

Spirit n' Motion Athletic School

Competitive Gymnastics Team Handbook

2017-2018

SPIRIT N' MOTION ATHLETIC SCHOOL

COMPETITIVE GYMNASTICS

PAYMENT, RULES, & POLICIES FOR GYMNASTICS TEAM 2017-2018

Being on a competitive gymnastics team is demanding of you and your child's time and financial resources. Competitive gymnastics is much more demanding than other sports in the amount of training involved in order to compete. The fact that your child has made it to a competitive team, means that your child has likely devoted many years to the sport and is an exceptional athlete.

The Teams:

Girls Intro Team – Xcel Bronze Intro Team practice 2 days a week (Tues/Thurs) with 2 hour practices. The Intro Team competes in 4-6 Introductory Meets. They spend the year acquiring Xcel Bronze/Silver skills but do not have to have all of their skills to compete in the Intro Meets.

Girls Team – Xcel Silvers practice 2 days a week (M,W) Xcel Golds practice 3 days a week (M,W,Th) with 3 hour practices. Levels Xcel Platinum/Diamond and Optionals practice 5 days a week with 3 hour practices (Mon-Thurs and Fri 2 hours). **The team competes in at least 6-8 local meets and the Idaho State Championships and Regionals if the qualify.**

Spirit n' Motion Athletic School subsidizes the competitive teams. We charge substantially less per hour for a team kid (\$6-8/hr) than a recreational gymnast (\$15/hr). To receive this discounted rate you are committing to team for 12 months from May 1, 2017 to April 30th 2018. We will not pro-rate for individual days. **There is a non-contract option (see below).**

The following is a list of rules, policies and general information for our competitive teams. These rules, policies and general information were developed from our experience and in talking with other gyms in the state. By agreement you and your child are committing to team until April 30th, 2018.

Payment:

- 1) **Tuition** – Tuition is due by the 1st of each month. When payment has not been received by the 10th a \$10 late fee will be billed to your account. Tuition will not be prorated for students who miss practice due to other activities. We prefer to be paid by check or cash. If you would like we can automatically charge your account on file each month via credit card on file, just let us know. Once committed for the season, we will be bringing on staff to make the best experience possible for your children. In doing this, we need your commitment for classes. In the event a team member is removed or quits, any and all credit on account will revert back to the organization. As this is a full year commitment, there will be no refund payments or refund of the deposit or any other moneys paid. If a negative balance is on your account at the time of dismissal, you will be responsible for the payment of said balance. You will pay for the entire committed gymnastics year, from May 1st, 2017-April 30th 2018, regardless of the status of the gymnast, whether they are participating or not. This includes uniforms/registration fees/competition fees/coaches fees/sanctioning fees/monthly tuition.
- 2) Tuition: Xcel Bronze will be \$165/month (4 hrs), Xcel Silver will be \$210/month 2 days a week (6 hrs), Xcel Gold \$295/month 3 days a week (9 hrs). Level 6-8 will be \$415/month 5 days/week (14 hours).
- 3) **Coaches Fees** –We will split the total amount between all of the competitors. These fees pay for coach's travel, food, professional licensing & fees, time for competition events and administrative time. This is based

on our total costs divided by the number of students competing. If the student quits or is injured and cannot compete, coaches' fees for the year are still required. You have the option of paying this in a lump sum as well. It will be \$350. For Xcel Bronze team kids, coach's fees will be \$250 for the season. Fees will be higher for optionals girls, as they have separate meets.

- 4) **Competition Fees** – The team will have 4-8 meets and State and Regionals. Payment of sanctioning Fees, entry Fees, Uniforms and all other fees and expenses related to competition shall be paid to SMAS. Parents must have their money into SMAS 2 weeks prior to the aforementioned dates; failure to do so will result in your child being dropped from that competition. If you would like we can set up automatic payments for competition fees. **Your child does not have to compete in any meets until they are ready in order to be on team (unless they are crossovers), tuition and coaches fees are all that is required.**
- 5) Choreography fees: No fee for Bronzes as we will do their routine. Silver/Gold/Platinum/Optionals will need music \$25 and at least one hour of choreography for \$50/hour with our professional choreographer. Platinum/Diamond and Optionals (levels 6-9) around \$150-\$300 for their routine.

