



Welcome to the 2019-2020 Competitive Team Program!

Champion Gymnastics would like to welcome your family to our club. If you are reading this team manual than 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.

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 any information you may need.

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

Our Philosophy

One of our fundamental beliefs is that we want our club to be as family oriented as possible. The coach, athlete and parent should be members of a cooperative communication triangle engaged to assist the child/athlete in reaching their goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way.

Members of the coaching staff will be available to you to discuss your concerns. If ever you feel the need to carry a concern to our head coaches, please know that our doors are always open to you and that we take your concerns and suggestions very seriously. No matter the feedback or the outcome of any situation or concern we will always coach the child to their individual needs and in no way would a child be singled out under any circumstance.

The staff at Champion understands that we must shoulder the major responsibility of being a role model for our athletes. The number of hours that they interact with our athletes dictates that they will be major contributors in the overall development of your children. This is a responsibility that we do not take lightly.

Team/Practice Policies

Team members should always be lined up and ready to go 5 minutes early before training. Warm-up & Cardio are a vital part of the training process. The flexibility & fitness gained from your warm-up is invaluable and is a crucial part of your child's training. A good warm up limits potential injury. Additionally, the value from cardio increases your athletes fitness level and helps them immensely during long practices or high pressure meet situations.

Please, PLEASE, arrive on time to pick your child up from practice. If you are going to be late please notify your coaches!

Team members must train in a leotard only. Boys need to wear form fitting workout attire. Their clothing presents a potential spotting problem and/or safety issue and is not deemed to be the standard of dress within our sport. Any girls who are 10 and over must wear a sports bra and underwear/briefs with their leotard

Team members must listen to, respect and adhere to the training outline established daily by their coach. Disrespect will not be tolerated. We want all of our athletes to strive to maintain a positive attitude even when faced with obstacles and frustration. Examples of conduct we hope to avoid but isn't limited to include: crying, pouting, cheating on assignments/conditioning, lying, unproductive effort, & improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.

All personal items (clothing, grips, equipment) need to be kept in a cubby in the gym and not in the bathrooms.) No personal items should be left in the bathroom or lobby. It is the responsibility of those using the cubbies to keep them **neat and clean!!**

Bathroom and drink breaks should be kept to a minimum. Gymnasts are given the opportunity to get a drink (no colored drinks) or use the bathroom in between rotations. Please make sure your gymnast uses the restroom before the start of practice so they don't miss out on any part of their warm-up or cardio. Please ask for permission to leave for the restroom during a rotation as it informs the coach as to your location.

Parents should not disrupt training by talking to or motioning to your gymnast. (This includes when they have a drink or bathroom break.) During practice children should not be in the lobby nor upstairs. Distractions can create an undisciplined training environment that can hinder the learning environment and in some cases can lead to accidental injury. Parents need to remember that, although they are encouraged to discuss suggestions and training approaches that may assist the coach, training decisions are the responsibility of the coach.

Gymnasts and parents will not participate in negative gossip or communications that adversely affect/represent Champion Gymnastics. This includes, but is not limited to Facebook, Twitter, Instagram. We are all interconnected, and eventually it does get back to the party it effected—please immediately address any concerns regarding your gymnast before or after training. Also, as your child progress in the optional levels, should an injury occur, **please refrain from social media posts cornering that injury.**

Parents should inform the coach via email or text when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to that day's assignments. Please email your coach to setup a time for make-ups. You can find their contact info on our website - <http://championgym.com/our-team/>

If you are involved in other activities outside of gymnastics, we encourage you to select activities that practice on opposite days of your gymnastics practice schedule. You will be able to make up missed practices each month. Please, don't take advantage. Make up training sessions are on a pre-approved basis through your child's individual coach.

Please check your emails **regularly** to keep informed and avoid missing important information. Each level has a parent representative to help keep everyone informed of team events, etc. Email communication is very important – make sure to keep everyone (coaches, level reps, & the All About Kids office) updated if you change your email! This is the email that should show up in your inbox from myself.

Louisville / All About Kids - allaboutkids1-notifications@ses.iclasspro.com -

All questions regarding your child's progress, discipline, etc., may be discussed by appointment with your coach at any point in time during the year. All Athletes will have a scheduled parent meeting annually. This doesn't mean you have to wait for their scheduled meetings and feel free to set one up at any time.

