



Parent Handbook

2025-2026

Meadow Lake Gymnastics Club

Contact Info

Facebook Group: Meadow Lake Gymnastics Club

Email: meadowlakegymnastics@gmail.com

Communication is very important in any team or club. Our main method of communication is our Facebook page and email. However, in person conversation is always welcome. Please connect with the coaches or any executive anytime with questions or concerns.

Board Members:

President – Alyssa Fraser

Vice President/Fundraising – Melissa Karpenko

Treasurer – Dana Drager

Secretary – Becky Colbert

Parent Committee – Meagan Beck, Terri Brake, and Giselle Drumheller

Head Coach:

Kitena Hill

Coaches:

Emily Sweeney

Tori Lieffers

Dani MacDonald

Kendra Schwing

Madi Landstad

Welcome

Welcome to the Meadow Lake Gymnastics Club. We are proud to be bringing the sport of Gymnastics back to our community. With the support of our coaches we are happy to be able to offer a recreational and competitive aspect of the sport.

Meadow Lake Gymnastics Club offers quality gymnastics programming for kids of all ages. Our coaching staff strive to provide an environment where participants achieve learning outcomes such as self-confidence, self-motivation, self-esteem, and perseverance.

Join Our Parent Committee!

Our Parent Committee is an amazing way to get involved in the success of Meadow Lake Gymnastics Club. This volunteer group helps plan events, organize fundraisers, and support our

coaches and athletes throughout the season. Your input and ideas make a real difference in shaping the future of our club! Whether you have lots of time to give or just a little, we'd love to have you join us. It's a great way to meet other families, share your skills, and be part of building a positive gymnastics community.

If you're interested, please contact us at meadowlakegymnastics@gmail.com or chat with a coach or board member.

Drop Off

Please have your gymnast arrive no earlier than 5-10 mins before their class start time. Please bring a water bottle and be dressed appropriately (listed out below). When the coaches are ready for the next class to enter they will call gymnasts upon class start time. Otherwise gymnasts are to stay in the entryway until their class time.

Due to safety concerns, we will not be allowing parents and spectators into the gym during class time. It is distracting to the athletes and coaches to have excess noise and activity going on around them. Due to tight space in our new facility there is not much space for spectators, therefore we encourage parents/caregivers to drop their athletes off. (We understand the first week or 2 parents/caregivers may want to observe and ensure their athlete is transitioning well into class) This is for all classes outside of Parent & Tot. **We ask that you be respectful and keep noise to a minimum when in the gym.**

Pick Up

Please be on time to pick up your athlete. (thank you for your cooperation as our coaching staff have to be ready to start the next class.) Classes will end promptly at the designated time and athletes will remain in the entryway until picked up.

Training Attire

Hair must be tied back neatly and securely.

Athletes should wear appropriate activewear (e.g., fitted clothing or a leotard). This is for safety purposes, as loose clothing can interfere with skills or spotting and may increase the risk of injury. All jewelry must be removed prior to training. Earrings are permitted only if they are small studs or sleepers. Extra clothing, shoes, and socks must be removed before warm-up begins.

Registration

Registration is based on age and experience. Please register your child according to the age they will be when classes begin or their experience from past sessions. If you are not sure which class to

register in please reach out. Certain classes will require an access code due to certain skills needing to be reached before entering those classes. Those who are eligible to register for those classes will be sent an access code. **(ACCESS CODES ARE STRICTLY FOR YOUR USE ONLY AND MUST NOT BE SHARED. SHARING CODES MAY RESULT IN YOUR ATHLETE BEING REMOVED FROM CLASSES.)**

All registration is administered by Uplifter – Meadow Lake Gymnastics online registration platform. Families are required to maintain an active account on Uplifter that includes names, phone numbers and email of the parent/guardian and emergency contact. Families are required to maintain/update payment information. Families are required to maintain their Uplifter subscription. Unsubscribing will result in missed communication. Please follow the registration instructions once you open the link. <https://meadowlakegymnasticsclub.uplifterinc.com/>

Payment Options

Every athlete is required to have a GymSask membership (\$48.00 for non-competitive athletes and \$94.00 for competitive athletes), this membership expires annually (Aug 31/26). It can be purchased when registering online. This is a non-refundable payment once classes have begun. When registering and applying for Kidsport, please contact our email meadowlakegymnastics@gmail.com.

Pay in full or installments when applicable with a credit card when registering online.

E-transfer or cheque can be done when credit cards are not an option. In which case click “offline payment” and send us an email or Facebook message with which payment source you are doing.

