

UNITED GYMNASTIX

HANDBOOK, CONTRACT and REGISTRATION FORM For all COMPETITIVE TEAMS

Dear Parents and Gymnasts,

Welcome to all new and returning parents and gymnasts to the United Gymnastix Team program. Thank you for your patronage and the commitment you are about to make to our establishment; we look forward to having you as part of United's family.

This Team Handbook has been created to facilitate communication between the families of our gymnasts, the coaching staff, each team's respective Parents Organization, and the gym's management. Please read it carefully ---with your gymnast when appropriate--- before the signing and submitting to the gym office. Note that you must also sign a contract with your respective Parent Organization.

Policies may, at the discretion of the management and coaching staff, be altered in the best interest of the gymnasts competing for United, but use this Handbook as a basic guide; we suggest that you keep it in a convenient place for easy reference.

Sincerely,

*The Coaching and Administrative Staff at United Gymnastix
and United Gymnastix Parents Organizations:*

Girls Team Parent Organization known as "GTPO"

Boys Team Parent Organization known as "BTPO"

Tumble and Tramp Team Parent Organization known as "TTPO"

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Also on Facebook

General Information

Mission Statement

It is the goal of the United Gymnastix team program to support, instruct, and guide each gymnast toward realizing his or her full potential in competitive gymnastics through rigorous but rewarding challenges that adhere to high standards of aesthetics and athleticism; and to develop and nurture lifetime attributes of character, work ethic, social values, and a positive attitude toward fitness.

Benefits of Competitive Gymnastics and the Team Programs at United

- Strength
- Coordination
- Time Management
- Kinesthetic Awareness
- Setting and Achieving Goals
- Physical, Mental, and Emotional Control
- Flexibility
- Muscular Endurance
- Critical Thinking
- Friendships and Sportsmanship
- Managing and Controlling Stress
- Confidence, Pride and Self-Esteem

Understanding the Structure of United's Competitive Gymnastics Teams

United follows the Junior Olympic (J.O.) Program for developmental skill progression and competition as outlined by USA Gymnastics (USAG). USAG is the governing body that oversees the largest competitive gymnastics program in the United States. All members of United's competitive teams must also be registered with USAG in order to compete in sanctioned meets; there is an annual individual fee to do so.

For all of the disciplines that United offers in its team programsn--- Womens' Artistic, Men's Artistic, Power Tumbling, Double Mini, and Trampoline --- USAG divides skill proficiency into Levels 1-10. USAG requires demonstration of mastery before advancing through a level. Consequently, a gymnast may require several competitive seasons remaining at the same level before advancing. Level placement and mobility are entirely at the discretion of the coaching staff at United.

The routines performed are called "compulsories" for beginning competitors, and "optionals" for the more advanced, experienced athletes.

Compulsory Teams

In the early levels, all gymnasts throughout the U.S. are required to perform the same routines on each event and are evaluated against prescribed text and technique. The primary purpose is the mastery of fundamental gymnastics techniques that will provide a basis for further development. The compulsory levels become progressively more difficult, and are designed to build a solid and safe foundation for all gymnasts.

Optional Teams

Optional routines are composed individually for each gymnast fulfilling minimum requirements developed by USAG. Again, the difficulty and complexity of the routines increases with each level of optional competition.

Advancing to Higher Levels

The acquisition of skills, by itself, will not justify mobility. All gym tuition and Parent Organization financial obligations must be current. Additionally, minimum scores as set by USAG must be achieved. **However, level determination is completely at the discretion of the coaching staff.** The following factors will be considered when deciding level placement for each individual athlete:

- Work ethic.
- Success at the current USAG level.
- Potential for success at the higher USAG level.
- Individual confidence and courage.
- Attendance.
- Psychological readiness.
- Parental support.
- Ability to handle financial and time commitments required.

Disciplinary Action

It is the coaches' prerogative to take the following disciplinary actions for behavior issues:

- Exercise and conditioning activities.
- Removal from practice.
- Parental conference.
- Suspension from the team, without refund of fees and dues.
- Removal from a competition.
- Dismissal from the team, without refund of fees or dues.

