



Ritmo Gymnastics

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2018-2019 Competitive Information

Thank you for your interest in the pre-competitive and competitive program at Ritmo Gymnastics! The following document should have all you need to know about the upcoming season. Please let us know if you have any questions or concerns about any of the following information.

Program Descriptions

The pre-competitive program follows the provincial Rhythm Cat regulations and is used as a stepping stone for the provincial competitive level, or for athletes who desire a low stress competitive environment. Gymnasts in this program have moved beyond the recreational/developmental level but are not quite ready for the full provincial competitive program. Athletes will be expected to train outside of class hours, as well as attend various extra training and learning opportunities throughout the season when available. This program is focused on individual routines; however, a group option may be available based on numbers.. Athletes in the pre-competitive program may also be asked to perform at various opportunities in their own communities and around the province.

The competitive program requires the most time and training commitment. Depending on level, athletes could be training up to 15 hours per week. Gymnasts will be trained in advanced body skills, flexibility, conditioning, ballet, and apparatus mastery skills all depending on level. Athletes may be required to attend extra training camps outside of their weekly commitments, as well as travel within the province and around the country (depending on level). Gymnasts will also be responsible for maintaining their health – both body and mind – as this program requires a high level of strength and focus. This program is focused on individual routines; however, a group option may be available based on numbers and interest. Athletes in the competitive program may also be asked to perform at various opportunities in their own communities and around the province.



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Training Regulations

Ritmo athletes must agree to:

- Attend 100% of training to the best of their ability. Give prior notice in the event a training day must be missed.
- Bring all necessary apparatus and training equipment to each practice.
- Come prepared in proper training attire:
 - Form fitting top, tight leggings or shorts (knees must be visible), toe shoes/socks, hair up and contained, back warmer (recommended for athletes who train 4hrs/night).
- Arrive 10 minutes early for training to ensure they have proper time to change and/or assist with any set up.
- Take the necessary time at home to stretch/visualize and be mentally prepared for each training session.
- Advise coach of any injuries BEFORE training and update when necessary.
- Keep cell phones in gym bags-absolutely no cell phones allowed on the carpet. May be used to video skills/choreography on breaks only.
- Maintain a positive and respectful attitude towards their coach and fellow athletes.
Athletes will be asked to leave training if this is not followed.

Ritmo parents of athletes must agree to:

- Assist and support their athletes with the responsibilities listed above.
- Avoid the carpet area when training is in session.
- Refrain from coaching or correcting ANY athlete in the gym (whether it's their daughter or not), unless they are a NCCP Certified Coach and have been hired by Ritmo to do so.
- Assist the coaches with set up and take down of carpets and flooring underlay for each session when needed.
- Maintain a positive and respectful attitude towards all Ritmo coaches and athletes.
Parents will be asked to leave the gym and may be banned from the gym entirely if this is not followed.



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Training Schedules

Pre-competitive and competitive schedules will run on Mondays, Tuesdays, and Thursdays from 5-9PM. Depending on hours per week, each athlete will have a different schedule.

Level	Hrs/week	Schedule
Pre-competitive	3	Mondays 6-9PM
Provincial competitive	6	Tuesdays and Thursdays from 6-9PM
Provincial competitive	7	Tuesdays 5-9PM and Thursdays 6-9PM (or vice versa)
Provincial competitive	8	Tuesdays and Thursdays from 5-9PM
Provincial competitive	9	Mondays, Tuesdays, and Thursdays from 6-9PM
Provincial competitive	10	Mondays and Tuesdays from 6-9PM, Thursdays from 5-9PM
Provincial competitive	11	Mondays and Tuesdays from 5-9PM, Thursdays from 6-9PM
Provincial/National Competitive	12	Mondays, Tuesday, Thursdays from 5-9PM
Provincial LVC and National	15	Mondays, Tuesdays, Thursdays from 5-9PM and Wednesdays from 6-9PM

Alternative schedules may be discussed with the Head Coach and Director.

Once a training schedule has been set, athletes are not permitted to deviate from their schedule or make up time for nights they are unable to make it (for example, wanting to attend a concert on Tuesday so asking to train on Monday instead). If a training schedule is not working for an athlete and/or their family, permanent changes may be made by consulting the Head Coach.

Outfits and Equipment

All competition bodysuits and apparatus must be approved by the Head Coach prior to competition to ensure they meet the requirements. Additional information and recommendations from our coaches can be found at the end of this document.

Athletes should bring ankle weights, a balance board, and a resistance band to training for warm-up and conditioning.

We encourage all parents to use each other as resources, whether it's sharing contacts or swapping used suits and equipment.



