

Taiso Gymnastics Club

Competitive Handbook

2024-2025



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1 Welcome

Welcome to the 2024-2025 Taiso Gymnastics Club Competitive season and congratulations to our new athletes that have been invited to take part in our competitive program. We are looking forward to an exciting year!

This handbook contains guidelines and information that each member and his/her family will need to know for the year.

Please read through the handbook carefully so you don't miss anything. If you have any questions, don't hesitate to ask!

2 History of Taiso

Taiso Gymnastics was founded in 1979 by Dr. Keith Russell. At the time, there were two large gymnastics clubs for the women in Saskatoon, but nothing for the men.

The club started with 6 male gymnasts the first month and had more join within the first year. With the help of a parent group, each year there were more classes added, and the club gradually gelled from parents' auxiliary group to full-fledged parent administered club.

Taiso shared the Rawson Room at the University of Saskatchewan with the university athletes. The college was very happy to give the club free rent in return for the club buying equipment that the university used and supplying a training ground for the college's Physical Education students.

Since its inception, the club has grown out of multiple facilities to our current 15,000 square foot building on Quebec Avenue.

In the last 43 years Taiso has evolved to include recreational gymnastics and Women's Artistic Gymnastics. Through great leadership, coaching and programming we have grown from the original athletes to over 1200 athletes through the 2021-2022 season.

Taiso Gymnastics has been home to many Provincial Champions, Western Championship team members, National team members, Commonwealth Games team members, World Championship team members and has had 3 Olympic team members.



Fun Fact– the word Taiso means gymnastics in Japanese. Keith gave the original athletes words meaning gymnastics in several different languages (Torna, Turnen, Gymnasika etc). Together they chose Taiso and created a legacy!

