



Welcome to the 2018 - 2019 Developmental Team Program!

Champion Gymnastics would like to welcome your family to our developmental team program. If you are reading this team manual, then your daughter/son has already impressed us with her/his gymnastics talent and potential. Through this team manual we hope to give you more insight into how our program operates and answer many of your questions. In general, the developmental program offers more than our preschool and recreational programs. It is designed to provide your gymnast with an introduction to a more concentrated, structured gymnastics environment, whether this leads to a competitive team one day or you are here just for FUN!

First, and most important, providing a fantastic gymnastics experience is what this club is all about. We are here for the young children, many who have hopes and dreams of being the best they can be in life and in this sport. We are here to support them in that dream.

To make that dream come alive the gymnast, parents, and coaches must function as a TEAM. Team means:

**Together
Everyone
Achieves
More!**

After reading this manual, if you have any questions about any aspects of this program please ASK! The coaching staff will be happy to answer any questions or provide you with information needed.

Once again, welcome to Champion Gymnastics. We are glad to have you as part of our TEAM!

DEVELOPMENTAL PRACTICE GUIDELINES

1. **Commitment:** We appreciate your commitment to your team. As a gymnast, you will learn to balance school, family, friends, and gymnastics. As with all things in life, it is your responsibility to fulfill your commitments. Your commitment to this program is from June 3rd, 2017 to May 31, 2018.
2. **Please be at practice on time:** Remember, a proper warm-up is essential in gymnastics!
3. **Communication:** Please check your email account regularly to keep informed and avoid missing important information. Make sure your coach and the AAK front office have your most current e-mail address. All questions regarding your child's progress, etc., may be discussed by appointment with your coach.
4. **Please Email:** If for some reason you will be late or absent, please email your coach. Their emails are listed on our website. <http://championgym.com/our-team/>
5. **Before practice:** Be sure to eat healthy before practice to avoid any stomachaches and to keep your body properly fueled. Also, please remind your child to use the restroom before practice. There is no snack or break time in the lobby during practice—everything they need for practice needs to be with them when they enter the gym.
6. **Please support our coaches:** Please support the coaching staff in all decisions. They are doing their best for Champion Gymnastics and your gymnast. If you have a concern, please contact your coach via email to set up an appointment.
7. **Please leave the coaching to our coaches:** Interaction between gymnast and parent (visually or verbally) during workouts is not appropriate. A distracted gymnast is a prime candidate for injury and makes for a stressful situation for both the gymnast and the coach. Contact the lobby monitor first if you need to communicate with a gymnast on the workout floor. (i.e. need to leave early)
8. **Watching Practices:** We would prefer that you do not watch practice everyday. Gymnastics is a very hard sport and every skill takes many repetitions to master. Watching every once in a while is great - that way you will notice more progress. Also, many times when your child is struggling with a certain skill, having parental presence often compounds the stress-level making it more difficult to work through.
9. **Please refrain from flash photography and/or videotaping from the balcony.**
10. **Practice Apparel:** GIRLS - Please wear a leotard for your workout attire. Shorts are not allowed to be worn during workout. Hair must be pulled up and no jewelry of any kind may be worn during the workout (except small post earrings). BOYS – Competitive medium length shorts and/or pommel stir-up pants must be worn during practice. The pommel pants are required during workout on all pommel rotations. A fitted “T” shirt is required (no baggy shirts should be worn to

practice). If you have long hair, it must be pulled back out of your eyes. No jewelry of any kind is allowed during practice.

11. **Injuries:** If it is OK with your physician, you should still come to practice and condition/workout so that strength is not lost and the injury can be rehabilitated for a speedy recovery. Your coach will set up a revised workout for each situation.

PERFORMANCE/COMPETITIONS

1. **Please attend all activities:** As a member of this program, all gymnasts are asked to attend and be actively involved in all gymnastics activities related to this facility.
2. **Performance/Exhibition/Meet Apparel:** At a performance, team members are required to look alike.

GIRLS - Gymnasts should wear the team tank leotard, team t-shirt, black pants and have a black drawstring bag. The cost is approximately \$100-\$135 in total for the other 3 pieces. In addition to the 3 items you will need a pair of plain black cotton sweat pants. You will be notified by email when apparel can be purchased from the pro shop. Hair should be put up neatly in a ponytail. No jewelry is allowed except small post earrings.

