



2024-2025

Team IGC

Welcome to the 2024-2025 Team. The coaching staff at IGC is looking forward to a great year. Our 2023-2024 Season was one of our best yet. During the 2023-2024 gymnastics season, we shared countless laughs, pushed the athlete's limits through rigorous training, acquired countless new skills and enhanced our competitive performances. This made for a memorable year. We had athletes qualifying for Alberta Winter Games, IGC first ever podium finish at provincial & championships. We are so thankful to be a part of these athletes' lives and can not wait to see what the future holds.

We have lots of new things for 2024-2025!

"Gymnastics demands so much of our time. we train all week and travel and compete on weekends. The people you're surrounded by really become your second family, your best friends, your sisters."

Amanda Borden, USA gymnastics Team Captain.

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Meet Your Coaches

Michelle Jaffray: Senior Olds



- Competition 1-3 Certified (CCP 1-10, National, Xcel Bronze—Sapphire)
- Gymnastics Foundation Certified
- Active Start Certified (athletes under 6)
- Level 2 Trampoline Certified
- First Aid Certified
- AGF CCP 1-9 Judge
- AGF Xcel Bronze to Sapphire Judge
- 25 Years of coaching experience
- 15 Years of Judging experience
- AGF Provincial Committee Member

Jen Jardine: Novice (C) & Sophomore



- Competition 1-2 Certified (CCP 1-8, Xcel Bronze-Diamond)
- Gymnastics Foundation Certified
- Active Start Certified (athletes under 6)
- Level 2 Trampoline Certified
- First Aid Certified
- AGF Xcel Bronze to Sapphire Judge
- 13 Years Gymnastics Coaching
- 25 Years Multi Sport Coaching
- Bachelors of Kinesiology & Education from the University of Lethbridge

Kia Waiting: Senior & Sophomore



- Competition 1-2 Certified (Level 1-8, and Xcel Bronze to Diamond)
- Gymnastics Foundation Certified
- Trampoline Foundations Certified
- Active Start Certified (athletes under 6)
- First Aid Certified
- AGF CCP 1- 6 Judge
- AGF Xcel Bronze to Sapphire Judge
- 7 Years of coaching experience,
- 4 Years of judging experience

Kennedy Jaffray: Novice Olds



- Competition 1 Certified (Level 1-7, Platinum)
- Gymnastics Foundation Certified
- Trampoline Foundations Certified
- First Aid Certified
- AGF CCP 1-5 Judge
- AGF Xcel Bronze to Sapphire Judge
- 5 years of coaching experience
- 2 years of judging experience

Abigail Allen: Jr & Novice (C)



- Gymnastics foundations Certified (Level 1-5, Bronze-Gold)
- Competition 1 Trained (Level 6-7, Platinum)
- Active Start trained (athletes under 6)
- First Aid Certified
- GF Tramp Trampoline Trained
- AGF Xcel Bronze to Sapphire Judging Course
- 9 yrs competitive & Rec coaching experience

Ferryn Provencher: Jr Olds



- Gymnastics Foundation Trained (Level 1-5, Bronze-Gold)
- Trampoline Foundations
- First Aid Certified
- AGF Xcel Bronze to Sapphire Judging Course
- 10 years of competitive gymnastics
- 3 years of coaching experience



NEW to 2025

1. Registration Fees

NEW to 2024-2025

- a. All Team Event Fees
- b. Competition Fees
- c. Team Expenses

2. Committees

We have grouped events/committee's by **Team IGC Training Group**.



2024-2025 Team Committees

Senior Team — Hay City Classic (March 6-9, 2025)

Sophomore Team — Hay City Classic (March 6-9, 2025)

Novice Olds — Awards Night (TBD -End of May 2025)

Novice Carstairs — Winter Warm up Meet (December 13-14, 2024)

Junior Olds — Team Christmas Party (December 14, 2025)

Junior Carstairs — Team Christmas Party (December 14, 2025)

*More information will be distributed at the Pre Season Parent Meetings, but

****Please plan to have those weekends available*

3. Team Manager

As we are growing, we need some assistance in relaying and providing our Information. Below is a small description of what our Team Managers will be doing for our Groups.

