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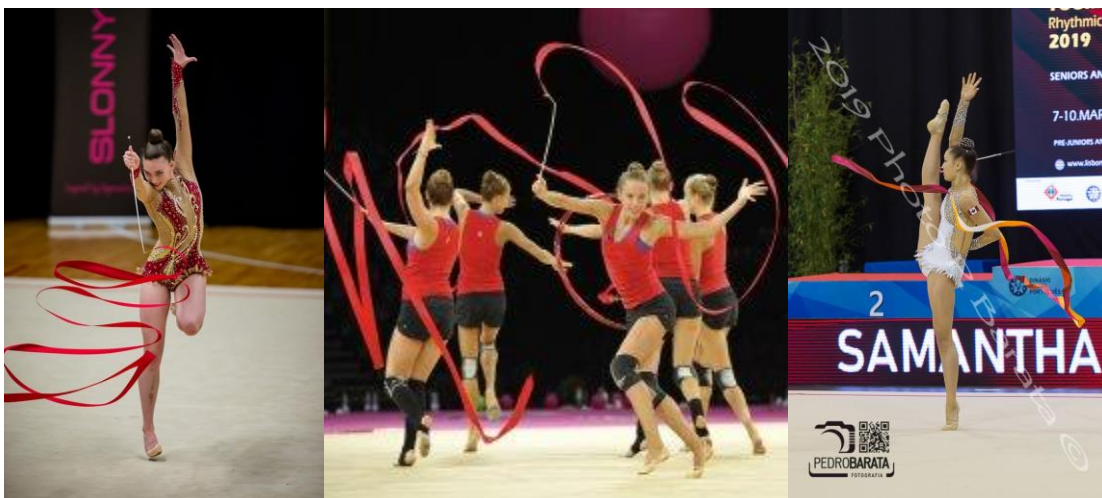
# Rhythmic Royals Gymnastics Club



## Recreational Program Registration Guide 2023-2024 Season

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## Welcome to the Rhythmic Royals Gymnastics Club!

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**Within this registration guide you will find information about the rhythmic gymnastics' programs offered by the Rhythmic Royals Gymnastics Club. Rhythmic Royals offers outstanding recreational and 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 our coaches have also completed the Criminal Record Check, as well as the Child Abuse Registry Check.**

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## Recreational Rhythmic Gymnastics Programs

The Rhythmic Royals offers first-class recreational programs.

The programs are designed for girls ages 4 and up. These programs focus on developing flexibility, strength, grace, endurance, rhythm, coordination, musical awareness, and creativity, while learning the basics of the sport in a fun, positive and non-competitive environment.

We teach fundamental dance moves and introduce rhythmic gymnastics skills with rope, hoop, ball, ribbon, and scarves. Musical movement, fun and creative routines are incorporated to give beginners an introduction to the beautiful sport of rhythmic gymnastics.

This is in line with the Long-Term Athlete Development program (LTAD), which all Gymnastics Canada and RGM affiliated clubs must follow. All programs, recreational and competitive follow the recommendations outlined by FIG, RGC, RGM, and the Rhythmic Royals.



(Photo by Yu Su)

## Schedule of Events

Throughout the year, recreational gymnasts will participate in several fun performances and displays.

All recreational gymnasts are encouraged to participate in the following events for 2023-24 sport calendar:

- *Rhythmic Royals Winter Display – December*
- *Elite Manitoba – January*
- *Rhythmic Royals Winter Challenge Invitational – February*
- *HPTCI Manitoba Cup Invitational – March*
- *Provincial Championships – April/May*
- *Gymnastrada – June*

**\*\*the exact competitions dates will be set in fall 2023 and posted on our website.**



(Photos by Zdravka Tchonkova)

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## Rhythmic Royals Training Attire



(Left Photo by Marny Barnes - Vivid Intuition Photography)



(Right Photo by Kristen Brady)

**It is recommended for all Rhythmic Royals athletes to wear gymnastics toe-slippers or socks, a gymnastics tank top, and black shorts, both preferably be made with stretchy, spandex material.**

## Equipment and Apparatus

*The Rhythmic Royals will provide all the apparatus and equipment*



## RGM Insurance/Membership

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:

**• \$25.00 fee for 2023-24 year in Recreational Stream Gymnast**

Each gymnast must be registered with RGM to participate 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.

The RGM Membership fees are annual and non-refundable.



(Photo by Yu Su)

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## Class Expectation and Gymnast Conduct



(Photo by Marny Barnes - Vivid Intuition Photography)

- **Gymnasts are required to wear their tank top and tight shorts or tights with toe slippers or socks 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.**
- **Recreational gymnasts must bring running shoes to each practice that takes place.**
- **Gymnasts are expected to arrive on time for all practices and display performances.**
- **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.**



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# 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 sporting events 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.**

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(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 our families participate in our annual major fundraiser event:

- Rhythmic Royals “Winter Challenge” Invitational – February

If Rhythmic Royals is required by Rhythmic Gymnastics Manitoba (RGM) to provide volunteers for an event, we ask that all parents 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. These types of fundraising events are optional.



(Photo by Zdravka Tchonkova)

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## Recreational classes offered at the following locations:

### **CHANCELLOR SCHOOL**

**Program Length: 8.5 months** (October 2023 - June 15, 2024)

**1 hour x 1 training sessions per week**

**Practice place: Chancellor School – 1520 Chancellor Dr.**

**Time: Thursdays from 6:00-7:00pm**

**Training Fee: \$60.00 per month (June is half the price - \$30.00)**

**Registration with RGM membership/insurance fees - one time for the competitive year (in September): \$25.00**



(Photo by Zdravka Tchonkova)

## Schedule Information

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, due to school functions and are accounted for in the monthly fees. We may reschedule classes due to cancelation on our part only. Cancellations due to public holidays, winter and spring break will not be re-scheduled.