In the event, a payment is NSF or the client's credit card expired, please contact our email immediately to make an immediate payment arrangement. **In the event, the fee is not paid within 3 business days the gymnast will not be permitted to participate in training until the outstanding balance is paid in full.**

Refunds

All GymSask fees are non-refundable once paid.

Class registration fees will be refunded in full, 7 days (1 week) prior to class start date, minus the GymSask and Administration fee.

Members requesting to withdraw an athlete from a class less than one week before classes begin or immediately after classes begin will be issued a refund minus the cost of the first class, an administration fee, and the GymSask membership fee. **(GymSask fee is NON-REFUNDABLE)**

Members requesting to withdraw an athlete from a class five days after the first class has begun require a medical note for a partial refund.

Late Registration

Late registration is accepted up to the first class of our 6 week session and up to the third class of the 16 week session.

There are no discounts for late registrations.

Class Cancellations

Classes can be canceled due to unforeseen circumstances including – extreme weather, flooding, building issues – Please stay tuned to our social media and emails throughout the session. We will always try to reschedule classes, but in the case that is not possible, no refund will be issued. If more than once class has to be canceled the board will determine if refunds will be issued.

Fall & Winter Schedule

See facebook page & website for details

2026 Competition Schedule

Competitions are mandatory for all competitive-level athletes. (Level 1, 2 & 3) - **we encourage 1-2 competitions a season. Athletes who miss all scheduled competitions without valid reason will not be invited to return the following season.** Exceptions may be made for illness, injury (with doctor's note), or exceptional family circumstances at the discretion of the Head Coach and Board of Directors.

- Feb 6–8 – WAG Marion Classic (Saskatoon)
- Feb 15–18 – Sask Winter Games (WAG – Gold XCEL Compete) (Meadow Lake)
- Feb 27–Mar 1 – PA Invitational WAG (CCP 1–9, XCEL Bronze–Diamond, Rec) (Prince Albert)
- Mar 6–8 – Taiso Invitational (CCP 1–7, XCEL Bronze–Diamond, New/Excel) (Saskatoon)
- Apr 9–12 – Can Am Personal Best WAG (Interclub, CCP 1–10, XCEL Bronze–Diamond) (Saskatoon)
- Apr 10–12 – Gymtastiks MJ Invitational (Rec, Interclub, CCP 1–7, XCEL Bronze–Platinum) (Moose Jaw)
- Apr 17–19 – Valley Team Cup WAG (CCP 1–5, XCEL) (Waldheim)
- May 1–3 – Provincials @ Queen City – Regina
- May 16–17 – Taiso Fun Meet (Rec/Interclub, CCP 1–4, Bronze XCEL) (Taiso)

Meadow Lake Gymnastics Club

Competitive Club Jacket Order Form

We are excited to offer Competitive Club Jackets for our athletes! Please fill out the form below and return it with payment by the due date to ensure jackets are ready for the competition season.

Jacket Options & Pricing (Taxes Included):

- Name on sleeve: \$5 (optional)
- Ladies Jacket: \$88.00 (Left front logo)
- Youth Yoga Jacket: \$80.00 (Left front logo)

STANDARD SIZE CHART - MEASUREMENTS ARE IN INCHES							
MEN	S	M	L	XL	2XL	3XL	4XL
CHEST	36"	38-40"	42-44"	46"	48-50"	52"	54-56"
WAIST	28-30"	32"-34"	36-38"	40-42"	44-46"	48-50"	52-54"
LADIES	XS / 4	S / 6	M / 8	L / 10	XL / 12	2XL / 14	
CHEST	32"	34"	36"	38"	40"	42"	
WAIST	24"	26"	28"	30"	32"	34"	
YOUTH	YS	YM	YL	YXL			
CHEST	26"	28"	30"	32"			
WAIST	21-22"	23-24"	25-26"	27-28"			

*Note - These are only guidelines to assist customers when placing an order. We strongly recommend using our sizing samples to get proper fit for each style.



Chest - Measure 1" below underarm, across the shoulder blade. Ladies are to be measured at the fullest part of your body.

Waist - Measures loosely around the middle of your body.

Athlete Information:

Name of Athlete: _____

Parent/Guardian Name: _____

Phone Number: _____

Size: _____

Sleeve Name (exact spelling) (Additional \$5- optional): _____

Please select your jacket type and size:

☐ Ladies Jacket – Size: _____

☐ Youth Jacket – Size: _____

Total Order Cost: \$ _____

Payment Information:

• All payments must be made by **e-transfer to Kurt Hadland at 306-240-7120.**

• All orders are due by **OCTOBER 16 2025** to ensure delivery for competition season.



