



COMPETITIVE TEAM PARENT AND GYMNAST HANDBOOK

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Competitive Team Program Overview

Welcome and congratulations on being individually selected for our Competition Team program! Our Team program is intended for unique athletes who are ready to achieve more from the sport of gymnastics. Being a member of any team requires more dedication and commitment from both the athlete and their family. This handbook was designed to give our members a complete understanding of our expectations and guidelines as to how our Team program operates.

At X-treme Gymnastics, we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Our Junior Olympic women's gymnastics program operates under the rules and regulations of USA Gymnastics, the sole national governing body for the sport of gymnastics in the United States. We believe that gymnastics is the root of all sports. Its basic components aid in the physical development of every child and contribute to the foundation of a productive life. In addition to physical advancement, we seek to instill life skills and character traits through the participation in this program that will serve our students well throughout their lives. This includes, but is not limited to, determination, work ethic, grit, time management, responsibility, leadership, sportsmanship, discipline, respect and confidence. It is the mission of X-treme Gymnastics to provide an encouraging environment to where each gymnast can thrive in a safe and challenging atmosphere. Team is a year round commitment in which athletes must practice multiple days per week, train and execute required skills, learn and memorize routines, and go on to demonstrate these skills and routines simultaneously at competitions. Gymnasts who are selected for Team must display that they are physically and mentally capable of this program, have potential to succeed, are individually motivated to learn, and are dedicated to the sport and X-treme Gymnastics. In addition, they are selected not just as a team member, but also a role model and leader both inside and outside the gym. Finally, a gymnast cannot succeed without the support of her family. The athletes' family must also be committed team members and must be financially equipped to pursue this program. While being a member of the Team is admirable, understand this opportunity is a privilege, and not a right.



We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from every athlete. We will enforce proper respect, attitudes, and manners at all times. Our objective is to see to it that every athlete who participates in our program receives the same quality instruction regardless of ability. Athletes will be treated with respect and provided positive guidance in order to help them reach their goals. We coach athletes to value not only gymnastics, but relationships, character, education and positive life influences. We, as coaches, measure our success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment. The coach, athlete and parent must all be supporting members of a cooperative communication triangle engaged to assist the athlete in reaching her goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Know that our doors are always available to you should you ever feel the need to carry a concern to our coaches. We take all concerns and suggestions seriously. The staff at X-treme Gymnastics understands that we must shoulder the major responsibility of being a role model for our athletes as they are major contributors in the overall development of your children. This is a responsibility that we do not take lightly. X-treme Gymnastics would like all our Team families to know how much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future. With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered.

Program Description

Pre Team Program

Our Pre Team program is designed for serious, committed gymnasts and their families. This is a non-competitive program that serves as a bridge to our Competitive Team. Gymnasts must be recommended for this program by a member of our coaching staff. Our staff will select gymnasts who show ability to perform skills with precision and accuracy, have developed strength and flexibility, are focused and dedication to the sport of gymnastics, have individual goals of being a member of our competition team and also have family support. By accepting an invitation into our Pre Team program, you are acknowledging that you have a genuine want and desire to become a part of the X-treme Gymnastics Competition Team in the near future. Pre Team families must agree and be willing to join Team when recommended by the X-treme Gymnastics coaching staff.

Compulsory Team Program

Consisting of Levels 2-5, compulsory gymnastics serves as the foundation for all progressions within the sport. For this reason, proficiency at the current level is required before moving onto the next level. At meets, these athletes perform the same routine within each designated level to a prescribed criterion. She who performs closest to the criterion scores the highest. Level 2 and 3 are Developmental levels that focus on entry-level gymnastic skills, conditioning, and technique. At this level, gymnasts are introduced to meets in order to teach them how to perform under pressure, control nerves, and understand the need for proper preparation in practice. These Developmental levels require a moderate level of commitment and practice time. Level 4 and 5 are Compulsory levels that are progressive in nature. They continue focusing on fundamental skills and technique by building upon skills at the previous levels. Expectations at these levels become higher, while challenges become greater. In levels 4 and 5 an increase in commitment and practice time must occur in order to prepare athletes for Optional level gymnastics.

Optional Team Program

Our Optional Team consists of Levels 6-10 where upper-level gymnastics is performed. Longer and more frequent training is required due to more difficult elements being performed, along with more advanced conditioning and flexibility. Optional levels obtain choreographed routines designed to suit her individual strengths while still including the required skill elements at each level. At competitions, the gymnast who performs the required elements with the greatest amplitude, form and style will score the best. Level 6, 7 and 8 are Optional levels in which your gymnastics career really begins to evolve. Getting through the Compulsory levels to reach this point is difficult. Level 6-8 athletes have the opportunity to qualify for State Championships. Level 7-8 athletes have the opportunity advance from State Championships to Regional Championships. Level 9 and 10 are the highest levels of the JO program. These athletes have the opportunity to qualify and advance from State Championships to Regional Championships. Based on placements at Regionals, they also have the opportunity to advance to National Championships. Qualifying to Nationals is a high honor in the sport of gymnastics as it offers exposure to college scouts. It is at these levels that the girls start thinking towards their future careers and college scholarships. To reach these levels is an honor in itself, as these athletes must train exceptionally hard to achieve this level.

