



## **Welcome to the 2023 - 2024 Developmental Team Program!**

Rising Stars, 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 2nd, 2023 to May 31st, 2024
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 and you can follow their skill progress through the parent portal.
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. Rising Stars isn't required to purchase the team apparel but it is strongly encouraged.
  - a. GIRLS - Gymnasts should wear the team tank leotard, 2023-2024 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 2023-2024 Champion Team T-Shirt that will be ordered through the Pro-Shop at All About Kids and the champion backpack. 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.
4. **Competition Fees:** All competitions are required. The Competition fee covers both entry into the event as well as associated coaching fees. You will need to login in to the parent portal to pay for your fees by September 1st, 2023.
  - a. Rising Stars - 2 performance competitions - \$140
  - b. Girls Pre-team - 4 performance competitions - \$290
  - c. Girls Level 1 & Boys Level 2 - 5 performance competitions - \$365
5. **Required Events**

|                                   |  |
|-----------------------------------|--|
| Middletown Parade                 | September 9th, 2023 (All Levels)                         |
| Gaslight Parade                   | September 14th, 2023 (All Levels)                        |
| Oldham Fall Performance Day       | October 14th, 2023 (All Levels)                          |
| Louisville Fall Performance Day   | October 21st, 2023 (All Levels)                          |
| Champion Challenge                | November 17th-19th, 2023 (Pre-Team/Level 1/Boys Level 2) |
| SIGS Spectacular                  | December 9th-10th, 2023 (Girls Level 1/Boys Level 2)     |
| Super Bowl Challenge              | January 19th-21st, 2024 (Pre-Team/Level 1/Boys Level 2)  |
| Louisville Spring Performance Day | March 2nd, 2024 (All Levels)                             |
| Oldham Spring Performance Day*    | March 9th, 2024 (All Levels)                             |

|                  |                  |                                     |
|------------------|------------------|-------------------------------------|
| OPTIONAL EVENTS: | Summer Camp 2023 | June 19th-22nd, 2022- <b>\$360</b>  |
|                  | Fall Clinic 2023 | September 16th-17th - <b>\$115</b>  |
|                  | Summer Camp 2024 | June 17th-20th, 2024 - <b>\$375</b> |

## **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](mailto: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, 2023. This \$365.00 covers all 5 competitions and related coaching fees.
5. Girls Pre-Team will participate in 4 performance competitions. You will need to enroll for these these competitions in the Parent Portal. You will need to do this by September 1st, 2023. This \$290.00 covers all 4 competitions and related coaching fees.
6. Girls Rising Stars will participate in 2 performance competitions. You will need to enroll for these these competitions in the Parent Portal. You will need to do this by September 1st, 2023. This \$145.00 covers all 2 competitions and related coaching fees.
7. 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.