite Programs General Information

(Applicable to all elite programs listed within, unless otherwise specified)

Speak to Gymmies administration for clarification on the following:

• Total weeks of programs-48: **GRG 2024-25 Season - Summer:** classes run July 8-Fri Aug 23, 2024 = 7 weeks. **Fall:** Tues Sept 3-Fri Dec 20, 2024 = 16 weeks + 1 week over **Xmas** (+makeup for Dec 21, 22). **Restart:** Sun Jan 5/25 - Sat June 21, 2025 (gala) = 24 weeks. **TOTAL: 48 weeks.**

• Instalment payments for fees are a courtesy to allow easier payment of the **SEASON's total registration fees.** They do not reflect a month-by-month registration format. **Once registered, it is for the entire 48-week season & fees are non refundable unless released due to a doctor stating training must stop.**

- Forms & fee details must be received prior to starting the program by the deadline requested (June 22/24) & to avoid the \$100 late fee
- Req'd Fundraising: case of chocolate in fall, 10 calendar lottery sales or pay \$100 each

All Monthly Payments quoted include the following fees:

- \$300 (nonrefundable) **Membership fee**
- \$180 Cleaning fee (can be earned back at \$18/hour)
- \$150 Duty Commitment (can be earned back at \$18/hour), Team/individual Photo
- Subsidized training fees based on the number of weekly hours
- Tramp Meet Fees: competitions for a regular season are included in monthly payments & reconciled at the end of the season. See full details with summer & fall schedules.
- Meet fees for artistic programs are paid separately from the monthly fee
- LG+ professional choreography for floor routines is included

All meet fees ARE NON-REFUNDABLE & MAKE UP MEETS NOT AVAILABLE.

IMPORTANT: you will be notified of qualifier/invitational meet dates that you are registered in & expected to compete at. Exception- championship meets that are qualified for are paid separately including tour selection

Required Membership Documents (via new! UPLIFTER at www.gymmies.com)

- Completion of Club registration forms, Athlete training Agreement
- Completion of GO medical, registration forms
- Signing GO Informed Consent, Assumption of Risk
- Reading current policy handbook including refund policies (emailed separately)

Earning Back Fees— you may earn back fees by cleaning or helping with club events "repaid" at \$18/hour. See Gymmies policy handbook for full details.

Items not Included with Monthly Fees: Fees quoted do not include competitive clothing. Gymnastics Ontario requires Team tracksuits to compete. Here is the clothing requirement for each level of programs:

4 hrs/ODP Meets: new tank bodysuit. Design & Price estimate \$80 t.b.c.

Level 2-9 Qualifiers, Xcel: New long sleeve bodysuit. Design/Price: est \$250+ t.b.c.

Tracksuit: Same Pants \$70 & Jacket \$115, \$50 Adidas bags or new backpack req'd.

Male trampolinist: same singlets \$70 & shorts \$43 as 2023-24

We will try to organize re-selling of gently used competitive wear. Details to follow.

Introducing Gymmies Elite Team

Meet our elite team at Gymmies. We offer artistic gymnastics and trampoline from developmental level to national eligibility:



Lisa Martin Club Director

I have been with Gymmies since 1984, am an honors graduate of Mohawk College's Sports Administration program. I am a national level 3 certified coach, former recreation director, judge, elite program director and current member of the Executive Committee.



Dan Wardley, Tramp /Artistic Director

I currently am director & level 3 certified for competitive artistic and tramp with provincial and national coaching experience working in both programs this season.



Regan Ireland, Artistic, Provincial Coach

I am a former level 8/9 competitive gymnast & certified provincial level 2 coach for gymnastics. I am excited to be co-coaching Gymmies most elite gymnasts this year bringing my strong attention to form and technique to OCP levels 3-9.



Jodi Foster, Interclub Director & Dance Specialist

I was a high-level gymnast & dancer, attending the gymnastics coaching certification program at Seneca College with provincial coaching status. I am a certified acrobatic arts instructor, specializing in the Xcel program this year.



Codi Churchill, Tramp & Artistic Tumbling

I was a national level trampolinist at Gymmies retiring to run the elite tramp program in Cambridge for 3 years. I am a certified provincial tramp and artistic coach specializing in twist and flip technique with a strong music, social media and marketing background.



Audrey Rozic, Artistic Coach

I am a former Gymmies gymnast for 10 years and rec coach, now fully certified level 2 competitive coach. I am a high school teacher in Brantford, with a strong dance & choreography background. I am finishing my maternity leave, returning to coaching in September '24.



Tracie Thompson, Artistic Coach/ODP Specialist

I am a big advocate of gymnastics for all. I am a certified coach for recreation, odp and provincial level gymnastics. I am a newly certified provincial judge and a member of GRG Executive.



