
Rhythmic Royals Gymnastics Club



Domestic Development Competitive Program Registration Guide 2023-2024 Season

Welcome to the Rhythmic Royals Gymnastics Club!

Within this registration guide you will find information about the rhythmic gymnastics programs offered by the Rhythmic Royals Gymnastics Club. Rhythmic Royals offers first-class competitive programs for girls of all ages and abilities.



(Photo by Marny Barnes - Vivid Intuition Photography)

The Rhythmic Royals Gymnastics Club is Winnipeg's Premiere club for rhythmic gymnastics, and we are proud to offer the best coaching in the province of Manitoba.

All our coaches are certified under the National Coaching Certification Program and are certified in First Aid and CPR. All of our coaches have also completed the Criminal Record Check, as well as the Child Abuse Registry Check.

Competitive Rhythmic Gymnastics Programs

The Rhythmic Royals offers outstanding first-class competitive programs. The competitive program focuses on developing endurance, strength, flexibility, body technique, fundamental and complex apparatus manipulations while creating choreographies that express the gymnast's character and ability. The time and level of commitment required is dependent on the experience, age and ability of the gymnast. This is in line with the Long Term Athlete Development program (LTAD), which all Gymnastics Canada and RGM affiliated clubs must follow. Coaches assign gymnasts to the appropriate competitive level and training groups. The training programs follow the recommendations outlined by FIG, GCG, RGM, and the Rhythmic Royals.



(Photo by Yu Su)

Throughout the year, competitive gymnasts will participate in several provincial and national competitions, as well as fun performances and displays. Participation in these events is dependent on competition selection criteria and the gymnast's specific goals and objectives.

Competition entry fees can range from \$55.00 - \$130.00 per competition. **Once register for a competition, fees are not refundable.**

Gymnasts are encouraged to compete in the following events for 2023-24 competitive calendar:

- *Rhythmic Royals Winter Display (display only)*
- *Rhythmic Royals Winter Challenge Invitational* **(mandatory for all Royals athletes)**
- *HPTCI Manitoba Cup Invitational* **(mandatory for all Royals athletes)**
- *Sapphires Challenge Invitational*
- *Elite Manitoba (qualification for Western Regional Championships for L3-6 B & C category only)* it is open to other levels as well
- *ARGO Invitational*
- *Western Regional Championships* **for qualified athletes in L3-6 B & C category only**
- *Provincial Gymnastrada (display only)*
- *Provincial Championships* **(mandatory for all Royals athletes)**
- *Optional: Travel to out-of-town competitions*
- *Online competitions – optional*

The exact competitions dates will be set in Fall 2023.

The Rhythmic Royals is recognized for training gymnasts that have consistently ranked high at Provincial and Western Regional Championships.



(Photo by Zdravka Tchonkova)

Rhythmic Royals Club Tracksuits



(Photo by Marny Barnes - Vivid Intuition Photography)

Gymnasts who are eligible and qualify to compete at Western Regional Championships will be required to rent a Rhythmic Royals Club Tracksuit.

The gymnasts should wear these tracksuits ONLY to Western Regional Championships, as part of the competition requirements.

Parents will be asked to submit a \$40.00 tracksuit rental fee (or \$20.00 for the top jacket only) and \$40.00 tracksuit damage deposit (or \$20.00 for the top jacket damage deposit only) with the registration forms at the beginning of the competitive year.

*** Parents will be asked to sign the tracksuit rental policy in a separate attachment**

Rhythmic Royals Tank Tops



(Photo by Marny Barnes - Vivid Intuition Photography)

Royal's tank tops will be available to purchase for all Rhythmic Royals competitive athletes. These tank tops are to be worn to all practices, competitions and displays.

The price ranges approximately from \$55.00 to \$65.00 for a new tank top.

It will be possible to purchase a tank top in September 2023.



(Photo by Kristen Brady)

Equipment and Apparatus

Each competitive gymnast is required to have (purchase) her own apparatus.
Equipment/Apparatus can be bought from other Royals gymnasts or online.



(Photo by Zdravka Tchonkova)

It is important to consult with your daughter's coach before purchasing any new or used equipment/apparatus.