Xcel Team Program

Xcel was created to serve as a broad-based, alternative track to the JO program, where skill advancement and progressions still run parallel. It was designed by USAG to attract and retain a diverse group of athletes while continuing to help them develop and improve their skills. Candidates for this program vary. A gymnast may not be ready for the next level; however, has done well at her current level and/or has gotten stuck at their current level. A gymnast may have a specific weakness and/or injury that would hinder them in the next compulsory or optional level. Some gymnasts prefer the Xcel program as it offers the option to practice less hours while still competing at the Optional level. Gymnasts are able to move back and forth between the JO and Xcel program.

TOPs Program

The Talent Opportunity Program is a nationally recognized program through USAG designed to seek out and test athletes between the ages of 7 and 10 whom demonstrate exceptional strength, flexibility, form, and skills required at each testing age level. In order to be invited into this program, the athlete must demonstrate proficiency in strength, flexibility, and form. Candidates must also be mature, hardworking, independent, and have a positive attitude. This program requires a superior level of commitment and dedication to the sport of gymnastics.

Time Obligations

Year Round Sport

Team gymnastics is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both the school year and summer months. Gymnastics is a very unique sport. It is one of the few sports that require such a high time commitment at a relatively young age. We ask that you understand this obligation before accepting a spot on our roster. If for any reason, your family needs to take an extended time off, please make this known to the coaching staff and your athlete will be reevaluated upon their return. While we do support other activities, typically the participation in too many activities may result in inconsistent successes, increased chance of injury, as well as display a lack of commitment to all programs involved. There are times where personal sacrifices and compromises will need to be made. This is not saying that gymnastics should consume your life. X-treme realizes that family, academics, and religion must all be priorities. Ultimately, we expect our athletes learn to budget their time when other activities arise and make fair, though out decisions for herself.

Practices

It is expected that your athlete attends all scheduled practices. Gymnasts should arrive shortly before her practice time is scheduled to begin and be available to stay until the end of practice where they will be dismissed by their coach. We understand that many of you are juggling multiple schedules. We ask is that you communicate any conflicts you may have in advance as possible, via email, so we can mark it in our attendance book for our staff. There are no make-ups for team practices missed for any reason.

Camp Week

Camp week is for all levels of our Competitive Team. Attendance to camp week is of great significance for our Team members, as it is imperative to get a jump start on higher level skills in a fun camp-like atmosphere. Camp is mandatory for all competitive team members and we ask that you try to plan any summer trips around camp week. Camp dates will be announced each season, however, is normally in early August. Camp week is included in your regular team tuition.

Competitions

The competition schedule will be posted each season around mid-August. The schedule will include all important information including dates, locations, entry fees, entry deadlines, etc. Additional meet information can be found on our website. All team members are expected and encouraged to attend all scheduled competitions. By attending all the scheduled competitions, it ensures that you will obtain the most meet experience and best overall Team experience offered by being a member of a Competitive Team. Furthermore, it gives you the opportunity to track your individual progress, earn scores to qualifying meets, and give your Team the best chance in placing in the Team competition (in Ohio the highest 3 scores on each even count towards this score). We do understand that prior obligations may arise; therefore, **you are able to opt out of a maximum of two (2) competitions per season if necessary.** It is your responsibility to inform X-treme Gymnastics via email of the meet you cannot attend along with the reason why you are unable to attend. This must be done prior to the entry deadline.

Approximate Yearly Breakdown

- **May:** Commit to X-treme Gymnastics Competition Team for the next Competition Season.
- **May–October:** Off season training to acquire the strength and skills required at your respective level. Each gymnast's competitive level will be being evaluated and determined during this time.
- **October–November:** Final preparations for competitive season.
- **November–May:** Competitive Season
- **May:** Begin training and progressions for advancement into the next season. We expect you to be able to decide during the month of May if competitive gymnastics is something you will continue with into the next competitive season.

Financial Obligations

All fees below are due, in full, on or before the listed deadlines. Partial payments are not accepted.

Tuition: Tuition is due on or before the 15th of each month. Payments due by the 15th are for the following month (i.e. your April 15th payment is paying for your May tuition). A \$20 late fee will apply to all tuition payments turned in after the 15th of the month. No exceptions.