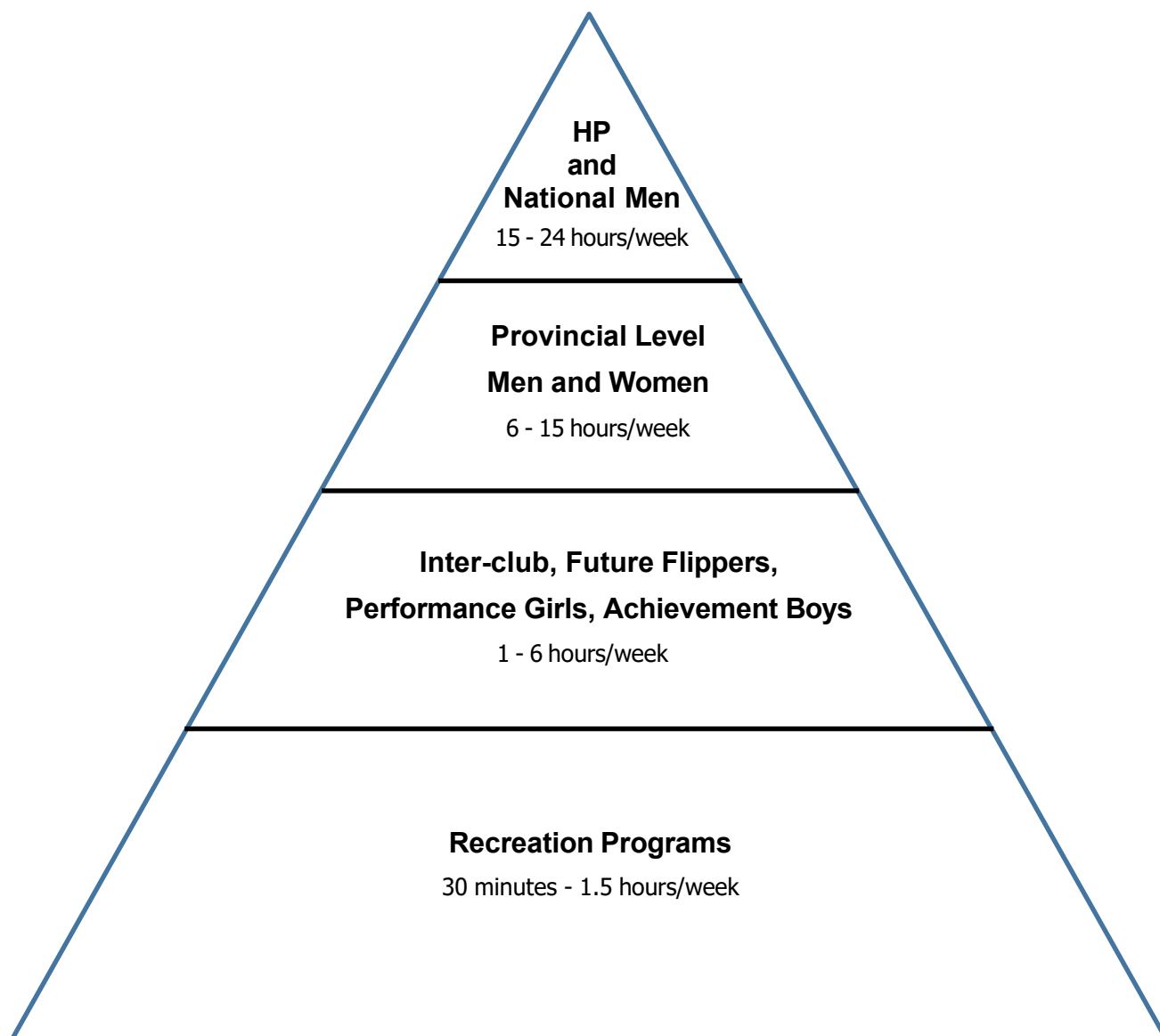
3 About the Competitive Program

Taiso is proud to train many different levels of competitive artistic gymnastics. We are one of very few men's gymnastics programs remaining in Saskatchewan, and the only club in Saskatoon that offers both men's and women's competitive programs.

We aim to offer fun and safe gymnastics focusing on the overall development of the athletes through the sport of gymnastics.

We will provide challenging and progressive instruction in a supportive environment. We hope to build strong gymnasts both mentally and physically.

While there is an emphasis on our men's program, we strongly feel that every program and every athlete is important and valued. We want to help all of the athletes achieve their goals.



4 Men's Artistic Gymnastics (MAG)



The Taiso MAG Program is a competitive provincial though high-performance program based on technical proficiency, building a love for the sport while achieving successes, no matter the level.

There are 6 events that are competed in the MAG discipline. These are Floor, Pommel Horse, Still Rings, Vault, Parallel Bars, Horizontal (High) Bar.

The Taiso MAG program has three programs that are used for the athletes – Developmental, Provincial Stream and National/ High Performance.

We aim to help all athletes reach their goals through fun, positive and knowledgeable coaching.

Developmental

The MAG developmental program is designed to help the athletes grow and develop in their strength, flexibility and technique. They will do the same routines as the Provincial 1 level; however, it will be considered interclub, they will not be ranked against each other. The developmental level is designed to make it an easier transition into the provincial program.

Athletes will work on basic skill development, to give them a solid base for any future programs they are in. We will emphasize fundamentals and progressions in a positive, fun and constructive manner, helping them learn, improve and develop into strong gymnasts.

Interclub athletes may be given an opportunity to compete this year. This opportunity will be given to athletes who are old enough, have shown proficiency in their routines, have demonstrated a good work ethic and have shown proper training and competition behaviors.

Provincial Stream

The men's Provincial Stream is designed to prepare and develop athletes at a provincial level. The program is used Canada wide. There are 5 levels within the provincial program.

Coaches will make decisions on levels based on skill development, proficiency in those skills, work ethic, and future development. Most athletes will spend at least two years in a level— the first to learn, the second to master with confidence.

Athletes may be given the opportunity to compete in and out of the province. This opportunity will be given to athletes who old enough, have shown proficiency in their routines, have demonstrated a good work ethic and have shown proper training and competition behaviors.

Select athletes may be given the opportunity to travel internationally for training camps or competitions

National and High Performance

Select athletes will be given the opportunity to train at a national or high-performance level. These athletes will compete across Canada, with some given the opportunity to travel internationally for training camps or competitions.

5 Women's Artistic Gymnastics (WAG)

The Taiso WAG Program is a competitive provincial level program based on coaching athletes to technical mastery, long term love of the sport, and individual successes.

There are 4 events that are competed in the WAG discipline. These are Vault, Uneven Bars, Balance Beam and Floor.

The Taiso WAG consists of CCP Interclub 1, 2 and 3, Provincial levels CCP 3 and XCEL Gold, Platinum and Diamond. There is a new Sapphire level that is currently being trialed. If and when it is offered in Canada, it will be added to our program as well.

We strive to help all athletes reach their goals through fun and positive coaching. We believe in a healthy balance between home life and gym life, and this is reflected in the number of hours we have athletes training. To ensure this healthy balance is maintained, our program will offer a maximum of 12 hours per week of competitive training.