Meadow Lake Gymnastics Club Clothing - Gildan Brand

Holistic Threads Co.

Date: _____

Name for Pick-Up: _____

All items will come with the Gymnastics Logo - see images for examples

Bunnyhug Colour Dark Grey	\$50.00	Adult Dark Grey XS _____ SM _____ MD _____ LRG _____ XL _____ XXL _____	Dark Grey Youth XS _____ Youth SM _____ Youth MD _____ Youth LRG _____ Youth XL _____	\$5 Sleeve \$10 Back Hem Name _____ Chest Logo _____ Large Logo _____
Crewneck Sweater Colour Dark Grey	\$45.00	Adult Dark Grey XS _____ SM _____ MD _____ LRG _____ XL _____ XXL _____	Dark Grey Youth XS _____ Youth SM _____ Youth MD _____ Youth LRG _____ Youth XL _____	\$5 Sleeve \$10 Back Hem Name _____ Chest Logo _____ Large Logo _____
Zip-Up Hoodie Adult Dark Grey Youth Black	\$50.00	Adult Dark Grey SM _____ MD _____ LRG _____ XL _____ XXL _____	Black Youth XS _____ Youth SM _____ Youth MD _____ Youth LRG _____ Youth XL _____	\$5 Sleeve \$10 Back Hem Name _____ Chest Logo _____ Large Logo _____
Long Sleeve Adult Dark Grey Youth Black	\$30.00	Adult Dark Grey SM _____ MD _____ LRG _____ XL _____ XXL _____	Black Youth XS _____ Youth SM _____ Youth MD _____ Youth LRG _____ Youth XL _____	\$5 Sleeve \$10 Back Hem Name _____ Chest Logo _____ Large Logo _____
T-shirt Colour Dark Grey	\$25.00	Adult Dark Grey SM _____ MD _____ LRG _____ XL _____ XXL _____	Dark Grey Youth XS _____ Youth SM _____ Youth MD _____ Youth LRG _____ Youth XL _____	\$5 Sleeve \$10 Back Hem Name _____ Chest Logo _____ Large Logo _____

Sport Pack Black	\$15.00	Name: _____ +\$5.00	
Toddler T-Shirt Colour Black	\$20.00	Black 2T _____ 3T _____ 4T _____ 5T _____	+\$5.00 Sleeve \$10.00 Back Hem Name = _____ Chest Logo _____ Large Logo _____
TOTAL: _____ E-Transfer _____ Cheque _____ Preferred E-Transfer: (306) 240-5409 Cheque: Alyssa Fraser Questions Contact Alyssa Fraser @ (306) 240-5409 or alyssalehoux@gmail.com			
OFFICE USE ONLY: PAID _____ E-Transfer _____ Cheque _____			

BUNNYHUG

CREWNECK

LARGE LOGO

CHEST LOGO



ZIP-UP

ADULT
DARK
GREY



YOUTH
BLACK



LONGSLEEVE



T-SHIRT



SPORT PACK



TODDLER T-SHIRT - BLACK



Meadow Lake Gymnastics Club

Order Forms Due : FRIDAY SEPTEMBER 26

Club Suit Order Information – 2025 Season

As we begin the new gymnastics season, we would like to provide you with the details regarding club suit orders for the 2025 season.

Club Suit Options & Pricing

Check or circle which ones you'd like to order

___ Tank Design (With Bling) – Elastic armpits/neckline – \$84.75

___ Tank Design (Without Bling) – Elastic armpits/neckline – \$56.50

___ Long Sleeve Suit (With Bling) – \$96.05

___ Long Sleeve Suit (Without Bling) – \$67.80

___ Shorts – \$27.12 (optional)

___ Boys Singlet (No Bling) – \$70.06

___ Bralette Add-On – Additional \$5.65

(please specify if size is girls or women's)

