



OLYMPIUM RHYTHMIC GYMNASTICS CLUB

590 RATHBURN ROAD, ETOBICOKE, ONTARIO M9C 3T3

Mailing address: 71 Humbervale Blvd. Toronto, ON, M8Y 3P5

PHONE (416) 620 - 4400 E-MAIL: olympium.rgc@gmail.com

2023 / 2024

COMPETITIVE WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MINI PRE-COMPETITIVE 5:00 - 7:00		MINI PRE-COMPETITIVE 5:00- 7:00		
	PRE-COMPETITIVE1 5:00 - 8:00		PRE-COMPETITIVE1 5:00 - 8:00		
INTERCLUB 4:00 - 8:00		INTERCLUB 4:00 - 8:00		INTERCLUB 4:00 - 8:00	
PROVINCIAL 4:00 - 8:00	PROVINCIAL 4:00 - 8:00			PROVINCIAL 4:00 - 8:00	PROVINCIAL1 9:00 - 1:00
NATIONAL NOVICE 4:00 - 8:00	NATIONAL NOVICE 4:00 - 8:00		NATIONAL NOVICE 4:00 - 8:00	NATIONAL NOVICE 4:00 - 8:00	NATIONAL NOVICE 9:00 - 1:00
NATIONAL JUNIOR & SENIOR 4:00 - 8:00	NATIONAL JUNIOR & SENIOR 4:00 - 8:00	NATIONAL JUNIOR & SENIOR 4:00 - 8:00	NATIONAL JUNIOR & SENIOR 4:00 - 8:00	NATIONAL JUNIOR & SENIOR 4:00 - 8:00	NATIONAL JUNIOR & SENIOR 9:00 - 1:00

**PLEASE NOTE:
THERE IS NO PRACTICE:**

Thanksgiving Day October 9, 2023

Christmas Break (inclusive) December 23, 2023 to January 2, 2024

Family Day February 19, 2024

Easter Break (inclusive) Good Friday March 29th - Easter Monday April 1, 2024

Victoria Day May 20, 2024



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2023/2024 REGISTRATION FORM

GYMNAST PERSONAL PROFILE:

Gymnast First Name	Gymnast Last Name
Date of birth	Training (Hrs. / Wk.):
E-mail:	
Address Code	Postal
Home phone#	
Mother's Name:	Mother's Work #:
Father's Name:	Father's Work #
Mother Cell #:	Father Cell #:
Photocopy of birth certificate	Photocopy of Health Card

The undersigned releases and agrees to save harmless Olympium Rhythmic Gymnastics Club (the "Club"), its directors, officers, coaches, employees, instructors, volunteers and members, from and against all claims, liabilities and proceedings whatsoever resulting from participation by the gymnast named above in any rhythmic gymnastics program and related activities.

SIGNATURE OF GYMNAST: _____ DATE: _____
(Parent / Guardian (if gymnast is under 18 years old))

PRINT NAME: _____

PAYMENT METHOD:

16 post-dated cheques	<ul style="list-style-type: none">• 1 cheque dated Sept. 1/2023 - 1st Initiation Fee,• 10 cheques - monthly payment Sept. 1/2023 - June 1/2024 inclusive,• 1 cheque dated Nov. 1/2023 – 2nd Initiation Fee• 2 installments of Volunteer Fees, 2 cheques dated: Jan 1/24 May 1/24. The cheques will be cashed in case the 1/2 of volunteer hours will not be earned back to date. Please check the stream fee chart for cheques amount• 2 cheques dated: Jan 1/24, March 1/24 - \$50.00 each - donation per family per meet. PLEASE NOTE: the donation is mandatory for Pre-Competitive and Competitive gymnasts. Parents no longer be obligated to donate or purchase food for the meets.• There is a \$50 charge for any cheque returned NSF• There is no refund of Initiation Fee
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I AGREE to pay the training and initiation fees required to Olympium RGC as outlined for my daughter's program.

No refunds are given in the case of absences due to injury, illness or vacation unless any of the above precipitates retirement of the gymnast. I understand if my daughter intends to leave Olympium RGC, a 30-days notification in writing is required by the Head Coach.

Signature of Parent: _____ DATE: _____

EMERGENCY CONTACTS (other than parent/guardian noted above):

1.Name	1.Relationship
1.Home Phone#	1.Work Phone #
2.Name	2.Relationship
2.Home Phone#	2.Work Phone #
Gymnast OHIP#	
Family Physician:	Phone#
List all existing medical conditions/allergies (including food) /emotional problems, etc.:	
List all medications taken regularly:	

I acknowledge that I am aware that there may be risks associated with rhythmic gymnastics. I warrant that the gymnast named on this information form is physically fit to participate in rhythmic gymnastics. I declare that I have accurately disclosed all information regarding physical, mental or medical conditions affecting the gymnast named. I understand that ORGC has tried to create a safe and controlled environment for participation in rhythmic gymnastics and that ORGC has established rules for participation on and about the rhythmic gymnastics area that must be followed by the gymnast named.

