



Welcome to the 2022 - 2023 Developmental Team Program!

Girls Pre-Team, Girls level 1 & Boys Level 2

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 1st, 2022 to May 31st, 2023
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 front desk 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 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.
 - a. GIRLS - Gymnasts should wear the team tank leotard, 2022-2023 Champion Team T-Shirt, black pants/leggings (that you purchase on your own) and the champion backpack. The cost is approximately \$100-\$135 in total for the other 3 pieces. Hair should be put up neatly in a ponytail. No jewelry is allowed except small post earrings.
 - b. BOYS – Gymnasts will wear need to purchase plain black shorts on their own and the 2022-2023 Champion Team T-Shirt that will be ordered through the Pro-Shop at All About Kids. No jewelry of any kind is allowed
 - c. We will have a sizing orientation in June to get fitted for your competition attire and t-shirt.
3. **Performance/Exhibition Scheduling:** You will be given the exact times your child competes a few weeks before each performance/exhibition. 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	September 10th, 2022
	Gaslight Parade	September 15th, 2022
	Oldham Fall Performance Day*	October 15th-16th, 2022
	Louisville Fall Performance Day*	October 22nd-23rd, 2022
	Champion Challenge*	November 19th-20th, 2022
	Whoville Meet*	December 10th-11th, 2022
	Super Bowl Challenge*	January 28th-29th, 2023
	Louisville Spring Performance Day*	March 4th-5th, 2023
	Oldham Spring Performance Day*	March 11th-12th, 2023

*Girls Pre-Team will participate in 4 performance competitions. The total of \$260.00 covers all 4 competitions and related coaching fees. (Registration for your child in the competition, coaches session fee for coaching at the competition and any related travel or per diem.) You will need to login in to the parent portal to pay for your fees by September 1st, 2022. Pre-Team doesn't participate in the Whoville Meet

Girls Level 1 and Boys Level 2 will participate in 5 performance competitions. The total of \$325 covers all 5 competitions and related coaching fees. (Registration for your child in the competition, coaches session fee for coaching at the competition and any related travel or per diem.) You will need to login in to the parent portal to pay for your fees by September 1st, 2022.

OPTIONAL EVENTS:	Summer Camp 2022	June 20th-23rd, 2022- \$350
	Fall Clinic 2022	October 15th-16th, 2022 - \$110
	Summer Camp 2023	June 19th-22nd, 2023 - \$360

FINANCIAL OBLIGATIONS

1. There is a **\$35 annual membership fee** per child 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. You can, however, schedule a make-up by calling the front Desk. 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. If you are requesting a reduction in tuition, due to injury, the injury form will need to be emailed to vanessa.zebich@allaboutkids.cc by the 15th of the month or you will be billed. Team tuition cannot be prorated due to absences. There are no credits or refunds for missed practices.
4. Girls Level 1 and Boys Level 2 will participate in 5 performance competitions. You will need to enroll for these these competitions in the Parent Portal. You will need to do this by September 1st, 2022. This \$325.00 covers all 5 competitions and related coaching fees.
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6. **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 via the parent portal.
7. **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 \$35/half hour for a private lesson;

\$25/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.

8. 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