



2014 - 2015 ARGO COMPETITIVE PROGRAM

What is Rhythmic Gymnastics?

Rhythmic Gymnastics (RG) is a beautiful yet challenging sport that combines artistic gymnastics and many styles of dance with various handheld apparatus. RG incorporates apparatus (ball, rope, hoop, clubs, and ribbon) with movement to music.

Interclub (formally Pre-Competitive):

Interclub is a program designed for gymnasts who have previous limited RG, artistic gymnastics or dance experience but wish to train more often and practice more difficult body and apparatus skills than in recreational RG. The main focus of the Interclub program is to learn and perform individual routines for adjudication at the club level. The gymnasts will have the opportunity to learn body and apparatus skills from the beginner to intermediate levels. Jumps, leaps, balances, and rotation difficulties are taught with an emphasis on combining apparatus and body skills with coordination to music during routines. Interclub gymnasts will progress through Rhythmic Gymnastics Manitoba's interclub leveled program designed for gymnasts to perform individual routines in an evaluated venue. Throughout the year, gymnasts will perform at the ARGO Club Displays, Provincial Gymnaestrada, and City Interclub Competitions.

Competitive Provincial Stream:

Competitive Provincial Stream (PS) is a program specifically for those gymnasts with previous RG experience or with intermediate artistic gymnastics or dance experience. The main focus of PS is to learn and perform individual or group routines for competition at the Provincial Level. The gymnasts will have the opportunity to learn challenging body and apparatus skills from the beginner to advanced levels. Jumps, leaps, balances, and rotation difficulties are taught with an emphasis on combining apparatus and body skills with coordination to music during routines. Beginner Ballet and Strength/Flexibility conditioning will also be taught. PS Gymnasts will progress through the Gymnastics Canada leveled PS program designed for gymnasts to perform individual routines, group routines, or both in a judged venue. Throughout the year, gymnasts will perform at the ARGO Club Displays, Provincial Gymnaestrada, and Provincial and National Competitions.

“Success is not being the best, but striving to do your best”



Masters:

Masters is a program specifically for those gymnasts aged 18+ (born 1997 or earlier) with previous RG competitive experience. The main focus of Masters is to provide an opportunity for gymnasts to continue performing at a high competitive level without following the guidelines of the Canadian Provincial Stream leveled program. Gymnasts will focus on perfecting individual or group routines to music and apparatus of their choice while still adhering to the principles of gymnastics for all. The gymnasts will have the opportunity to continue to learn challenging body and apparatus skills from the beginner to advanced levels. Beginner Ballet and Strength/Flexibility conditioning will also be part of the program. Throughout the year, gymnasts will perform at the ARGO Club Displays, Provincial Gymnaestrada, and Provincial Competitions.

INTERCLUB CLASSES:

Class	Age	Birth Year	Hours/Week	Fee
Level 1	7-8	2007-2008	2 - 4 hours	\$600 - \$1350
Level 2	9-10	2005-2006	2 - 4 hours	\$600 - \$1350
Level 3	9-11	2004-2006	5 hours	\$1600
Level 4	11-13	2002-2004	5 hours	\$1600
Level 5	13-15	2000-2002	5.5 hours	\$1600
Level 6	15 and up	2000 or earlier	5.5 hours	\$1600

PROVINCIAL STREAM CLASSES:

Class	Age	Birth Year	Hours/Week	Fee
Level 1	7-8	2007-2008	4 hours	\$1350
Level 2	9-10	2005-2006	4 hours	\$1350
Level 3	9-11	2004-2006	5 hours	\$1600
Level 4	11-13	2002-2004	6-8.5 hours	\$1750 - \$2000
Level 5	13-15	2000-2002	8.5 hours	\$2000
Level 6	15 and up	2000 or earlier	8.5 hours	\$2000
Masters	18 and up	1997 or earlier	3 hours	\$1000
Level 3 Group	9-11	2004-2006	2.5 hours	\$750
Level 4 Group	11-13	2002-2004	2.5 hours	\$750
Level 5 Group	13-15	2000-2002	3 hours	\$1000
Level 6 Group	15 and up	2000 or earlier	3 hours	\$1000

