

***ILLUSIONS RHYTHMIC GYMNASTICS
CLUB
2008 – 2009 Season
Registration Package***

WELCOME to a new season of gymnastics!!! To our returning families – welcome back and to our new families – we look forward to having you participate in our club.

Illusions Club was founded in 2000 to promote the sport of rhythmic gymnastics through providing classes for all age groups. Our mandate is to encourage interested athletes to attain their potential in the sport as well as promote fun and safety. Qualified coaches who have a strong background in the sport of rhythmic gymnastics coach all of our classes. We offer recreational groups, performing groups and a competitive program. We receive support from and train at the Edmonton Chinatown Multicultural Centre.

Our club is a member of Rhythmic Gymnastics Alberta. All of our gymnasts are registered as members of this governing organization.

Each family is required to become members of the Edmonton Chinatown Multicultural Centre. A membership can be purchased at the time of registration.

The club is run by a **Parent Board**, elected by the parents at the beginning of each training season. The function of the

parent board is to administer the club and to augment the program under the guidance from our coaches. Financial matters and budgeting are the responsibility of the executive board members of Illusions in liason with ECMCC. In particular, ECMCC determines the club's fee schedules and policy. Information sessions for parents will be held during the year and parents will be notified of upcoming meetings.

Please read through all the enclosed information and direct any inquiries to Claudia Gomes De Carvalho, Head Coach, or the chair of the parent board.

***ILLUSIONS RHYTHMIC GYMNASTICS
CLUB
2008 – 2009 Season
Contact List***

	<u>Phone number</u>
Head Coach – Claudia Gomes De Carvalho	988 - 9298
Assistant Coach – Melissa Staroszik	487 - 9523
Chair of Parent Board – Vanessa Wong	965 - 6881
Treasurer – Diana Dombroski	457 - 3193
Secretary/Registrar - Sharon Malayko	456 - 3875

**ILLUSIONS RHYTHMIC GYMNASTICS
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2008 – 2009 Season
Fee and Registration Policy**

IN ORDER FOR YOUR CHILD TO COMMENCE TRAINING ALL FEES AND COMPLETED REGISTRATION FORMS MUST BE SUBMITTED TO THE REGISTRAR.

1. TRAINING FEES –Please see the attached fee schedule.

RECREATIONAL AND PERFORMING

Two sessions – fees must be paid in full at the beginning of each session.

RECREATIONAL AND PERFORMING GYMNASTS (WHO TRAIN 1 OR 2 HOURS PER WEEK) ARE ASKED TO SUBMIT 2 CHEQUES – SEPTEMBER AND POST-DATED FOR THE FIRST OF FEBRUARY.

First session payment due no later than Sept 12, 2008

Second session payment due no later than Feb. 1, 2009

FOR ALL OTHER GYMNASTS, ILLUSIONS REQUIRES A CHEQUE FOR THE TOTAL AMOUNT OWING FOR THE FIRST AND LAST MONTHS OF TRAINING. PAYMENT FOR THE TOTAL AMOUNT (SEPTEMBER AND JUNE) IS DUE NO LATER THAN THE SECOND DAY OF TRAINING. WE ALSO REQUIRE 8 POSTED DATED

CHEQUES, DATED FOR THE 1ST DAY OF EACH MONTH FOR THE MONTHS OF OCTOBER THROUGH MAY. ALL CHEQUES ARE TO BE MADE PAYABLE TO ILLUSIONS.

- 2. REGISTRATION FEE** – This is an annual administrative fee in the amount of \$25.00 and is non-refundable. This amount includes the cost of registering the gymnasts as member of Rhythmic Gymnastics Alberta (RGA). All gymnasts must be members of RGA.
- 3. ECMCC MEMBERSHIP** – Each family must be members of the ECMCC. Memberships, at an annual cost of \$10.50 per family will be available at the time of registration.
- 4. REFUND POLICY** – Training hours that are missed due to illness or vacation are non-refundable. Fees will be refunded for absences of at least one month due to injury. A doctor's certificate must be provided.
- 5. WITHDRAWAL OF A GYMNAST FROM THE CLUB**

Recreational and Performing

Full payment is due on the first day of each session. These amounts are non-refundable after the commencement of the first class.

Pre-competitive and Competitive

Parents who wish to withdraw their child from the pre-competitive or competitive program before the end of the training season (ie. June) must give one (1) month's clear written notice to the coach. Such notice to withdraw must be given no later than the first of the month in which the gymnast wishes to leave, otherwise the notice will be considered insufficient. That month's fees must be paid in full. In any event, the June payment will also be forfeited to the club. The June payment cannot be applied towards any balance owing for other months.

6. COMPETITIONS AND RELATED COSTS –

Parents are responsible for all expenses related to competitions that their child may participate in, as well as a portion of the coach's travel and accommodation, in the event that it is an out of town competition. The club will consider providing financial support for these endeavours should it have been a successful fundraising year.