Interclub (CCP 1, 2 and 3)

The WAG program uses a progressive approach to building a strong technical understanding of compulsory skills with an emphasis on making the learning process fun. The goal of compulsory levels is to work towards strong technical mastery and performance of the foundational skills of gymnastics. At this level, athletes will work toward a mastery of foundational skills with consistency and artistry. The Interclub athletes are not ranked against each other. They will receive ribbons for each event, and an all-around medal based on their scores and ranges developed by GymSask.

Provincial Stream (CCP 3, XCEL Gold, Platinum and Diamond)

The WAG program uses a progressive approach catered to each athlete using a strong understanding of basic skills to work towards mastery of higher-level skills. The goal is to have a strong technical proficiency of all levels special requirements and be able to perform the elements with confidence and artistry prior to moving to the next level. Most athletes will spend at least two years in a level— the first to learn, the second to master with confidence.



6 Fees

Hours/week	Yearly Training Fee	Monthly Installments	GymSask Fee
4 hours	\$2124.00	\$177.00	\$94.00
6 hours	\$2808.00	\$234.00	\$94.00/ \$166.00 – ask office
9 hours	\$3180.00	\$265.00	\$166.00
12 hours	\$3828.00	\$319.00	\$166.00
15 hours	\$4500.00	\$375.00	\$166.00
17 hours	\$5280.00	\$440.00	\$166.00
24 hours	\$5604.00	\$466.00	\$320.00
Graduated Athlete	\$2808.00	\$234.00	See Office

Training Fees

The competitive program is a 12-month commitment, for all groups, running from September 1, 2024, to August 31, 2025. The fees are calculated based on yearly hours, with an option to pay monthly. Actual hours in any given week/month may vary according to training demands, competition schedules, statutory and civic holidays, school breaks or coach absences. This includes the change in summertime training hours from the regular training season and full / partial weeks off training as these times off are included in the calculation of the annual fees. Training will not be offered on civic or statutory holidays, except as planned by the Head Coach. Monthly fees should not be considered a guarantee of the number of training sessions. In the event an athlete has missed multiple training opportunities due to class cancellations, the Head Coach and board will evaluate whether make up hours or credit is appropriate on a case-by-case basis.

Athletes whose hours are changed by the Head Coach throughout the year will pay a new fee for the rest of the year - in effect the date they change training hours. This may include a change in the amount of the GymSask fee.

Summer camps are offered in July and August to all athletes. Athletes may attend as many of these camps as they choose to but are recommended to attend a minimum number of weeks to maintain their abilities. Fees will not be prorated or waived if an athlete chooses or is unable to train in the recommended number of camps due to other commitments. There will be additional fees for additional camps above the recommended number.

Members must be in good financial standing with the club in order to keep training and be allowed to represent Taiso and/or Gymnastics Saskatchewan at various events. Athletes may not be allowed to train with fees outstanding. We will make every effort to provide members with information on outstanding fee balances, however it is the responsibility of each member to be aware of current outstanding fee balances and provide payment in a timely fashion. In cases of financial hardship, a family may approach the Competitive Administrator to make special consideration or arrangements. It is important that families stay in contact with the Competitive Administrator throughout.

Fee Changes throughout the year

All Fees are subject to change as provided notice by the club. In the unlikelihood of fee changes, increases to fees for any circumstance will be communicated at least 60 days in advance. Reductions, refunds or credits will be communicated once approved by the board.

Graduated Athlete

A graduated athlete is an athlete who is graduated from high school, who wants to keep up with their training, but not necessarily compete. They can come in while their peers are training, or during off hours, if the gym is open.

Fees are reduced as they don't always have access to a coach. They have commitments and requirements as other competitive families; however, their required hours are different and outlined below.

Graduated Athletes who are receiving the reduced rate are responsible for:

- Training 1—10 hours with the purpose of competing, and not using many coach hours, mostly training on own- **15 hours of volunteer work required.**
- Training 1—15 hours with the intention of competing, are training regularly with a group - **30 hours of volunteer work required.**
- Training 16—24 hours with the intention of competing, are training regularly with a group - **50 hours of volunteer work required.**

GymSask fees vary, depending on whether they are training to train (\$94.00), or training to compete (Provincial \$166.00, National \$320.00).

Family discounts do not apply to the graduated athletes.

Gymnastics Saskatchewan Fee

GymSask membership fees are an annual fee, due to be renewed September 1, 2024. This fee allows GymSask to provide member clubs with insurance, athlete funding, coach training and more. Fees are based on the level of athlete participation and are set by GymSask. The fees are payable to Taiso Gymnastics Club. Should your athlete change in participation level during the year, the fee difference will be required at the time of change. This fee must be paid prior to commencement of training.

Floor Routine Fees

Xcel level floor routines will be \$100.00. Included in this will be music cutting, choreography and 2 x 1 hour privates to learn the routine.