We encourage all our athletes to purchase the FIG approved Venturelli apparatus from the exclusive distributor in Canada

Franca Rhythmic Gymnastics

169 Valmont Crescent, Dieppe, NB, E1A 6J5, CA

Tel.: (506) 859-0304 Email: franca@rogers.com

Website: www.francarg.com

My Gym Bag

Camille Martens & Benoit Lafon

www.mygymbag.net (<http://www.mygymbag.net/>)

INSTA: my.gymbag

fb: My Gym Bag

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INSTA: my.gymbag

fb: My Gym Bag

Insurance

Each participant in the Rhythmic Royals Gymnastics Club must be registered with Rhythmic Gymnastics Manitoba (Rhythmic Royals will register your daughter(s) with RGM upon receipt of this registration package). Rhythmic Gymnastics Manitoba (RGM) is our Provincial Sport Organization that provides each participant with the insurance coverage necessary for our sport.

The fee is as follows:

- **\$63.00** fee for Provincial Stream Competitive Gymnast
- **\$53.00** fee for Interclub Competitive Gymnast

Each gymnast must be registered with RGM to be allowed participation in all provincial displays, as well as provincial and national-level competitions. The Rhythmic Royals will register each participant upon receipt of the registration forms and payments.



(Photo by Yu Su)

Class Expectations and Gymnast Conduct



Photo by Marny Barnes - Vivid Intuition Photography)

- **Gymnasts are required to wear their Royals tank top and tight shorts or tights with toe slippers to every class. Hair must be worn in a bun or ponytail for practice.**
- **No food or gum is allowed in the gym during practice. For all practices/displays/competitions, peanuts are not allowed! Water bottles are strongly recommended.**
- **Competitive gymnasts must bring running shoes to each practice that takes place at the Max Bell Centre.**
- **Gymnasts are expected to arrive on time for all practices and competitions.**
- **Gymnasts must inform their coach of any planned absence. They are expected to attend every training session. (Exceptions: illness, injury, and/or medical appointment)**
- **All gymnasts are expected to behave respectfully towards their coaches and fellow teammates.**
- **Gymnasts are expected to train with maximum effort during the entire duration of the practice.**

Sport Parent Code of Conduct

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship.

- 1. I will not force my child to participate in sports.**
- 2. I will remember that children participate to have fun and that the game is for youth, not adults.**
- 3. I will inform the coach of any physical disability or ailment that may affect the safety of my child and/or the safety of others.**
- 4. I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all gymnasts, coaches, officials and spectators at every competition, practice or other sporting event.**
- 5. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.**
- 6. I will demand that my child treat other gymnasts, coaches, officials and spectators with respect regardless of race, creed, sex or ability.**
- 7. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a competition or her performance.**
- 8. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.**
- 9. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.**

10. I will emphasize skill development and practices and how they benefit my child over winning.

11. I will respect the officials and their authority during competitions and will never question, discuss, or confront coaches at the competition, and will take time to speak to coaches at an agreed upon time and place.

12. I will refrain from coaching my child or other gymnasts during competitions and practices, unless I am one of the officials or coaches of the team.

*** Parents will be asked to sign the print-off forms to indicate that they have read and understand the Sport Parent Code of Conduct.**



(Photo by Zdravka Tchonkova)

Fundraising / Volunteering with Rhythmic Royals

Parents and gymnasts must be committed and enthusiastic to participate and volunteer at fundraising events that are organized by RGM and the Rhythmic Royals Gymnastics Club. The purpose of these events is to raise funds for the Club and meet our annual fundraising goal.

As a Club, we ask that all of our families participate in our major fundraiser event hosting our Winter Challenge Invitational:

- Rhythmic Royals “Winter Challenge” Invitational - February

We also ask that our families actively volunteer at the following RGM events:

- Elite Manitoba (RGM competition) - January
- Provincial Championships - April/May
- Provincial Gymnastrada - June

If Rhythmic Royals is required to provide volunteers for an event, we ask that all parents with participating athletes volunteer their time.

Any other fundraising events will be determined and organized by our Fundraising Coordinator and the profit will go directly to the athlete’s account to offset any expenses, which may occur during the year (competition fees, equipment or travel). These types of fundraising events are optional.



Competitive Classes Offered:

COMPETITIVE CLASS #1

Competitive Interclub Level 1,2,3 (age 7-8; 9-10 & 11) & Level 4&5 (age 11-14 & 15 & up)

Program Length: 9.5 months (September 2023 – June 15, 2024)

2 hours x1 training session per week (2hr/week)

Thursdays from (6:00-8:00pm) – Chancellor School – 1520 Chancellor Dr.