7. FUNDRAISING/VOLUNTEERING – All families in the performing, pre-competitive and competitive groups are required to volunteer as well as required to participate in the club fundraising events. TWO POST-DATED CHEQUES (DATED JANUARY 1 AND JUNE 1, 2007) IN THE AMOUNT OF \$50.00 EACH IS REQUIRED TO BE INCLUDED WITH YOUR REGISTRATION. IT WILL ONLY BE CASHED IF YOU DO NOT MEET YOUR FUNDRAISING/VOLUNTEER COMMITMENT.

ILLUSIONS RHYTHMIC GYMNASTICS CLUB
2008 – 2009 Season
Fee Schedule*

1. RECREATIONAL CLASSES

RC 1st session: September – January
(1 hour/weekly) \$153.00/5 months (17 classes)
2nd session: February – June
\$144.00/5 months (16 classes)

2. PRECOMPETITIVE/PERFORMING CLASSES

P2 1st session: September – January
(2 hours/weekly) \$289.00/5 months (17 classes)
2nd session: February – June
\$272.00/5 months (16 classes)

3. COMPETITIVE TRAINING

C9 (9 hours/weekly) \$215.00/monthly
(plus 1 hour ballet)
C6 (6 hours/weekly) \$185.00/monthly
(plus 1 hour ballet)

*** Please note that these fees do not include the registration fee nor the ECMCC membership.**

**ILLUSIONS RHYTHMIC GYMNASTICS
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Training Schedule**

- 1. Recreation Classes RC** Saturday 09:30 - 10:30 A.M.
or 10:30 to 11:30 A.M.
- 2. Performing Group P2** Friday 5:00 – 7:00 P.M.
- 3. Competitive Group C6** Tuesday 4:00 – 7:00 P.M.
& Thursday 4:00 – 7:00 P.M.
Ballet Saturday 10:15 – 11:15 A.M.
- 4. Competitive Group C9** Monday 4:00 – 7:00 P.M.
Wednesday 4:00 – 7:00 P.M.
& Friday 4:00 – 7:00 P.M.
Ballet Saturday 09:15 – 10:15 A.M.

Training schedule days subject to registration.

No class during statutory holidays as the ECMCC will be closed. C9 will train Tuesday after statutory holiday Monday

No class between Christmas and New Years.

Please confirm with your coach in regards to the public holidays.

**ILLUSIONS RHYTHMIC GYMNASTICS
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Gym Protocol**

1. Gymnast Dress Code

- tights or bike shorts.
- leotard with short sleeves or form-fitting tank top.
- toe shoes or socks.
- Hair worn in a pony tail, braid(s) or up in a bun.

It is very difficult for coaches to instruct the athletes on alignment and body techniques, if baggy clothes are worn.

Track pants are permitted for warm-up.

All performing and competitive gymnasts are required to buy a team suit. Parents will be informed on the type of suit and where it can be purchased. Tina Le (Elegant Skatewear) designs and creates several of Illusions suits.
Phone: (780) 478 - 2858. Fax: (780) 473 - 0380.

All performing and competitive gymnasts are encouraged to purchase an RGA tracksuit as well. Tracksuits are available through Rhythmic Gymnastics Alberta (phone 427-8152).

2. Gymnasts should bring their own water bottles to the gym.

3. Absences - If a gymnast is unable to attend a practise for any reason or wishes to leave early she should notify the coach in advance of the scheduled training time. Frequent or excessive absences by an athlete may prevent an athlete from competing or participating in performances. This will be at the coach's discretion.

4. Set-up and Take Down - Parents must come into the gym and help with the set-up of the carpets at the beginning of each training session and again with the take down at the end of the session. This is especially important with the younger groups where the athletes are too small to help.

5. Observation Times - Parents are not to be in the gym during regular class time. It is very distracting to the gymnast and coaches and impedes the effectiveness of training.

There will be an observation time for parents on the last class of every month. Please do not bring young children, as they tend to be restless and disinterested.

If you wish to speak to the coach, please wait till the end of the class to approach her. Please do not interrupt during training times.

6. Apparatus - Your coach will advise you of the apparatus required for competitive routines. Apparatus may be purchased through Bermosport @ www.bermosport.com, Romsport @ www.romsport.com or at United Cycle.

Thank you in advance for you co-operation in these matters.

ILLUSIONS RHYTHMIC GYMNASTICS CLUB

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Music, Choreography and Body Suits

- 1. Music** - One of the primary components of rhythmic gymnastics choreography is the selection and production of innovative “gymnast specific” music. It requires variations, dynamics and phrasing as dictated by the Federation of International Gymnast (FIG) code of points. The music must reflect the specific nature of the various elements and body movement. Each gymnast who requires music will be asked to provide the coach with any music they wish to be considered for their choreography. The coach makes the final decision regarding the music selection and editing. Any costs incurred are the responsibility of the gymnast. Each gymnast should have 3 copies of her music with her at all competitions and performances – 2 on CD and one on cassette.
- 2. Choreography** – Choreography is the property and domain of Illusions. A gymnast who is a member in good standing of the Illusions club can use Illusions choreography under the direction of our coach. A gymnast who leaves the club cannot use Illusions choreography.
- 3. Bodysuits** – Gymnasts in the performing and competitive groups will be required to purchase a team suit and any other costumes required for performances. You will be advised where the suit can be purchased.