Team Registration Fee: This is an annual fee that serves as your commitment to our Team for the upcoming season. It supplements all clerical work that is required after your registration. This includes but is not limited to the configurations of team rosters, practice schedules, meet rosters and registrations, and all important information that will be sent out to you throughout the season in the form of emails, handouts, and information posted on our team bulletin board.

Team Uniform: The following items are required for all Team members to be worn to all competitions.

Modifications/customizations are NOT permitted to any parts of your Team uniform for any reason!

(1) Leotard: Customized leotard styles are worn for two competitive seasons before they are retired. On the second year only, you may purchase a used leotard for a discounted price if one available in your size.

(2) Jacket - Jackets can be worn until outgrown, worn out, or until you opt to purchase a new one. You may purchase a used jacket for a discounted price if one available in your size.

(3) Leggings - Leggings can be worn until outgrown, worn out, or until you opt to purchase a new pair. You may purchase used leggings for a discounted price if they are available in your size.

(4) Backpack - Backpacks can be worn until worn out, or until you opt to purchase a new one. If available, you may purchase a used backpack for a discounted price.

Coaching Fee: This annual fee covers your coaches' expenses for all scheduled competitions throughout the season, including coach wages, transportation and mileage, food and lodging, and team fees. This is a lump sum fee that is paid prior to competition season. Because you pay this fee in advance, when it comes time to pay your entry fees, you will only be charged the exact meet entry fee as listed by the host gym.

Competition Entry Fees: Entry fees vary by level and meet. Each meet will have its own entry deadline. No late entries will be accepted for any reason. Entry fees are to be turned into the X-treme Gymnastics Mailbox and labeled with your child's name, level, and meet in which you are registering for.

USAG Membership Fee: All competitive gymnasts must obtain an annual USA Gymnastics Membership in order to participate in USAG sanctioned competitions. Levels 3-10 and Xcel must obtain an "Athlete Membership" and Level 2 may obtain an "Introductory Athlete Membership".

Travel Accommodations: Travel accommodations to and from competitions are made by each individual family. Host gyms may set up a "host hotel" where family's attending the meet can obtain discounted room rate. Please note that it is not required for you to stay at the host hotel; however, host hotels are typically the closest hotel to the meet venue. Most meets are within driving distance and do not require a hotel stay; however, this option is solely decided on by your family. Host hotel information will be linked on our website as it becomes available. If you are having trouble getting your child to/from a competition, it is recommended that you ask a fellow teammate to carpool.

Apparel and Equipment: Each family is responsible for work out apparel equipment required to participate in the team program (i.e. practice leotards, grips, tape and pre wrap, etc.). Additional Team items may be available each year for purchase and may or may not be required.

Choreography (Optional & Xcel Levels): Floor and beam routines are created in house. Gymnasts typically keep their routines for two competitive seasons. Routine fees are to be paid directly to your choreographer. Information will be given to those who need routines.

Athlete Expectations

- The X-treme Gymnastics Team is built on a culture of respect and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, the athletes and parents must conform to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. We will not tolerate athletes or parents that, by their words or actions, do not support the policies and values of our team program.
- All gymnasts should arrive to the gym physically ready to practice. This means that the gymnast has eaten a healthy meal within the appropriate amount of time prior to practice. Your leotard is on and hair is up prior to entering the facility. You have any and all equipment that you'll need in order to have a successful practice (including but not limited to a refillable water bottle, hair ties, band aids, tissues, hand sanitizer, deodorant, grips, tape, pre wrap, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, an extra leotard, feminine hygiene products (ages 11 and up should always be prepared), safety strap for glasses, contact case and solution, inhalers, etc.). No unitards are to be worn to team practices.
- All gymnasts should arrive to the gym mentally ready to practice. This means that the gymnast should arrive with intent to participate with a positive and competitive attitude. Gymnasts must have goals and be mentally and physically ready each practice to work towards achieving these goals. We understand that all days will not be perfect and the gymnast may become frustrated at times. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
- Good attendance is essential to the success of the athlete. You should arrive on time and stay until you are dismissed. Please do your best to attend all scheduled practices, competitions and team events.
- The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and most importantly yourself, and it will not be tolerated.
- Athletes must ask permission to leave the gym for any reason, including getting a drink or using the restroom. Walking away from a coach, back talking, arguing, aggressive behavior, eye rolling, profanity, inappropriate discussions, etc. are forms of disrespect and will not be tolerated.
- Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.
- Understand that the sport of gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches' job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take criticism from the coaches and apply it.
- Gymnastics isn't easy, but adopting a negative attitude is. It's easy to blame others and make excuses. Put in the work. Stay positive and stay motivated. Gymnastics requires strong-minded, determined attitudes to overcome all the failed attempts before finally landing a skill. Trust the process. It requires hours upon hours in the gym in order maintain, progress, and reach success. Be patient with yourself.
- Turn each and every defeat into a learning opportunity for growth. With each endeavor you start as a beginner and learn proficiency from the mistakes you make. Know that mistakes can and will happen to everyone. Successful people learn from their mistakes. They build on your failures. The more chances you take the more failures you will experience and the more you will learn and grow as an athlete and an individual.

