



Parent Handbook

2026-2027

WELCOME TO SELKIRK SELECTS GYMNASTICS

Selkirk Selects Gymnastics is a non-profit organization dedicated to providing high-quality recreational and competitive gymnastics programming. We foster a safe, inclusive, and supportive environment where athletes can develop strength, flexibility, and confidence through progressive skill development. Our certified coaches are committed to nurturing each athlete's potential while promoting teamwork, discipline, and a lifelong love for physical activity.

At Selkirk Selects Gymnastics, we believe that every athlete deserves the opportunity to grow at their own pace while celebrating personal achievements along the way. Our programs are designed to build not only athletic skills, but also important life skills such as perseverance, resilience, and goal setting. We strive to create positive experiences that inspire participants to challenge themselves, build lasting friendships, and develop a strong sense of self-confidence. Through quality coaching, community engagement, and a commitment to excellence, we aim to help athletes of all ages and abilities reach their full potential both in and out of the gym.

PROGRAMMING

PRESCHOOL PROGRAMS (Off Site at Gordon Howard Center)

Tiny Tots (ages 1.5-2.5 yrs) encourages early movement exploration alongside a caregiver. With a parent or guardian actively participating on the floor, children are guided through circle time, simple activities that promote balance, coordination, and allow them to get comfortable in a group setting.

Tumbling Tots (ages 2.5-3.5 yrs) continues with parent-assisted participation on the floor. Children are introduced to slightly more structured movement patterns, basic circuits and basic skill progressions, all while developing independence and confidence.

Kinder Tots (ages 3.5-4.5 yrs) children participate more independently in a coach-led environment. Parents/guardians are required to remain on site but do not join on the floor, unless necessary for the child. Classes focus on basic gymnastics movements and gross motor movements, as well as on listening skills, following instructions through engaging, age-appropriate activities. Children from this group transition well into our Recreational KinderGym program.

RECREATIONAL PROGRAMS

Kindergym (ages 4-5) is for little ones ready to be independent from their caregivers. Classes focus on movement fundamentals through age-appropriate gymnastics activities that build coordination, balance, strength, confidence, and a love of physical activity in a fun and supportive environment.

Rec 1, 2, & 3 classes focus on developing fundamental gymnastics skills, strength, flexibility, and coordination in a fun, structured environment that encourages confidence, personal growth, and a lifelong enjoyment of physical activity.

INTRA CLUB

IntraClub is designed to provide athletes with a supportive, in-house competitive experience focused on skill development, confidence, and fun.

PRE-COMPETITIVE PROGRAMS

Mini, Mighty 1, Mighty 2, & Mastery classes are by invite only and are geared towards preparing younger gymnasts interested in pursuing competitive gymnastics.

Boys Pre-Comp classes are by invite only and are geared towards preparing younger gymnasts interested in pursuing competitive gymnastics

COMPETITIVE WOMENS PROGRAMS

XCEL Silver, & Gold are by invite only. Xcel Gold and Silver programs allow athletes to participate in a slightly competitive setting with less commitment than the Canadian Competitive Program (CCP), while Xcel Bronze aligns more closely with our recreational programs. All programs participate in our in-house Mock Meet.

CCP2-CCP6 classes are a competitive track designed to help gymnasts progress through a series of levels, with each level increasing in difficulty. This program emphasizes strong foundational skills, structured progressions, and prepares athletes for higher-level competition.

COMPETITIVE MENS PROGRAMS

Competitive Pre -P1, P1 and P2 classes are by invite. These classes are a competitive track designed to help gymnasts progress through a series of levels, with each level increasing in difficulty. This program emphasizes strong foundational skills, structured progressions, and prepares athletes for higher-

level competition. Boys Pre-P1 have the option to attend competitions.

Competition for Pre-P1 remain optional

CLUB COMMUNICATION

We believe in clear, respectful, and timely communication to support our athletes and families. We will share important updates through:

- Email – primary method for all official notices
- Website – calendar, registration, events, news, club information
- Social Media – follow us on Instagram and Facebook
- Bulletin Board – upcoming events & reminders
- Phone/Text – urgent matters only

YOUR RESPONSIBILITIES AS A PARENT

- Check your email & TeamLinkt app (Competitive only) regularly
- Read all club messages so you don't miss important information
- Reply promptly when a response is required
- Update your contact info with the club if it changes
- Use respectful language and tone in all communication
- Arrange meetings with coaches before or after class—please do not interrupt classes

Remember: We can only keep you informed if you stay connected. Please check your messages and keep your contact information current.

