



Welcome to the 2025-2026 Competitive Team Program!

Champion Gymnastics would like to welcome your family to our team program!

We strive to create a fun and supportive environment for the athletes in our club. The coach, athletes, and parents should work together to help them reach their goals. Please support our coaching decisions and reach out if you need guidance. That way, we can work together as a team. The coaching staff is always available to discuss your concerns. Regardless of the feedback or outcome, we will always coach the child to meet their individual needs.

Team/Practice Policies

- Team members should arrive 5 minutes early for training, lined up and ready to go.
- Please arrive on time to pick up your child from practice. If you're late, notify your coaches.
- Team members must wear leotards. Boys must wear form-fitting workout attire.
- Listen, respect, and adhere to the daily training outline established by your coaches. Maintain a positive attitude despite obstacles.
- No Cellphone use without permission. In case of an emergency please contact your coaches.
- **Keep** personal items (clothing, grips, equipment) in their backpacks in the cubbies in the lobby or lockers in the gym, not in the bathrooms or on the gym floor. Keep the cubbies and lockers **neat and clean**.
- Bathroom breaks should be minimal. Ensure your gymnast uses the restroom before practice to avoid missing warm-up or cardio. Ask for permission to leave for the restroom during a rotation to inform the coach of your location.
- Parents shouldn't disrupt training by **texting, calling, talking to**, or **motioning** to their gymnast.
- Gymnasts and parents should not participate in negative gossip or communications that adversely affect or represent Champion Gymnastics.
- You can find contact info for your coaches on our website: <http://championgym.com/our-team/>
- Parents should inform the coach via email or text when a child can't attend training to help coaches plan daily requirements, goals, and objectives. If a child must leave practice early, inform the coach at the beginning so they can adjust assignments.
- Check your emails **regularly** to avoid missing important information. Each level has parent representatives to keep everyone informed of team events. This email should appear in your inbox as allaboutkids1-notifications@ses.iclasspro.com.
- Any questions about your child's progress, discipline, etc., can be discussed with your coach at any time during the year. All athletes have scheduled parent meetings throughout the

season. You can set up a meeting at any time. You can also monitor their progress on their skills for the upcoming level in our [Parent Portal](#).

- Parents, please instill good nutritional habits. Smart eating habits ensure 110% effort during practice and lifelong healthy habits. Food isn't allowed in the gym. Excuse yourselves to the lobby or Cartwheel Cafe for snacks. No colored beverages or cups with uncovered straws are allowed. All food must be in spill-proof containers. Don't share snacks. Keep cubbies and lockers free of food, crumbs, and waste. Clean lockers after every practice.
- We prefer you don't watch practice daily. Gymnastics is hard, and mastering skills takes time. Watching occasionally helps notice progress. Sometimes, parental presence can increase stress, making it harder to work through challenges.
- You're responsible for your personal gymnastics equipment. Purchase new grips between May and July. Gymnasts have multiple pairs of grips broken in and on hand for torn or lost grips, especially as competition season approaches. Using damaged grips can cause **serious injuries**.

Required Personal Equipment:

Girls Level 3

- Buckle Grips

Girls Levels 4-10 & Xcel

- Buckle Grips
- Tiger paws for vault and/or floor **if needed**.
- Ankle/Wrist weights (3-5 lbs)
- Dumb Bells (15-20 lbs)
- Jump rope & the GoFit Resist-A-Cuff (Purchase them on Amazon.
- Therapy Band Resistance Loops (also made by GoFit).

Boys Levels 3-10

- practice pommel pants
- a water bottle
- ankle weights thera-bands (looped)
- a grip bag
- a jump rope

Boys Level 4-10

- High-bar Grips

Boys Level 5-10

- Ring Grips
- Tiger Paws

Injury Policy

To maintain strength and flexibility, injured gymnasts should still attend practice to condition and work out, preventing strength loss and facilitating a successful physical and mental recovery. Your coach will create a revised workout for each situation.

If your gymnast is injured longer than 6 weeks or they are NOT allowed in the gym, (per doctors orders) you may qualify for a tuition discount. To receive this discount, you must fill out the Injury Report Form by the 14th of every month and email it to Vanessa Zebich at vanessa.zebich@allaboutkids.cc. A doctor's note and staff approval are required. We would recommend continuing with any Physical Therapy after returning to full practice to lessen the chance of re-injury. Injury Report Form:

<http://championgym.com/wp-content/uploads/2015/12/Champion-Injury-Request.pdf>

Advancing through the levels

While our advancement policy can be flexible, we do have a consistent method that has proven success over the years. As gymnastics professionals, we protect the program's and athletes' best interests.