Fee will be payable to the coach.

Routines are usually done every two years.

You will receive information early in the season if your athlete will be getting a new routine this year.

7 Payment Options

Members can choose to pay their yearly fees in one payment at the beginning of the year, or monthly payments. Arrangements for payment must be made at the time of registration. Fees must be received on by the 1st (or 1st business day) of the month of the athlete's training period unless otherwise pre-arranged with the club. All late payments and NSF returns will be subject to a club charge at their posted late fee/NSF rate.

Payments can be made with the following methods:

Automatic monthly withdrawal - arranged through the office. Payments will be withdrawn on the first of each month.

Credit Card - arranged through the office. We will set up a pre-arranged payment plan whether monthly, or in a lump sum, to be made at the time of registration. There will be a 2.5% fee added to each transaction. If monthly, you will be charged around the 5th of the month. Credit Card information will be kept on file in the office and will be manually entered on or shortly after the 5th of the month.

E-Transfer - arranged through the office. We will set up a pre-arranged payment plan, whether monthly, or in lump sums, to be made at the time of registration. E-transfer to be sent to office.taiso@gmail.com with the athlete's name in the message section. It is the family's responsibility to send it on the arranged date to avoid late fees.

Debit - arranged through the office. We will set up a pre-arranged payment plan, whether monthly, or in lump sums, to be made at the time of registration. It is the family's responsibility to send it on the arranged date to avoid late fees.

Cheque - post-dated cheques to be handed in at time of registration

Cash - arranged through the office. We will set up a pre-arranged payment plan, whether monthly, or in lump sums, to be made at the time of registration. It is the family's responsibility to send it on the arranged date to avoid late fees. Receipts will be given.

Outside Funding and/or Grants - families can research and apply for outside funding. There are options available through GymSask (Gymnast First Grant), KidSport, Jump Start (Canadian Tire), and the Help One Foundation. Office staff can assist if needed.

Grants and/or financial assistance will be applied upon receipt of payment. Payments may be divided between the remaining months. Grant payments will only be applied as credit to your account. They will only reimburse the family with approval from the board.

Note: Taiso has a late fee and/or NSF fee of \$30.00

8 Family Discounts

If a family has two or more athletes registered in the competitive program, they are entitled to a family discount. Discounts are determined by ranking the athletes in order of competitive stature from the highest (first) to the lowest. The discount is taken from the lower of the athlete's fees.

This is only applied to training fees, not GymSask fees, competition fees, or uniform fees.

If the additional child is registered in the recreational program, they are not eligible for these discounts. Similarly, if the additional child is registered in another competitive program at another club, they are not eligible for the discount.

Discounts are as follows:

Second child - 15% off training fees lowest training fee

Each additional child - 10% off training fees lowest training fee

9 Withdrawal from the Competitive Program

We understand there might be extenuating circumstances which may be the cause for an athlete's withdrawal. Members intending to withdraw from the program must provide written notice to the Competitive Administrator **ONE FULL CALENDAR MONTH IN ADVANCE (on the first of the month)**. Fees are due in full for the final month. Copies of the written notification will be placed in the athletes file by the Office Administration.

Cleaning and/or volunteer hour cheques may be cashed, withdrawn, or charged to your credit card if there are outstanding volunteer hours, assigned cleanings remaining

10 Loss of Training Due to Illness or Injury

If there is an injury or illness that will not allow an athlete to train for a period of more than two weeks, the family may submit to the board medical documentation and a request for a fee waiver. The note must be provided by the family doctor or a registered service provider, such as a physiotherapist. The Board will evaluate whether a reduction in fees is appropriate on a case-by-case basis.

We do not offer reductions to fees for athletes that are in quarantine or isolation.

Do not bring your child if they are sick.

11 Birthday Parties

Taiso's competitive athletes are eligible for a special birthday party credit of \$100.00. Once you book your time through the website, contact the office, so we can apply your credit. You can choose to book at the different participant levels, but your credit will remain \$100.00, and you will pay the difference. Parties must be booked during regular party times.

12 MAG Attire

Training

Male gymnasts are expected to train in shorts, bare chest or close-fitting shirt, and bare feet.

Baggy clothing will not be permitted.

We would like to see the athletes training more in singlets and gym shorts for a few reasons - first, it makes the athletes more comfortable wearing them for their competitions. And secondly, long shorts and baggy tops become a safety hazard when spotting and often get caught when doing their skills on the equipment

Long hair should be in a ponytail.

Jewelry such as watches and necklaces must be removed—this includes Fitbits.