General Rules:

- 1) Parents please do not coach.
- 2) Be on time to practice.
- 3) Proper work-out leotards, and grips for upper level bars. No loose clothing, no jewelry, it is a safety issue.
- 4) No food or drinks on the gymnastics floor and all equipment in the gym; the drinking fountain is adequate, and all students need to have their own water bottle for practice.
- 5) Be courteous and respectful of your coaches and teammates.
- 6) Students will be set aside or suspended for period of time to be determined by the coach based on conduct exhibited unbecoming of a competitive gymnast or gymnastics parent.
- 7) Be your child's cheerleader and number one fan, regardless how they do at practice and at meets. They get enough criticism from us as coaches, and don't need extra pressure from their parents.

Policies:

- 1) 1st Year team kids and parents that receive an invitation to team and wish to join must have an entry interview as to why they want to join the team, and an evaluation on their skills, if they are new to our program.
- 2) A student will compete at a level for a minimum of two years with exception to the following:
 - a. A talented child has come to the sport of gymnastics late, so the coach has made the decision to sacrifice some form but not safety to get the student to an age appropriate level.
 - b. The student has demonstrated exceptional skill and proper form in the gym. This is based on what we see in the gym, not at competitions. Some kids practice poorly (sloppy) in the gym but are natural performers; these students will be required to do two years at a level. We also want kids to have scored an entire season above 36 at each meet and 37-38 by state in order to move up to the next level. They also have to work hard at practice and be maturely ready for the next level
 - c. A student will move up to the next level when they have all of their next level of skills for routines; they may be missing one skill at the time of sanctioning in October.

During their second year the student will refine their existing routines and begin training the next level skills. First year is a learning year and second year is for perfection and to really be competitive. We will have all our skill charts listed on the website so you can see what skills your child needs at each level.

- 3) For Level 6 and up, if the student has not demonstrated a 10.0 start value in the gym on floor, beam or bars, they will not compete that event. This is to motivate the kids to work hard, to be in the gym, and to hold them all to an acceptable performance standard.
- 4) Your child may compete in other sports and participate in other activities, as long as they do not interfere with our schedule. They are required to make it to practices a minimum number of hours based on the level they compete. **Tuition will not be prorated when participating in other activities.** The minimum number of hours a student must be in the gym based on their level is:

LEVEL	RECOMMENDED HOURS	MINIMUM HOURS
Bronze	4	4
Silver	6	6
Gold	9	9
Platinum/6-10	14	12

The parent and the student must understand that if they choose to compete in other sports or choose to be in the gym less than the recommended amount of time that they will sacrifice progression, may possibly spend more than two years at a level, and may possibly regress to a lower level.

- 5) A team kid that quits or has been pulled out by their parents and wishes to return to team will be handled on a case by case basis. The parent and child will need to perform a re-entry interview.
- 6) Most gyms have closed team practices; this means the parents are not allowed to watch their kids except for once a month. This is typically due to parent gossiping, fighting, complaining or other toxic behaviors exhibited to other parents, students, staff or clientele. This should be fun for everyone; we expect the parents to be supportive of all the students and staff. If this becomes a problem we will close the practice to that parent.
- 7) Most of the problems arise from not being educated enough on the sport. What may seem silly to you may actually be a life or death issue to a coach. If you or your child have any questions or don't understand something, please ask..... we are here for you.
- 8) SMAS will be conducting fundraisers for both SMAS and its equipment, and also for individual accounts to help offset athlete expenses.
- 9) Exhibitions – Team kids are required to perform in local exhibitions when available. We perform in/at various events in the valley throughout the year. This is to help prepare your child for performing in front of a crowd and helps get the SMAS name out to the public. The more kids in the valley that know about SMAS means more kids in the gym, more kids in the gym means more revenue, more class kid revenue means team tuition and coaches fees will most likely not go up.
- 10) **If you have a safety concern, see us immediately.**
- 11) **Reasons for dismissal:**
 - Excessive Unexcused Absences (up to the discretion of the SMAS Gymnastics Coaches).
 - Unsportsmanlike attitude or conduct from gymnast or gymnast parent.

