



**Gymnastics Club**

**DUBAI**



**Aesthetic Group Gymnastics**



**Rhythmic Gymnastics**



**Gymnastics For ALL**



## International level Competitions Agreement

Congratulations on being selected for the Angels Gymnastics RG &AGG International level gymnasts !

This agreement details the stipulations for your respective competition season. Note that upon signing the agreement ,you give your daughter the participation in an international competitions.

Please read and sign the agreement and confirm by with below link.

Gym Regards,

Angel Ebru Ilgaz.  
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Angels Gymnastics Club ,RG&AGG&GFA  
Director and Head Coach.

## Angels Gymnastics Club International competition rules and regulations

Angels Gymnastics RG & AGG competitive program training is an international (FIG) and (IFAGG) world standard program and our gymnasts training with updated ;

\*FIG brevet judge , \*Ballet& choreographer , \*Rhythmic Gymnastics coaches which their **coaching diplomas approved by UAE government.**

International competitions will be chosen by Angels Gymnastics Club.

The coaches will decide the level of each gymnasts participation and quantity of apparatus depending of international competitions. Local and International competitions mostly in weekends which on Sundays included. It might in holiday period too.

Angels Gymnastics will choose the International competitions outside and in UAE or hall and online according to our club gymnasts age categories/level /required apparatus during the season and gymnasts readiness according to competition.

### Competitive Program Levels

AGG and RG –Club gala ;1 group routine /2times a week training

AGG –Club Competitions ;1 IFAGG Group Routines /2times a week Training

AGG –International Level Group Competitions ;1 IFAGG Group Routines /2-3times a week Training

RG –D level- Club competitions/gala ;1 Group routine +basic app.skills +(Free hand routine, according to readiness) 2 times a week training

RG –C level- Club competitions/gala ,International Competitions ;1 Group routine +1 free hand +1 app.routines, / 3 times a week training

RG –B level- Club competitions/gala ,International Competitions ;1 Group routine +1 free hand +2 app.routines, / 4 times a week training

RG –A level- Club competitions/gala ,International Competitions, International Federations Official Competitions ;1 Group routine +1 free hand +4 app.routines, /5-6 times a week training

Registration for the international competitions including 4 steps;

1-Information and registration period for the competition by the deadline.( if competition will be out of UAE and Dubai include flight ,hotel,transportation,visa cost ,reg.fee ,reg fee transfer cost ,online competitions medals shipping cost according to organization ... )

2-The 1<sup>st</sup> registration and deposit (Online competitions 500Aed -Local competitions 1.000Aed - out of UAE competitions 100Aed +500Euro . )competition expenses payment 1month before the competition till the deadline. Angels Gymnastics will not accept any registration after the 1<sup>st</sup>registration deadline. Please note after the 1<sup>st</sup> registration, payment are non-refundable.

3-The 2<sup>nd</sup> registration and the all competition expenses will be completed 15days before the competitions. Please note after the 2<sup>nd</sup> registration, payment are non-refundable.

4-Final expenses; If any additional cost will during competition, it will be sharing by the parents after the competitions, end of the trip.

\*All competitions are non-profit organizations. The all competition expenses sharing by the parents according to gymnasts number. Deposits required for the registration process ;booking place ,transfer money etc...

\*Holidays period not included the course fee.If the competitions in holiday period ,team will have extra holiday training.

Angels Gymnastics provide 2coaches for 10 gymnasts ,3 coaches for 11 gymnasts and over (1coach and 1 judge ;compulsory to be able to participate )for each competition. All coaches expenses ;flight ,hotel, visa cost ,transportation ,food, coaching-Judging fee and other travel expense will be sharing with the parents according to gymnast number and competition type. Each gymnasts competition expenses ;flight , hotel, visa cost ,transportation ,food, competition - masterclass registration fee and other travel expense will be paid by their parents.

If visa required ,All visa process will be done by the parents and must be apply one months before competition.

Angels Gymnastics undertakes to provide official letter to the embassy, but does not responsible in case of visa rejected.

The coaches will stay organizer hotel .(Reasonable ,clean hotels)

If wish ,Parents and gymnasts can stay in different hotel.

Who stay in different hotel they must follow the team schedule on time. If they are not on time

Angels Gymnastics team will not wait late person .

If gymnast go to the international competition and Masterclass she must stay in same Hotel with her parents.

If gymnast go to the international competition without parents all the responsibility will be under team manager delegation of Angels Gymnastics and they must be prepared notarized letter to the responsible person.