Parents are expected to instill good nutritional habits. Smart eating habits will ensure 110% effort during practice and a healthy habit to last a lifetime. Gymnasts may also keep a small, healthy snack in their bag to eat between events. There are no colored beverages allowed

in the gym. All other beverages must be in “spill-proof” containers. Gymnasts are not to share snacks with each other. The cubbies must remain free of food, crumbs and the like at the end of every practice.

We would prefer that you do not watch practice every day. Gymnastics is a very hard sport and every skill takes many repetitions to master. Watching every once in a while is a great way to notice 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.

You are responsible for the upkeep of your personal gymnastics equipment. New grips should be purchased between May and July. It is strongly suggested that gymnasts have more than one pair of grips broken in and on hand in case they are torn or lost, especially as competition season approaches. If you are using damaged grips, **a serious injury could occur**. Girls levels 3 and up & Boys Levels 5 and up must wear buckle grips. Boy and Girls Gymnasts level’s 6 and up (or level 5’s working on round-off entry vaults) must also wear tiger paws for vault. In addition, we require all Girls Levels 4-10 to have a set of Ankle/Wrist weights (3-5 lbs) & the GoFit Resist-A-Cuff - you can purchase them at Academy Sports <http://www.academy.com/shop/pdp/gofit-resist-a-cuff#repChildCatid=3420334>. Additionally, Level 4-10’s will also need Therapy Band Resistance Loops (also made by GoFit)

If a gymnast experiences an injury, to maintain strength and flexibility, the gymnast is *encouraged* for levels 1-5 and **required** for Levels 6-10 to come to practice and condition/workout so that strength is not lost and the injury can be rehabilitated for a successful physical and mental recovery. Your coach will set up a revised workout for each situation. Depending on the severity of the injury, a doctor’s note detailing the injury and expected recovery time may be required. Please continue with any Physical Therapy after returning to full practice so lessen the change of re-injury. We may also need a doctor’s release. Please fill out the injury request form and contact Brittany Williams - brittany.williams@allaboutkids.cc should your hours in the gym change due to an injury lasting longer then 4 weeks. (Must be submitted by the 14th each month) <http://championgym.com/wp-content/uploads/2015/12/Champion-Injury-Request.pdf>

Advancing through the levels

Although our advancement policy is not “etched in stone”, due to the variety of circumstances involved, we do have a fair and consistent method intact. This method has been tested and proven over many many years has been successful for us. From time to time, we all can suffer from the “little league” parent syndrome, where we are blindsided by our ambitions for our kids, and we grant that it is helpful for us to get the view of parents regarding advancement. The bottom line, however, is that we aspire to maintain a high level of integrity to our program, its policies and procedures. 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 development. That said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement.

To be considered to advance to the next level a gymnast must, at the **bare minimum** must obtain an all around score of at least a 36.00 at a min of 2 separate competitions. For Levels 2-7 we have developed a skill sheet for each level that details the skills & progressions that must be obtained by the May. You can find all of these skills for all levels by accessing the Parent Portal. For Levels 8-10 their skill sheets must be completed by start of the School Year schedule in August. The gymnasts will begin to be evaluated using these skill sheets after their state meet. All of the skills on the skill sheet must be obtained. The gymnast must also demonstrate a level of maturity, work ethic and self motivation appropriate to the level they would be advancing to. There may be exceptions to these rules, depending on circumstance. We ask that you trust our coaches; they are professionals and are committed to doing what is best for your child and their development in this sport.

Meet Expectations

Problems occur when a parent expects too much from an athlete who is new to the competitive arena. It takes a number of years of quality competition for a gymnast to develop the poise and grace to continuously take top honors in a gymnastics competition.

The key is to recognize when your child is working up to their potential. If they complete all their skills for the first time, without a fall, that is a winning routine regardless of what score they receive. Comments from you should be congratulatory and positive. No mention should be made at that time of what they can do better. That lessens the effect of their "victory".

It is important to remember that a score for any routine is an evaluation of one single performance in your gymnastics career. Regardless of the outcome of a routine or overall competition, the gymnast must learn that crying and feeling sorry for themselves is not an appropriate response to this situation or to most learning situations in the gym or normal life. If your gymnast is demonstrating poor sportsmanship during a competition, they could be asked to be excused from the competition floor or scratch an event.

If injured during season before throwing skills and routine athletes are executed to at least be doing cardio and conditioning a month before a meet and skill set at least 2 weeks before a meet to ensure safe and successful re-entry in the season.