- The use of Alcohol or Drugs by a gymnast at any time can result in immediate dismissal from the squad.

12) **Behavioral and Discipline Protocol:** All behavioral and discipline will be discussed with the team member on an individual basis. After having the opportunity to correct the matter, if further discussion is needed, the member's parent will be notified. Together, the coach, parent, and member will work to resolve a problem. If a resolution cannot be made, the coach and director will decide on probation, suspension, or removal of the member from the team.

13) **Important Notice** If for any reason your son or daughter does not fulfill the team obligation any monies spent on your child's behalf is non-refundable. (I.e. apparel, travel arrangements, competition fees etc.) Any monies raised from fundraising events sponsored by SMAS will not be refundable.

General Information:

- 1) Do not look at scoring from meet to meet to determine if your child is improving. There are too many other factors involved to just look at scoring; there are different judges each meet, does the venue intimidate or motivate the gymnast, what is the equipment like, different teams at each competition, is the gymnast injury free and healthy. Trust your eyes.... Not the SCORES! Look for....
 - a. Straight legs and pointed feet.
 - b. Are they on time with their music?
 - c. Arms straight, against and behind ears.
 - d. Proper posture and body shape.
 - e. Amplitude of the skills.
 - f. Are they hitting the proper angles?
 - g. Are all their body parts in the proper position?
 - h. Seamless connection or transition between skills... no stopping.
 - i. Are they graceful when it requires grace and powerful when it requires power?
- 2) When competition season starts getting close, we will hold a home competition/practice meet. This is for us to bring in a judge and make sure all their routines have required elements and have skills evaluations and feedback from a USA Gymnastics Sanctioned Judge.

SMAS Competitive Gymnastics Team Member Costs

- Annual Registration fee of \$35—Admin fee per student enrolled (this renews upon anniversary month when originally enrolled).
- Monthly Tuition—based on skill level and amount of hours in gym/week
- Annual Equipment Fee—\$100
 - This is due upon entrance to the team in May
 - It is totally non-refundable
 - It is used to maintain and upgrade equipment--(we are getting a new vault this year--\$4000, divided up by team kids)
 - Annual USA Gymnastics Membership Dues/Sanctioning--\$55 JO or \$25 for Xcel
This is required by USA Gymnastics before any gymnast is allowed to compete at any USA Gymnastics sanctioned event. Annual memberships run from August 1st through July 31st. All memberships must be renewed by August 1st each year.
- Uniforms
 - SMAS Workout Leotards (2), shorts (2), Capris, and competitive Leotard \$300
 - Warm-Up Jacket--\$150
 - Team Bag (optional)--\$50
 - Black Capris for practice and competitions \$25
- Grips—Xcel Gold and up
 - Bar Grips/wrist bands--\$70
- Tiger Paws—as needed
 - Wrist support for tumbling--\$55
- Competition Costs—Meet Entrance Fees per competitor for the season (estimated based on last year)
 - Bronze--\$450 for the year
 - Silver-Diamond \$750 for the year
 - Optionals \$850 for the year
 - State for all levels--\$90-130 (if the qualify)
 - Regionals for optionals levels 8 and up \$130
- Individual team poster for the Gym (then yours to keep when we take them down) \$35
- Coaches Fees—
 - \$350 for levels Xcel Silver-Diamond,
 - \$250 for Xcel Bronze,
 - price to be decided for Optionals level 7 and up could be \$500, plus extra fees for additional single meets/separate state/regionals.
- Exact fees for competition and coaches fees will be determined, once we have a commitment from team members.

Extra Gymnastics Team pricing Schedule for the Summer

I just wanted to lay out what will be charged to your account when so you can plan and budget accordingly. Please keep in mind we have a huge fundraiser on the 4th of July. We really need help with this carnival, and whoever works it will split the profit. You will still have your normal monthly tuition on top of these additional charges. Your child will not be able to compete until these fees are paid in full first.