Parent Expectations

- The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents part. Due to this, parents' have been known to lose sight of the important role that they have to play which is to provide support to their child in all situations.
- Be your child's biggest supporter. Show your child unconditional love and encouragement. Children need to feel loved when they are victorious and even more so when they are defeated. Athletes need to be able to take chances, whatever the outcome. Don't send the message to your child that they have to win in order to receive your love. Athletes who know defeat or have performed poorly already feel bad. Let your child know you believe in them and their abilities. The important thing is that they tried their best. As long as hard work and dedication is there improvement is guaranteed to follow.
- Make every attempt to have your athlete to all scheduled practices, competitions and team events on time. Do your best to be prompt when picking up your child. We understand that each athlete is a student first. There will be times that the athlete must miss practice to a large school workload or school event. Please communicate with us if any such conflict arises by sending us an email. If you are going to be late picking up your child, please call us so that we are aware and can notify your child.
- Physically, make sure your child is well nourished, hydrated, and well rested for each practice. Encourage good diet and sleeping habits. Nutritious meals both before and after work outs are essential to your athletes training. Please note that gymnasts may drink only water during practices.
- **Do not coach your child.** Parents who make technical corrections create a conflict between the gymnast and coach. It is imperative that gymnasts do not question her coaches. Please do not ask what your child can be doing at home to improve their performance. All gymnasts will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the gymnast should be doing outside of the gym, we will communicate that with you and/or the gymnast. It is not in the best interest for your gymnast for you to sit through every lengthy practice. It adds unnecessary pressure to your athlete and can be detrimental to her progress.
- Team families are expected to be advocates of X-treme Gymnastics and its coaches. We expect every parent or guardian to set a good example for their child. There is never a positive outcome from gossiping and it can only cause harm to everyone involved. Never compare your child to another gymnast. Every gymnast and situation is different. Do not make assumptions. Do not take things personally. Unacceptable actions or behavior made by either the gymnast OR the parent can jeopardize your child's current and future membership with the X-treme Gymnastics Competition Team.
- If you have a concern please set up a meeting via email. Do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. If a matter requires immediate attention, please inform the front desk so they can relay the message.
- You are expected to adhere to gym rules and policies established by X-treme Gymnastics. Understand that sometimes policies and procedures may need to be revised for the best interest of all in the gym.
- We are honored that you have chosen X-treme Gymnastics as the gymnastics club to educate your child. Please know that this is a responsibility that we do not take lightly. We take pride in the development of your child, the athlete, but also your child, the person. If you respect us enough to play this large role in your child's life, please respect that we have each individual child's best interest at heart.

Gym Rules & Policies

Safety: Our club endeavors to provide a safe training environment for all its athletes in all programs. Equipment is updated and cleaned on a regular basis; however, it must be recognized that even with constant vigilance inherent risks are involved with the participation in any sporting event, including gymnastics.

Equipment: No one is allowed on any of the equipment or matting without the supervision of a coach. All gymnasts are expected to be respectful of the gym and its equipment at all times.

Communication: We use email as our main source of communication with our Team members. We ask you to also communicate with any information relating to your athlete (i.e. missing practice, vacation dates, injury, illness, questions, concerns, etc.). Our gym's website, bulletin board, and social media sites are primary resources for current information. While we encourage you to ask questions, please make sure to check your resources first as your answer may already be available to you. If you need to set up a meeting with a coach for any reason, please send us an email and we will get back to you promptly.

Dress Code: All Team gymnasts must wear a leotard. Unitards are NOT permitted. Shorts are allowed to be worn at practice should you choose. Hair should be tied back securely and out of the gymnast's face. Bare feet. No jewelry (stud earrings okay for practice). Leave all valuables at home. Gymnasts should be prepared with any and all equipment that they may need in order to have a successful practice (including but not limited to a refillable water bottle, extra hair ties, band aids, tissues, hand sanitizer, deodorant, grips, tape, pre-wrap, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, an extra leotard, feminine hygiene products (ages 11 and up should always be prepared), safety strap for glasses, contact case and solution, inhalers, etc.).

Attendance and Punctuality: Gymnasts should arrive before the start of class early enough to take care of bathroom needs and outer clothing removal so there is as little disruption to class time as possible. If an athlete is going to be ABSENT or LATE for any class, the gym should be notified via email or phone call (leave a message if no one is available to take your call). You must let the front desk/coach know at the beginning of class if you will be taking your gymnast out of class early for any reason.