WHAT TO EXPECT IN RECREATIONAL PROGRAMS

In Selkirk Selects recreational gymnastics, athletes will learn the fundamentals of gymnastics in a fun, safe, and supportive environment. Classes focus on building strength, flexibility, coordination, and confidence while developing skills on vault, bars, beam, and floor through age-appropriate progressions and engaging activities. We end the year with a display to showcase gymnasts growth and talents. This event takes place during regular class times.

WHAT TO EXPECT IN PRE-COMP PROGRAMS

Pre-Competitive gymnastics at Selkirk Selects is designed for athletes who show enthusiasm, skill, and readiness to progress beyond recreational classes. Gymnasts will begin developing stronger technique, discipline, and commitment while training more frequently to build a solid foundation for future competitive opportunities—all in a positive and supportive environment.

Gymnasts are expected to attend two in house Cookie Competitions where athletes showcase their skills and are introduced to a slightly competitive atmosphere in a familiar environment.

WHAT TO EXPECT IN COMPETITIVE PROGRAMS

Competitive gymnastics at Selkirk Selects offers athletes the opportunity to train at a higher level with a focus on skill development, strength, flexibility, and performance. Gymnasts commit to regular training and competitions, learning discipline, teamwork, and resilience while working toward personal and team goals in a supportive and motivating environment. Gymnasts are expected to attend a minimum of three competitions and Provincials (in addition to our in house Mock Meet) and compete wearing the clubs competitive gym suit and track suit. Athletes must not wear any jewelry except for small stud earrings and no nail polish.

COACHES

Our dedicated team of certified coaches are committed to creating a safe, positive, and encouraging environment for every athlete. With a focus on building strong fundamentals, fostering confidence, and developing a lifelong love of gymnastics, our coaches work to support each gymnast in reaching their full potential. They bring a balance of technical expertise, patience, and enthusiasm to training, while promoting teamwork, discipline, and fun both inside and outside the gym.

REGISTRATION

Registration opens twice per year: Registration for the upcoming Fall/Winter Season opens in June and registration for our Spring Season (May & June) and Summer Camps (July & August) opens in February. Our competitive programs run September–June while our Recreational and Pre-Competitive programs run in two seasons: Fall/Winter (Sept–April) and Spring (May–June).

The link for registration is found on our website. You must create an Uplifter account to register. There are several options for payment – credit card or pre-authorized debit (encouraged to save on fees that can go directly to new equipment upgrades instead). We also offer an installment plan for Recreational and Competitive classes. Our Preschool and Kindergym programs

must be paid in full at the time of registration. Manitoba Gymnastics Association fees are paid once per season (Sept – June).

REFUND POLICY

- A full refund minus the \$50 cancellation fee and \$20 processing fee will be issued if cancellation *occurs two weeks prior to* the closing date of registration (including Fall/Winter Session, Spring Session, and Summer Camp)
- Any requests for refund after this date will require a doctor's note and/ or the Board of Directors approval.
- If a refund is deemed appropriate by the board, a refund of the remaining classes only will be refunded.

PRE-AUTHORIZED DEBIT POLICY

- Pre authorized debit may take up to 5 business days to process, sufficient funds must be in the account during this time frame
- An NSF transaction will be charged \$20 each time

INSTALLMENT PLAN POLICY

Tuition will be divided into 8 equal installments for recreational & pre comp; 10 equal installments for competitive.

- Payments are due on the 15th of each month
- If you no longer wish to be on the installment plan, members are able to log in to their Uplifter account to pay the remaining balance
- First Missed Payment:
 - The member will be emailed automatically by Uplifter to be notified
 - If failed installment is not resolved within 24 hours, a board member will contact the family
 - If failed payment is due to NSF, a \$20 fee will be charged to the account
- Multiple Missed Payments:
 - If two or more payments are missed, a \$25 late fee will be added to the outstanding balance and the gymnast will not be allowed to attend classes until the account is brought up to date
- Members must agree to the full tuition amount for the season, regardless of the number of classes attended
- The installment plan is a commitment to pay the total tuition fee, and mid-season cancellations are not permitted.

