



R H Y T H M I C G Y M N A S T I C S

INTERCLUB & PROVINCIAL STREAM COMPETITIVE PROGRAM 2023 – 2024 SEASON

Rhythmic Gymnastics is a beautiful and challenging sport that combines the elements of artistic gymnastics with the many styles of dance. It incorporates the use of the five handheld apparatus: Rope, Ball, Hoop, Ribbon, and Clubs, with various movements to music.

Our competitive rhythmic gymnastics programs start at 2 hours per week. Our talented staff of coaches and choreographers ensures our athletes develop their skills in a fun and encouraging atmosphere. The Interclub rhythmic gymnastics program is a great option for gymnasts looking for something more than a recreational class, while the Provincial Stream program is great for those ready for a bigger commitment. All of our competitive programs will cover strength and conditioning training, flexibility training, basic ballet, and apparatus and skill development. A large focus in the competitive stream is placed on developing and maintaining either individual (gymnast performs by herself) or group (three to five gymnasts performing together) routines. Gymnasts will have the opportunity to perform and compete their routines many times throughout the season.

The Sapphires Rhythmic Gymnastics Club is the ideal place to watch your daughter grow. She will develop self-confidence, and a passion for a healthy, active lifestyle!

Club Information and Policies

About the Program:

- Provincial Stream competitive classes begin Saturday, September 23rd, 2023, and end after Provincial Championships (April / May 2024 TBC). Please note that after Western Regional Championships or Provincial Championships (whichever is latest), training consists of group practices for Provincial Gymnaestrada, and typically run twice per week. A detailed practice schedule and further information will be available approximately mid-April 2024.
- No classes on statutory holidays, school winter and spring breaks.
- **Dates, times, and locations are subject to change.**
- The Sapphires reserve the right to combine or cancel any class that does not meet the minimum requirement of 5 gymnasts.
- All coaches are certified according to the National Coaching Certification Program and in CPR & First Aid.
- **The Sapphires are not responsible for class cancellations caused by the facility provider.** In the event of a facility cancellation, the Sapphires will attempt to arrange for use of an alternate facility. However, if another facility is not available, the class will be cancelled and may or may not be rescheduled for another date.

Fees:

- Training fees include RGM registration and administration fees, volunteer deposit, mandatory competition fees, pictures, club displays, year-end windup, and use of group equipment (group only).
- Registration with Rhythmic Gymnastics Manitoba (RGM) is **mandatory** and the fee of \$65 is included in the training fees. Administration fee of \$35 is also mandatory and included in the training fees. These fees are **non-refundable**.
- There is a family discount for 2 or more children registered in the competitive program of \$50 per child, if registered by August 1, 2023.
- There is a discount of \$50 per child if paying the years' training fees in full. Payment must be received by August 1, 2023, to be eligible for the discount.
- If you are a Sapphires coach, you will receive a reduction of \$75 in your competitive training fees if registered by August 1, 2023.
- Completed registration packages received **after** the regular registration deadline of August 31, 2023, are considered late, and may be subject to a \$50 late registration fee.
- The mandatory volunteer deposit fee of \$100 is included in training fees.
- Competition fees range from \$85 - \$160, and there are 6 local competitions: ARGO, Royals, Sapphires Challenge, Elite Manitoba, HPTCI Manitoba Cup, and Provincials. The Sapphires Challenge and Provincial Championship competitions are **mandatory** for all competitive gymnasts and the competition fees are included in training fees. Fees for the other competitions and out-of-town competitions are additional, and information about these competitions will be provided during the season. Competition deposit fees for the optional competitions are due December 1, 2023 and February 1, 2024.
- Payments can be made in one full payment, or 3 payments (at registration, then on January 1st 2024 and March 1st 2024) by e-transfer only. Initial payment must be submitted at the time of registration. Full details on payment options can be found on the registration form.
- Regrettably, an athlete whose account is in arrears will lose training privileges until such time as the account is brought up to date. Similarly, fees for competitions must be received by Sapphires prior to any athlete being registered for a competition.
- There will be a \$35 administration charge for all late payments.
- Kidsport Canada provides funds to support grants available to kids who are unable to participate in sports due to financial barriers. For more information on Kidsport, or to submit an application for your child, go to www.kidsportcanada.ca. Please note that the submission of an application **does not** reduce the amounts required to complete registration. Should an amount from Kidsport be received by Sapphires, fees will be adjusted accordingly.