Driver Responsibility: Please be extremely careful and courteous when driving through the parking lot. Children should be picked up within 5-10 minutes of their class ending and dropped off no more than 10-15 minutes prior to the start of their class. It is very important for the safety of everyone that the coaches are aware of who is in the gym at all times- please inform us if someone besides you will be picking up your child. Gymnasts must remain inside the building until their parents have come inside to get them.

Locker Room: Team members will receive an assigned locker in the Team locker room. Do not take or move things from a locker other than your own. Do not leave food and water in lockers overnight. Wet shoes and spilled drinks can leak into the lockers below yours and ruin someone else's belongings. Please keep water and shoes in their designated areas. Trash is to be thrown away before leaving practice. Be respectful of your gym and your teammates and keep your locker room clean. Phones and electronics are not to be used during practice for any reason. We are not responsible for lost, damaged, or stolen items. It is the responsibility of the athletes using the locker room to keep it clean and tidy.

Communicable Infections: All open wounds, such as cuts and blisters, along with contagious infections, such as warts, athlete's foot, impetigo, ring worm, etc., must be securely covered with band aids and athletic tape PRIOR to entering the facility and remain covered until you leave the building. If you are febrile, have pink eye, lice, etc. you are NOT permitted to enter the facility for any reason. These are all highly contagious. Athletes who show up to practice in this state will receive a call to go home to ensure the facility is safe for all other students and employees. It is the responsibility of the parent to make sure all contagious infections are covered and in the process of being treated by a medical professional.

Gym Rules & Policies (Continued)

Injuries and Severe Illnesses: If an athlete is unable to continue training because of an injury or any medical reason, a copy of the detailed medical note is required to be turned in to the coaching staff. A medical release from your doctor is also required prior to returning to practice. Copies of these notes are to be turned into the front desk. If your gymnast is injured, do not assume that she cannot practice. In many cases, gymnasts can continue practicing doing modified workouts including stretching, conditioning, flexibility and whatever else is possible while recovering. With that being said we reserve the right to review each gymnast's injury in order to determine what is in the best interest of the child's recovery.

Procedure for Rips and Grips: Understand that rips are inevitable. They are caused due friction between the hands and equipment. To treat rips you should wash hands with warm water and soap, cut off excess skin around the rip, and let air out as much as possible. When you get a blood rip or blister, it needs be covered during practice. Although speculated, grips DO NOT prevent rips. Grips are used to enhance a gymnast's grip on the apparatus. Grips are optional and are not used by all gymnasts. They are NOT required for any level but, however, may be purchased upon entering Level 4. Getting grips varies from gymnast to gymnast. This decision is to be made with you and your coach. If you have reached the point where you are performing a lot of swinging elements, such as clear hip circles or giants, grips can help you stay securely on the bar and perform these skills with more confidence. However, other gymnasts would rather not wear grips at all and they perform very successfully without them. Those who wear grips should break in a new pair after each competitive season as they will stretch out and/or rip over time. Your grips and maintenance of your grips is your responsibility, not your coaches.

Open Gym Policy: Team members are not permitted to attend another gym's Open Gym for any reason as it displays a lack of commitment to our club, your coaches, and your teammates. Furthermore, it is for your own safety as other coaches do not know you or your skill level. When participating at our Open Gyms you are not to attempt skills that have not been taught to you or that you don't perform on a regular basis. Open Gyms are designed for you to work independently on your current skills in a fun, supervised atmosphere. It is also a time where you may spend in the gym with your friends and teammates.

Observation Area: Observers must follow the gym's safety rules. Please refrain from gesturing, signing, or correcting your child while they are on the gym floor. Please do not attempt to coach or speak to your child while in class—leave the coaching to the coaches. These kinds of distractions can be dangerous to all athletes on the floor and could result in injuries. Parents who wish to take pictures or record their child MUST make sure that they turn off the flash on their device. Children not participating in class should remain seated with their parent in the observation area under their supervision at all times. Unless a child is in a class, NO unsupervised children are allowed in the building. Gymnastics skills are not to be attempted in the observation/lobby areas. Observers are expected to be respectful to our facility and property. Noise levels should be kept to a minimum as not to distract from any athlete or coach on the gym floor, and to be courteous to the other observers who wish to enjoy that area. Observers not following these safety precautions will result in being asked to leave the observation area or the building.

Media Release: X-treme Gymnastics reserves the right to use the athlete's name, photos and/or video footage that may be taken for promotional purposes on our website and social media accounts.