May:

- \$100 Annual Equipment fee

June:

- Uniforms \$300 This is for new athletes or those that may need bigger sizes. This includes 2 workout leos, 2 shorts, competitive leo and black Capris. Prices/details to be decided.
- Bar Grips/wristbands for Golds that need them \$70.

July:

- USA Gymnastics Athlete Membership fee: \$25 for Xcel and \$55 for optionals.
- SMAS Team camp fee \$160

August:

- Coaches Fees for competitive Season \$250 for Bronze, \$350 for Silver/Gold/Platinum, Optionals \$500+
- Choreography fee \$50 for Silver/Gold/Platinum/Optionals
- Music fee \$25 Levels Silver and up for individual routine music cut.

September:

- Warm-ups for those that need them \$150, for new athletes or those that need a larger size.
- Back packs \$50 Optional
- \$35 Poster Picture for gym
- Sweatshirts/parent gear optional

October: We start into competitive meet fees for whichever meets kiddos attend. I will have prices as it gets closer. Between \$500-\$800 for the season.

Whew!!! Thanks for everything!!!

Summer Schedule for Team Kids

Competitive Team Gymnastics -- Three weeks on one week off each month—This morning schedule starts the third week of June-- Current schedule stays the same first week of June.

(No classes June 12-16, July 3-7, and July 31-Aug 4, and Aug 28-Sept 1): They will have three weeks each month of practice, and will have longer hours those weeks, to offset the weeks they have off.

- Xcel Bronze Tues/Thurs 9:00-11:30--\$165/month
- Xcel Silver Mon 9:00-12:30 and Wed 9:00-1:00--\$210/month
- Xcel Gold Mon 9-12:30, Wednesday 9:00-1:00 and Thursday 8:00-12:00--\$295/month
- Xcel Platinum/Diamond Monday/Tuesday/Thursday 8:00-12:00, Wed 9:00-1:00 \$425/month

Mandatory Gymnastics Team Camp August 21-24 (\$160) Monday-Thursday 9:00-3:00 with a swimming party at my house Thursday night, potluck and families invited.

Open Gym—Saturdays--from 10:30-12:30--FREE for our Competitive Athletes

SMAS SUPER FUN SUMMER WEEK LONG CAMPS

Camp Daily Schedule Now Monday-Friday 9-4: \$195 for team kid discount

9-10 open gym and games, 10-11 gymnastics class, 11-12 art project or outside park time (theme time), 12-4:00 lunch and afternoon field trips, parks/hikes/river/swimming, etc. 3:45-4:00, gather up stuff and head home, Friday
FUN day/Field Trips!!

Fun Summer Camps—Registration starting April 20th at www.spiritnmotion.com—Space is limited!!!

- June 12-16: Super Summer Fun Kick-off Camp
- June 19-23: Circus Week
- June 26-30: Science Camp
- July 6-7: (\$125) Two Day Gymnastics Only FUN Camp
- July 10-14: Superhero's Week
- July 17-21: Outdoor Idaho
- July 24-28: Under the Sea
- July 31-Aug 4: Space Camp
- August 7-11: Camping Week
- August 14-18th: World Travel
- August 21-25: SMAS has talent

Contact Amanda at 720-4306 if you have any questions or need help registering. Thanks!

Spirit N' Motion Athletic School

2017 Fundraising/demonstration schedule:

- Pizza fundraiser: Sell Dominoes Pizza cards--ongoing, inquire if you would like to do some fundraising
- July 4th 8am-5pm Kid's Carnival –Kids will be in the parade

- Yard Sale at SMAS--let me know if you would like to head this up
- We may also add some other fundraisers, as well as whole gym fundraisers for Equipment

If you sign up for a time slot you are required to be there. If something comes up and you cannot, you need to find a substitute. Being on time is extremely important, as there are many people that depending on you.

We love having children volunteers, however, they must be 14 years or older and we expect them to work just as the adults do. If your child comes and does not work their selected hours, they will not earn credit towards their account. We understand that fundraising is an important opportunity for children to experience. It has been our experience that the younger children would rather play (and rightfully so!).

