



## **FAQs**

If you have a question that is not answered on this page, please email our VP Competitive and we will be happy to answer any questions you may have.

**Email: [VPCompetitive@illusionsgymnastics.com](mailto:VPCompetitive@illusionsgymnastics.com)**

### **Q: What is Rhythmic Gymnastics?**

A: Rhythmic Gymnastics is for women and girls of all ages. It is the perfect combination of sport and art. RG is a sport that combines elements of ballet, gymnastics, dance and apparatus manipulation. Each movement involves a high degree of athletic skill. Physical abilities needed by a rhythmic gymnast include strength, power, flexibility, agility, dexterity, endurance and hand-eye coordination. This athleticism is linked with expressive dance steps, dynamic elements (walkovers and cartwheels) and skillful manipulations of the ball, rope, hoop, ball, ribbon and clubs: throw, spin, spiral, roll and catch. Rhythmic Gymnastics can be performed individually or in groups of up to 5 gymnasts. Rhythmic Gymnastics develops posture and confident body movements for sport and life. It enhances co-ordination and agility, for body awareness and balance. RG builds self-confidence and creativity. The sport increases flexibility and strength and develops healthy minds and bodies.

### **Q: What is the minimum age to enroll in a competitive program at Illusions Rhythmic Gymnastics Club?**

A: Competitive programs at Illusions are for girls aged 5-18. Our youngest gymnasts must turn 6 by December 31st of the current year to be able to compete at the 2017 Provincial Championships.

Introduced this year (2016-2017), we have a new program, Rising Stars that is designed for girls born in 2011. These athletes must attend our competitive try-outs on Saturday, June 11<sup>th</sup> at West Halifax Cheer Gym (WHC) from 11:15-12pm. Please note there is a mandatory parents meeting from 11:15-12pm coinciding with the try out. These athletes will perform as a demonstration group at the 2017 Provincial Championships and the 2017 Illusions Invitational.

### **Q: How do I register for the Competitive programs at Illusions?**

A: Athletes with or without rhythmic gymnastics experience (aged 4.5-16) should contact our VP Competitive ([VPCompetitive@illusionsgymnastics.com](mailto:VPCompetitive@illusionsgymnastics.com)) to register for our competitive tryouts.

### **Q: How do I know which program to try out for?**

A: The minimum non-negotiable time commitments for each program are listed below.

- A Program – ages 5-16, 4 practices per week
- B Program – ages 5-16, 3 practices per week
- Rhythmic Dreams (C Program) – ages 5-16, 1-2 practices per week
- Rising Stars – ages 4-5, 1 practice per week

### **Q: Why is the Interclub program not listed above?**

A: The Interclub program (1 practice per week) only runs from January – June. This program is meant to bridge the gap for athletes that are interested in the competitive program and have missed the 2016-2017 entry point.

**Q: What if I have an athlete that is currently registered in a competitive program, does she need to try-out again for 2016-2017 season?**

A: Yes! If you have an athlete that is currently registered in the competitive program at Illusions (Program A, B, C or Interclub), she will need to attend the Try Outs on either Wednesday, June 8<sup>th</sup> (A Team) or Saturday, June 11<sup>th</sup> (All other competitive teams). Please contact our VPCompetitive to register for the 2016 try-outs.

**Q: What if I have missed the June 2016 Try Out Date?**

If you have missed the June 2016 try out date, please contact VP Competitive, Cherie Kelly (VPCompetitive@illusionsgymnastics.com). However, if an athlete has missed the try out date, 2016-2017 competitive placements will be considered only in specific scenarios involving injury, family emergency or exigent circumstances. There is also the opportunity to enter the Interclub program in January 2017. Please contact our VP Competitive at VPCompetitive@illusionsgymnastics.com.

**Q: What does the Competitive Try Out involve?**

The Illusions coaches will do their best to create a fun, stress-free environment so the athletes can perform to their best ability. All athletes will have time to warm up and stretch at the beginning of the try outs. They will then be divided into age appropriate groups that will be led by our Illusions coaches. Athletes will be evaluated on three sections; *body elements, apparatus technique and a choreographed dance section*. The coaches will demonstrate the body element before the evaluation process and the athletes will have time to practice before presenting to the panel to be evaluated. The panel of experts will compile their evaluation scores for physical ability. In addition, an athlete's overall suitability (desire and attitude/maturity) will be evaluated to ensure that each athlete is placed in the best environment to foster individual growth through sport. Evaluation and feedback received from Illusions coaches will also be taken into consideration for returning athletes.

**Q: When will athlete placements be announced?**

A: Your daughter will be evaluated by a panel of experts. They will review your daughter's physical ability and overall suitability (desire and attitude/maturity) to ensure that she is placed in the best environment to foster individual growth through sport. Athlete placements will be based on age, ability and experience. Placements will be announced on our website by Saturday, June 18<sup>th</sup>.