Payment Policy: All payments are due on or before their listed deadlines. Tuition payments are due before the 15th of each month for the following month. All late payments result in a \$20 late fee per payment that is turned in after the deadline. Returned checks incur a \$30 fee. Meet refunds and/or level changes do incur additional administration fees (if allowed by the meet director). Payment methods include cash or check. Credit cards may be accepted but do incur a 3% fee. Payments are not accepted over the phone. We do not keep credit card information on file. Athletes with an outstanding balance will not be able to participate in practices, meets, etc. until her account is brought back to good standing.

Gym Rules & Policies (Continued)

Discount Policy: As a Team member in good standing, you will receive 25% all recreational classes for both you and your siblings. If multiple children are on Team, the child with the lesser tuition rate will receive 25% off her tuition each month. Each additional Team child will also receive \$50 off her annual coaching fee. There are no discounts for registration fees, meet entries or team uniforms. X-treme Team members who are also members of their High School's Varsity Gymnastics Team will receive \$100 off their annual coaching fees due to competition conflicts as regulated by USAG and OHSAA rules and policies.

Make-up Policy: There are no make ups within the Team program. Tuition is determined annually and has been divided into monthly payments for your convenience. Team tuition rates per hour are drastically less than that of the recreational programs. Calculated into your tuition are an anticipated number of gym closings due to competitions, holidays, and inclement weather. Tuition is not prorated or increased depending on the number of classes in a month.

Refund Policy: All Team expenses already paid to X-treme Gymnastics are non-refundable for any reason.

Gym Closings: You can expect a number of gym closings due to team competitions, events, holidays, and inclement weather. These closings have been factored into the annual calculation of your team tuition and will not be rescheduled. Closings due to competitions will be decided on after the meet schedule has been received. As a rule of thumb, if your level is scheduled to compete on a day that you would normally practice, then practice will be cancelled for your level, whether you are attending that meet or not. Gymnasts are not permitted to practice with another level or practice group.

Inclement Weather: In cases of inclement weather, we do not close with any one school district. In most cases roads are clear by late afternoon when most classes start. Should we need to close, we will send an email and post that we will be closed on our website and social media sites.

Disciplinary Action Policy: The development of the coach/gymnast relationship is vital to the success of the athlete. Therefore, we cannot and will not run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes. Those relationships are built on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you. The coaches and staff of X-treme Gymnastics reserve the right to remove any gymnast who may be disrupting the progress of a class or endangering themselves, the coaches, or other gymnasts.

Leaving the Program: Should you feel that there is a problem involving your athlete and the gym and you no longer feel that X-treme Gymnastics is a good fit for you and your team experience we request that you are honest with us. We would hope and expect that you'd set up a meeting with us to discuss the issue with us privately before making any immediate decisions. Know that our doors are always open, and our coaches and staff are here to help you. However, if our coaching staff is not aware of any concerns, we cannot help the situation. With that being said and after you've met with the coaches, should you still feel the need to leave the gym, we request an explanation and agenda. Know that our coaches and staff put a great amount of energy, time, and effort into each and every one of our students; therefore, losing a student is an enormous disappointment to the gym, its coaches, and the gymnasts' teammates. Also understand that gymnastics coaches make up a very small community and we all work together for the same cause. We contact a gymnast's previous coach when they try out X-treme Gymnastics and majority of the other coaches will contact us in the event one of our own try another gym. We are not hurt by your decision, but we are hurt by your dishonesty. Any gymnast who leaves the Team for any reason may be allowed to return to Team one time only, at the discretion of the gym owners and coaches. In severe cases should you be asked to leave X-treme Gymnastics, you will not be permitted to return. Leaving the Team for any reason will result in the forfeit of any fees already paid to X-treme Gymnastics.

Meet Guidelines

Schedules: Our meet schedule will be available to our Team members mid-late August and will include meet weekends, locations, entry fees, and payment deadlines. Competition season runs approximately late November thru April/May. While the meet weekends are listed for the meet, you are not required to be there the entire meet weekend. Each level will be assigned a "session" on one day over the weekend. Each session lasts approximately 4-5 hours. Session assignments will be available a minimum of two weeks prior to the actual meet date. Parents are NOT permitted to contact the host gym for any reason. Once we receive the meet schedule, it will be posted at the gym, our website, and sent to you via email.

Spectator Admission/Parking: Meets that take place in major cities may incur parking fees. Prepare to pay admission at each competition (cash only). Admission fees typically range from \$10-\$25 per person.