TEAM IGC GROUP MANAGER

We are excited to introduce a new role in our TEAM IGC groups. This individual will serve as the main contact person for the assigned Team IGC Group, ensuring smooth communication and organisation within the team.

Key responsibilities include:

- a. The team manager will be a parent of an athlete in your Training Group
- b. Answering parent questions and providing timely information.
- c. Working with Apparel Director — Collecting, sizing, ordering both Team Leos & Jackets
- d. Booking hotels for the Team IGC Group for competitions.
- e. Adding competition times to the team google calendar.
- f. Communicating class changes or competition times to the group.
- g. Updating contact information as needed.
- h. Ensuring all group members are connected via Google Chat.
- i. Emailing competition parent packages to the group.
- j. Acting as a contact between families, coach, and board members.

This role is essential in maintaining clear and efficient communication, helping to create a supportive and well-coordinated environment for our gymnastics families.

Coaches will be reaching out to anyone interested in being their group's Team Manager



4. Team Expenses & Events

a. Expense Fees:

Unfortunately with the growing Team IGC athletes. We will be adding a Team Expense — this is to offset costs associated with their training. This will cover, but is not limited to: Medical Tape, Pro Wrap, Chalk, sliders, ankle weights, skipping ropes and utensils for their supper breaks. Our competitive athletes exclusively use these items.

***The fees do vary for each team's needs. If your child does not have a break during training or is too young for ankle weights etc, we have adjusted this fee accordingly.*

b. Event Fees:

Welcome Day, Team Christmas Party, Awards Nights, Picture Day will be collected in your yearly fees

**** Unfortunately, this will not be refundable if the athlete is unable to attend.*



TEAM IGC 2024-2025

5. Training

Program Duration July 1, 2024–June 30, 2025

- Training days & times are accessible through your Google Calendar.
- **Training Days for Fall/Winter will be confirmed in August**
- Athlete's Attendance Requirements, **75%**
- Failure to maintain your attendance minimum, may result in the inability to attend competitions. *Competition fees will not be refunded

6. Competition Requirements

Included in your required number of competition is our Winter Warm up Meet (December 2024) and our Hay City Classic (March 2025)



Junior - 4-5 Competitions

Novice - 5-6 Competitions

Sophomore - 5-6 Competitions

Senior - 5-7 Competitions *

**(5-7 depending on Competition Level)*

For the 2024-2025 Season, all your competitions will be added to your yearly fees. When registering, you will be able to select what competition you would like to attend for the 2025 Competition Season. We understand that schedules and commitments can change, if you are needed to switch a competition later on, please let your team coaches know ASAP.

7. Communication

Team IGC communication methods will be done by the following three ways:

- a. **Google Calendar** — Your calendar for the 2024-2025 training days, competitions, and events
- b. **Google Chat** — Each Team will have their own Google chat
- c. **Uplifter** — Please insure your email is correct on your account
- d. **Gmail** — Please provide your coaching staff with your preferred Gmail address.

Please download these apps to stay in the know -

Google Calendar and **Google Chat**

*Occasionally, our imagine and uplifter emails end up in your junk or spam folder. Please check this occasionally, so you do not miss out on important information.



****We will be removing Teamsnap, Time Tree, Uplifter and PDF Calendars as of July 1, 2024. *****

Parent Requirements

Yearly Requirements:

If your account is outstanding or any of the following requirements are not fulfilled, your bond cheque will be cashed. Bond Cheques will be Cashed December 30, 2024, March 30, 2025, April 30, 2025, June 15, 2025. If the Bond Cheque is cashed, you will be required to provide a new bond cheque.

1. Bond Cheque:

\$600 cheque, made payable to Imagine Gymnastics Club, please leave the date blank.