**Q: After athlete placements have been announced, how do I register my daughter?**

A: We will have two in-person registration nights at Bedford Hammonds Plains Community Center for our competitive teams. Please mark your calendars:

**Monday, June 20 from 6-8pm for the A&B program**

**Wednesday, June 22 from 6-8pm for the C/Rising Star programs**

During the registration night you will be required to complete all necessary forms (waiver, media release, athlete profile, medical information), order your Illusions track jacket (if necessary), be sized and order toe shoes and order any equipment that your daughter will need for the 2016-2017 season. You will also be required to make payment for the 2016-2017 competitive season.

**Q: Can you explain the details surrounding the annual fees?**

A: The annual fees for 2016-2017 include the following:

1. Total fees for classes (a 2 hour class is approximately \$18/class) during the 10 month season (September 2016 – June 2017),
2. Annual Nova Scotia Rhythmic Gymnastics Association (NSRGA) registration fee (\$25),
3. Registration fees for Competitions (fees will depend on the number of competitions that your daughter attends.
4. Coaches expenses during competitions and
5. Competitive group bodysuit annual rental fee (\$50).

Payment options:

1. 100% of term with cash (Registration Night)/cheque
2. 50% of term with cheque and 50% with post-dated cheque (November 1/16).
3. Rising Stars & Rhythmic Dreams (Competitive C Program): Four (4) monthly payments (1st of July, August, October, December and January 2017).
4. Competitive A and B Program: Ten (10) monthly payments (1st of every month from July to April 2017).

*\* Option #2, #3 and #4: Post-dated cheques must be received at time of registration.*

\*\* Please note, due to administrative constraints and the volunteer nature of Illusions, we will no longer be accepting email transfers as a form of payment. Thank you for your understanding.

**Q: How long is the Rhythmic Gymnastics Season?**

A: Our season runs from September to June, with Thanksgiving weekend off, two weeks off at Christmas and 1 week (M-F) off at March Break. It is expected upon enrolling with the Illusions Rhythmic Gymnastics Club, that students are prepared to make a commitment to their rhythmic gymnastics training for the next 10 months.

**Q: What events will my daughter participate in during the 10 month season?**

A: Your daughter will commit to participate in the following Events based on her program. Illusions will endeavor to confirm dates as early as possible in the competitive season, but families must be flexible to accommodate competition and show dates throughout the year:

- Rising Stars – NS Provincials, Illusions Invitational, Holiday and Year End Shows
- Rhythmic Dreams (C Program) – Mini Comp (Jan), NS Provincials, Illusions Invitational, Holiday and Year End Shows
- B Program – Mini Comps (Dec & Jan), NS Provincials, Atlantics, Illusions Invitational, Holiday and Year End Shows
- A Program – Mini Comps (Dec & Jan), NS Provincials, Atlantics, Illusions Invitational, Out-of-Province Invitational, Holiday and Year End Shows

**Q: What do I wear to gymnastics class?**

A: Illusions does implement a dress code for all athletes during practices at a competition, demonstrations and any other Illusions event. Athletes must wear a solid black tank top and solid black biking shorts with their hair in a high bun. During regular practices, athletes must

wear tight fitted clothing. Tank tops and shorts are preferred, any color or pattern. All competitive athletes must have a bun for regular practice.

**Q: Will I need to purchase a costume?**

A: Illusions will provide all competitive group suits to all competitive athletes competing in the group category (Rising Stars, C, B and A Programs). There is a \$50.00 rental fee included in your annual fees. Athletes that are competing in the individual category (B and A programs and some C athletes) will need to purchase one costume/competitive bodysuit. Please expect to pay between \$150-\$275 for your daughter's required costume for the competitive season.

**Q: What are the additional costs associated with being an Illusions team member?**

A: Here is a general list of the team equipment and uniform requirements according to Program/Level

- Rising Stars– Team Uniform, Toe Shoes, Rope, Knee Pads.
- C Program (Group Only) – Team Uniform, Toe Shoes, Rope, Knee Pads and any individual apparatus that is needed.
- C Program (Group & Individuals) – Team Uniform, Individual Costume (1), Toe Shoes, Rope, Knee Pads, Required Apparatus.
- B Program – Team Uniform, Individual Costume (1), Toe Shoes, Rope, Knee Pads, Required Apparatus
- A Program – Team Uniform, Individual Costume (1), Toe Shoes, Rope, Knee Pads, Required Apparatus

**ILLUSIONS Team Uniform**

Illusions Black Track Jacket, full length/fitted/solid black leggings, high bun and toe shoes (no holes)

**ILLUSIONS Formal Practice Attire**

All athletes are required to have a solid black tank top & solid black biking shorts, a high bun & toe shoes (no holes). Formal practice attire is expected at competitions, demonstrations and any identified Illusion event.