How to Dress: Any piece of the X-treme Gymnastics Team uniform is NOT to be permanently modified or customized. It is to remain the same as how it looked when you picked it up from the gym (gymnasts' name should be printed on the INSIDE TAG of each of her garments). Gymnasts should have their X-treme Bag ID Tag or ONE identifying item on her Bag. Gymnasts are expected to arrive in their leotards and warm-ups. Please make sure to wear appropriate outer wear and shoes into the venue as weather permits. Hair is to be done neatly in a bun and secured tightly so that it won't fall or need fixing during the competition. You are to wear the matching team scrunchie that came with your leotard around your bun. Team bows can be worn on the side or underneath of your bun. No other unapproved hair accessories should be worn to meets. Use hair pins, bobby pins, snap clips, hairspray and/or gel to keep hair in place. Silver glitter hair spray is permitted in moderation. When applying hair and glitter sprays, it is recommended that you cover your gymnast's uniform with a towel to avoid it getting on her uniform. Gymnasts are not allowed to wear any jewelry or nail polish on their hands or feet per USAG policy. "Stage Make-up" is not permitted. Make-up, if any, should be kept to a minimum to avoid distractions and to keep gymnasts looking like themselves. Undergarments, if worn, must match your leotard or skin tone and must be completely hidden under your leotard at all times. Bows, scrunchies, glitter spray, bras and briefs are all available in the X-treme Gymnastics Pro Shop.

What to keep in your Bag: Do not use your backpack as your suitcase for overnight meets. Please use a separate bag. Your backpack should only contain your meet necessities so they can be easily accessible during a meet. At all times gymnasts should carry the following items in her meet bag: team flip flops (these will be used if your gymnast needs to quickly run to the restroom during a meet to avoid going barefoot through the venue), a re-sealable water bottle, grips, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, tape and pre wrap, band aids, tissues, hand sanitizer, deodorant, extra bobby pins, hair ties, hair clips, hair spray, brush/comb, a spare leotard (preferable in team colors), feminine hygiene products (ages 11 and up should always be prepared), safety strap for glasses/contact case and solution, inhalers, and a healthy snack. It is recommended that optional levels carry a spare pairs of grips and keep have the MP3 of their floor music on her phone.

Gymnast Behavior and Sportsmanship: Gymnasts are expected to present themselves in the highest standard. Be courteous and respectful, not only to your own teammates and coaches, but to ALL the competing gymnasts, their coaches, parents, spectators and judges. You are expected to watch and support all of your teammates. Your attitude and how you carry yourself is important. If you mess up, do not let it get to you, do not cry, and do not take it out on your teammates or coaches. You must learn to pick yourself up and move on before it affects your other events and your teammates' performance. Negative attitudes, hysterical behavior, arrogance, and connotative gestures or comments are unacceptable and do not represent X-treme Gymnastics in a positive manner. This type of behavior will not be tolerated and you will be removed from the competition and/or awards ceremony immediately.

Meet Guidelines (Continued)

Entering the Meet: Gymnasts arrive with a parent/guardian or teammate at the “check in” time. Gymnasts must check in while spectators will go to the admission line. After check in, or if there is not a check in, you are to find your teammates and sit together quietly near the competition area. Your coach will pick you up and escort you into the competition area at the designated “stretch time”. Gymnast check in time is solely for the gymnasts and families to get situated in the meet venue. Your coach is not required, nor compensated, to be present at this time. Once gymnasts have entered the competition area, you may not leave for any reason other than to use the restroom, in which you must ask permission. Gymnasts are not permitted to interact with parents, siblings, or spectators throughout the entire competition. After the competition ends, gymnasts will be escorted by a coach to the awards area, where they will sit together as a team and wait patiently for awards to begin. It is at this time that they may have their healthy snack that should be packed in their book bags. Once awards start, all food must be put away until the awards ceremony ends. During the ceremony, we expect all gymnasts to be attentive and respectful. After both the individual and team awards have ended, gymnasts will then be dismissed to their parents. All gymnasts are expected to clean up their mess and throw away all trash before leaving the awards area. We expect our gymnasts to be respectful to the host gym and meet venue.

Parent Behavior: Per USAG rules, spectators and parents are not allowed to enter the competition area for any reason. In the case of an emergency, you must wait for a coach to flag you in or we will bring your child to you. Parents should refrain from distracting their children during competitions. Never approach a judge or meet official before, during, or after a meet for any reason. Questions or concerns can be answered by your coach. NO FLASH PHOTOGRAPHY is permitted at USAG sanctioned competitions. This is for the safety of all gymnasts and coaches. Turn off flashes/spotlights on all recording devices before the meet begins. Judges and coaches will stop a meet to reprimand anyone disregarding this rule. Parents are expected to carry themselves with dignity and respect, and display good sportsmanship at all times! Be aware of your surroundings as everything you say and do directly reflect you, your child, and X-treme Gymnastics. Behavior that is negative, aggressive, arrogant, etc. is unacceptable and may jeopardize your gymnast’s current and future membership with X-treme Gymnastics. Spectators should NEVER speak negatively about our gym or other gyms, gymnasts, coaches, judges, or other spectators. You never know who’s sitting around you listening. Picture yourself in a giant fishbowl once you have entered the meet venue until you are back in your car. Someone is always watching. Parents should understand that the gymnasts must sit with their team throughout the ENTIRE competition and awards ceremony. Gymnasts will not be permitted to leave until after all team awards have finished. If you, the parent/guardian, needs to leave early then you must find alternative transportation home for your gymnast. Families should show team unity by wearing X-treme Gymnastics clothing and/or team colors (blue/purple/black) to all competitions and events. Spirit wear can only be purchased and ordered through the X-treme Gymnastics Pro Shop at select times throughout the season.