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DATES & LOCATIONS:

Interclub & PS Level 1 – 2				
Day	Location	Time	Start Date	Last Class
Monday	Sansome School	6:00 – 8:00 pm	September 15 th	Middle of June
Thursday	Sturgeon Heights CC	6:00 – 8:00 pm		

***If choosing a 2 hr/wk option – practices will be on Mondays*

Interclub Level 3 - 4, PS Level 3				
Day	Location	Time	Start Date	Last Class
Monday	Sansome School	6:00 – 8:30 pm	September 15 th	Middle of June
Thursday	Sturgeon Heights CC	5:30 – 8:00 pm		

Interclub Level 5 & 6				
Day	Location	Time	Start Date	Last Class
Monday	Sansome School	6:00 – 8:30 pm	September 15 th	Middle of June
Thursday	Sturgeon Heights CC	5:00 – 8:00 pm		

PS Level 4 - 6				
Day	Location	Time	Start Date	Last Class
Monday	Sansome School	6:00 – 8:30 pm		
Tuesday	Sturgeon Heights CC	5:00 – 8:00 pm		
Thursday	Sturgeon Heights CC	5:00 – 8:00 pm	September 4 th	Middle of June

***If choosing a 6hr/wk option – practice schedule will be Tuesday/Thursday at SHCC*

Masters (Choose one option)				
Day	Location	Time	Start Date	Last Class
Tuesday	Sturgeon Heights CC	5:00 – 8:00 pm		
Thursday	Sturgeon Heights CC	5:00 – 8:00 pm	September 4 th	Middle of June

Groups (Level 3 - 6) ****TBA

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PAYMENT INFORMATION:

Please make all cheques payable to ARGO. All registration forms and payment must be submitted before your child can participate in class.

All fees include:

- Classes & Club Displays
- RGM Membership Fees: Interclub, \$50.00; Provincial Stream, \$60.00
- Fundraising Levy of \$50.00
- Photos: Individual & Group \$20.00
- Year End Banquet \$20.00

*****Additional costs will include but are not limited to competition bodysuits, ARGO tracksuit, toe shoes, apparatus for the gymnasts and competition fees*****

A full refund for all classes can be made up to **September 30th, 2014** with a letter to the parent committee.

Early Bird Special: If you register before August 31, 2014, the volunteer bond fee will be waived.

PLEASE NOTE:

ARGO reserves the right to cancel or change classes due to number of gymnasts or facility cancellations. All classes are cancelled on statutory holidays (Thanksgiving, Remembrance Day, Louis Riel Day, Good Friday, Easter and Victoria Day) and on school breaks (Christmas Break, Spring Break).

Please mail completed registration form and payment to:

ARGO c/o Jacqueline Nordstrom
452 Conway Street
Winnipeg, Manitoba
R3J 2M8

Please direct questions/inquiries regarding registration to Irene Ross at 832-9673
Or e-mail ARGO argorg@shaw.ca

“Like” us on Facebook

www.facebook.com/ARGORhythmicGymnastics

Follow us on Twitter @argorgclub

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REGISTRATION FORM A:

Gymnast Information:

Gymnast Name: _____
Address: _____
City/Province: _____
Postal Code: _____
Home Phone: _____
Birthday (dd/mm/yy): _____
9 digit health #: _____
6 digit reg #: _____

Emergency Contact Information:

Name: _____
Home Phone: _____
Work Phone: _____
Cell Phone: _____
E-mail: _____
Relationship
To Gymnast: _____

Parent/Guardian Information:

Name: _____
Address: _____
City/Province: _____
Postal Code: _____
Home Phone: _____
Work Phone: _____
Cell Phone: _____
E-mail: _____

Parent/Guardian (2) Information:

Name: _____
Address: _____
City/Province: _____
Postal Code: _____
Home Phone: _____
Work Phone: _____
Cell Phone: _____
E-mail: _____

Please indicate medical conditions, injuries, allergies, etc:

A.R.G.O. Waiver

I, the parent/guardian of _____ know participation in any sport is a potentially hazardous activity. I realize that she should not participate unless she is medically able and properly trained. I assume all risks associated with her participation. Having read this waiver and knowing these facts and in consideration of your accepting my child's application to participate, I waive and release the Assiniboine Rhythmic Gymnastics Organization, Rhythmic Gymnastics Manitoba (RGM), all sponsors, affiliated clubs, event organizers, and officers and members thereof from all claims or liabilities of any kind arising out of her participation.

Signature: _____ Date: _____

The personal information collected by ARGO in accordance with the PIPEDA federal law will only be distributed to the Registrar, Coaches, and Volunteer Coordinator.

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REGISTRATION FORM B:

Class	Hours	Fee	Payment Option
Interclub Level 1 & 2 PS Level 1- 2	2 hrs/wk 4 hrs/wk	\$600 \$1350	<input type="checkbox"/> In full: cheques dated September 15, 2014 <input type="checkbox"/> In two payments: cheques dated September 15, 2014; January 15, 2015 <input type="checkbox"/> In nine monthly payments: cheques dated the 15 th of each month from September to May
Interclub Level 3 – 6 PS Level 3	5 – 5.5 hrs/wk	\$1600	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In nine monthly payments
PS Level 4 - 6 PS Level 4 - 6	8.5 hrs/wk 6 hrs/wk	\$2000 \$1750	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In nine monthly payments
Masters Date & Location: _____	3 hrs/wk	\$1000	<input type="checkbox"/> In full <input type="checkbox"/> In two payments: \$450, dated September 15, 2014; \$400, January 15, 2015 <input type="checkbox"/> In nine monthly payments: \$200 dated September 15, 2014; \$100 dated the 15 th of each month from October to May
Level 3, 4 Group	2.5 hrs/wk	\$750 \$500 with individual	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In nine monthly payments
Level 5, 6 Group	3 hrs/wk	\$1000 \$500 with individual	<input type="checkbox"/> In full <input type="checkbox"/> In two payments <input type="checkbox"/> In nine monthly payments

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To receive the EARLY BIRD SPECIAL you must register by **August 31st**

Type of Payment

- Cash
- Cheque

You must submit the registration form and payment in order to be registered in the program. Registrations will not be accepted without payment. NSF cheques will be subject to a \$20 administration fee.

ARGO VOLUNTEERISM

The ARGO Club relies on volunteerism to support our gymnasts in effort to keep costs as reasonable as possible. ARGO is extremely proud of its parental commitment throughout the years and we thank you. **We ask that each family volunteer at the ARGO Competition and at least one or more events during the year.** This could include ARGO shows, BINGOs, RGM Events, and other fundraisers.

A refundable volunteer bond fee of \$150.00 per family on a separate cheque is due for all gymnasts registering in our full year recreational and competitive programs. Please submit with registration.

WHEN YOUR VOLUNTEER COMMITMENT IS FULFILLED, YOU CAN RECEIVE A FULL REFUND UPON REQUEST IN JUNE.

*****Important: Please fill in the following:

Parent's name: _____

Phone #: _____

Class Level: _____ School: _____

ACKNOWLEDGEMENT OF MEMBERSHIP RESPONSIBILITIES

We, as the family of _____, acknowledge our responsibility to contribute to the operation of the Assiniboine Rhythmic Gymnastics Organization by agreeing to provide volunteer assistance as required by the coaches and club executive, including but not limited to: Volunteering for BINGO fundraisers, taking an active part in various club fundraising, other club events, and provincial events. (Any family member 18 years of age or older may contribute.) ** See handbook for policies in place.

Signature of legal Parent/ Guardian: _____

Date: _____

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