

Interclub/Performance Team: 2026/2027 Contract

Training commitments and requirements:

- Interclub/Performance Team members are required to train a minimum of 2 hours per week. from September 8th, 2026 - June 19th, 2027
- Interclub/Performance athletes age 6 & up can attend Artistic Summer Camp (register online).
- Interclub/Performance Team member families are required to complete a minimum of **3 Support/Volunteer hours** throughout the year.
- It is **MANDATORY** (if deemed ready by coach) that all Interclub Team members attend the Kelowna Invitational Meet (hosted in our gym February 5-, 2027), and/or The Fun In The Sun Meet (hosted by our gym June 12-13, 2027).
- Additional training at other gymnastic facilities must be approved by the Head Coach Cindy Rost.
- Each Team member will learn routines on all apparatus which meet the provincial requirements for this program.
- All gymnasts are required to be on time & come prepared for class. This includes wearing appropriate gym wear (gymnastic suit), having hair tied back and a water bottle/snack. Gymnasts who are more than 10 minutes late may not be allowed in the gym for safety reasons.
- Team members are required to fully participate in warm up & stretching. Gymnasts who do not, or are unable to, fully participate may be excluded from class due to safety reasons.

Regular Classes/Choreography/Performances:

- All Interclub/Performance Team classes and indicated competitions are mandatory.
- All members are to be on time for all classes and competitions. If you are going to be late for any specific reason, please notify the coaches at 250-300-1546 (Cindy) or 250-300-0993 (Haillie).
- All team member families must email Cindy at synergymkel@gmail.com of any previously scheduled trips or events that may conflict with training &/or competition schedule in September.
- All Interclub/Performance Team members must participate in a minimum of 1-2 Competitions within the 2026/27 season. Guaranteed to be local at this level.
- Your gymnast's session at meets may be scheduled on any days of the meet and specific day/time will not be available until after final registration for the meet is finalized (2-3 weeks prior to meet).
- All event expenses affiliated with the competitions will be the sole responsibility of the family and must be paid before the meet registration deadline. Note: Meet fees can range from ~\$150-\$180+ per meet and are normally required 3-6 months prior to Meet date. Once signed up for a meet no changes will be made unless accompanied by a doctor's note no later than 7 days prior to the meet.
- There will be a \$50-\$100 fee for each meet attended to assist in covering coaching costs.
- Tank team bodysuit are mandatory and will be the sole responsibility of the Interclub/Performance Team member/family. Team members will **NOT** be allowed to participate in events if team attire is not worn.

Attitude/Class & Meet Etiquette:

- Interclub/Performance Team members are expected to conduct and demonstrate good behavior, class etiquette and show respect to coaches, fellow team members and the gym as a whole.
- Disrespectful behavior and/or attitude between and/or by Team members will not be tolerated and will be dealt with immediately. Any display of attitude or disrespect towards coaches, fellow team members or any other athlete/ person at any time will be reported to the parent and a solution will be agreed upon. **Any further display of such behavior will result in removal, suspension, probation and/or expulsion from competitions and/or Team.**
- All Team members' personal issues and/or concerns from parents will be addressed directly to the gym owner, Cindy Rost, and an immediate scheduled meeting will take place to address subject

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matter. Please address these concerns at an appropriate time when the coach is not on the floor with athletes. Email or text is the best form of communication.

- All expenses incurred within the program are non-refundable in the event of suspension or expulsion of any matter.
- Gymnasts are expected to conduct and demonstrate good behavior and show respect to all athletes, coaches and judges at competitions/meets. If athletes are unable to do so they may be prohibited from attending further competitions.

Absences/Tardies:

- Each Interclub Team member is entitled to five (5) personal days throughout the contract year. Personal days are, but not limited to family vacation, family events or school functions and are available to students to use for occasions related to personal events. Please note: we are very supportive of our athletes and families so please let us know if additional time off is needed and we can try to accommodate if it does not negatively impact safety/training or the group.
- All Team members/families are asked to inform coaches of any scheduled family or school events that may impact training or competition meet schedules in September.
- Being inexcusably absent from classes or choreography beyond what is deemed acceptable could result in suspension and/or expulsion from competitions.
- **If attendance becomes or continues to be unsatisfactory, removal from the competitions and/or Interclub/Performance Team will be necessary in order to sustain athlete safety and the programs/team development as a whole.**
- Excused absences are, but not limited to, accidental injury, illness, family emergencies or required school functions that are necessary based on a mandatory school assignment that is graded. In the event of such an absence the coaches must be notified prior to class. Extra-curricular activities are not considered an excusable absence.