As we are a company all about children, it is important to behave as such.

If you have any questions regarding **fundraising or have any great ideas**, please call or email Amanda at smascheer@hotmail.com

PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGMENT OF RISK

In consideration of the services of Spirit n' Motion Athletic School (SMAS), their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf, I hereby agree to forever waive, release and discharge SMAS, on behalf of myself, my children, my parents, my heirs, assigns, and personal representative as follows:

1. I acknowledge that the classes at SMAS entails known and anticipated risks, which could result in property damage, physical injury, emotional injury, paralysis, &/or death, to myself, to my child(ren), or to third parties under my direct charge or supervision. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activities offered at SMAS. I understand without a certain degree of risk students would not improve their skills. In any event, if I, my child(ren) or third party under my direct charge or supervision is injured, I will pay any such medical expenses.
2. I expressly agree and promise to accept and assume all of the risks existing in these activities. My &/or my child(ren's) participation in these activities is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, and forever discharge, and agree to indemnify and hold harmless SMAS, staff or any agent, from any and all claims, disputes, liabilities, demands, or causes of action, which are in any way connected with participation in these activities or use of SMAS equipment or facilities, including any such claims which allege negligent acts or omissions of SMAS.
4. Should SMAS or anyone acting on their behalf, be required to incur any costs to enforce this agreement, I agree to pay such costs.
5. I certify that I have adequate insurance to cover any and all injuries or damages to myself or my child(ren) or third party under my charge or supervision may cause or suffer while participating. I agree to bear all the costs of such injury or damage to myself, my child(ren) or third party under my direct charge or supervision. I further certify that I, my child(ren), or third parties under my direct charge or supervision have no medical or physical conditions which could interfere with safety in these activities, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition.
6. I give my consent for the staff at SMAS to provide 1st aid &/or CPR for myself &/or my child(ren) should it be necessary.
7. Tuition is due by the 1st of the month. I am responsible to get it in on time. A \$10 late fee will be added to any account 10 days delinquent & will be added to any accounts sent to collections. I will provide written notice when extended time away from class or cancellation of my child's class time. I am responsible for tuition until I have provided written/oral notice to SMAS, or until the end of my contract. I understand the my child(ren) may be removed from classes until accounts are brought current.
8. Dress Attire: Competitive team kids must wear gymnastics leotards to practice. For competitions they must have a competitive leo, black gk capris and their warm up jacket.

By signing this document, I acknowledge that if anyone is injured or property is damaged inside or outside of SMAS, during my or my child(ren's) participation in these activities, that I have waived my right to maintain a lawsuit SMAS on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bounded by its terms.

I HAVE READ AND UNDERSTOOD THE ABOVE:

PARENT/GUARDIAN: _____ **DATE:** _____

PARTICIPANT (If older than 18): _____ **DATE:** _____

I understand that there is an annual registration/membership fee of \$35, which is payable in May or upon Anniversary renewal and each subsequent year as a member of SMAS.

I agree to pay monthly team tuition prior to the 10th of each month. A \$10 late fee will be added to any account not paid in full by the 10th of each month, and my card on file will be charged the tenth day of the month that the tuition was due.

___I agree to fulfill the 12 month (May 1, 2017-April 30, 2018) commitment, will abide by the signed contract, and pay the rate agreed upon in the Team Contract (monthly tuition, and all other expenses, such as equipment fees, coaches fees, competition fees, camp fees, uniforms, etc), and I understand none of these fees are refunded whether my child decides not to continue, or is asked to leave the team.

___I do not wish to sign the annual team payment contract, and will pay an additional \$30/month in addition to normal monthly tuition, for the months that my child commits and is enrolled in team classes.

I have read, understand, signed and dated this form.

SIGNED: _____ **DATE:** _____

I have also read, understand and agree that I and my child/children will adhere to Spirit n' Motion Athletic School's "Payment, Rules & Policies for Gymnastics Team 2017-2018"

Date:_____

Parent's Name (printed)

Parent's Signature