Scheduling: A schedule of meet locations and dates will be posted on our website by August and emailed out. Please check the website often for updates as information for each meet becomes finalized. All gymnasts are required to attend every meet. If parents are unable to attend a competition, we ask that the gymnast makes other travel arrangements (i.e. travel with another gymnast's family).

- **Girls Levels 2 – 3 & Xcel** gymnasts usually attend 6-7 meets during the months of October-March mostly in state
- **Girls Levels 4 – 10)** gymnasts usually attend 6-9 meets during the months of December-May. Note that one of these is a “flight” meet. All gymnasts are encouraged to stay together in the same hotel and required to attend all team functions. (Though this is not required) **Gymnasts will need to attend all team activities and at least watch and support one other session**

- **Boys Levels 4-10** usually attend 6-8 meets during the months of December-May.
- If your child isn't attending any of the scheduled meets please contact Jason Button jason.button@allaboutkids.cc as soon as you are aware of your athlete not attending so the Booster Club can get a refund for that entry fee.

Competition days/times: Exact competition days, times will not be available until 2-3 weeks prior to the competition. Also, note that many of the larger meets have sessions on **Friday!** Please be prepared to be flexible. As soon as we receive their schedule we will post it to our website! Please check there first before contacting your coaches. **DO NOT CALL THE HOST GYM TO FIND OUT TIMES—Please be patient!**

Practices before a meet: The gymnast must be in good health and have attended every workout one full week prior to any competition. **If a practice is missed the week prior to a meet, not due to illness or special circumstances, the gymnast may not compete in the meet unless the coach is notified ahead of time and the practice is made up.** Expenditures cannot be reimbursed for failure to attend a meet (entry fees, etc.). Also, if they aren't able to show meet readiness on a particular event or two we still expect them to compete on the events they are ready on and scratch the events that they are. It's important that gymnasts understand their role in being meet ready and if their work-ethic waivers or new fears surface we don't go to a meet and chuck routines and hope for the best. We want all our athletes to enter a meet setting confident, due to their training, that they are able to do their routines. We do this both for their safety and to help them understand the value of handwork and being prepared.

Spring Break: Girls on Level 7-10 Teams and Boys on the level 6-10 teams are not allowed to go on Spring Break and then compete in Regional Championships. Missing to go on Spring Break or missing practices in April right before Regional Championships would jeopardize the safety, consistency and confidence required to perform to the standard that Champion Gymnastics expects at a Regional Championships.

Skills must be obtained: All competitive gymnasts must demonstrate proficiency in all skills appropriate to their competitive level to be allowed to enter any competition. Failure to perform their skills during warm up at a competition will result in the gymnast being scratched from that event.

Meet attire: **GIRLS** should wear the team warm-up, long sleeve leotard and carry the team bag to the meet. The bag should include athletic **nude athletic tape**, grips, water bottle, etc. They must wear briefs under their competitive leotard - appropriate to the leotard. If your gymnast has underwear on that do not match the bottom of the leotard she will not be allowed to wear them. For girls level 2 – 10 hair should be pulled neatly into a bun with no fly-aways. No jewelry is allowed except small post earrings. No nail polish. No Colored Hair.

BOYS should wear the team warm-up, step-in, competition shorts, competition pants, matching socks, and team t-shirt to the meet. If you have long hair, it must be pulled back out of your eyes. No Colored Hair. No jewelry of any kind is allowed. A clean cut hair style is preferred.

Please label all of your child's meet attire so there are no mix ups

Meet Rules:

All gymnasts should arrive 15 minutes prior to open stretch. Gymnasts should be dressed and ready to go by the time open stretch begins.

Once the gymnast has joined their teammates for warm-ups, there is to be **no contact** with parents until after the meet. No parents or siblings are allowed on the competition floor.

Parents/gymnasts are not allowed to approach a judge or meet official at any time. Even during Derby Classic, Champion Challenge, & Super Bowl Challenge :)

All gymnasts must cheer and support all team members. Gymnasts are strongly encouraged to attend other sessions and cheer on our teams. Poor sportsmanship will not be tolerated. All gymnasts should congratulate their teammates as well as gymnasts on other teams when they are on the awards stand.

All gymnasts are expected to stay until the end of the awards ceremony (in their competition attire), whether they are receiving an award or not. They need to cheer all award recipients – especially their teammates. During awards, the gymnast must remain sitting with the team, in the team uniform and look professional. (Leotard arms tucked in!! Jacket zipped up!) Hair should remain up. No gum or candy in your mouth. (or at the meet for that matter) When you are on the awards stand, we want you to look professional. Slider Sandals or barefoot is the only appropriate footwear for the awards podium.