To advance, a gymnast must obtain an all-around score of at least 36.00 at two separate competitions. For Levels 2-6, a skill list detailing required skills and progressions must be completed by May. For Levels 7-10, the skill sheets must be completed by August. Gymnasts evaluations can be found in the [Parent Portal](#). All skills must be obtained. Maturity, work ethic, and self-motivation are also essential. Trust our coaches, they're professionals committed to your child and their development.

Meet Expectations

Remember, developing poise and grace takes years of consistent practice.

Recognize when your child is reaching their potential. If they complete all their skills without a fall, that's a winning routine, regardless of the score. Congratulate them positively and avoid criticizing their performance.

Remember, a score is an evaluation of a single performance. Crying or feeling sorry for themselves isn't appropriate. Poor sportsmanship can result in excusal or scratching an event.

When reentering after an injury please consult with your doctor and your coaches to create the safest plan and preparation for resuming full training and competitions.

Scheduling: A schedule of meet locations and dates will be posted on our website by August and emailed out. Check the website regularly for updates. All gymnasts are expected to attend every meet. If parents can't attend a competition, the gymnast could make other travel arrangements (e.g., travel with another gymnast's family).

- **Girls Levels 2-3** attend 6-7 meets from October to March.

- **Girls Levels 4-10, Xcel & Boys Levels 3-10** attend 6-9 meets from December to May, with one being a “flight” meet. All gymnasts are encouraged to stay together in the same hotel and attend all team functions.
- If your child isn’t attending any scheduled meets, contact Karim Elatroush at karim.elatroush@allaboutkids.cc as soon as possible.

Competition days and times will be available 2-3 weeks before the competition. Many larger meets have sessions on **Friday**, so be flexible. We’ll post the schedule on our website as soon as we receive it. Please check the schedule before contacting your coaches. **Don’t call the host gym to find out times.**

Before a meet, gymnasts must be in good health and have attended every workout for a full week. **If a practice is missed, the gymnast may not compete unless the practice is made up.** Expenditures cannot be reimbursed for missed meets. If a gymnast can’t show meet readiness on certain events, they must still compete on those events and scratch the ones they can’t. We want all athletes to be confident, from to their training, that they can perform their routines. This ensures their safety and helps them understand the value of handwork and preparation.

Spring Break: Girls Levels 6-10, Xcel Gold-Diamond, and Boys Levels 5-10 are **required** to practice during Spring Break in order to compete at the Regional Championships. Absence from Spring Break or practices in April before Regional Championships jeopardizes safety, consistency, and confidence required for Champion Gymnastics’ standards.

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 backpack to the meet. The backpack should include **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 & Xcel hair should be pulled neatly into a high bun with no fly-aways. Bows/scrunches will be required to ensure uniformity across the program. 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 your child’s meet attire so there are no mix ups

Meet Rules:

- Gymnast Arrival & Preparation
 - Arrive 15 minutes before open stretch.
 - Be dressed and ready by open stretch start.
- Warm-ups & Parent Contact:
 - **No contact** with parents after joining teammates for warm-ups.
 - No parents or siblings on the competition floor.
- Judges & Officials:
 - No contact with judges or officials at any time
- Sportsmanship:
 - Cheer and support all team members.
 - Attend other sessions to cheer on teams.
 - Poor sportsmanship is not tolerated.
 - Congratulate teammates and other gymnasts on the awards stand.
- Awards Ceremony:
 - Stay until the end of the awards ceremony in competition attire.
 - Cheer all award recipients, especially teammates.
 - Remain seated with the team, in uniform, and look professional.
 - Hair up, no gum or candy, and appropriate footwear (slider sandals or barefoot) on the podium.
- Meet Format:
 - Meets last 3.5 to 4.5 hours.
 - Includes check-in, open stretch, warm-ups, march in, competition, and awards.
- Parent Etiquette:
 - Respect officials and coaches.
 - No contact with officials during or after the meet.
 - Contact coach for questions about meet or scores.
 - Coaches must submit inquiries through the Meet Director.
 - Points may be deducted for rule violations.
 - Respect all competitors.
 - No contact with gymnasts once they enter the competition area.
 - Stay in spectator area until coach flags you onto the floor in case of injury.
 - No flash photography during the meet.

Financial Obligations

There is a \$40 annual membership fee per child payable to AAK based on your anniversary. This is billed via your card on file with All About Kids annually. There is also a USAG membership fee that will need to be paid to USAG via their website. Girls Levels 2-10, Xcel and Boys Levels 3-10 is \$69.00. (For first time members the fee is \$25.00).