Gymnastics Community: Gymnastics is an individual sport and a team sport; however, gymnastics is also a very small community. In this community the parents, coaches, judges, and gymnasts must stick together for the sport to thrive. We expect this logic and behavior to be exhibited by everyone in and out of the gym, and especially at competitions. Many times at meets we rotate with other teams from different cities, states, or counties. You are expected to be encouraging toward all other gymnasts and teams. Upon reaching high levels of gymnastics the “fish pond” grows significantly smaller. Many optional level gymnasts compete alone, or with few teammates, and with considerably less people in the stands supporting them. Other gymnasts, teammates or not, understand all the hard work, fears, and frustrations that you endure on a daily basis. Of course we want our gymnasts and teams to be successful; however, we also aspire to create reputable young people who will become respectable adults with strong values. For this reason, it is important that everyone sees the big picture and comes together to view the sport as the community that it is.

Championship Qualifiers

USA Gymnastics holds Ohio State Championships for Levels 2-10 and Xcel. Levels 7-10 have the opportunity to qualify and advance from State to Regional Championships. Level 9-10 athletes have the opportunity to advance to Nationals based on their placement at Regionals. We would like all gymnasts and families to know that State, Regional and National Championships are a privilege and not a right. Qualifiers are selected by X-treme Gymnastics. Qualification requirements may vary by year and differ by level. Some of the many factors include, but are not limited to: USAG required qualifying score, mastery of skills, individual event and all around scores, individual event and all around placement, practice and meet attendance, work ethic, consistency, etc.

Should you be invited to represent X-treme Gymnastics at the State, Regional, or National level we request that you be proud, yet humble, about your achievement and be respectful toward the rest of your teammates. Should you not be invited, it does not mean that you are not a great gymnast, or that you won't be invited to attend in the future. Finally, this does not impact whether you will advance to the next level. Judges and coaches must follow a by-the-book list of requirements and deductions where gymnasts are expected to execute routines and skills seamlessly. Gymnastics is a sport based on perfection. We ask that you respect your coaches' decision and use it as a learning opportunity to keep working to improve.

Level Advancement

Our advancement policy is not "etched in stone" due to the variety of circumstances involved. Our main priority is to build happy, healthy, and confident athletes with strong basics. We can be sure to meet this goal by placing each gymnast at the level where they can comfortably and safely perform the required skills. USA Gymnastics states that *"The USAG Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely."* Before a gymnast can move to the next level, they need to demonstrate that they can be competitive at their current level and have mastered the next level skills. **Level advancement cannot be compared to moving up grades in school, nor can we guarantee a gymnast will move on to the next level each season. Gymnasts will advance at the time in the season that is deemed appropriate by the coaches.** We would like to assure you that it is common to remain in the same level for multiple seasons. On the other hand, should a gymnast be highly advanced beyond her level, it may also be attainable for that gymnast to test through a level(s). X-treme Gymnastics must maintain the integrity of the USAG JO program, its policies, procedures and standards. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's individual development.

At the end of the summer, your coaches will either recommend you to remain in your current level or invite you to move up to the next. You are never forced to move up should you feel that you are not ready or mature enough for the next level. Level mobility is determined based on, but not limited to, scoring and placement at your current level, understanding and mastery of next level skills, mental attitude, strength and flexibility, attendance and work ethic, maturity, and emotional standing. Due to the fact that we are unable to predict a child's advancement, be advised that any gymnasts' level assignment is subject to change at any time. We request that you respect and trust your coaches decision as we aim to do what is best and safest for each gymnast at this current moment in their gymnastics career. We are setting our goals high in an effort to prepare our girls properly for the higher levels of gymnastics. With each level of gymnastics comes increasingly harder skills and an increased level of risk. **It is in the best interest of your child that you, the parent, avoid being blinded by your own ambitions for your child.**

***"You never know when a player will peak and become great. Most quit before that happens, only the ones that fight through the rough and keep giving it their all will become great. All kids have that chance but only a few will follow through with it."* –Michael Rowan**