Registration Fee: \$90.00 per month + (RGM membership \$53.00 onetime/year)

COMPETITIVE CLASS #2

Competitive Level 1B & 2A (age 7&8, 9&10) Program: 9.5 m (September 2023 – June 15, 2025)

2 hours x 2 training sessions per week (4 hr/week)

Practice #1: Mondays from (6:30-8:30pm) – Van Wallegam School – 1 Princesmere Rd. R3P 1K9

Practice #2: Sundays (4:00-6:00pm)- Max Bell Centre, University of Manitoba

Registration Fee: \$160.00 per month+ (RGM membership \$63.00 onetime/year)

COMPETITIVE CLASS #3

Competitive Level 3A/B (age 11&12) Program: 9.5 m (September 2023 – June 15, 2024)

2 hours x 2 training sessions per week (4 hr/week)

Practice #1: Thursdays (7:00-9:00pm) - Chancellor School – 1520 Chancellor Dr.

Practice #2: Sundays from (5:00-7:00pm) – Max Bell Centre, University of Manitoba

Registration Fee: \$160.00 per month + (RGM membership \$63.00 onetime/year)

COMPETITIVE CLASS #4

Competitive Level 4/5 (age 13,14,15) Program: 9.5 m (September 2023 – June 15, 2024)

2-2.5 hours x 3 training sessions per week (6.5 hr./week)

Practice #1: Mondays (6:00-8:00pm) or (7:30-9:30) place TBD

Practice #2: Thursdays (5:30-8:30pm – fall/spring) or (7:30-9:30 pm - winter) - MBC, U of M

Practice #3: Sundays from (9:00-11:30am) – Max Bell Centre, University of Manitoba

Registration Fee: \$230.00 per month + (RGM membership \$63.00 onetime/year)

COMPETITIVE CLASS #5

Competitive Level 5 & 6 (age 15&up) Program: 9.5 m (September 2023 – June 15, 2024)

2-2.5 hours x 3 training sessions per week (6.5 hr/week)

Practice #1: Mondays (6:00-8:00pm) or (7:30-9:30) place TBD

Practice #2: Thursdays (5:30-8:30pm – fall/spring) or (7:30-9:30 pm - winter) - MBC, U of M

Practice #3: Sundays from (9:30-12:00noon) – Max Bell Centre, University of Manitoba

Registration Fee: \$230.00 per month+ (RGM membership \$63.00 onetime/year)

University Students COMPETITIVE CLASS #6

Competitive Level 6B&C(age 16 & up) Program: 9.5 m (September 2023 – June 15, 2024)

3.1/4 hours x 2 training sessions per week (6.5hr/week)

Practice #1: Mondays (1:00-4:15pm) - MBC, U of M

Practice #2: Wednesdays or Fridays (1:00-4:15pm - MBC, U of M

Registration Fee: \$230.00 per month+ (RGM membership \$63.00 onetime/year)

MASTER/GROUP PROGRAM

Competitive Level Masters (age 16 & up) Program Length: 9.5 m (September 2023 – June 15, 2024)

2 hours x 1 training session per week (2hrs/week)

Mondays from (6:00-8:00pm) place TBD soon

Registration Fee: \$90.00 per month+ (RGM membership \$63.00 onetime/year)

ZOOM CLASS (for athletes living out of Winnipeg) this class will include ballet and dance activities

Competitive Level ALL (age 7 & up) Program Length: 9 months (September 2023 - May 2024)

1-hour x1 training session per week (1hr/week) Fridays from (5:00-6:00pm) on Zoom

Registration Fee: \$55.00 per month + (RGM membership \$53.00 onetime/year)

Note: This class will run if there are minimum 6 athletes registered.

****Private training is available based on coach and gym availability.**

Schedule Information

The schedule posted for each class is preliminary only and may be changed due to facility arrangements. You will be notified immediately if the schedule is changed.

Monthly schedules and updates will be sent via email and posted on our website.

Cancellations and Make-up Practices

Cancellations at our facilities do occur throughout the year and are accounted for in the monthly fees. Cancellations due to public holidays will not be re-scheduled.