All provincial, national, and high-performance level gymnasts will be responsible for having high bar and ring grips, straps and wristbands— your coach will let you know when they would like you to have these. It is also good practice to have athletic tape (hockey tape).

Competition/Evaluations/Showcases

Team uniforms are mandatory for athletes attending competitions.

Provincial, National and High-Performance gymnasts will require shorts, longs and a singlet. Costs of uniforms will be invoiced to the athlete.

Interclub uniforms will consist of a singlet and shorts. Costs of uniforms will be invoiced to the athlete.

We are currently purchasing DNA Performance Wear. Suits are usually redesigned every 2 or 3 years. Taiso will set up a date to do a sizing and order each year for those needing suits for the year. The suits are up for renewal this year.

We will be doing sizing and ordering in the fall for new athletes and those needing a suit.

Athletes will also require a track jacket to be worn at the competition. They are usually renewed every 3 years. We will be renewing these for the 2024-2025 season.

We will be doing sizing and ordering in the fall.



13 WAG Attire

Training

Female gymnasts are expected to train in a leotard and bare feet. They are welcome to wear leggings or tight-fitting athletic shorts.

Baggy clothing will not be permitted.

Hair must be pulled back.

Jewelry such as watches and necklaces must be removed—this includes Fitbits.

Provincial level gymnasts will be responsible for having grips, straps and wristbands – your coach will let you know when they would like you to have these. It is also good practice to have athletic tape.

Competition/Evaluation/Showcase Suits

Team uniforms are mandatory for athletes attending competitions. Provincial level gymnasts will require a competition leotard. The cost of leotards will be invoiced to the athlete.

Interclub athletes will require a leotard. The cost of leotards will be invoiced to the athlete.

The WAG Leotards are not up for renewal for the 2024-2025 season. We are currently purchasing our suits from GymGear. We will be doing sizing and ordering in the fall for new athletes and those needing a suit.

Athletes will also require a track jacket to be worn at the competition. They are usually designed every 3 years. We will be doing sizing and ordering in the fall for those needing jackets. We will be renewing jackets in the 2024-2025 season.



14 Competitions



Competitions act as a motivator for year-round training. It encourages the athlete to not only focus on higher level skills, but technique and presentation.

Taiso uses compulsory levels to develop basic routines and skills. They are very progressive to enforce quality execution.

As athletes improve and grow their skill base, they will move into optional routines in the higher levels.

Athlete competition levels are determined by the coach, program assistant head coach and head coach. We will not place a child in a competition level where we do not feel they will be successful.

Competition schedules will be set by the program coordinator and head coach. A draft schedule of events/competitions will be available by November. Changes will be made to this schedule as they occur or are needed.

Please report any medical problems in a timely fashion, when such problems may limit ability to travel, practice, or compete.

Competition Entry Fees

Competition entry fees are the responsibility of the family. Fees typically range from \$120.00 - \$150.00. Fees are set by the host club.

You will be invoiced in advance for each individual competition your child has been selected to attend. These invoices must be paid **prior to the deadline set by Taiso** for your child to be registered. If the deadline is missed, registration may be subject to a late fee, or the athlete may not be able to compete at that competition.

If an athlete must pull out of a competition for which they have been registered, it is at the discretion of the host club whether they will issue a refund. Athletes may be asked to provide a doctor's note.

Athlete Travel Expenses

Unless otherwise communicated, athletes are responsible for their own travel and accommodation to and from the competition. You may consider coordinating with other families to keep costs down.

Coach Travel Expenses

Travel and accommodation costs for the Taiso coaches will be divided between the athletes attending the meet. This will be invoiced to the families once all the costs have been calculated.

15 Family Commitments

Taiso is a non-profit organization. The fees that the gym generates are only a portion of what is needed to cover the costs of rent, utilities, coaches, supplies, equipment, and facility maintenance. Your participation and donation of time and skills is required to help us function efficiently, keep our facility clean, acquire and upgrade equipment and facilities, and keep fees at a reasonable level.

Cleaning

Families can choose to either participate in or buying out their cleaning commitments

-- Participation in Cleaning --

Each family signs up for 1 week, cleans **4 times** throughout their week (Monday – Sunday), approximately 1.5 hours each time for a total of approximately 6 hours of work per week.

Cleaning requirements do not count towards your volunteer hours

Families will have the opportunity to sign up for both the weekly cleaning and work bees at time of registration otherwise weeks will be assigned. First come, first serve.

If families are unable to clean during their time slots, it is their responsibility to trade or make arrangements to cover your week. If they pay someone to do their cleaning for them, the recommended amount is \$120 (6 hrs x \$20). Families must communicate with the office and/or cleaning coordinator of their arrangements.