- In the event that the total tuition amount is not paid in full by the end of the gymnastics season, the gymnast will not be allowed to register for future Selkirk Selects Gymnastics classes.
- Selkirk Selects Gymnastics reserves the right to involve a collection agency to recover the outstanding balance.

VOLUNTEER BOND POLICY

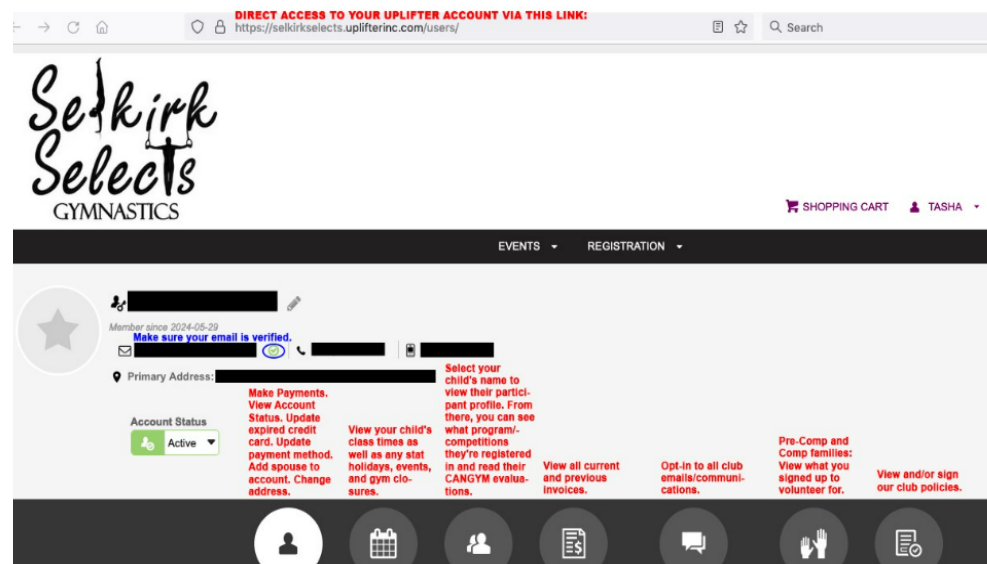
- IntraClub, Pre-Competitive, Xcel and Competitive families are subject to a \$200 volunteer fee
- Families must volunteer for 5 credit hours or pay \$200 at the time of check out at Fall registration.
- Volunteer hours will be tracked by the Designated Member at Large and overseen by the Operations Manager
- If volunteers do not fulfill their volunteer commitment and alternative arrangements have not been made, families will be directed to the Uplifter site to sign up for unfilled volunteer positions and are responsible for emailing the gymnastics@selkirkselects.com in regards to their new commitment.
- If the volunteer requirement is not fulfilled, \$200 will be added to the invoice and must be paid before further registration may occur.

UPLIFTER PARENT PORTAL

<https://selkirkselects.uplifterinc.com/users/>

Selkirk Selects Gymnastics uses Uplifter to help families easily manage their accounts. Through the portal, parents can:

- Make Payments – update credit cards, view invoices, and check account status.
- View Schedules – check class times, holiday schedules, and gym closures.
- Manage Participants – update your child's profile, register for programs, and track CANGYM evaluations.
- Stay Informed – opt-in for club communications, view policies, and check volunteer commitments.
- Uplifter is your one-stop access point to keep your family's information, registrations, and payments up to date.