Meet Format: The average meet can take as little as 3 ½ hours or as long as 4.5 hours. A typical meet includes a gymnast check-in, open stretch, timed warm-ups, march in, competition and awards.

Meet etiquette for Parents:

Please show proper respect to all officials and coaches at competitions. Don't attempt to contact any official on the competition floor during or after the meet (judges, score keepers, etc.). If you have any questions regarding the meet or your child's scores you must contact your coach. Even the coach isn't allowed to approach the judges regarding routines or scores during the meet - they must submit an inquiry through the Meet Director. Points could be deducted from your gymnast and/or the team score for failure to follow these rules. Also, when attending competitions it is understood that both athletes and parents

Please show proper respect to all competitors. You NEVER KNOW who is sitting near you (I.e. parents of the gymnast you just made a remark about).

Once a gymnast has walked into the competition area for warm-up, they are not allowed to talk or have contact with their parents until the competition is over. Any distraction could disturb the focus necessary to have a successful routine.

In case of injury during warm-up or competition, you must stay in the spectator area until your coach flags you onto the floor.

NO FLASH PHOTOGRAPHY is permitted during a meet.

Financial Obligations

There is a \$30 annual membership fee per child payable to AAK based on your anniversary. There is also a USAG membership fee that will need to be paid to USAG via their website. Girls Level 2 and Xcel is **\$27.00** and Boys Levels 4-10 and Girls Level 3-10 is **\$59.00**.

The team tuition is determined on a yearly basis starting at the beginning of June; however, payments are made on a monthly schedule. You are paying for 12 months (each with 4 weeks) thus, you are only paying for 48 weeks per year to allow for holidays and other practices missed. Because of this, tuition cannot be prorated for absences or closures of any nature.

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. Your child(ren) will be continuously enrolled in class and will incur monthly tuition charges on your account until you inform All About Kids in writing. A 7 day notice is required for withdrawal from a class. 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.

Apparel Package:

GIRLS Levels 3-10, Xcel - team tank leotard, long sleeve competitive leotard, team t-shirt, warm-up jacket/pants and large team backpack.

GIRLS Levels 2 - tank team competitive leotard, team t-shirt, warm-up jacket/pants and small team backpack. Team Tank may also be ordered.

BOYS Level 4-10 – step-in, shorts, stirrup pants, team t-shirt, warm-up jacket/pants and large team backpack

Open gym, clinics, summer camps, private lessons, etc., are separate from your yearly/monthly competitive program tuition and must be paid for accordingly. **The Summer Camp and Fall Clinic are required for Girls Levels 2-10, Xcel & Boys Levels 4-10 (Boys have a State Clinic).** Skill Clinics, Open Gyms and private lessons are optional. Note: There are no free passes for open gym due to absences from team practices.

Private/semi-private lessons are available based on instructor availability. Prices are \$32/half hour for 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.

Every year we host a four-day, competitive Team Camp at our own facility. This year it is June 17th-20th, 2019. Next year it will be June 15th-18th, 2020. It is mandatory for Girls Levels 2-10, Xcel and Boys Levels 4-10 to attend (\$340 per student). We bring in experienced and knowledgeable staff from around the country including Olympians, college coaches and national staff to work the camp as well as some local coaches. This is a great opportunity to learn new skills, perfect old ones and have FUN! A charge of \$113/114 will be added to your tuition for the months of February, March, and April 2019 for this camp and automatically charged to the credit/debit card on file with All About Kids. The Fall Clinic is \$90.00 and will be billed a month prior to the clinic.

State and Regional Clinics are also a part of our program. For the Girls these expenses are to be paid by each athlete including a share of the coaches' expenses. The cost per camp is usually about \$100 plus lodging and travel. The best coaches in the region are on hand to help learn and perfect new skills. Gymnasts are required to stay together in hotel rooms, eat together and ride together to/from the camp. Both of these camps are mandatory for the levels listed. The girl's team clinic is mandatory for all gymnasts' levels 2 – 10.

| Clinic | Location | Date | Who attends |
|-----------------------------------|-----------------|-----------------------------|---|
| Forward Momentum Camp | TBD | September 6th-8th, 2019 | Girls Levels 7-9 |
| Girls Team Clinic | Team Gym | September, 21st & 22nd 2019 | Girls Levels 2 - 10, All Xcel Levels |
| Hi – Tech camp & High Performance | TBD | September 27th-29th, 2019 | Level 10 girls |
| Girls Team Summer Camp | Team Gym | June 15th-18th, 2020 | Girls Level 2-10, Xcel All Levels, Boys Levels 4-10 |