Ideal times to clean - daytime or evening after rec programs are done/during drop in hours.
Any vacant cleaning time slots (6-hour value) will be supported by volunteer hours.

Security Cheques:

Must provide **1 cleaning security**, \$150.00 each, dated February 28, one for the weekly cleaning. If a family does not complete their cleaning duties, they will be notified, and their cheque will be cashed on or after February 28 **OR** submit your signed security deposit form to allow us to add to your next payment.

-- Cleaning Buyout --

A family can choose to be excluded from the cleaning commitment at the time of registration only.

Payment must accompany notice of intent to buy out.

Cost of buying out of cleaning commitment is \$150.00

Volunteering

Families can choose to either work their volunteer hours, or buyout. There will be many opportunities to volunteer at or on behalf of Taiso throughout the year. Please watch your emails for these opportunities.

-- Participation in Volunteering --

Hours required are:

0 - 5 training hours/week or lower - 10 hours

6 - 10 training hours/week – number of training hours + 10 hours

11 training hours/week or higher - number of training hours + 15 hours

If multiple athletes, each family is responsible for the number of hours of the child who trains the most hours.

Cleaning does not count toward your required hours—unless you are doing an extra cleaning.

Committee works have a set number of volunteer hours associated with the position. Job descriptions for each coordinator/assigned job will be provided for direction and expectations. We will have sign up for any vacancies for these positions at registration.

Committee Jobs:

Cleaning Coordinator - 15 hours

Lost & Found - 10 hours

Recycling – 10 hours

Fundraising – 15 hours

Sponsorships - 15 hours

Photography - 20 hours

Power in the Prairies Committee members:

Volunteer Coordinator - 15 prep hours plus hours worked

Hospitality Coordinator - 15 prep hours plus hours worked

Concession Coordinator - 15 prep hours plus hours worked

Results - 15 prep hours plus hours worked

Silent Auction/ Raffle - 15 prep hours plus hours worked

Sponsorship - 15 prep hours plus hours worked

Athlete, Coach and Judge Gifts - 15 prep hours plus hours

Reporting hours:

No slips to fill out

The office will record hours.

For events such as PIP, the office/volunteer coordinators will manage recording volunteer hours

Statements of volunteer hours sent to families after PIP and at the end of June. You can request your hours anytime.

If more than one family member can productively participate in a volunteering capacity, each person's hours will count towards the family's volunteering requirements. For example, the parent works as a scoring table tabulator and the child works as a score flasher. Each volunteer needs to sign up for a time slot, bringing a child to share in a job does not count as double hours.

There will be many opportunities to earn hours throughout the year. These opportunities include things like hours during PIP (March 7—9, 2025), our interclub meet (May 24-25, 2025), fundraising sort and pickups, raffle donations, gym maintenance. It is important to watch your email for these opportunities.

Each family choosing to work their hours must provide **1 volunteer cheque** for the full amount of your monthly training fee, or highest monthly fee when there are multiple athletes, dated August 31, 2025, OR your signed security deposit form.

We will work with you to ensure that you get your hours done.

If a family does not complete their volunteer duties they will be notified, and their cheque will be cashed on or after August 31, 2025.

-- Volunteer Buyout --

A family can choose to be excluded from the volunteer commitment at the time of registration only.

Payment must accompany notice of intent to buy out.

Cost of buying out of volunteer commitment is equivalent to one month of training fees. For families with multiple athletes, it is the highest fee.

2025 Power in the Prairies (PIP) - March 7—9, 2025

The Power in the Prairies is an annual competition that our club hosts.

Hosting these meets is a big undertaking, and a major source of revenue. Because of this, we are requiring member participation.

Each family is required to work a minimum of 5 hours at PIP or provide the equivalent in donations.

There is no option to buy out of this commitment. ALL FAMILIES HAVE TO FULFILL THE COMMITMENT THIS MEET - REGARDLESS OF BUYING OUT OF YOUR VOLUNTEER COMMITMENTS

These hours count towards their total volunteer hours worked in a year.

Each time slot, or donation will count towards hours.

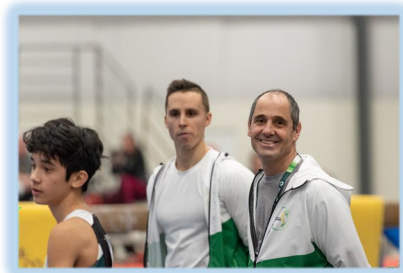
Security Cheque of \$100.00 dated March 5, 2025, must be provided at time of registration. If your commitment is not fulfilled, the cheque will be cashed immediately following the meet.