Tuition/Fees/Expenses/Refund Policies:

- All Interclub/Performance Team members are required to attend a minimum of 2 hours of training per week from September 8th, 2026 - June 19th, 2027. Monthly tuition is based on training hours plus applicable taxes. This monthly tuition amount is amortized for the season into equal monthly payments. Please note that the Friday and Saturday training times will be cancelled on all large competition weekends. This has been factored into monthly tuition as well as all Statutory Holiday closures & scheduled breaks (Winter & Spring Breaks).
- In the event that both parties agree that a release of contract is in the best interest for everyone, a **Team Early Withdraw Fee, equal to two months tuition payment, will be charged** upon withdrawal. 30-day notice is not required in this situation.
- If an athlete/parent decide to leave the program prior to the end of the season without agreement of both parties (athlete/parent & Synergy) a **mandatory 30 - day notice** from the 1st of the month prior to leaving is required and a **Team Early Withdraw Fee, equal to two-monthly tuition payments, will be charged** upon actual withdrawal.
- Additional fees include but are not limited to gym membership and insurance (~\$75+), tank team bodysuit (~\$135), competition/meet fees (~\$150-\$180+/meet) & coach meet fees (~\$50-\$60+). Team jacket (~\$150+) are optional.
- Beginner hand Grips/wrist bands are recommended for practice/training.
- All Interclub/Performance Team class fees are based on classes plus choreography. Our gym does not charge athletes an additional choreography fee like most clubs do.
- The program schedule will follow the school curriculum when possible. There will not be mandatory classes during Christmas Break and Statutory holidays for Interclub/Performance athletes.
- All Interclub/Performance Team monthly fees are required to be submitted at time of registration. Payment options include Visa/Mastercard/E-Transfer on the last day of the previous month. Example - September Tuition fees are to be paid on or before August 31st.

Please ensure you have read and understand all aspects of the contract. Clicking the link on the next page indicates you are in agreeance and accepting all terms and conditions.

Interclub/Performance Team

By signing/clicking at the bottom of this page, I state that my child and I have fully read and understood all aspects of the athlete contract and agree to follow the terms and conditions as outlined. I/we agree to commit to our chosen training days and indicated Support/Volunteer hours (3) from September 8th, 2026, to June 19th, 2027, and agree to incur all additional costs related to participation in the program as outlined in the contract.

Training - September 8th, 2026 - June 19th, 2027

2hrs/week (day/time registered for) - \$210/mth + tax and 3 Support/Volunteer hours this season.

Waiver/Photo Release (please initial on provided lines)

I give permission to Synergy Gymnastics Centre Inc. and its coaches to take pictures and/or videos of my child during their participation of any and all associated activities and that these may be used for training purposes as well as advertising, noticeboard, website and the gym's social media platform.

I am aware that gymnastics and associated activities involve inherent risks and hazards, both known and unknown, and that height and rotation increases the risk of injury. I understand that these risks include but are not limited to neck/spinal injuries, concussions, bone fractures, muscle and joint injuries and death and that the mats and other safety equipment provided for protection, including coach assistance, may be inadequate to prevent serious injury. The risk of harm may be limited by all of the safety equipment and trained coaches, but never completely eliminated. I acknowledge and assume the potential risks and consent to my child's participation in activities at or associated with Synergy Gymnastics Centre Inc.

I acknowledge that my child is in good health and in proper physical condition to participate in all activities associated with being on the Synergy Gymnastics Team. Furthermore, I acknowledge that it is **my responsibility to notify the coach of any physical or mental concerns for my child, which may affect my child's participation in gymnastics training or competitions.**

I acknowledge that participating in gymnastics activities may require an instructor, coach or supervisor to perform some manual spotting which involves direct physical contact with my child and is designed to assist the participant in the safe performance of drills and skill progression.

I hereby authorize basic first aid to be delivered to my child by a certified first aid individual should the need arise. By administering first aid when required or requested, Synergy Gymnastics Centre, in no way warrants or assumes any liability in relation to the administration of such basic first aid.

I hereby agree to waive any and all claims that I have or may have in the future against, and to release from all liability, Synergy Gymnastics Centre Inc, its owners, officers, employees, consultants, volunteers and representatives for any and all personal injuries, death, property damage and/or any other loss, damage or expense arising from any cause whatsoever.

I acknowledge that this contract is from September 8, 2026-June 18th, 2027, and I am responsible for all fees incurred/associated with this contract.

If you have any questions, please call or text Cindy Rost 250-300-1546 for clarification prior to accepting this contract.

Please ensure you have read and understand all aspects of the contract. Clicking on the link indicates you are in agreeance and accepting all terms and conditions. Welcome to the TEAM!