- a. **December 30, 2024** — Bond Cheque will be cashed if
 - i. Outstanding Fees — Training/Events or Competitions
 - ii. Minimum fundraising not completed
 - iii. Minimum Volunteer requirements not completed
 - iv. Winter Warm up requirements not completed
- b. **March 30, 2025** — Bond Cheque will be cashed if
 - i. Outstanding Fees — Training/Events or Competitions
 - ii. Hay City Classic requirements not completed
- c. **April 30, 2025** — Bond Cheque will be cashed if
 - i. Outstanding Fees — Training/Events or Competitions
 - ii. Yearly Fundraising is not completed
 - iii. Yearly Volunteer Requirements not completed
- d. **June 15, 2025** — Final Cash Date if any of the above is outstanding



2. Hay City Classic:

All IGC Teams — 1 Set up OR 1 Take down — ASSIGNED by HCC Committee. You will not have a choice, and you will be assigned based on previous experience. In addition to your Set-up or Take-down, you must work the below shifts during the event. **The number of Shifts will be confirmed after Registration for our competition has been completed.**

- a. Jr Teams = 2-3 Shifts
- b. Novice Teams = 4-5 Shifts
- c. Sophomore Teams = 5-6 Shifts + Athlete Help as timers and awards (age 10 and up)
- d. Senior Teams = 5-6 Shifts + Athlete Help as timers and awards (age 10 and up)

3. Winter Warm up:

All IGC Teams — 1 Set up OR 1 Take down — ASSIGNED by Winter Warm up Committee. You will not have a choice, and you will be assigned based on previous experience.

- a. Jr Teams = 1-2 Shifts
- b. Novice Teams = 2-3 Shifts
- c. Sophomore Teams = 2-3 Shifts + Athlete Help as timers and awards (age 10 and up)
- d. Senior Teams = 2-3 Shifts + Athlete Help as timers and awards (age 10 and up)



4. Volunteer Hours:

Must be completed in full May 30, 2025

a. Jr Xcel Teams = **5 hours**

(2.5hrs by Dec 15/24)

b. Novice (2 Days/Week) = **10 hours**

(5hrs by Dec 15/24)

c. Sophomore/Senior (2 & 3 days/week) = **15 hours**

(7.5 hrs by Dec 15/24)

d. Senior (4 days/week)= **20 hours**

(10hrs by Dec 15/24)

5. Fundraising amounts:

Amounts below are the profit to Imagine Gymnastics, Not amount sold

For families with more than 1 child, registered in the Team IGC Competitive Program, the child with the smaller amount of training days, will receive a 50% discount on their fundraising amount.

Must be completed in full by April 30, 2025

a. Junior Teams= \$300

(\$100 due by Dec 15/24)

b. Novice 2 days/week = \$400

(\$150 by Dec 15/24)

c. Sophomore/Senior 2 & 3 days/week = \$500

(\$200 by Dec 15/24 & \$300 by April 15/25)

d. Senior 4 days/week =\$600

(\$250 by Dec 15/24 & \$350 by April 15/25)



NEW to 2024–2025 — No 50/50 Raffle requirement for Team IGC Families!! This is our small thank you for ALL you do for our club and athletes.

Hay City Classic 50/50 – We will have a separate Hay City Classic 50/50, running throughout the HCC weekend. If you would like to use this towards your fundraising amounts above, you are welcome to do so. We know some families find it easier to have this option, as well as our traditional fundraising. All Team IGC athletes purchases made in your child's name, 50% of that amount will be put towards your fundraising. All athletes will be added, however this is **NOT** Mandatory

6. What is needed from parents:

Before your athlete attends their first practice or event with Team IGC for the 2024-2025 Season, the following will be mandatory and required to be completed: ***Parent Meetings, please watch your emails for times and locations.**

- **Registration through Uplifter.** Registration will open **June 12, 2024 and will Close June 21, 2024.** Check the Birthday and spelling of your athlete's name. The way they are registered in Uplifter is how we will register them with Alberta Gymnastics and competitions for the upcoming season.
- **Bond Cheque: Undated \$600.** Bond Cheques will be cashed, If your account is outstanding or any of the above agreed upon requirements are not fulfilled. **Bond Cheques Cashing Dates:** December 30, 2024, March 30, 2025 April 30, 2025, and June 15, 2025.
- **Gmail Email** — We will add you to our Team Chat and Google Calendar.
- **Uplifter Form Acceptance** — Alberta Gymnastics Waivers & PIPA and Team IGC Requirements.