Time and Financial Commitment

Full Year Participation

Gymnasts are expected to attend practice year 'round in order to remain on United's competitive team roster. Although competition is seasonal, it is imperative that the gymnast maintain and build upon her fitness and skill level through constant and consistent practice.

Attendance

Missing practices occasionally for academic reasons, illness, special events, or vacation is understood and expected. However, when poor attendance is undermining progress or becomes a safety issue --- particularly if practice is missed during the week before a meet for any reason -- the coach may elect to withdraw the athlete from that meet, or from any particular event(s) in that meet ("scratching") to avoid endangering the gymnast. Consistent presence in the gym is critical to personal safety and success.

Tuition Guidelines

Families are responsible for paying United gym tuition on the first day of the month. If payment is not made by the 15th of the month, a \$10 late fee will be assessed. Regular payments will prevent suspension from gym activities.

- Pro-rating tuition due to inhibitive injury or illness is at the discretion of the gym management, and must be accompanied by a doctor's note.
- Pro-rating due to vacation or excessive absence is not permitted — there are NO exceptions.
- Make-up practices are not offered for team workouts.
- Private instruction at extra cost may be available, however, may only be engaged with the permission of the head coach.

Team Parent Organizations

Participation is mandatory for all team parents. Team Parent Organizations are the mechanism by which families of gymnasts support the training and competitive experiences of United gymnasts. The primary function is to raise funds which are used to pay for competition registration, coaching fees and expenses, as well as to supplement equipment and facility maintenance costs incurred specific to team usage. Parent Organizations are separate entities, through work in conjunction with gym management and coaches.

- **Dues:** Monthly Parent Organization dues are **IN ADDITION** to gym tuition fees. Please see the specific requirements outlined by GTPO (Girls Team), BTPO (Boys Team), and TTPO (Tumble and Trampoline Team).
- **Fundraisers:** Some fundraisers are **MANDATORY** (i.e. working at Winterfest Invitational) and some are by choice (i.e. sales programs that may be applied to your Parent Organization account.) These opportunities reduce monthly dues obligations. Your participation in fundraisers benefits United's entire team program, and are expected and encouraged.

Competitive Uniform Costs

All items considered part of the competitive team uniform will be purchased by the individual gymnast's family. Costs vary from year to year, though efforts are made to retain uniforms so that families may purchase used uniforms at a discount if appropriate sizes are available. Team uniform items must be brought or worn to each competitive function. Lost items must be replaced as soon as possible. Items must be kept clean and used only for competition. Grips, athletic tape, and other incidental needs for competition or practice are to be purchased by the family of the gymnast.

Gymnast's Commitment Contract

Print, read, sign, and submit this page.

I will maximize my gym time by...

- Attending scheduled practices and arriving on time.
- Bringing all necessary gear to practice (leotard, grips, tape, etc.) .
- Completing all training and conditioning assignments.
- Not using cell phones or other electronic devices once practice begins.
- Alerting my coach if I am injured.
- Maintaining my fitness and weight through appropriate food choices.

I will follow the facility rules by...

- Keeping my personal items neatly stored, and not disturbing others' things.
- Bringing only water into gym area--- no food, juice, Gatorade, or other drinks with added coloring or sugar are permitted past the lobby doors unless specifically allowed by the coaching staff.
- Keeping my water out of the gym freezer as it is a hazard when getting ice for injury.
- Asking permission before leaving the gym floor for water breaks or bathroom breaks.
- Cleaning up after myself, particularly in the restroom.
- Changing clothes in the restroom and not on the gym floor.
- Assisting in gym set-up and upkeep.
- Remaining inside the building until my ride arrives.

I will be a respectful student and teammate by...

- Being attentive, polite, and responsive to coaches and staff.
- Being safety conscious for myself and fellow teammates.
- Not endangering myself or others with horseplay.
- Creating a cooperative, conflict-free atmosphere with teammates.

I will represent United at competitions by...

- Focusing on my performance and not on family or friends in the stands.
- Remaining with the team at all times until dismissed by the coach.
- Not allowing my emotions to become a spectacle and/or inhibit my performance.
- Treating the hosts and the host facility with appreciation.
- Being respectful of competitors, and not demonstrating pleasure at their mistakes.