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Competition Attendance and Travel

Competition experience is the best way for athletes to gain confidence and improve their scores throughout the season. However, they are also an added expense as athletes must pay a registration fee as well as travel expenses for out of town events.

Once the competition calendar has been finalized for the season, we will share which competitions our coaches recommend athletes to attend. We will then have a deadline for athletes to commit to each competition. *Effective for the 2018-2019 season, athletes attending competitions will also be billed for a portion of the travel expenses and honorariums for the required coaches and judges to attend. This amount will be due with the competition registration fee.*

Outside of our recommended competitions, if athletes find an Invitational they would like to attend, they may request a coach to attend with them. In this case, athletes will be responsible for all travel costs for the coach to attend.

Ritmo Invitational

In an effort to provide our athletes with local competition experience, contribute to the provincial rhythmic community, and raise funds for the club, we will host our own Invitational on Feb 9th-10th in Saskatoon. All coaches, parents, and gymnasts are encouraged to help in any way they can with planning and hosting the event itself.

Tracksuit

The following track suits must be worn to all competitions, showcases, and community performances:

Pre-competitive athletes:

- 1) Ritmo athletic wear tank top (\$45)
- 2) Ritmo warm-up shorts (athletes bring their own to be screen printed, approx. \$10 for each piece)

Provincial and National level competition athletes:

- 1) Ritmo jacket (\$125)
- 2) Ritmo tank top or t-shirt (\$45)
- 3) Ritmo warm-up shorts (athletes bring their own to be screen printed, approx. \$10)

Prices may change based on order numbers but should not deviate too much from the above quotes. Orders will be organized at the beginning of the season.



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Requirements for Gymnastics Leotards (FIG COP, page 10)

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest).
- The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum); undergarments worn beneath the leotard should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body; however, decorative applications or details are allowed as long as the applications do not jeopardize the safety of the gymnast.
- The leotards of Group gymnasts must be identical (of the same material, style, design and color). However, if the leotard is made of patterned material, some slight differences due to the cut may be tolerated.

It is allowed to wear:

- Long tights over or under the leotard.
- A full-length one-piece leotard (unitard) provided that it is tight-fitting.
- The length and colors of the fabric covering the legs must be identical on both legs (the "harlequin" look is forbidden), only the style (cut or decorations) may be different.
- A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
- The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast.
- Gymnasts may perform their exercises with bare feet or gymnastics slippers.

The hair style must be neat and trim and the make-up clear and light.



Equipment Requirements

The following information is to provide general equipment guidelines for programming, competitions and events in Saskatchewan. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturer's specifications and the provincial, national and FIG program documents.

NORMS FOR PROVINCIAL GYMNASTS

Ball	Level 1,2,3	Minimum 14 to 16 cm in diameter Weight 270-400 grams
	Level 4, 5, 6	Minimum 16- 20 cm in diameter Weight minimum 300 grams
Hoop	Level 3	Minimum 70cm in diameter Weight minimum 200 grams
	Level 4	Minimum 75cm in diameter Weight minimum 200 grams
	Level 5&6	Minimum 80cm in diameter Weight minimum 300 grams
Clubs	Level 5&6	Length: 40-50 cm Weight minimum 150 grams per club
Ribbon	Level 4	Minimum 4 m.
	Level 5&6	Minimum 5 m.

**All equipment should be fig approved*:*



The best sites to order equipment from are [Bermo](#), [Romsport](#), and [Pastorelli](#).



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Ball Recommendations:

Chacott, Sasaki, or Pastorelli brand.

Hoop Recommendations: Any brand of hoop is fine if it is the proper weight, diameter and is FIG approved (see above).

Clubs Recommendations:

As long as the clubs are the correct size and weight any FIG approved brand is fine.

MAKE SURE THEY ARE LINKABLE OR INTERLOCKING (probably rubber on the top not hard plastic).

Ribbon Recommendations:

Ideally all sticks should be regulation senior sized fiberglass sticks. Sasaki and Chacott have the best weighting but any brand will work just fine! (Ribbon sticks are not all FIG approved and as long as they have the correct dimensions that is okay).

For the actual ribbons any Chacott, Sasaki, or Pastorelli ribbon is great as long as it has the FIG approved symbol. You will see online that some descriptions say “training ribbon” and those are NOT FIG approved.

*Please note that for the **pre-competitive athletes**, equipment requirements are not as strict. The most important rule for the apparatus is that it is appropriate for the gymnast’s size and age (for example, a senior athlete should not be using a 3 meter ribbon or junior sized ball). To get the best use out of your equipment, it would be best that you follow the above recommendations.*