Angels Gymnastics will send the competition itinerary and schedule before team leave Dubai.

Gymnasts must follow team schedule on time and stay with the team together during International competition days from morning to evening according competition's schedule. During free time gymnasts should be under parents supervision.

If gymnast go to international competition for representing her country under her country

gymnastics federation ,Angels Gymnastics will support her according to her country competitions rules needs but Angels Gymnastics will not provide any coach/es to go together with her.

### **Angels Gymnastics Club uniforms and apparatus**

All gymnasts must have Angels Gymnastics equipment, during international competition.

Wheel Bag, track suit ,t-shirts, training outfit, competition leotards ,competition shoes...

For the Masterclass, each gymnast must have full complete of apparatus.(no ankle-wrist weight)

Parent will receive check list before the competitions.

### **Gymnasts Code of Conduct**

Representing the Angels Gymnastics ,Dubai Team is an honor, not a right. All gymnasts selected are considered to be in position of leadership and represent the club and the community.

Gymnasts are expected to conduct themselves at all times in such a manner as to reflect credit on themselves, Angels Gymnastics.

### **Sportmanship /Fairplay**

Good sportmanship is both the gymnast and coaches commitment to fair play, ethical behavior and integrity. In perception and practice, sportmanship is defined as those qualities that are characterized by generosity and genuine concern for others. Lead by example.

### **Parental Support**

Our Gymnasts train hard and need your support in many ways;

\* It is easy to find something positive to say about each performance, but more importantly, ask the gymnasts how THEY think they did, rather than tell them how you thought they did. Rhythmic gymnasts are the best judges of their own performance, and only they know if they met the goals that they set with their coach. Respect their opinions, while encouraging and modeling good sportmanship, as they are the future coaches, judges, parents, volunteers and educated audience members of the future. Most importantly, reinforce the values of cooperation, community, team work and camaraderie that rhythmic gymnasts learn through their participation in competitive sport.

\*Please make sure your daughter compete with her self.

\*Providing good and healthy food and drinks at home

\*Allowing enough rest and sleep time to recover from trainings and competitions

\*Supporting them with their academic work

\*Attending competitions for moral supports

**Parental Code of Conduct**

- As the parent/s of a gymnast on Angels team, I agree to support Angels Gymnastics organization and will insure that my child/ gymnast abide by the gymnast’s code of conduct.
- Parents will refrain from any verbal abuse of gymnasts, coaches, judges, opponents and spectators during or after competitions.
- Parents will not interfere or distract any gymnast at any time during competitions and practices.
- Parents will remain in designated spectator areas throughout the duration of all meets and practices.
- Parents are to adhere to and respect all facility rules and regulations.
- Parents are expected to pick-up and/or drop-off their child/gymnast to practice and competition at the time requested by the coach or the head of delegation .
- Parents are to refrain from any negative, abuse or derogatory commentary about/towards Angels Gymnastics athletes, opponents, judges or spectators during or after competitions verbally, in writing or via the internet, social media.
- Parents will not to use or possess alcoholic beverages, illegal drugs while attending competitions or training sessions.
- Parents will not engage in giving the gymnasts any instruction during competitions or practices.

Any

comments to gymnasts should be limited to encouragement and support of gymnasts.

- **ABSOLUTELY NO COACHING FROM SIDELINE IS PERMITTED BY PARENTS.**
- Parents are not to voice issues concerning their child/gymnast or coach in front of other parents/gymnasts.

Parents are asked to discuss any issues or concerns with the team manager and/or coach directly or via email. However, a 24hour period after the issue arises is required before doing so.

At Angels Gymnastics these codes are taken seriously to insure a safe, professional and nurturing environment to all our gymnasts.

Parents are required to adhere to these codes in the best interest of their child. Angels Gymnastics Competitive Program Director ,Manager or coach will take the time to speak to parents regarding any arising issues. However, please note that you may or may not receive warning prior to any action being taken in response to failure to abide by the above code of conduct rules. Failure to comply with the above conditions may result in your child/gymnast being removed from the competition and future selection.

The Parents Code of Conduct has been written in the best interest of gymnasts, parents, coaches and to continuously improve the environment and services provided by Angels Gymnastics.

CHILD NAME :.....

Date of Birth :.....

PARENT NAME:.....

PREFER INTERNATIONAL COMPETITONS ;Please circle ;

1-OUT OF UAE ( Travel)    2- IN UAE    3-ONLINE    4-All    5-Other idea:.....

SIGNATURE:.....

DATE:.....