In signing below, I understand that the coaching staff may

- ***take disciplinary action,***
- ***remove me from practice or competition without refunding my parents,***
- ***or dismiss me from the team program altogether***

for breaking any rules outlined above; or for any reason that inhibits safe practice and performance, hinders my chance for progression, or interferes with others' safety or chance for progression .

GYMNAST SIGNATURE

DATE

Parents' Commitment Contract

Print, read, sign, and submit this page.

To facilitate my child's success in the team program, I will...

- Provide timely transportation to and from all practices and competitions.
- Pick up promptly. Habitual lateness will incur a \$15 late pick-up fee added to the monthly tuition payment.
- Not enter the gym floor or interfere with practice by distracting or attempting to coach my child from the lobby.
- Refrain from undermining the coaches' authority with regard to technique and skill progression.
- Behave as an ambassador while in the lobby, without creating dissension or distrust among other team parents or other gym customers.
- Keep my child home from practice if he or she has a fever, contagious illness, lice, skin ailment, viral or bacterial infection of any kind, and advise the staff accordingly so that they may modify his/her practice as necessary.
- Communicate with staff regarding any injuries. If an injury has been inhibitive to practice, I must provide a doctor's note outlining my child's release to gymnastics activity.

When representing United Gymnastix at competitions, I will...

- Stay in the area designated for the public and not enter the competitive floor.
- Avoid distracting my gymnast's attention, whether for conversation, comfort, or instruction.
- Refrain from speaking to officials; or otherwise attempt to intimidate, embarrass, or improperly influence any individual responsible for judging or administering a competition.
- Inform any guests that accompany me of the rules above.

In exchange for instruction, gym time, and the opportunity for my child to enter competitions for United Gymnastix, I will...

- **Pay gym tuition promptly on the first of each month, twelve months per year, for as long as my child is enrolled in United's team program.**
- **Pay Parents Organization dues according to the fee structure and schedule of the discipline in which my child competes. ****
- **Participate in mandatory fundraisers as required by United (Winterfest Invitational), and/or GTPO, BTPO, OR TTPO. ****

****ALSO PRINT, SIGN AND SUBMIT THE GTPO, BTPO, OR TTPO ADDENDUM SPECIFIC TO YOUR CHILD'S DISCIPLINE.**

In signing below, I indicate that I have read this Handbook and fully understand that United may withdraw my child from competition and/or the team program for disregard of the policies stated within.

PARENT SIGNATURE

DATE

United Team Registration Form

Print, read, sign, and submit this page.

It is crucial that we have all of your current contact information on file at the gym in the event of an emergency. Please report phone number or email changes promptly!

GYMNAST NAME _____ GYMNAST DOB _____

STREET ADDRESS _____ HOME PHONE _____

CITY STATE AND ZIP _____ EMAIL ADDRESS(s) _____

MOTHER'S NAME _____ FATHER'S NAME _____

MOTHER'S CELL _____ FATHER'S CELL _____

MOTHER'S WORK PHONE _____ FATHER'S WORK PHONE _____

EMERGENCY CONTACT _____ ALLERGIES, HEALTH CONCERNS _____

EMERGENCY PHONE _____

PERMISSION STATEMENT & MODEL RELEASE My child/ren has permission to participate at United Gymnastix Inc. I confirm this student(s) is in good health. I am also fully aware of and appreciate the risk of serious accidental injury, including head and neck injuries and accidental death, associated with participation in a gymnastics class or event. I hereby give my permission for United Gymnastix Inc. officials to call a doctor and/or the parents for treatment in the event of an emergency. I further agree not to hold any United Gymnastix official or staff member responsible for any possible illness, accident, injury, or death which may occur in training or class; nor any other damages, losses, or theft on United Gymnastix Inc.'s premises. I do here verify that I fully understand and accept the above statements and the guidelines set forth in this brochure. I understand there will be no refunds after the first class. Upon signing, I give my permission to United Gymnastix Inc. for photographs or video imaging of my child to be used for promotional purposes in print or internet publications, and/or other formats that could expose a recognizable member of my family to the public.

GYMNAST NAME _____

PARENT / GUARDIAN NAME _____

PARENT / GUARDIAN SIGNATURE _____

DATE _____