



Cheetahs Handbook

Club Information

Philosophy

FUNFITNESS**FUNDAMENTALS**

The core philosophy of the Swan Valley Cheetahs Gymnastics Club (SVCGC) is to ensure that all participants have a positive experience in learning and developing their gymnastics skills. As such, all those involved - from coaches to gymnasts to parents - have a role in ensuring that all participants have **FUN** with gymnastics, gain **FITNESS** through gymnastics, and learn the sound **FUNDAMENTALS** of gymnastics, regardless of age, ability, or level of performance.

Mission Statement

The SVCGC is committed to providing a safe, friendly, and fun environment where any child may participate in gymnastic activities.

Objectives

- Develop each individual's physical abilities through positive, incremental challenges;
- Develop and strengthen personal self-esteem; and,
- Create a well-respected, high-quality team.

Coaches

The SVCGC abides by the MGA Coaching Philosophy to provide all gymnasts with the opportunity to work towards achieving their full gymnastics potential within a positive athletic experience through quality coaching. We will invest in our coaches to develop their skills so they may pass on that experience and knowledge to the gymnasts.

Contact Information

Please email svcheetahsgym@gmail.com for all inquiries.

Class Information

All information regarding program descriptions, class schedule, and registration fees can be found on the [Cheetahs website](#).

What to Wear

A bodysuit or t-shirt and shorts. No socks or shoes. Barefoot is best! No jeans, hoodies or bodysuits with skirts attached. If a gymnast feels more comfortable, they can also wear leggings or joggers that are TIGHT to the body from top to bottom and have no feet (panty hose). No jewellery. Hair should be pulled back away from the gymnast's face (longer hair should be tied back in a ponytail, braid, or bun) for optimal vision and safety. Clipping loose hair or bangs is encouraged; however, headbands are not permitted.

Depending on the level of your athlete, training aids such as grips, grip bags, gymnastics slippers, or athletic tape may be required. Your coach will make recommendations to you based on your gymnast's needs and let you know what they recommend you purchase, if required. As applicable, please label your athlete's supplies to ensure that they are not misplaced.

What to Bring

- Gymnasts are to store their personal belongings neatly in the lobby cubbies in order to keep the space clean and tidy.
- Please bring a pre-filled water bottle. There is tap water if you need a refill.
- For longer classes (more than one hour), please bring a snack. Please avoid sending nut products and processed foods.
- For competitive gymnasts only, please bring grips or other personal gym gear.

SVCGC is not responsible for lost or stolen property in or around our premises, including the gym floor, lobby, or your vehicles. SVCGC and its personnel accept no responsibility for articles left behind. The lost and found items are disposed of or donated at the end of every session.

Parking/Drop-off

Please only park in designated parking areas. Do not park or idle in front of the doors or sidewalk leading up to the doors. Gymnasts aged 8 years and under should be dropped off and picked up in the lobby by parents/guardians.

Policies

It is important that all gymnasts and parents understand what is expected of them. Please visit our [Policies & Procedures](#) webpage to review the following:

- Codes of Conduct - Coaches, Gymnasts, and Parents
- Public Financial Policy - includes all information regarding refunds and payments
- Parental Involvement Policy
- Communicable Illness Policy
- Concerns/Complaints Policy
- Disciplinary Policy
- Placement Policy
- Viewing Policy
- Competitive Policies (Competitive Programming only)

Competitive Program

Developmental Camps

- 1) MGA Summer Developmental Camp (optional)
- 2) Swan Valley Cheetahs Skills Developmental Camp (mandatory)
- 3) Swan Valley Cheetahs Choreography Developmental Camp (mandatory for Women's programming - Men's and Trampoline competitive programs are exempt)

These camps provide technical and practical knowledge of the skills and form required for the gymnast's training level. New required skills or routines for their levels are explained and practiced. This allows the gymnasts a comprehensive start to the competition season and offers the opportunity to share beneficial knowledge to allow gymnasts to target their training appropriately for their respective level. These camps also provide the opportunity to train with some of the top coaches in Manitoba and meet new friends who share a love of the sport across levels and competitive programs. These camps have proven to be advantageous for the gymnast and their training season.

If unavailable for the Swan Valley Cheetahs Annual Developmental Camps, please inform the Head Coach ahead of time. These are usually scheduled on long weekends (either when there is a school division professional development day or a scheduled school holiday).

Gymnasts' Goals

All competitive gymnasts are to complete their personal goal sheet and comply with the training program provided to them by the Head Coach in order for them to reach their desired goals. Always do your best and remember that gymnastics requires patience and repetitive training exercises in order to develop new and more difficult skills. Skills development often requires incremental progress that can only be realized through long-term observations rather than week-to-week. It is important that parents and gymnasts are patient and allow the process to work. Milestones will be reached at a gymnast's individualized timeline. A gymnast will never be forced to move forward more quickly than they are comfortable with. Forcing progression too quickly can result in injury or a gymnast no longer having 'fun.' Our coaches are taught when to challenge a gymnast to encourage progress and when to back-off until the gymnast is ready to move forward. Please trust the coaches. If you have concerns with your gymnast's progress, please arrange to meet with their Coach outside of class time to discover how best to move forward.

Fun is an important, even essential, part of all sports. But not every day or even week or month of participating in a sport is fun. There are times when things get hard. There are times when they are frustrating. Working through those times teaches resilience that will serve your child well, even long after they leave the sport. A pattern of not having fun may signal that it is time to re-evaluate your child's participation, but a single period of time that is "not fun" is not a good indicator that it is time to quit. Sometimes, there is an opportunity to step away and move on to another sport or activity. It is normal for children's interest in activities to shift over time. It is

important to watch for patterns rather than single incidents. Encourage your child to see something through to a logical ending time, such as the end of a month, session, season, or school year.

In any event, please remember that the coaches have invested time, energy, and care into your child. The SVCGC encourages parents to reach out to the Board and Head Coach to discuss recommendations for transitioning out of the sport if this is being contemplated. For feedback and improvement purposes, understanding the reasons for leaving are important. If there are lessons for the club to learn to better support its gymnasts going forward, it will want to hear them.

Releases and Agreements

Media Release

Media release is requested at the time of registration. With consent, SVCGC reserves the right to take, retain, use and produce photographs, video recordings, or audio recordings of participants to help further SVCGC's educational, fundraising, marketing, or other initiatives without payment of any fee.

Release of Liability

All members choosing to participate in a program and/or session with SVCGC must accept the [Informed Consent and Assumption of Risk Agreement](#) which is available at registration and found on our website.

Gymnast and Parent/Guardian Agreement

All gymnasts and parents/guardians will be required to sign at registration.

As a Gymnast of the Swan Valley Cheetahs Gymnastics Club:

- I have read and discussed the Gymnasts' Code of Conduct with my parents/guardians and will abide by it.
- I understand my roles and responsibilities as a gymnast and will follow the information provided in the SVCGC Parent/Gymnast Policies.
- I understand that my behaviours and attitudes will determine if disciplinary actions take place.

As a Parent/Guardian of the Swan Valley Cheetahs Gymnastics Club:

- I have read and understood the Cheetahs Handbook.
- I have read, understood, and will abide by the Parents' Code of Conduct.
- I understand my roles and responsibilities as a parent and will follow the information provided in the SVCGC Parent/Gymnast Policies.
- I understand that my behaviours and attitudes or my child's behaviours and attitudes will determine if disciplinary actions take place.