CLASS CANCELLATIONS

- Selkirk Selects Gymnastics reserves the right to cancel classes in the event of inclement weather, an emergency, or other unforeseeable circumstances
- In the event of inclement weather or poor driving conditions, classes may be cancelled as a safety precaution for our families, athletes, and coaches
- If classes are cancelled, social media posts will be made and emails will be sent to inform the affected athletes
- The decision will be made by 3pm weekdays and 8am weekends. Please note we do not necessarily follow school closings, as road conditions and weather may change throughout the day
- There are no refunds for classes cancelled due to weather or unforeseeable circumstances

GYMNAST EXPECTATIONS

Selkirk Selects believes in fostering a culture of respect—respect for oneself, for others, and for the equipment. Coaches will review with gymnasts what respectful behaviour looks and sounds like in the gym. If a gymnast demonstrates disrespectful behaviour, the following steps will be taken:

- First Infraction: The coach will speak with the gymnast to discuss the behaviour and expectations moving forward.

- Second Infraction: The gymnast will be asked to sit out, parents will be contacted, and together with the coach and/or parents, the gymnast will create a plan to address and improve the behaviour.
- Third Infraction: Parents will be contacted to pick up their gymnast immediately. The gymnast will be asked to miss the next three classes, as determined by the Board of Directors. A re-entry plan will then be developed collaboratively with the head coach, family, gymnast, and Board of Directors to ensure success upon return.

PARENT EXPECTATIONS

Have your child at the gym 5 minutes prior to class start. Gymnasts should be changed with long hair tied back. Recreational classes must wait for the flashing red light to enter the gym. Remove footwear on entry mats – no footwear in viewing area. Parents are not required to stay (unless alternative arrangements have been made); in fact we encourage you to drop off your child as our viewing space is limited. We ask that you keep the volume to a minimum as busy nights in the gym can get quite loud and make it difficult for gymnasts to hear their coaches. Parents and siblings must remain in the viewing area and are not permitted to go on the equipment or gym floor. Distractions can be a safety issue, please refrain from calling out to your child during their class. If your child is feeling unwell or displaying symptoms of illness, we ask that they remain at home to help keep our athletes, coaches, and families safe.

WHAT TO WEAR

Recreational gymnasts should wear clothing that is form fitting, flexible, and comfortable. Bare feet are required. Long hair must be tied back. Necklaces, rings and large earrings must be removed. Pre-competitive gymnasts have the option of purchasing training suits. Competitive gymnasts should wear body suits. Tight fitting shorts are optional. PreP1-P2 boys should wear singlet/shorts.

LOST AND FOUND

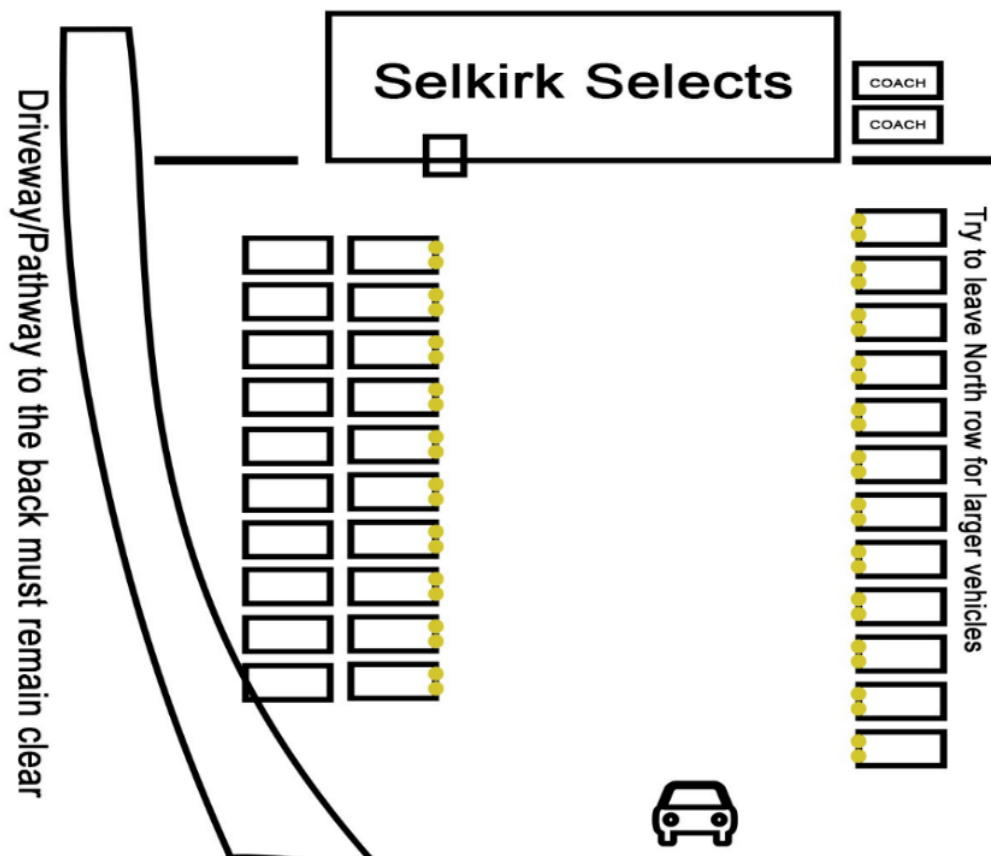
Lost and found items are placed in plastic bins in the viewing area. If the item is small or valuable, it may be placed in the coach's office. We are not responsible for any misplaced, lost, or stolen items. The lost and found bins are emptied twice per season – December and March. Claiming your items is up to you.