I give permission for emergency medical treatment to be administered to the gymnast named, as may be determined in the reasonable discretion of her personal coach/team manager/chaperons. It is understood that whenever reasonably possible, the contacts named above will be contacted and informed of the situation, diagnosis, treatment required and anticipated medical results. I agree to pay for any additional costs that may arise from such care that exceed the benefits listed by the provincial health insurance plan.

I understand that it is my responsibility to ensure that the information on this form is kept current and I will notify ORGC of any changes immediately.

SIGNATURE OF GYMNASTS: _____ DATE _____
Parent / Guardian (if gymnast is under 18 years of age)

ORGC reserves the right to cancel any gymnast's membership at any time after consultation with the coach, the parent board of directors, or the President should any of the gymnast's or gymnast's parents' behaviour and/or attitude seem to be detrimental to the safety and well being of the program.

SIGNATURE OF GYMNASTS: _____ DATE _____
Parent / Guardian (if gymnast is under 18 years of age)

Every gymnast entering competitive level will be evaluated after probationary period of 60 days. ORGC reserves the right to suggest appropriate program or to cancel any gymnast's membership based on the results of the evaluation done by the ORGC Head Coach.

SIGNATURE OF GYMNASTS: _____ DATE _____
Parent / Guardian (if gymnast is under 18 years of age)

Print Name: _____

PHOTOGRAPHIC IMAGE RELEASE

I _____, hereby authorize and grant permission to Olympium RGC or its representatives to take and use photographic images of my daughter (please print name) _____ for publicity/promotion of the athlete and/or the Club.

SIGNATURE: _____

DATE: _____

PROGRAM	HR/WK	FEE / MONTH	VOLUNTEER FEE / POINTS	INITIATION FEE		ADDITIONAL FEE
				2023-09-01	2024-11-01	
MINI PRE COMPETITIVE	4	\$236.00	\$400.00 (80pts)	\$60.00	\$57.00	COST TBA
For Ages: 6 and less. By assessment and invitation only. Training: 4 hours per week. This level involves more intensive training with a concentration on development of basic body and apparatus skills. Not competitive.	Tuesday, Thursday 5:00-7:00	Amount calculated based on 38 weeks paid over 10 months (Sept. - June inclusively)	All volunteer fees can be earned back by a rate of \$5/volunteer point (4 points per hour). Two volunteer cheques are issued: Jan 1/24: \$200.00, May 1/24: \$200.00	Club Initiation Fee covers Gymnastics Ontario Membership fees for gymnast, club, staffs, membership fee for ORGC, portion of the insurance fees, administration fees and composition fee.		Equipment (rope, hoop, ball is mandatory), Practice suit, Club Tracksuit, Toeshoes, Undersuit
PRE- COMPETITIVE	6	\$308.00	\$600.00 (120pts)	\$120.00	\$114.00	COST TBA
Ages: 7 and up. By assessment and invitation only. Training: 6 hours per week. This level involves intensive training with a concentration on development of basic body and apparatus skills. Not competitive.	Tuesday, Thursday 5:00-8:00	Amount calculated based on 38 weeks paid over 10 months (Sept. - June inclusively)	All volunteer fees can be earned back by a rate of \$5/volunteer point (4 points per hour). Two volunteer cheques are issued: Jan 1/24: \$300.00, May 1/24: \$300.00	Club Initiation Fee covers Gymnastics Ontario Membership fees for gymnast, club, staffs, membership fee for ORGC, portion of the insurance fees, administration fees and composition fee.		Equipment (rope, hoop, ball is mandatory), Practice suit, Club Tracksuit, Toeshoes, Undersuit
INTERCLUB	12	\$416.00	\$1,000.00	\$220.00	\$214.00	COST TBA
Ages: 6 and up. Training: 12 hours per week. This level involves more intensive training with a concentration on individual and/or group routines. Gymnasts in this level are expected to participate in 2-4 competitions	Monday, Wednesday, Friday 4:00-8:00	Amount calculated based on 38 weeks paid over 10 months (Sept. - June inclusively)	All volunteer fees can be earned back by a rate of \$5/volunteer point (4 points per hour). Two volunteer cheques are issued: Jan 1/24: \$500.00, May 1/24: \$500.00	Club Initiation Fee covers Gymnastics Ontario Membership fees for gymnast, club, staffs, membership fee for ORGC, portion of the insurance fees, administration fees and composition fee.		Equipment, Competition Fees, Individual competition Suit, Competition Group Suits Rental Fees, Out-of-Town Competitions Travel Expenses, Practice suit, Club Tracksuit, Toeshoes
PROVINCIAL	16	\$496.00	\$1,250.00	\$300.00	\$275.00	COST TBA
Ages: 8 and up. Training: 16 hours per week for Levels B, C (3 routines) or Levels A + Group. Gymnasts will refine and perfect their skills for competitions with focus on individual and group routines at the provincial level.	Monday, Wednesday Friday 4:00-8:00 Saturday 9:00-1:00	Amount calculated based on 38 weeks paid over 10 months (Sept. - June inclusively)	All volunteer fees can be earned back by a rate of \$5/volunteer point (4 points per hour). Two volunteer cheques are issued: Jan 1/24 \$625.00, May 1/23: \$625.00	Club Initiation Fee covers Gymnastics Ontario Membership fees for gymnast, club, staffs, membership fee for ORGC, portion of the insurance fees, administration fees and composition fee.		Equipment, Competition Fees, Individual competition Suit, Competition Group Suits Rental Fees, Out-of-Town Competitions Travel Expenses, Practice suit, Club Tracksuit, Toeshoes
NATIONAL 1 NOVICE	20	\$545.00	\$1,500.00 (300 pts)	\$400.00	\$372.00	COST TBA
Ages: 9 -12. Training: 20 hours per week. Gymnasts will refine and perfect their skills for competitions with focus on individual and/or group routines at the national level Pre-Novice, Novice and Group	Monday, Tuesday Thursday Friday 4:00-8:00 Saturday 9:00-1:00	Amount calculated based on 38 weeks paid over 10 months (Sept. - June inclusively)	All volunteer fees can be earned back by a rate of \$5/volunteer point (4 points per hour). Two volunteer cheques are issued: Jan 1/24: \$750.00, May 1/24: \$750.00	Club Initiation Fee covers Gymnastics Ontario Membership fees for gymnast, club, staffs, membership fee for ORGC, portion of the insurance fees, administration fees and composition fee.		Equipment, Competitions Fee, Individual competition Suit, Competition Group Suits Rental Fees, Out-of-Town Competitions Travel Expenses, Practice suit, Club Tracksuit, Toeshoes
NATIONAL 2	24	\$580.00	\$1,750.00 (350 pts.)	\$400.00	\$372.00	COST TBA