Athlete Training Expectations


- **Set Clear Goals:** Start the season by setting personal and team goals to keep your training focused.
- **Commit to Practise:** Attend all practices and give your best effort, knowing that consistency is key to improvement.
- **Learn New Skills:** Be open to learning and mastering new techniques to enhance your routines and skill set.
- **Work on Flexibility and Strength:** Dedicate time to improve your flexibility and build strength, which are vital for gymnastics.
- **Listen to Your Coaches:** Always listen and apply the feedback from your coaches to refine your skills and routines.
- **Support Your Teammates:** Encourage and support your teammates, as teamwork creates a positive and motivating training environment.
- **Stay Positive:** Keep a positive attitude, especially during challenging times, as this will help you overcome obstacles.
- **Focus on Nutrition and Rest:** Maintain a balanced diet and get adequate rest to keep your body strong and energized.
- **Respect the Process:** Understand that progress takes time and patience, and every small improvement is a step towards your goals.
- **Have Fun: Remember to enjoy the journey and have fun with your teammates, as joy is a key part of sports.**



IGC Policies Overview

****Please note that we are currently reviewing and updating our policy. We will provide all our families with our updated version as well as the Competitive Handbook as soon as it is available. ****

Cancellations & Withdrawal

 Team IGC is an **annual commitment**, therefore, we are unfortunately unable to issue refunds past September 1, 2024. Team IGC is an annual commitment. No refunds will be given after September 1, 2024 unless qualifying circumstances are approved by the board. Refunds require written notice to our Registrar 30 Days prior to Sept 1, 2024 Withdrawal Date. We also can not be refunding any expenses already paid to 3rd parties on your athletes' behalf. After September 1, 2024 — If you withdraw from Team IGC, all yearly fees (Sept 1–June 30) and fundraising will become due in full, plus an administrative fee and any applicable Alberta Gymnastics Federation fees. Please notify the Registrar if you wish to cancel your registration.

Inclement Weather Policy

Inclement Weather As Albertans, we all know how wild the weather can get. IGC cares about the safety of our families and athletes. If travel has been deemed unsafe by local municipalities or law enforcement, we will cancel class. If school has been cancelled due to weather, we will cancel class. When the temperature dips below -30 C (before windchill), we will cancel class. We will do our best to make up any cancelled classes, but depending on the circumstance, that may or may not be possible. If there are cancellations, we will communicate with you using the

contact information on Uplifter. We really hate cancelling gym and try very hard to avoid it, but we are unwilling to risk anyone's safety, especially during a crazy weather apocalypse.

Non & Overdue Payments

All overdue amounts, including outstanding 2023-2024 fundraising and volunteer hours, will be required before registration is permitted. Throughout the 2024-2025 season, if your account is outstanding for more than 30 Days, your athlete will not be permitted to attend Competitions or Team Events. There will be no refunds for missed events, or competition. Please reach out to treasurer@imaginegymnastics.com to make arrangements if needed.

Refunds

In the unfortunate event of an injury, extended illness or other unique medical circumstances exceeding one month, fees may be waived in lieu of lost time. If you find your gymnast in this situation, please submit your written request, and applicable medical documentation, to the Head Coach. Please inform the Head Coach of any injuries incurred as soon as possible, so that it can be documented. Partial month fees will not be refunded. For example, if a gymnast is unable to train for six weeks, then one month's fee will be refunded only. Fees will be due up to, and including, the month of injury. Fundraising & Volunteer Hours due will be calculated based on the number of months attended, including the month of injury.

Credits

Any credits applied to your account expire two calendar years from the date of issue. Any credits will be applied if your account is outstanding.

