



Welcome to the 2026 - 2027 Developmental Team Program!

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

Welcome to Champion Gymnastics' Developmental Team Program! If you're reading this, your child has already impressed us with their talent and potential. This handbook is designed to help you better understand our program and answer common questions.

Our developmental program offers a more focused and structured experience than our preschool and recreational classes, while still keeping gymnastics fun. Whether your athlete's path leads to competitive gymnastics or simply enjoying the sport, our goal is to create an amazing experience and help every child grow.

Success happens when gymnasts, parents, and coaches work together as a **TEAM**:

Together Everyone Achieves More

We are excited to support your child's journey and are thrilled to welcome your family to the Champion Gymnastics TEAM! If you ever have questions, please ask—we're here to help.

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, 2026 to May 31st, 2027
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 email address and phone number. 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. <https://championgym.com/staff/>
5. **Before practice:** Be sure to eat a healthy snack 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.

PERFORMANCE/COMPETITIONS

1. **Please attend all activities:** As a member of this program, all gymnasts are required 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 are not required to purchase the team apparel but it is strongly encouraged.
3. **GIRLS** - Gymnasts should wear the team tank leotard, 2026-2027 Champion Team T-Shirt, black pants/leggings (that you purchase on your own) and the champion backpack (optional). Hair should be put up neatly in a bun. No jewelry is allowed except small post earrings.
4. **BOYS** – Gymnasts will need to purchase black shorts through the Pro-Shop as well as the 2026-2027 Champion Team T-Shirt. You may also choose to purchase the champion backpack. No jewelry of any kind is allowed.

5. We will have a sizing orientation during the week of our summer camp (June 15-18) to get fitted for your competition attire. If you cannot attend that week please reach out to [Vanessa](#) to schedule sizing.
6. **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.
7. **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, 2026.
 - Rising Stars - 2 performance competitions - Register in the Parent Portal (\$70/Comp)
 - Girls Pre-team - 4 performance competitions - \$332
 - Girls Level 1, Boys Level 1 & 2 - 5 performance competitions - \$415

REQUIRED EVENTS:

Middletown Parade	September 12th, 2026 (All Levels)
Gaslight Parade	September 17th, 2026 (All Levels)
Fall Performance Day	October 17th, 2026 (All Levels)
Champion Challenge	November 20th-22nd, 2026 (Pre-team, Boys/Girls Level 1 & Boys Level 2)
Away Meet	December 2026 (Girls Level 1)
Away Meet	January 2026 (Boys Level 2)
Super Bowl Challenge	February, 6th-7th, 2027 (Pre-team, Boys/Girls Level 1 & Boys Level 2)
Spring Performance Day	March 6th, 2027(All Levels)

OPTIONAL EVENTS:

Summer Camp 2026	June 15th - 18th, 2026 - \$410 (Levels 1-2)
Fall Camp 2026	September 19th-20th, 2026 - \$130 (Levels 1-2)
Summer Camp 2027	June 14th - 17th, 2027 - \$425 (Levels 1-2)

FINANCIAL OBLIGATIONS

1. There is a \$40 **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. There are no make-up tokens distributed for any team practices. 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 for the next month and will include any prior outstanding balances on your account. If you have not paid by the 1st of the month, there is a \$25 late fee. 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 you are requesting a reduction in tuition, due to injury, the injury form will need to be filled out online ([Digital Injury Form](#)) 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, 2026. This \$415 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, 2026. This \$332.00 covers all 4 competitions and related coaching fees.
6. **Girls Rising Stars will participate in 2 performance competitions.** You will need to register for these competitions in the Parent Portal.
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.