(Photo by Zdravka Tchonkova)

2023 Summer Training Camp Information

The Summer Camp for ALL competitive athletes is scheduled for August 21-25, and August 28-31, 2023, at Max Bell Centre, University of Manitoba
Cost and training times are as follows:

- 5:00 - 8:30 pm for athletes in all Provincial Stream levels

Fees:

any 5 days - \$210.00
full time - \$365.00

During the summer training camp, we will focus on building athletes' endurance, strength, flexibility, coordination, apparatus technique, ballet technique, body technique and new choreographies based on coaches' decisions, to ensure athletes are prepared for the 2023-2024 season. We encourage all our competitive stream athletes to participate in the Summer Training Camp, as this is an important part of their preparation for the upcoming year.

Minimum number of participants is 7 full time registered athletes

Registration deadline July 31, 2023



Payment Options

Rhythmic Royals asks for payments to be submitted by cheque for the 2023-2024 season. Parents have two options for cheque submission:

Option #1

- 1 cheque for the summer training camp fee (\$210.00 or \$365.00) will be deposited on August 1, 2023.
- 1 cheque for the RGM Membership/Insurance Fee (\$63.00 or \$53.00) will be deposited on September 1, 2023.
- Monthly training fees for September 2023 – June 15, 2024 (inclusive) will be deducted on the 1st day of each of those months (1 cheque for each month). NOTE: fees for June are half of the amount.

Option #2

- 1 cheque for the summer training camp fee (\$210.00 or \$365.00) will be deposited on August 1, 2023
- 1 cheque for the RGM Membership/Insurance Fee (\$63.00 or \$53.00) will be deposited on September 1, 2023
- Monthly training fees for September 2023 – June 15, 2024 (inclusive) can be included on one cheque only and deducted all at the same time on September 1, 2023, NOTE: fees for June are half of the amount.

Refunds

Refunds/payments cancellations will NOT be granted after the first month of your child's program start date unless a doctor's certificate is provided.

When refunds or payment cancellations are processed, only the fees that have not yet been deposited will be returned or cancelled.

The RGM Insurance/Membership fee is non-refundable.

The competition registration fees are non-refundable. The competition fees may be refunded with a submission of medical certificate.

\$25.00 surcharge fees will apply per application.

Rhythmic Royals Gymnastics Club 2023-2024 Provincial Stream Program

Registration Information

Appendices & Print-off Forms

Parent Last Name	Parent First Name	Athlete Last Name	Athlete First Name	Address	City	Postal Code	Phone	Sex F/M	Birthdate MM/DD/YY	Email

IMPORTANT:

Please note the table above is an example.

An Excel version has been created in separate attachment for faster and correct registration of each athlete.

Please complete the Excel version of this document and **E-MAIL** the information as **Excel attachment** to: rhythmicroyalsmb@gmail.com **before the deadline June 30, 2023.**

Registration is due by June 30, 2023. A spot will be reserved for your daughter until this time. Please complete, sign, and **mail** the rest of the registration forms and cheques to Shari Hebert before the deadline:

Zdravka Tchonkova
942 Oakenwald Ave.
Winnipeg, Manitoba, R3T 1N3
Email: rhythmicroyalsmb@gmail.com
Cell: 204-229-9394

****Please do not print off this form***



Print-off Forms (pages 18-22 inclusive)

Summer Camp Registration

Gymnast's full name: _____

Competitive Class Number or Level: _____

Parent/Guardian's full name: _____

Summer camp (check with **(X)** all that apply):

Option 1 (**full time** Aug 21-25&18-31, 2023) _____ (\$365)

Option 2 (**any 5 days**) _____ (\$210)

APPENDIX A: Sport Parent Code of Conduct

By registering my child (or children) with The Rhythmic Royals Gymnastic Club, I agree to the policy outlined on page 10&11 of the *Rhythmic Royals 2023/2024 Provincial Stream Registration Guide*.