size leotard: _____ GIRLS _____ WOMEN'S _____ Athlete Name: _____

Total: _____

OFFICE USE ONLY: PAID: _____ Preferred E-TRANSFER _____ CHEQUE _____

Leotard/shorts size charts

GIRLS - FILLES											
Approximate age/Âge approximatif	4	5	6	7	8	9	10	11	12	14	16
Chest/Tour de poitrine - Inches (cm)	23 (58)	24 (61)	25 (64)	26 (66)	27 (69)	28 (71)	29 (74)	30 (76)	31 (79)	32 (81)	33 (84)
Waist/Tour de taille - Inches (cm)	21 (53)	21 1/2 (55)	22 (56)	22 1/2 (57)	23 (58)	23 3/4 (60)	24 1/2 (62)	25 1/4 (64)	25 3/4 (66)	26 1/2 (67)	27 (69)
Hips/Tour de hanches - Inches (cm)	24 (61)	25 (64)	26 (66)	27 (69)	28 (71)	29 1/2 (74)	30 1/2 (78)	32 (81)	33 (84)	34 1/2 (87)	36 (91)
Girth (Back and Front)/Trone (Devant et Dos) - Inches (cm)	39 (99)	41 (104)	43 (109)	45 (114)	47 (119)	48 3/4 (123)	50 1/2 (128)	52 (132)	53 3/4 (137)	55 1/2 (141)	57 1/4 (145)
WOMEN - FEMMES											
US Sizes - Tailles USA	4	6	8	10	12	14	16				
Chest/Tour de poitrine - Inches (cm)	34 (86)	35 (89)	36 (91)	37 (94)	39 (99)	40 (102)	42 3/4 (109)				
Waist/Tour de taille - Inches (cm)	28 (71)	29 (74)	30 (76)	31 (79)	33 (84)	34 (86)	36 1/2 (93)				
Hips/Tour de hanches - Inches (cm)	37 (94)	38 (96)	39 (99)	40 (102)	42 (106)	43 (109)	45 3/4 (116)				
Girth (Back and Front)/Trone (Devant et Dos) - Inches (cm)	59 (150)	59 1/2 (152)	60 (155)	60 1/2 (157)	61 1/2 (61)	62 (158)	63 3/4 (163)				
BOYS - GARÇONS											
Approximate age/Âge approximatif	4	5	6	7	8	9	10	11	12	13	
Chest/Tour de poitrine - Inches (cm)	23 1/2 (60)	24 1/2 (62)	25 (64)	26 (66)	27 (69)	28 (71)	29 (74)	30 (76)	31 (79)	32 (81)	
Waist/Tour de taille - Inches (cm)	20 1/2 (52)	21 1/2 (54)	22 (56)	23 (58)	23 1/2 (60)	24 (61)	25 (63)	25 1/2 (65)	26 (66)	26 1/2 (68)	
Hips/Tour de hanches - Inches (cm)	24 1/2 (62)	25 (64)	26 (66)	27 (68)	27 1/2 (70)	28 1/2 (73)	30 (76)	30 1/2 (78)	32 (81)	33 (84)	
Girth (Back and Front)/Trone (Devant et Dos) - Inches (cm)	40 (102)	42 (107)	44 (112)	46 (117)	48 (122)	50 (128)	52 1/2 (133)	54 1/2 (138)	56 1/2 (144)	58 1/2 (149)	
Inseam	17 1/2 (44)	19 (48)	20 1/2 (52)	22 (56)	23 1/2 (60)	25 (63)	26 (66)	27 (69)	28 1/2 (72)	29 1/2 (75)	
MEN - HOMMES											
US Sizes - Tailles USA	XS	S	M	L	XL						
Chest/Tour de poitrine - Inches (cm)	33 (84) - 34 (86)	35 (89) - 36 (91)	37 (94) - 38 (97)	39 (99) - 40 (102)	41 (104) - 42 (107)						
Waist/Tour de taille - Inches (cm)	27 1/2 (70) - 28 (71)	29 (74) - 30 (76)	31 (79) - 32 (81)	33 (84) - 34 (86)	35 (89) - 36 (91)						
Hips/Tour de hanches - Inches (cm)	34 (86) - 35 (89)	36 (91) - 37 (94)	38 (97) - 39 (99)	40 (102) - 41 (104)	42 (107) - 43 (109)						
Girth (Back and Front)/Trone (Devant et Dos) - Inches (cm)	61 (155) - 63 (160)	64 (163) - 65 (165)	66 (168) - 67 (170)	68 (173) - 69 (175)	70 (178) - 71 (180)						
Inseam	29 1/2 (75)	32 (81)	32 (81)	33 (81)	34 (81)						

Ordering & Measurements

- Suit orders will be placed this week.
- Please review the suit options above and be ready to select your preferred style and any add-ons.
- Suits cannot be returned or exchanged as they are custom made for our club.

Order Forms Due : FRIDAY SEPTEMBER 26

Important Notes

- Competitive athletes are required to have a club suit.
- Shorts are optional for all athletes.
- Active Start and Recreational athletes are not required to have a club suit; it is optional.
- If your child has outgrown their suit from last year, it is your responsibility to resell it if desired.

If you have any questions regarding suits, sizing, or orders, feel free to contact us. Thank you for your continued support, and we look forward to another great season at Meadow Lake Gymnastics Club!

Sincerely,

Meadow Lake Gymnastics Club

Mel Karpenko

Melbliv@gmail.com