Fundraising

Fundraising activities will take place throughout the year. It is completely voluntary; however, you will receive a credit for 20% of your profit toward your gym account.

Fundraisers this year may include Mom's Pantry, 50/50 raffle, Little Caesar's Pizza, DeSimone's Fruit, Purdy's, Mother Earth Greenhouse, Prairie Meats and/or a liquor raffle.

16 Staff of Taiso Gymnastics



Head Coach - Markos Baikas
Executive Director - Debbie Buchan
MAG Assistant Head Coach - Mykola (Kola) Prostorov
WAG Assistant Head Coach - Nadiia Prostorova
Recreation Director and Program Coordinator - Tracy Fish

17 Competitive Coaches

MAG

Markos Baikas
Kola Prostorov
Kelsey Berscheid
Dylan Anderson

WAG

Nadiia Prostorova
Kylie Buchan
Kate Mantyka



18 Current Executive

President – Stacey Tillmanns
MAG Vice President - Colin Hoeft
WAG Vice President - Peter Royer

Treasurer– Kaleena Becker
Secretary - Cara Deobald
Member at Large – Justin Matheson
Member at Large - Al Boutin



19 Governance of Taiso

Taiso is a non-profit corporation incorporated under The Non-profit Corporations Act of Saskatchewan. It is run by a volunteer Board whose directors are elected by the members of the club. The governance includes decisions concerning club policies, club finances, and issues arising thereof. The Board consists of an executive:

- President (2-year term elected in odd-numbered years)
- MAG Vice President (2-year term elected in even-numbered years)
- WAG Vice President (2-year term elected in even-numbered years)
- Secretary (2-year term elected in odd-numbered years)
- Treasurer (2-year term elected in even-numbered years)
- Member at Large - two positions available (1-year term)

In addition to the executive Board members, there are other non-executive director positions elected at the AGM. Directors are required to put Taiso's interests ahead of individual athletes. Taiso is administered by paid staff including the Head Coach, Executive Director and Recreational Director. Throughout the year policies may be revised or developed as the need arises.

More information on the nomination process and open positions will be available soon.

Members of the executive receive an automatic assignment of volunteer hours – please consider volunteering to act on the Board in some capacity! It is extremely important to have all competitive levels represented on the Board as well as for long term continuity. Other Board positions offer additional opportunities to earn volunteer hours. Regular board meetings are held the first Thursday of every month, and members are invited and encouraged to attend.

The club holds an AGM every year on the first Thursday in October, and it is expected that all families will attend. Volunteer hours will be earned for attendance (per family).

THIS YEAR'S AGM WILL BE HELD:

Thursday October 3, 2024

7:30 pm

Location TBD

The meeting will be in person only.

Communication

Coach, parent, and athlete communication is an essential part of running a successful competitive gymnastics program. Here at Taiso we encourage open communication among all parties. The following are ways to help keep the communication strong:

- All families will receive the majority of communication material via email. Please supply all email addresses to which you wish to receive club correspondence.
- Please notify the coach or contact the gym if your child will not be at a training session.
- For general calls please use 306-664-7050 (Competitive line).
- Email us at office.taiso@gmail.com (Competitive email address).
- Look for news and updates and other fun things on our website www.taiso.ca.

IF YOU HAVE CONCERNS...

It is very important to let us know if you have a concern. We cannot help if we don't know there is a problem.

Step one: talk to your coach. We know this can be uncomfortable at times, but it is very important.

Step two: talk to MAG or WAG Assistant head coach (MAG - Kola, WAG - Nadiia)

Step three: talk to Head Coach (Markos)

Step four: talk to the Executive Director (Debbie)

Step five: talk to the Board of Directors

- Please bring concerns of harassment or bullying to your child's coach. Harassment and bullying will not be tolerated and will be dealt with in accordance with Taiso's bullying policy.
- If, after all attempts at communication and resolution have been exhausted, your concern is not resolved, you may submit a formal complaint under Taiso's Discipline and Complaints policy.

When you do connect, the following tips for a positive conversation may be of value:

- Give some thought to Right time, Right Place, Right way
- Deal with issues in a timely way (Discussions about what happened months ago are less productive than more current)
- Focus on facts
- Keep an open mind to the perspectives of others.

21 Privacy Policy

Taiso Gymnastics Club has a privacy policy. This can be obtained through the Taiso Gymnastics Club Office.