Parent/Guardian Signature

Name of Parent/Guardian (Please Print)

Date

Print-off Forms

APPENDIX B: Participant Waiver

By submitting and signing this form, I acknowledge that I am aware that there are risks associated with rhythmic gymnastics. I warrant that the participant named on the *Gymnast Registration Information* (**page 17 – Excel format** of the *Rhythmic Royals 2023/2024 Rhythmic Royals Gymnastics Club – Appendices & Print-off Forms*), is physically fit to participate in rhythmic gymnastics. I declare that I have accurately disclosed all information regarding physical, mental and/or medical conditions affecting the named participant. I acknowledge that there is potential risk of injury involved in training and competing in rhythmic gymnastics. I understand that the Rhythmic Royals tries to create a safe and controlled environment for participation and that the Club has established rules for participation and class conduct that must be followed by the participant. I waive the rights of the participant to damages or other costs in the event an injury is caused due to participation in rhythmic gymnastics or other involvement with the Rhythmic Royals. I understand that it is my responsibility to ensure that the information on this form is kept current and I will notify the Club of any changes.

Parent/Guardian Signature

Name of Parent/Guardian (Please Print)

Date

APPENDIX C: Payment Policy and Refund Policy

By registering my child (or children) with The Rhythmic Royals Gymnastic Club, I agree to the policies outlined on **page 16** of the *Rhythmic Royals 2023/2024 Provincial Stream Registration Guide*.

Parent/Guardian Signature

Name of Parent/Guardian (Please Print)

Date

**NOTIFICATION AND ASSUMPTION OF RISK,
CONSENT TO FIRST AID TREATMENT, AND
RELEASE OF LIABILITY AND WAIVER OF CLAIMS**

PARTICIPANT'S FIRST NAME:	PARTICIPANT'S LAST NAME:	PARTICIPANT'S DATE of BIRTH:	GENDER:
ADDRESS:		CITY:	PROVINCE:
POSTAL CODE:	PARENT/GUARDIAN NAME:	TELEPHONE:	
EMERGENCY CONTACT:		EMERGENCY CONTACT TELEPHONE:	
PLEASE CIRCLE ONE OF THE PROGRAM TYPES BELOW: (GFA) (DEVELOPMENTAL) (INTERCLUB) (PROVINCIAL) (NATIONAL) (DROP-IN) (NCCP) (JUDGING)			

Club Name: Rhythmic Royals Gymnastics Club (the "Gymnastics Club").

[Club to enter full legal name and trade name]

Gymnastics Club's Programs are defined and include all multiple gymnastics related activities, including but not limited to, the following:

- Recreational / Gymnastics For All;
- Rhythmic Gymnastics;
- Aesthetic Group Gymnastics;
- General Fitness Training;
- Drop-in Sessions; and
- Similar activities.

(Hereinafter collectively referred to as the "ACTIVITIES").

DESCRIPTION OF RISKS:

I am aware that the **ACTIVITIES** involve inherent risks, dangers and hazards, both known and unknown, that are associated with unique movement patterns and skills, which may, in some circumstances be executed on specialized apparatus. I understand that similar risks are also inherent in using equipment associated with the **ACTIVITIES**, and any other devices, apparatus or attractions present at the facility. I understand the risk of negligence on the part of the Gymnastics Club and its employees, volunteers and representatives, including the failure on the part of same to take reasonable steps to safeguard or protect the participants from the risks, dangers and hazards, both known and unknown, of participating in the **ACTIVITIES**. **I acknowledge that personal harm or injury may be sustained during my/my child's involvement in the ACTIVITIES, including, but not limited to, broken bones, head / neck injuries, concussion, dislocations, tendon and ligament damage (including sprains), damage to teeth and dental work, spinal injuries (that could result in various degrees of paralysis), and death. I acknowledge and assume the potential risks and consent to my/my child's participation in the ACTIVITIES.**

CONSENT TO PARTICIPATION:

- I/my child have/has been informed that I/he/she is to abide by the rules and regulations including directions and instructions from the administrators, instructors, coaches, and supervisors as imposed on me/my child while participating in the

ACTIVITIES.

- In the event that I/my child fails to abide by the rules and regulations imposed on me/my child while participating in the ACTIVITIES, disciplinary action may either require that I/he/she not participate in the ACTIVITIES, or that I will leave/be contacted to have my child picked up or transported home at my own expense.
- I acknowledge that I/my child am/is in good health, and in proper physical condition to participate in the ACTIVITIES, and I acknowledge it is my responsibility to notify the staff of any physical or mental concerns for me/my child which may affect my/my child's participation in the ACTIVITIES.
- I acknowledge that the ACTIVITIES may require an instructor, coach, employee or supervisor to perform some manual spotting which involves direct physical contact with me/my child and designed to assist the participant in the safe performance of the program skills, and I consent to same.