Natalie Mancini, Artistic Coach

I am a former provincial trampolinist and artistic gymnast at Gymmies. I am a certified level 2 coach and currently a student at Brock University in their concurrent education program studying to be a high school teacher.



Nicole Catarino, Artistic Coach

I am a former Gymmies gymnast and tumbler for 10 years+ and current Caledonia Gymmies Recreation Supervisor, now fully certified level 2 competitive coach dedicated to introducing elite gymnastics with strong fundamentals.

Gymmies mission statement: to provide quality programs, coaches and facilities so athletes of all levels safely achieve personal best!

2024-25 GRG ARTISTIC GROUPS, COMPETITION LEVEL & MOBILITY

Ontario Competitive Program (OCP).

For athletes with strength, flexibility & agility beyond the average gymnast who are fast learners with the focus for meeting provincial+ L3-9 requirements

Athlete Mobility is Possible by Achieving 3 criteria:

1. overall score 35.5+ at any meet
2. qualify for championships (ocp)
3. Mastered new level elements & ready for routines

Ontario XCEL Program:

An invitational stream designed to offer a broad based, attainable competitive stream (with less training hours) outside the traditional provincial stream to attract & retain a diverse group of gymnasts.

Gymmies Grp 1 Quest (12yrs+) 18 hrs.
Level 6-9 coached by Regan, Codi & Dan

Gymmies Grp 2 Twist (11-13yrs) 18 hrs.
Train L6 skills+ to compete at different Xcel Gold meets or L6 qualifiers coached by Regan, Codi & Dan

Gymmies Grp 3 Flip (9-11yrs) 18 hrs.
Level 4, 5 coached by Regan, Codi & Dan

Gymmies Grp 4 Select (10,11yrs) 13.5 hrs.
L3 coached by Audrey (starting in Sept) & Regan

Gymmies Grp 5 Petite Elite (7-9 yrs.) 12 hrs.
Train L2+ skills & compete ODP L2+ coached by Tracie

GRG Grp 8 Pixie (under 9yrs.) 6 hrs. coached by Nicole
Ontario Development Program: ODP

Gymmies Grp 10 Dynamo (6yrs+) 6 hrs. Level 2 coached by Nicole

4 hr. **Sparkle JK/SK**

4 hr. **Twinkle Gr 1/2**

4 hr. **Aspire Gr 3+**

Gymmies Grp 9 ACADEMY (ages 15yrs+) 8hrs
Level goal: Xcel silver/gold Senior. Former Provincial athletes will compete at different Xcel Gold Premium meets. Coached by Natalie.

Gymmies Grp 7 All Starz (12-14yrs) 10.5 hrs.
Level: Xcel Gold Junior coached by Jodi.

Gymmies Grp 11 Rebound (12-14yrs) 8 hrs. Level: Xcel Silver Senior coached by Natalie

Gymmies Grp 6 Springers (10-13yrs) 7 hrs. Competitive Level: Silver Junior
Coached by Jodi

Caledonia Gymmies Recreation 1-2 hours

Competitive category is based on athlete's age as of December 31, 2025

Grand River Gymmies 2024-25 SEASON FEES & SUMMER/FALL Schedule: July 8/24-June 21/25

Use this chart to view training groups, schedule, athlete ages, competitive level, number of meets, fees for 12 MONTHLY fees paid by preauthorized debit or credit card. Check out Gymmies Policy handbook emailed separately to all families. June 7, 2024

Your recommended group has an X. Blue is Summer Schedule. Yellow is Fall Schedule

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Artistic Meet fees paid by 3 separate payments. **-Costs 3 ODP meets:** \$360/gymnast. **-Costs L2-9 & Xcel:** 3 qual/invitational meets: \$455.

-PLUS L2-9 & Silver/gold Xcel: we're attending an invitational competition in Buffalo NY. Rules are the same in Canada & US, so easy!

-US meet estimate: \$50 to join US Gym Fed for insurance & \$125 meet fee plus exchange. Total-\$250 Canadian. Full meet details will follow.

-3 TRAMPOLINE CUP FEES: \$555 ARE STILL INCLUDED WITH YOUR MONTHLY FEES (since meet fess are paid close to meet dates).

-Novice Interclub Tramp Meet fees: \$375 ARE INCLUDED WITH YOUR MONTHLY FEES.