Purpose of this Policy:

Privacy of personal information is governed by the *Personal Information Protection and Electronics Documents Act* (“PIPEDA”). This policy describes the way that Taiso and Gymnastics Saskatchewan collect, use, retain, safeguard, disclose, and dispose of personal information responsibly. This policy is based on the standards required by PIPEDA, Taiso, and Gymnastics Saskatchewan’s interpretation of these responsibilities.

Members are not permitted to take photos or videos of other athletes without prior consent from Taiso Gymnastics or the athlete’s family.

22 Safe Practices for Illnesses

Taiso Gymnastics Club and our coaches work very closely with all the athletes. We send athletes and coaches to competitions and training camps. It is very important to keep all our members healthy.

Please do not send your athletes if they are sick. If they were too sick to go to school, they would be too sick to come to gymnastics.

Please keep them home until they are no longer showing symptoms or are no longer contagious.



23 Code of Conduct

Taiso has adopted GymSask's model Code of Conduct. Taiso's Code of Conduct is available at the office. On top of the Code of Conduct, the following lays out Taiso's primary expectations of athletes and families. All athletes will be expected to sign an acknowledgement of these expectations at the time of registration.

Taiso Expectations for Athletes

- Athletes are expected to be on time and ready for all training sessions and picked up on time at the end of each session.
- Athletes who arrive early for classes are not to go onto the floor until invited by the coach.
- This is not a play area or play time.
- Supervision before and after class is the responsibility of the parents.
- Athletes are expected to dress appropriately, focusing on neatness, cleanliness and discretion.
- Athletes can use the lockers for personal effects and equipment. No personal belongings or food are to be left in the changing rooms. Locks are the responsibility of the athlete. The athlete is responsible for keeping the locker clean.
- Competitive training sessions will have snack breaks at the discretion of the coach. Please bring a **light nutritious snack** (e.g.: fruit, vegetables or power bar).
- **PLEASE BRING NUT AND PEANUT-FREE SNACKS! Our gym is a nut-free environment.**
- Snack breaks are only 5-10 minutes. Please do not send any large or messy snacks.
- Water in a water bottle is the only drink the athletes need when training.
- Athletes must clean up after themselves in the locker room and bathrooms; all waste and paper towels must be placed in the waste bins.
- Please flush the toilet after using (seems like a simple thing, but it is often overlooked).
- **Always** wash your hands after using the washroom.
- Cell phones are **NOT** permitted in the gym training area. Please leave them in your locker.
- Respect coaches, parents and other athletes.
- Act in a sportsmanlike manner and not display appearances of violence, foul language, or gestures to other athletes, officials, coaches, or spectators.
- Respect the property of others and do not willfully cause damage.

Taiso Expectations for Parents

In addition to the athlete expectations:

- Parents are **NOT** allowed on the training floor – this area is strictly for coaches and athletes. The exception may be meets, volunteer or cleaning events, awards ceremonies, and at the invitation of the coach.
- Drop off and pick up your athlete on time.
- Parents may not ask the judges about scores.
- Taiso's bleachers are for parent viewing. Please respect our gym and its members; foul language, verbal or otherwise, will not be tolerated.
- If you wish to stay to view your child's training, please consider giving some extra time to help our club: Tidy up the viewing area, take out the garbage, or clean the windows. Every extra bit is appreciated!

Parents are expected to:

- Encourage athletes to play by the rules and to resolve conflicts without resorting to hostility or violence
- Condemn the use of violence in any form
- Never ridicule a participant for making a mistake during a performance or practice
- Provide positive comments that motivate and encourage participants continued effort
- Respect the decisions and judgments of officials and encourage athletes to do the same. Feedback on competition performances is provided by officials only to the coaching staff, so parents are encouraged to discuss any questions with your athlete's coach
- Recognize that officials, executives and staff act in good faith, and in the best interests of the athletes and sport as a whole
- Respect the decisions and judgments of officials, and encourage athletes to do the same
- It is not appropriate to question an officials' or staffs' judgment or honesty regarding levels, scores, or other athletes.
- Support all efforts to remove verbal and physical abuse, coercion, intimidation and sarcasm
- Respect and show appreciation to all competitors, and to the coaches, officials and other volunteers
- Refrain from the use of bad language, nor harass competitors, coaches, officials, parents/guardians or other spectators

If the conduct of an athlete's parent is disruptive or disrespectful to other athletes, club members, coaches, meet officials or volunteers, the Taiso Board of Directors will investigate the incident to determine the appropriate corrective measures. This could range from a verbal or written warning to a training suspension of that parent's athlete and/or banning of that parent from the club and competitions and in the most extreme cases removal from the Competitive Program.

24 Notes and Questions