Date: _____

RELEASE OF LIABILITY AND WAIVER OF CLAIMS:

I confirm that I have read the above description of risks and understand the risks involved in participating in the Gymnastics Club's program and **ACTIVITIES**. I confirm that I voluntarily and freely accept all such risks and choose to participate/allow my child to participate in the Gymnastics Club's program and ACTIVITIES. I accept full responsibility for my own/my child's actions.

In consideration of being allowed to participate in the Gymnastics Club's program and ACTIVITIES, I hereby agree as follows:

To waive any and all claims that I have or may have in the future against, and to release and discharge from any and all liability, the Gymnastics Club, it's directors, officers, employees, consultants, agents, contractors, volunteers, and representatives, and their respective successors and assigns, or any of them in connection with or participation in the Gymnastics Club's program and ACTIVITIES (collectively, the "Releasees"), for any and all of the following:

- Personal injury;
- Death;
- Property damage; and/or
- Any other loss, damage or expense,

arising from any cause whatsoever, including negligence (including, but not limited to, negligence caused by my own actions or inactions, those of others participating in the ACTIVITIES, the conditions in which the ACTIVITIES take place, or negligence of the Releasees), breach of contract, or breach of any statutory duty or other duty of care, on the part of the Releasees, and further including the failure on the part of the Releasees to take reasonable steps to safeguard or protect me from the risks, dangers and hazards of participating in the Gymnastics Club's program and ACTIVITIES. I further agree to indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage

or cost which any may incur as a result of a claim, brought by myself or anyone on by behalf, against any of the Releasees.

AUTHORIZATION OF FIRST AID IN CASE OF EMERGENCY AND INDEMNIFICATION OF COSTS:

I hereby authorize basic first aid to be delivered to me/my child by the Gymnastics Club's staff or other authorities. By administering first aid when required or requested, the Gymnastics Club in no way warrants or assumes any liability in relation to the administration of such basic first aid.

I further understand and agree that, in the case of an emergency, the Gymnastics Club assumes no responsibility or obligation relative to any cost or expense related to carrying out an emergency procedure and/or emergency transportation for me/my child and I agree to pay for such costs and expenses and shall indemnify and reimburse the Gymnastics Club for any such costs or expenses that it incurs.

I confirm and agree that this Notification and Assumption of Risk, Consent to First Aid Treatment, and Release of Liability and Waiver of Claims shall be governed by the laws of the Province of Manitoba. I confirm and agree that if any portion of this Notification and Assumption of Risk, Consent to First Aid Treatment, and Release of Liability and Waiver of Claims is found to be void and unenforceable, the balance, notwithstanding, shall continue in full force and effect.

I CONFIRM THAT I HAVE READ AND UNDERSTAND THIS LEGAL AGREEMENT, I AGREE TO BE BOUND BY ITS TERMS, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS AGAINST THIS GYMNASTICS CLUB INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT.

Signed this _____ day of _____, 20_____ at _____

Signature of Participant (if over 18 years of age)

Signature of Witness

Signature of Parent of Guardian (as named above)

Signature of Witness

Date: _____

Registration Checklist:

1. ___ Rhythmic Royals Appendices and Print-offs (**pages 18-22 inclusive**) are printed and signed on each page (**6 pages in total**)
2. ___ **The Excel version** of Rhythmic Royals Registration Information (**Page 17**) is filled up electronically and **e-mailed as Excel attachment** to:
rhythmicroyalsmb@gmail.com
3. ___ A cheque for the summer camp fees for a total of **\$210.00** (any 5 days) or **full time \$365.00** payable to **"Rhythmic Royals"** is included with these forms. This cheque is post-dated for **August 1, 2023**.
4. ___ A cheque for the RGM Insurance/Registration fees for a total of **\$63.00 (Provincial Stream)** or **\$53.00 (Interclub)** payable to **"Rhythmic Royals"** is included with these forms. This cheque is post-dated for **September 1, 2023**.
5. ___ **10 cheques** with the amount of your monthly class fees (see below) payable to **"Rhythmic Royals"** are included with these forms. These cheques are post-dated for the **first of each month (September 2023– June 2024)**. **June is half the amount**. The alternate option is to submit 10 months worth of fees onto **1 cheque** post-dated for **September 1, 2023**.
6. ___ A cheque for Royals Tracksuit or Top Jacket (\$40.00 or \$20.00 accordingly) payable to **"Rhythmic Royals"** for athletes competing at **Western Regional Championships**. This cheque is postdated for **September 1st, 2023**
7. ___ A damage deposit cheque for Royals Tracksuit or Top Jacket (\$40.00 or \$20.00 accordingly) for athletes competing at **Western Regional Championships**, payable to **"Rhythmic Royals"**. This cheque is postdated for **June 15, 2024**, and it will be returned on or after that day, upon receiving the rental attire, not damaged or lost.