BOYS –Gymnasts will wear shorts and Champion Team T-Shirt that will be ordered through the Pro-Shop at All About Kids. No jewelry of any kind is allowed.

3. **Performance/Exhibition Scheduling:** You will be given notification before each performance/exhibition. It will also be posted on our website Please be patient as information about many events is not usually available until the week before the actual event. Please be sure to read all of your information to avoid any confusion. Upcoming events include:

REQUIRED EVENTS:	Middletown Parade	Saturday, September 8th, 2018
	Gaslight Parade	Thursday, September 13th, 2018
	Fall Performance Day*	Saturday, October 2018
	Champion Challenge*	November 9th -10th, 2018
	Super Bowl Challenge*	January 19th, 20th, 2019
	Heart Rock Classic**	February 2019
	Spring Performance Day*	Saturday, March 2019

*Entry fees are added to your tuition in July, August, September, October and November – \$50 each month - \$250.00 Total

**Pre-Team does not do the Heart Rock Classic (exclusive for Boys Level 3 and Girls Level 1)

OPTIONAL EVENTS:	Summer Camp 2018	June 18th - June 21st, 2018 - \$315
	Fall Clinic 2018	Oct. 26th - Oct 7th - \$90
	Summer Camp 2019	June 17th - June 20th, 2019 - \$330

FINANCIAL OBLIGATIONS

1. There is a \$25 **annual membership fee** per child (\$50/family) payable to AAK based on your anniversary.
2. The **team tuition** is determined on a yearly basis starting June 1st; however, payments are made on a monthly schedule according to the payment agreement that must be signed for each gymnast. You are paying for 12 months (each with 4 weeks); thus, you are paying for 48 weeks per year to allow for holidays and other practices missed. For this reason we do not offer make-up practices when practices are canceled. Tuition cannot be prorated for absences of any nature. We do offer 2 make-ups per month, simply contact your coach and let them know you'd like to schedule a make-up—do not call All About Kids. Tuition must be current in order to practice with the team.
3. Everyone is required to maintain a debit/credit card on file for team tuition and other expenses. Payments will be automatically drafted on the 15th of each month and will include any prior outstanding balances on your account. Gymnasts will not be allowed to practice if their account is not current. Please do not bring them to practice and create an uncomfortable situation for your child and their coach if you have not paid. If your credit card is declined there will be a \$10.00 decline/non-payment fee charged. All refunds will be subject to a \$10.00 processing fee, and returned check fee of \$25.00. Your child(ren) will be continuously enrolled in class and will incur monthly tuition charges on your account until you inform the business. A 10 day written notice prior to billing on the 15th is required for withdrawal from a class. **Any payment agreement changes**, injury notices, etc. must be in writing and sent to AAK billing department at least 10 days before the first of the month (brittany.Williams@AllAboutKids.cc). Please also inform your coach. Credits are valid for one year from the date of issue. Class tuition cannot be prorated due to absences. There are no credits or refunds for missed classes.
4. Girls and Boys will participate in **4 (Pre-Team) or 5 (Boys Level 3 & Girls Level 1) performance competitions**. Charges for these competitions will be automatically billed with your July, August, September, October and November tuition at \$50 each for a total of \$200 / \$250 for the year. This includes both entry into the competition and coaching fees.
5. **Open gym, clinics, summer camps**, etc., are separate from your yearly/monthly competitive program tuition and must be paid for accordingly. Note: There are no free passes for open gym due to absences from team practices. You sign up for Open Gyms online - <http://championgym.com/open-gym/>

6. **Private/semi-private lessons** are available based on instructor availability. You'll need to personally contact the coach you wish to have a private with and once you have agreed on a time; you then contact to All About Kids to purchase the private lesson. Prices are \$32/half hour for a private lesson; \$22/per student/ half hour for a semi-private. You must purchase a "private blue slip" at AAK and give it to the instructor at the time of the lesson.

7. If your gymnast is **injured** and is out of the gym for 1 month or more, tuition will be prorated at 25% or 50% of the normal tuition (you may still come to practice 25% or 50% of the time and condition with the team). A doctor's note and staff approval is required. Please notify your coach and All About Kids when an injury causes this type of accommodation. If **retiring from the sport permanently** please notify us so your child will feel a sense of closure and the gymnast/coach relationship will remain in tact. Tuition/fees cannot be refunded or prorated.