FUNDRAISING

Fundraising plays an essential role in supporting our club by helping cover the costs of facility maintenance, new equipment purchases, and ongoing coaching development. It also contributes to the daily operating expenses that keep the club running smoothly. All members are expected to take part in fundraising initiatives. At registration, a \$200 fee is collected for cash calendars (\$100 for Preschool programs), which can be fully recovered when calendars are sold in the fall and spring. Additional fundraising opportunities may be offered throughout the year—while participation in these is encouraged, it is not mandatory.

PARKING

We are located at 965 Main Street in Selkirk. At times, our parking lot can be quite busy. Please refer to the image below. We ask that the roadway to the back of the lot remain clear at all times, including special events.



PICTURE DAY

The club facilitates a day each season where your gymnast can have a professional photo and group photo taken during their regular class time. Costs are structured by the photographer. Picture days will be added to the club calendar and online reminders will be posted on our social feeds. Order forms will be available online and in the gym. A group photo and individual photo will be taken. Photo packages must be pre-purchased.

INJURY/RETURN TO GYMNASTICS PROTOCOL

(specific to the Pre-competitive, Xcel and Competitive programs)

At Selkirk Selects Gymnastics, the health and safety of our athletes is our top priority. Returning to gymnastics after an injury must be done carefully to prevent re-injury and ensure long-term well-being. This policy outlines the steps and responsibilities for re-entry to full participation.

1. Participation Requirement

- Athletes may only return to gymnastics when they are physically able to **fully participate in all class activities.**
- We do not offer modified “sit-out” participation or supervision-only attendance—our program is not a babysitting service.
- If an athlete is still unable to perform the majority of skills safely, they should remain in recovery and return once they are ready for full involvement.

2. Communication

- Parents/guardians: please inform the coaches of the injury and provide updates during the recovery period.
- Prior to returning, parents should speak with the coaches to discuss the injury, recovery progress, and readiness for full participation.
- Athletes should communicate honestly with coaches about any pain, discomfort, or concerns during their return.
- If at any point the athlete cannot participate fully due to pain or restriction, they will be advised to pause training until they are ready. Parents may be contacted to pick up their child.

3. Coach Responsibility

- Coaches will assess athlete readiness for full participation based on movement ability, skill execution, and safety. Coaches may ask for a medical clearance note if necessary.
- Monitor the athlete’s physical condition and adjust activities if needed.
- Communicate clearly with parents regarding readiness and safety.
****Athletes unable to participate fully should not attend until physically prepared to do so****

BOARD OF DIRECTORS

President – Meaghan Wlock

Vice President – Lindsay Kirner

Treasurer – Lindsay Hart

Secretary – Amanda Dion

Member at Large – Shannon Olfert

Member at Large – Brooke Cherney

Member at Large – Jenna Klassen

Member at Large – Holly Bekkering

WHO TO CONTACT

General questions: gymnastics@selkirkselects.com

Questions concerning registration: registration@selkirkselects.com

Questions concerning payments: finance@selkirkselects.com

Questions regarding recreational gymnastics: recreational@selkirkselects.com

Questions regarding Pre-competitive, Intracub and Competitive gymnastics:
headcoach@selkirkselects.com