Group Name/ Group Number	Ages	Competition Level	Primary Coach(es) <i>other coach support is possible</i>	Total Weekly hours	12 Monthly Fees <i>Paid 3rd of each month</i>	Summer 2024 Training Schedule 7 weeks: July 8-Aug 23/2024	FALL 2024-25 Training Schedule 41 weeks: starts Sept 3/24	Competitions <small>Artistic groups pay meet fees separately. Tramp meet fees are included in monthly fees reconciled at end of year:</small>
Group 1 "Quest"	12+	OCP L6-9 Qualifiers	Regan, Dan Codi,	18	\$379	Mon/Tues/Wed 8:30-1, Tu 11:30-4	Sun 8:30-1, M 3:30-8 Tu 12:30-5, Th 3:30-8	3 quals-\$455, +1 US invitational \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 2 "Twist"	11-13	OCP L6 or Xcel Gold Premium**	Regan, Dan Codi	18	\$379	Mon/Th 10-2:30, Tu 2-6:30, Fri 8-12:30	Sun 8:30-1, Mon 12:30-5, Tu 4-8:30, Wed 4-8:30	3 quals-\$455, +1 US invitational \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 3 "Flip"	9-11	OCP Level 4/5 Qualifiers	Regan, Dan Codi	18	\$379	Mon/Wed/Th 8:30-1:00 Tues 8-12:30	Mon/Th 3:30-8, Wed 12:30-5, Sun 11:30-4	3 quals-\$455, +1 US invitational \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 4 "Select"	10-11	OCP Level 3 Qualifiers	Audrey Regan	13.5	\$376	Mon/Wed 12-4:30, Fri 10:30-3:00	Mon/ Wed 4:00-8:30 Th 12:30-5:00	3 quals-\$455, +1 US invitational \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 5 "Petite Elite"	7-9	ODP L2-3 & OCP L4+ prep	Tracie	12	\$358	Mon/Wed/Th 8:30-12:30	Sun 12-4:00, Mon/Wed 3:30-7:30	3 odp meets @ \$120 = \$360 (\$120 x 3) pd 15 th July, Aug, Sept
Group 6 "Springers"	10-12	Xcel Silver Junior	Jodi	7	\$306	Tues 5:30-9, Wed 11-2:30 (coach Natalie)	Tues/Thurs 5:30-9	3 invitational-\$455, +1 US meet \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 7 "All Starz"	12+	Xcel Gold Junior	Jodi	10.5	\$347	Mon/Wed/Th 5:30-9:00	M/W 5:30-9:00, Sat 8:30-12:30	3 invitational-\$455, +1 US meet \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 8 "Pixie"	6-8 yrs	ODP 6A/B, L2	Nicole	6	\$281	Tues 3:00-6:00 Sun 8:30-11:30	Thurs 3:30-6:30, Sun 12:00-3:00	3 odp meets @ \$120 = \$360 (\$120 x 3) pd 15 th July, Aug, Sept
Group 9 "Academy"	15 yrs+	Xcel Silver/gold Gold Premium**	Natalie	8	\$328	Tues 12:30-4:30 Thurs 8:30-12:30	Wed 5-9, Sat 9-1	3 invitational-\$455, +1 US meet \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
Group 10 "Dynamo"	8-10 yrs	OCP L2	Nicole	6	\$281	Tues 5:30-8:30 Thurs 4:30-7:30	Th 5:30-8:30, Sun 9-12	3 invitational meets \$450 (\$150 x 3) pd 15 th July, Aug, Sept
Group 11 "Rebound"	12-14 yrs	Xcel Silver Sr	Natalie	8	\$328	Tues 8:30-12:30 Thurs 12:30-4:30	days to be confirmed in July	3 invitational-\$455, +1 US meet \$250can = \$705 (\$235 x 3) pd 15 th July, Aug, Sept
"Prov Sr Tramp"	14yrs+	L P3,4 3x per wk L P5-7 4x per wk	Dan	10.5 14	\$393 \$432	Mon 2-5:30, Tues 5:30-9 Wed 12:30-4, Th 2-5:30	Mon 6-9:30, W 5-8:30, Th 6-9:30, Sun 1-4:30	\$555 for 3 cups included in monthly fees
"Prov Jr Tramp"	12yrs+	Provincial 1-2	Codi Dan	10.5	\$393	Mon/Thurs 12:30-4, Tues 8:30-12	Tues/Wed 4:30-8, Sun 8:30-12	\$555 for 3 cups included in monthly fees
"Novice InterClub Tramp"	9yrs+	Beginner-advanced Interclub	Codi	6	\$312	Tues 12:30-3:30, Fri 12:00-3:00	Tuesday 4-7, Sun 1-4	\$375 for 3 invitationals included in monthly fees

Note: Gymmies offers low-cost camp care for GRG athletes needing childcare to bridge with summer elite training hours. Call GRG office.
Junior Teamer: 10yrs+ who need to bridge hours between training & pick up with club supervision by helping at camp with equipment, craft prep etc. Free.

Program admin inquiries can be emailed to Andrew office manager andrewgymmies@rogers.com or Lisa Martin, Club Director at gymmies@rogers.com

**Former OCP athletes competing as Xcel Gold Premium or those training 18hrs+ will compete at different Xcel gold meets than our regular Xcel gold.