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 for the next month and will include any prior outstanding balances on your account. **(Gymnasts will not be allowed to practice if their account is not current.)** There is a \$25 late fee if paid after the 1st of the month. Please do not bring your child to practice and create an uncomfortable situation for your child and their coach if you have not paid. Team tuition cannot be prorated due to absences and there are no credits or refunds for missed practices.

Apparel Package:

GIRLS Levels 2-10 7 Xcel: team tank leotard, long sleeve competitive leotard, team t-shirt, warm-up jacket/pants, team hair bow and large team backpack.

BOYS Level 3-10: step-in, shorts, pommel pants, team t-shirt, warm-up jacket/pants and large team backpack

Every year we host a four-day, competitive Team Summer Camp & a Fall Team Camp at our own facility. This year it is **June 16th-19th, 2025**. Next year it will be **June 15th-18th, 2026**. It is mandatory for Girls Levels 2-10, Xcel and Boys Levels 3-10 to attend (\$395 per student for 2025). 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. The Fall Team Camp is \$125.00 (for 2025) and you will need to enroll by September 1st, 2025. You must enroll for both mandatory events in our [Parent Portal](#). **There are no refunds or credits.**

Open gym, clinics, summer camps, private lessons, etc., are separate from your monthly tuition. There are no free passes for open gym due to absences from team practices.

Private/semi-private lessons are available based on instructor availability.

State and Regional Clinics are also a part of our program. For the Girls these expenses are to be paid by each athlete. The cost per camp is usually about \$175 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, dine together and ride together to/from the camp. The camps are mandatory for the levels listed.

Clinic	Location	Date	Who attends
Champion Team Summer Camp	Champion Gymnastics - All About Kids Louisville	June 16th-19th, 2025	Girls Level 2-10, Xcel All Levels, Boys Levels 3-10

Level 10 High Tech	Buckeye Gymnastics Columbus, Ohio	August 2025	Level 10
Hot Shot Camp	JPAC- Greenfield, IN	September 2025	Girls 12 and Younger that competed at least level 6
Level 9 High Tech - High Performance	Mid-Michigan: Freeland, Michigan	September 2025	Level 9
Champion Team Fall Camp	Champion Gymnastics - All About Kids Louisville	September 13th-14th, 2025	Girls Levels 2 - 10, All Xcel Levels, Boys 3-10
Forward Momentum Camp	Olympia Gymnastics Shelby Township,MI	October 2025	Girls Levels 7-10
KY High Performance Camp	Legacy Gymnastics, Lexington, KY	August 2025	Level 6 & Xcel G,P,D Girls

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
Boys State Clinic	TBD	TBD	Boys Levels 4 - 10

Choreography (Girls only) each Level 6-10 & Xcel gymnasts 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 must be approved by their floor coach. The cost of the floor music is \$75. A floor routine can cost \$200-\$500, depending on the choreographer. A beam routine will cost around \$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.

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.

Competition Fees include coaches' expenses like food, lodging, and transportation.

REQUIRED steps to be considered an active member:

- Register with Champion Gymnastics Booster Club and pay registration fee
 - Register online by July 1, 2025 (Registration will open late June)
 - You are NOT fully registered until you have BOTH registered online and met the \$450 initial payment.
- Annual Membership Payment \$1050 per gymnast
 - July 1st, 2025—initial payment of \$450 is due by this date
 - November 1st, 2025 - \$600 remaining payment balance due
 - This CAN be fundraised. There will be several opportunities throughout the season.
- Complete 7 Volunteer Credits (+2 credit per additional gymnast)
 - Can be met by working on a committee, volunteering at in-house meets or our Derby Class meet - some volunteer shifts are worth more than 1 credit!

Register online by July 1, 2025

<https://www.gomotionapp.com/team/kycgb/page/home>

Be sure to also:

- Join Champion Gymnastics Booster Club and your gymnast's Level Facebook page
- Register with USAG at usagym.org – All gymnasts must register with USAG each July in order to compete at any USA sanctioned meets.
- Team Apparel is ordered each June/July – watch your email for more information!

A Helpful Guide of what Booster Club covers vs. what you pay All About Kids:

Booster Club	All About Kids
All meet registration fees	Monthly tuition
Coaches travel expenses, per diem for meets and session fees	All apparel (competition leotards, practice leotards, warm-ups, backpacks, t-shirts)
Judges for practice meets	Summer Camp
Education and conferences for coaches	All Clinics
End of season banquet and trophies for gymnasts	Private Lessons
Optional camps and Optional clinics	Annual Membership Fee
Flowers for all gymnasts at State Meet	

Parent/Gymnast Agreement

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