Additional Costs:

- Bodysuits, individual equipment, toe shoes, club tracksuits, group competition bodysuit, competitions (\$85 - \$160 each), summer, winter, and spring camps (optional).
- You may want to take advantage of the Sapphires used bodysuit/equipment sale in the fall. Details on the event will be distributed in September.

Refund Policy:

- In the event of a program cancellation by the Sapphires, a full refund will be issued.
- Refund requests will be accepted up to December 1st, 2023 and will be pro-rated based on the number of classes that took place between the start of the season to the date of the refund request.
- There are no refunds after December 1st, 2023. Exceptions are as follows:
 1. Injury (medical certificate/doctor's note required).
 2. Mandatory shut down due to Covid-19 restrictions by the Province of Manitoba and/or Sport Manitoba.
- Please note that the mandatory RGM fees and Sapphires administration fees totalling \$100 are **non-refundable**.

Fundraising:

- Fundraising is an important part of any non-profit organization, but one we try to keep to a minimum. Funds are used to enhance our programs by way of new equipment, music, and special events. We greatly appreciate any assistance you can provide.
- Optional fundraising events may include selling gift cards, selling poinsettias, etc. Information regarding these events will be available on our website in late September 2023.

Parent Volunteer Requirements:

- Parent support is greatly relied upon to keep our club operating efficiently, and to provide optimal support for our coaches, and ultimately, our athletes. Our coaches are assisted by a Parent Board, who take on duties such as coordinating special events, communication, bookkeeping, liaising with Rhythmic Gymnastics Manitoba (RGM), etc. The Board meets several times per season.
- It is **MANDATORY** that all parents attend our first meeting of the season (September or October TBC), to learn how they can become involved and to obtain information about the upcoming season. More details will be provided in September.
- A Volunteer Deposit of \$100 is **mandatory** and is included in training fees. Upon the completion of three 2-hour shifts at competitions, provincial Gymnaestrada and Displays, this deposit will be credited back to the athlete account at the end of the season.
- **Mandatory participation** includes volunteering at our competition Sapphires Challenge and other competitions hosted by RGM which require the participation of each club. Every effort is made to ensure that no one misses their child's performance. These are wonderful opportunities to meet other parents, both within our club, and from other clubs, and share in the fun and friendship of the Manitoba rhythmic gymnastics community.

Notes Regarding Competitive Classes:

- Competitive rhythmic gymnastics is done on a 13m² carpet. The Sapphires are proud to be able to offer training on a carpet once per week to all competitive gymnasts training 2 days or more.
- **NEW this season:** Thursday evening classes are mandatory for all competitive gymnasts training at Provincial Stream Level 1 and up. Thursday classes consist of ballet and stretch and strength. Interclub and Masters gymnasts may choose this class as an extra training day.
- If a gymnast is unavailable on an evening when her class is scheduled (except for mandatory Thursdays Level 1 and up), please contact the Head Coach at the start of the season as there may be an option to train on an alternate day. The Sapphires try to accommodate family's schedules as best as possible because we believe it is important children have an opportunity to participate in other activities such as piano, dance, swimming, etc. if they choose.
- If a gymnast would like to train more than the required 2-3 days per week, please contact the Head Coach to identify additional training days. A schedule and corresponding fee will be coordinated according to the gymnast's needs/goals.
- Gymnasts have the freedom to choose to compete as much or as little as they like throughout the season. Typically, there are between 4 and 6 competitions throughout the season, usually taking place during December to May. Please note that the Sapphires Challenge and Provincial Championships are mandatory competitions. If a gymnast is unsure of her desire to compete, it is completely acceptable for her to train in the provincial stream program and only compete in these competitions. In addition to competitions, gymnasts will have various other opportunities to perform their routines throughout the season (Sapphires Winter/Spring displays, mock competitions, etc.). Parents are encouraged to communicate regularly with their child's coach regarding upcoming competition and performance intentions.

Contact Information:

- If you have any questions about our competitive programs, or would like to discuss your daughter's training schedule for the season, please contact:

Mikayla Trojan (Head Coach)
Phone: (204) 229-9079
Email: mikayla.trojan14@hotmail.com

- If you have any questions about fees, payments, or monthly payment plans, please contact:

Karen Trojan (Club Co-President/Treasurer)
Phone: (204) 471-7346
Email: sapphirespay@gmail.com

INTERCLUB INDIVIDUAL COMPETITIVE CLASSES:

Levels 1 - 6

Fees: 1 day - \$ 900
2 days - \$1,200

Ages 6 and up (born 2018 and earlier)