(Photo by Zdravka Tchonkova)

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## 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 RGM Membership/Insurance Fee (\$25.00) will be deposited on October 1, 2023.

- Monthly training fees for October 2023 – June 15, 2024 (inclusive) will be deducted on the 1st day of each of those months (1 cheque for each month)  
Please see the example cheque below

### Option #2

- 1 cheque for the RGM Membership/Insurance Fee (\$25.00) will be deposited on October 1, 2023.

- Monthly training fees for October 2023 – June 15, 2024 (inclusive - \$510.00) can be included on one cheque only and deducted all at the same time on October 1, 2023. This option could be done by e-transfer. Please see below for more details on how to e-transfer.

### 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.

# Rhythmic Royals Gymnastics Club 2023-2024 Recreational 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 above table 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](mailto:rhythmicroyalsmb@gmail.com) **before the deadline September 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 Madison Frost, Royals recreational coordinator and coach, before the deadline:

Zdravka Tchonkova  
942 Oakenwald Ave.  
Winnipeg, Manitoba, R3T 1N3  
Email: [rhythmicroyalsmb@gmail.com](mailto:rhythmicroyalsmb@gmail.com)

**Note: Late registrations will be accepted.**

***\*Please do not print off this page***

# Print-off Forms (pages 16-19 inclusive)

## 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 **pages 9 & 10** of the *Rhythmic Royals 2023/2024 Recreational Program Registration Guide*.

\_\_\_\_\_  
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 14** of the *Rhythmic Royals 2023/2024 Recreational Program 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:	
<b>PLEASE CIRCLE ONE OF THE PROGRAM TYPES BELOW:</b> (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 16-19 inclusive**) are printed, dated, signed, and initialed on the designated places for each page (**total of 5 pages**)
2. \_\_\_ Rhythmic Royals Registration Information (**Page 15 in Excel format**) is filled up electronically and **e-mailed as Excel document** to:  
[rhythmicroyalsmb@gmail.com](mailto:rhythmicroyalsmb@gmail.com)
3. \_\_\_ A cheque for the RGM Insurance/Membership fees for a total of **\$25.00 payable to “Rhythmic Royals”** is included with these forms. This cheque is post-dated for **October 1, 2023**.
4. \_\_\_ **9 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 (October 2023 – June 15, 2024, inclusive)**. The alternate option is to submit 8.5 months’ worth of fees onto **1 cheque** post-dated for **October 1, 2023**. Please make sure cheques are correctly filled out and **SIGNED**. **Please see below the example complete cheque.**

Fees are as follow:

**\$60.00 per month** – 8 cheques (October - May inclusive) +

**\$30.00** – 1 cheque for (June)

**\$25.00 one time** RGM Insurance/Membership dated for October 1, 2023

## **ATTENTION:**

**Athletes will be enrolled in the program only upon receiving ALL the above 4 items, payments (all 9 post-dated monthly cheques) and ALL print off forms including (page 16-19)**

• **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 is required on all cheques.

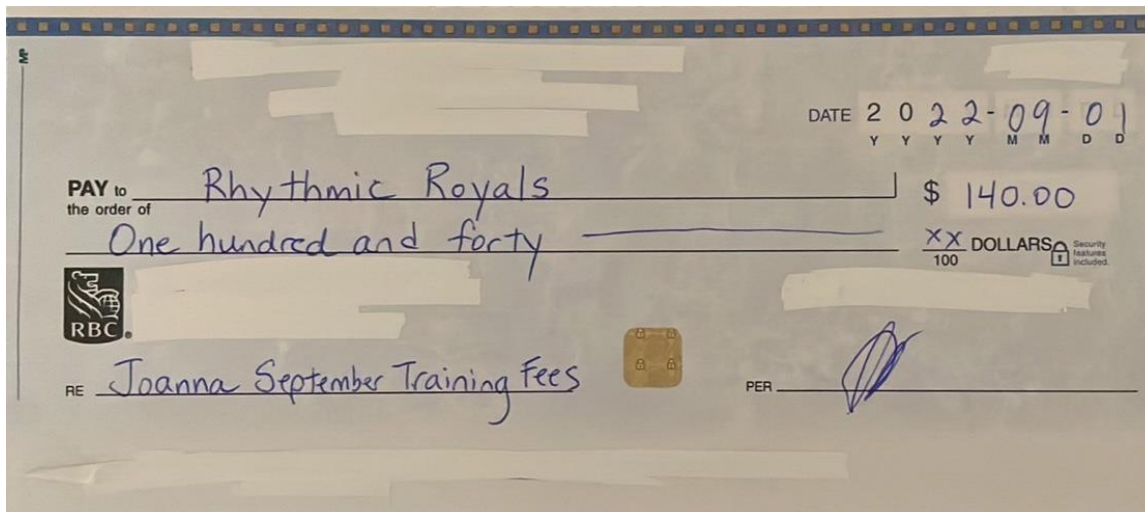
The date should be always 01 of each month, i.e.,

Cheque 1) - 01/09/2023 amount \$60.00

Cheque 2) - 01/10/2023 amount \$60.00

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

Cheque 9) - 01/06/2024 amount \$30.00



• **E-transfer example:**

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

**Memo/Re:** Name of athlete and reason of the payment

**Example:**

*Joanna Johansen, total training fees for recreational program*

**E-transfer to:**

[rhythmicroyalsmb@gmail.com](mailto:rhythmicroyalsmb@gmail.com)

**Password:** Royals