Ages: 13 and up. Training: 24 hours per week. Gymnasts will refine and perfect their skills for competitions with focus on individual and/or group routines at the national level Junior, Senior and Group.	Mon, Tue, Wednesday Thursday Friday 4:00-8:00 Saturday 9:00-1:00	Amount calculated based on 38 weeks paid over 10 months (Sept. - June inclusively)	All volunteer fees can be earned back by a rate of \$5/volunteer point (4 points per hour). Two volunteer cheques are issued: Jan 1/24: \$875.00, May 1/24: \$875.00	Club Initiation Fee covers Gymnastics Ontario Membership fees for gymnast, club, staffs, membership fee for ORGC, portion of the insurance fees, & administration fees.	Equipment, Competitions Fee, Individual competition Suit, Competition Group Suits Rental Fees, Out-of-Town Competitions Travel Expenses, Practice suit, Club Tracksuit, Toeshoes
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- ✓ The second child of a family registered in a program will receive a 10% discount from the lowest monthly training fee.



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POINT DESIGNATIONS

1 HOUR = 4 POINTS = \$20.00

MAJOR CLUB RESPONSIBILITIES

OLYMPIUM RGC OPERATIONAL CLUB RESPONSIBILITIES	
200	President, Olympium RGC
150	Singing Officer
50	Secretary
CLUB SUPPORT POSITIONS	
200	Publicity, Website, Social Media
FUNDRAISING EVENT COORDINATORS	
25 – 100	1/2 or 2 days fundraising event accordingly
100	Tag Day, Raffle or Silent Auction Coordinators
MEET DIRECTORS	
100/150/200	1 day, 2 days, 3 days events accordingly

MINOR CLUB RESPONSIBILITIES

SOCIAL EVENT COORDINATORS	
75	Year End Banquet/Awards Dinner
50	Christmas Show, The End Year Show Special Occasion Parties etc.
MERCHANDISE SALES COORDINATOR	
50	Per Event (e.g. Oranges, Regal, Chocolates, Wrapping Paper, etc.)

OUT-OF-TOWN COMPETITIONS	
30	Per Day, Team Manager or Designated Parent as appointed by the Head Coach
EVENTS VOLUNTEER WORK	
25/50/100/150	Volunteer Coordinator. ½ day, 1 day, 2 days, 3 days events accordingly
4	Per hour - shift work during events (any and all work)
PROMOTIONAL PERFORMANCES	
10	Points per show/per gymnast
30	Event Coordinator
CORPORATE DONATIONS	
2	Points per \$10.00 value
HOSTING FOREIGN DELEGATION	
30	Per person
ATTENDANCE AT MEETINGS	
10	Points per family – attendance at general, orientation, planning meetings, AGM

PLEASE NOTE:

\$50.00 donation per family per meet is mandatory. Parents no longer be obligated to donate or purchase food for the meets.

IF YOU COMMIT TO A JOB, YOU WILL BE EXPECTED TO TAKE FULL RESPONSIBILITY OR TOTAL POINTS WILL NOT BE AWARDED!