Please make sure cheques are correctly filled out with BLUE ink and SIGNED. Please see the example below.

Summary Fees are as follows:

Class 1: \$90.00 per month	June fee: \$45.50	(\$53.00 RGM fee one time)
Class 2: \$160.00 per month	June fee: \$80.00	(\$63.00 RGM fee one time)
Class 3: \$160.00 per month	June fee: \$80.00	(\$63.00 RGM fee one time)
Class 4: \$230.00 per month	June fee: \$115.00	(\$63.00 RGM fee one time)
Class 5: \$230.00 per month	June fee: \$115.00	(\$63.00 RGM fee one time)
University Students Class:	same as class #4 & #5	
Masters/Group: \$90.00/m	June fee: \$45.00	(\$63.00 RGM fee one time)
Zoom class: \$45.00 per month		(\$53.00 RGM fee one time)

ATTENTION:

Athletes will be enrolled in the program only upon receiving ALL of the above items, payments (all post-dated cheques) and ALL print off forms including (pages 18-22)

Registration deadline: June 30th, 2023

• Cheque example:

Please use only blue pen (no marker or pencil), do not write anything more than the sample below, especially before or after the numbers.
Signature and date is required on all cheques.

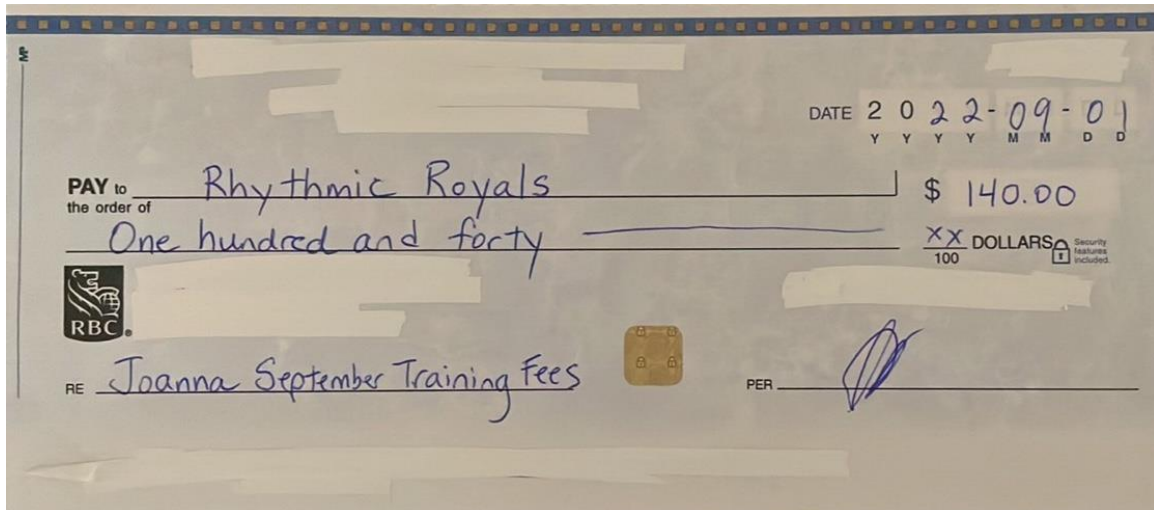
The date should be always 01 of each month, i.e.,

Cheque 1) - 01/09/2023

Cheque 2) - 01/10/2023

Cheque 3) - 01/11/2023 and so on... until

Cheque 10) - 01/06/2024 (which is half the amount)



- **E-transfer example:**

When e-transferring for competitions only, please always use the same password given to you by the Royals representative. Write in the memo of the e-transfer the following:

Memo: Name of athlete and reason of the payment

Example:

Joanna Johansen, fees for Rhythmic Royals Winter Challenge competition