*Age is determined as of **December 31, 2024**

The interclub program allows for competitive opportunities for athletes of all ages and abilities. Gymnasts competing in the interclub stream are adjudicated but not ranked against other gymnasts in their level. Gymnasts receive a gold, silver, bronze or participation award based on their performance at a competition. This creates a positive, fun and encouraging competition environment! Classes are 2.0 hours in length. The class day, time and location are as follows:

Monday	Lansdowne School / Laura Secord (TBC)	6:00pm to 8:00pm
Saturday	Max Bell Centre – University of Manitoba	8:30am to 10:30am

As there is overlap with some ages and levels, the coaching team will determine the level each gymnast is placed in. Parents and gymnasts are welcome to provide their input to the coaching team regarding level placements. **New this season**, there is also the option to compete as an Interclub group. More information will be available in the fall if there is enough interest.

PROVINCIAL STREAM INDIVIDUAL COMPETITIVE CLASSES:

Level 1

Fees: 2 days - \$1,350
3 days - \$1,650

Level 1: ages 6, 7 and 8 (born 2018, 2017 or 2016)

*Age is determined as of December 31, **2024**

Classes are 2.0 hours in length, for a total of 4 hours per week, or 6.0 hours per week if the 3-day option is chosen. The class days, times and locations are as follows:

2 days per week:

Thursday	Isaac Brock School	6:30pm to 8:30pm
Saturday	Max Bell Centre – University of Manitoba	8:30am to 10:30am

3 days per week:

Monday	Lansdowne School	6:00pm to 8:00pm
Thursday	Isaac Brock School	6:30pm to 8:30pm
Saturday	Max Bell Centre – University of Manitoba	8:30am to 10:30am

Note: The Thursday training day is **mandatory** for all competitive gymnasts at Level 1 and up. Thursdays include ballet sessions and stretch & strength training.

Level 2 - 4

Fees: 2 days - \$1,550
3 days - \$1,850

Level 2 – 4: ages 9 to 12 (born 2015, 2014, 2013 or 2012)

*Age is determined as of December 31, **2024**

Classes are 2.5 hours in length, for a total of 5 hours per week, or 7.5 hours per week if the 3-day option is chosen. The class days, times and locations are as follows:

2 days per week:

Thursday	Isaac Brock School	6:00pm to 8:30pm
Saturday	Max Bell Centre – University of Manitoba	8:30am to 11:00am

3 days per week:

Monday	Lansdowne School	6:00pm to 8:30pm
Thursday	Isaac Brock School	6:00pm to 8:30pm
Saturday	Max Bell Centre – University of Manitoba	8:30am to 11:00am

Note: The Thursday training day is **mandatory** for all competitive gymnasts at Level 1 and up. Thursdays include ballet sessions and stretch & strength training.

Level 5 and 6

Fees: 3 days - \$2,100
4 days - \$2,450

Level 5 – 6: ages 13 and up (born 2011 or earlier)

*Age is determined as of December 31, **2024**

Classes are 3.0 hours in length, for a total of 6 hours per week, or 9 hours per week if the 3-day option is chosen. The class days, times and locations are as follows:

Thursday	Isaac Brock School	6:00pm to 9:00pm
Saturday	Max Bell Centre – University of Manitoba	8:00am to 11:00am
Sunday	Max Bell Centre – University of Manitoba	2:00pm to 5:00 pm

Optional 4th day:

Monday	Lansdowne School	6:00pm to 8:30pm
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Note: The Thursday training day is **mandatory** for all competitive gymnasts at Level 1 and up. Thursdays include ballet sessions and stretch & strength training.

ADULT MASTERS CLASSES:

Ages 17 and up

Fees: \$950

Masters – ages 17 and up (born 2007 and earlier)

*Age is determined as of December 31, **2024**

This class meets one day per week for 3.0 hours. The focus of this class is determined by those participating. Gymnasts will have the option to train individual routines and compete in the Masters category, train as a non-competitive group and perform throughout the season, or train without any competition or performance goals. The class day, time and location are as follows:

Tuesday

Isaac Brock School

6:00pm to 9:00pm

How to Register:

1. Visit our website: <https://www.sapphiresrhythmicgymnastics.com>
2. Select Competitive under the Registration tab.
3. Click on the Registration button for the level you wish to register for.
4. Complete the online form.
5. Send required payment by e-transfer to: sapphirespay@gmail.com.

The registration deadline is **August 31, 2023**. Registrations received after this date will be considered late and may be subject to a \$50 late fee. **Registrations received without payments will be considered incomplete, and the gymnast will *not* be registered.**