Boys Clinics are listed below. Regional and national camps usually have money set aside to offset the cost per gymnast. The state clinic costs between \$75 and \$125. Travel expenses are paid by each athlete.

| Clinic | Location | Date | Who attends |
|-----------------------|-----------------|-------------|--------------------|
| Future Stars Workshop | TBD | TBD | Age/Skill Eligible |
| Boys State Clinic | TBD | TBD | Boys Levels 4 - 10 |

Choreography – Girls only: Each Level 6-10 gymnast will have their own floor routine and beam routine that will need to be choreographed. You are responsible for the cost of the routine,

music and travel expenses for the choreographer. The gymnast will choose floor music that then must be approved by the floor coach. The cost of the floor music is \$75. A floor routine can cost from \$200-\$500, depending on the choreographer. A beam routine will cost between \$100.00 Each year every gymnast will either need a new routine or a clean-up of their old routine. They keep each routine for a max of 2 years before having to get a new one.

If your gymnast is injured and is out of the gym for 1 month or more, tuition will be prorated at 25%, 50% or 75% of the normal tuition depending on how much they are attending. A doctor's note and staff approval is required. 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 intact. There are no refunds or proration of fees.

Any changes to billing, injury notices, etc. must be in writing via and un-enrollment form and sent to AAK billing department at least 10 days before the 15th of the month brittany.williams@allaboutkids.cc. Please also let your coaches know.

Booster Club Information

ALL competitive team members must be a member of the booster club

The Booster Club is a parent organization that helps you fundraise to cover competition costs, clinics, coaches travel expenses, etc. Every gymnast must join the Booster Club.

Meet entry fees range between \$65.00-\$150.00 per meet and are payable to the Booster Club. Most meet fees are due at least 2-3 months before the scheduled event. This is why the Booster Club must collect these fees well in advance so we can enter before the meet fills up. You can fundraise for these expenses or pay them directly to the Booster Club.

The cost of competition also includes coaches' expenses such as food, lodging and transportation. The athlete is responsible for paying these expenses. The Booster Club has set up a payment schedule to cover these expenses.

\$167 8/31

\$167 10/31

\$166 1/31

Members of the Booster Club in addition to their annual dues, annual fundraising are also asked to be a part of a committee and volunteer at the in-house events as well as 4 Derby Classic sessions. Along with 2 in-house competitions (Boys State Meet, Boys Winter Challenge, Champion Challenge & Super Bowl Challenge) The proceeds from Derby Classic goes towards lowering the total cost need to cover your child's season.

Each gymnast is responsible for their own personal travel expenses. The team as a whole should stay together in the host hotel or other designated hotel at the away meets. It is fun to see a hotel

full of young gymnasts! The adults and the gymnasts have a lot of fun when staying together at away meets.

There is a Booster Club Handbook that addresses in detail your commitment to the Booster Club, however, below is a summary of both the benefits and requirements.

| | |
|---|--|
| Booster Club Benefits are: | Education for our coaches is paid for by the club |
| Fundraising opportunities | Congress for coaches is paid for by the club |
| Gymnast meet fees are paid by the club | End of Year Banquet with trophy for gymnasts is provided and paid for by the club |
| Coaches session fees, travel expenses, etc. are paid by the club | Optional Camp/Clinics are paid by the club |
| Judges for practice meets (Great feedback for our gymnast!) are provided by the club | State token for gymnasts are provided and paid for by the club |

MEMBERSHIP COST

Membership Fees \$350 PER GYMNAST

Fundraising Goal \$500 PER GYMNAST (MINIMUM)

Volunteer Obligations

Committee Work

Volunteer at 4 Derby Classic sessions

Volunteer at 2 In-house Meet sessions

(6 sessions total for 1 gymnast household, 8 sessions total for 2 gymnast household)

Note: a session will be defined as work for a predetermined amount of time, not one (1) hour of work at a particular event. - Actual sessions required will be determined for In-house meets by Nov. 1st, 2018; and for Derby Classic by Feb. 1st, 2019. ****ALL SESSIONS MUST BE WORKED BY AN ADULT**

Parent/Gymnast Agreement

I have read and understand, and will at all times, abide by and have my child abide by rules, regulations and policies as set forth by Champion Gymnastics.

Parent Signature _____ Date
signed _____

Gymnast Signature _____ Date
signed _____